

PuP Program
Promoting a stable environment for children

The Parents under Pressure (PuP) Program

How the Parents under Pressure (PuP) Program improves internal resources/personal capital for parents experiencing substance misuse issues

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What is PuP?

WHAT IS PUP?

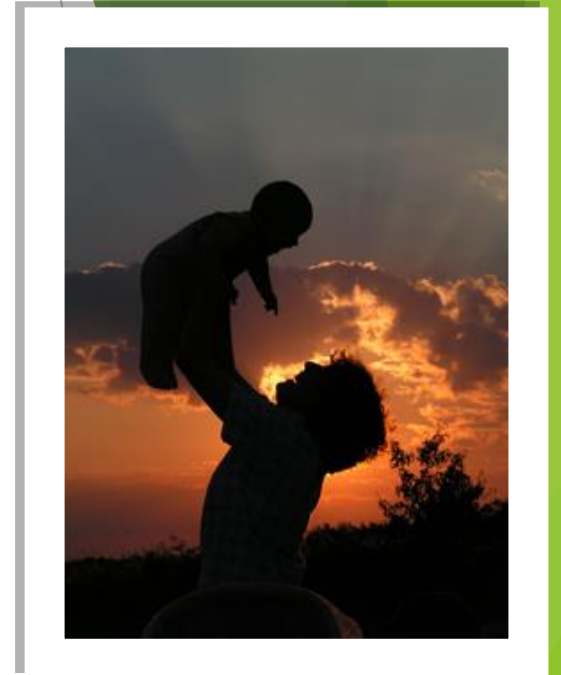
- ▶ A parenting and family support intervention underpinned by an integrated framework of family functioning
- ▶ Distills concepts from attachment theory, developmental psychopathology, and neuroscience into a practical framework
- ▶ Combines psychological principles relating to parenting, children's behavior and parental emotional regulation within a case management model

WHO IS PUP FOR?

- ▶ Complex families facing multiple co-occurring adversities that can significantly affect their own wellbeing as well as their ability to parent in a healthy, supportive manner to foster optimal child development.

AIMS OF PUP

- ▶ To empower parents to believe that they can be the parent their baby/child needs
- ▶ To develop nurturing and loving relationships with their babies/children
- ▶ To ensure that parents are able to understand and manage their own emotional state



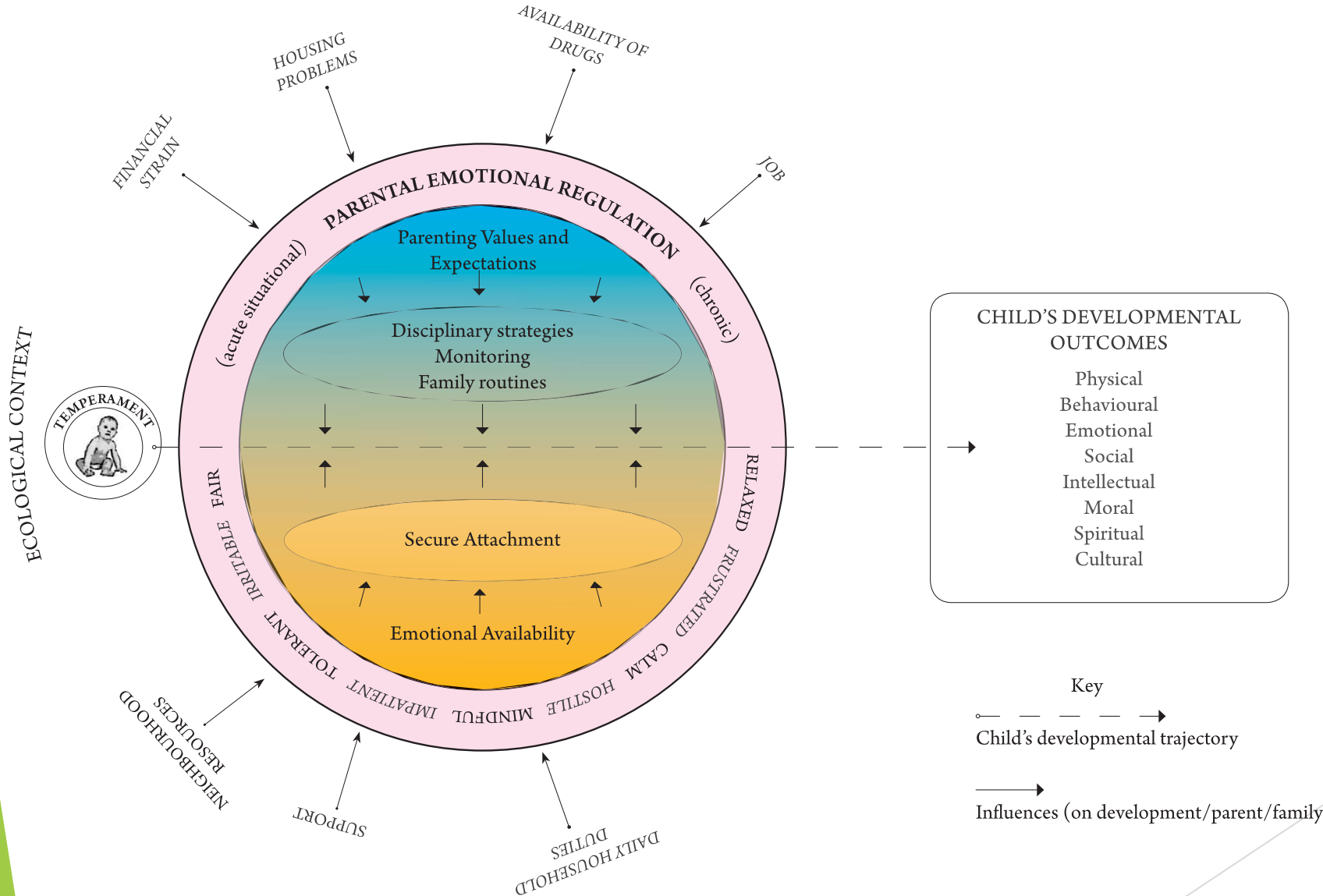
What is PuP?

HOW DOES PUP WORK?

- ▶ Assesses caregiving relationships, parenting practices, and parental emotional regulation within the broader family context
- ▶ Designs a tailored intervention to meet the specific needs of the family
- ▶ How is this achieved?
 1. Parents engage in self-evaluation, discussions, and learning materials
 2. Receive feedback to identify personal strengths and potential challenges affecting their parenting capacity
 3. Provide both internal (e.g., emotional regulation and behavioral parenting techniques) and external (e.g., housing advice) supports to improve the individual in their parenting role to support their child's development and create an environment that promotes positive outcomes for the family as a whole



PuP Integrated Framework



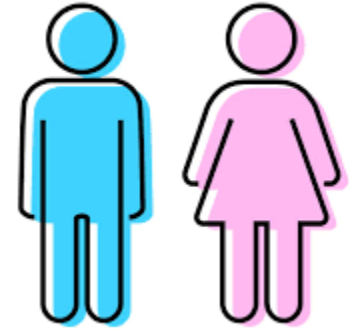
Background to the Study

- ▶ Health and developmental outcomes influenced by:
 - Early childhood experiences
 - The parent-child relationship
 - Parental capacity (affected by internal & external factors)
- ▶ Tackling inadequate parenting capacity
 - Parenting interventions
 - Improve parenting and child development
- ▶ PuP
 - Prior research: addiction populations, primarily mothers
 - Current research: broader Irish community, suitability for both mothers and fathers

Aim of the Study

AIMS

1. To ascertain whether fathers benefit from program participation as much as mothers, thereby assessing the PuP program's suitability in meeting the needs of both parents
 - ▶ This is addressed by examining the following:
 - the proportion of mothers and fathers who participated in a PuP program
 - by comparing the impact of the PuP program on mothers and fathers via outcome measures and attendance rates
2. To examine the efficacy of the PuP program in the wider Irish community as previous implementations of the program in the Irish population focused solely on supporting parents with substance misuse issues



Sample and Methods used



Parents Under Pressure

SAMPLE

- ▶ The current study was carried out with 113 participants residing in the community (64.6% mothers, 35.4% fathers)

PROGRAM IMPLEMENTATION

- ▶ Participants assigned a PuP therapist
- ▶ Sessions in-person or remote, 1:1 or group, 1-2 hours
- ▶ 20-session program including case formulation, goal setting, development of a family support plan and 12 therapeutic modules
- ▶ Outside of sessions, additional case management (housing, legal, school) in accordance with individualised needs

Sample and Methods used

INITIAL ASSESMENT & DATA COLLECTION

- ▶ Semi-structured interview and questionnaire process
- ▶ Consider variables across ecological domains influencing parenting capacity
- ▶ Identify goals from assessment to inform module sequence and design tailored intervention based on families' needs



ASSESSMENT & PROGRESS TRACKING

- ▶ Self-report measures (DASS-21, IM-P) conducted for practice insights
- ▶ Assessment measures at beginning (Time 1), midpoint (Time 2) and end (Time 3) of the program to indicate progress
- ▶ Data and inputted into SPSSV28 (IBM)
- ▶ Secondary data analyses conducted to assess both the differences and relationships between mother and father engagement, session attendance, changes in negative emotional states and mindfulness capabilities



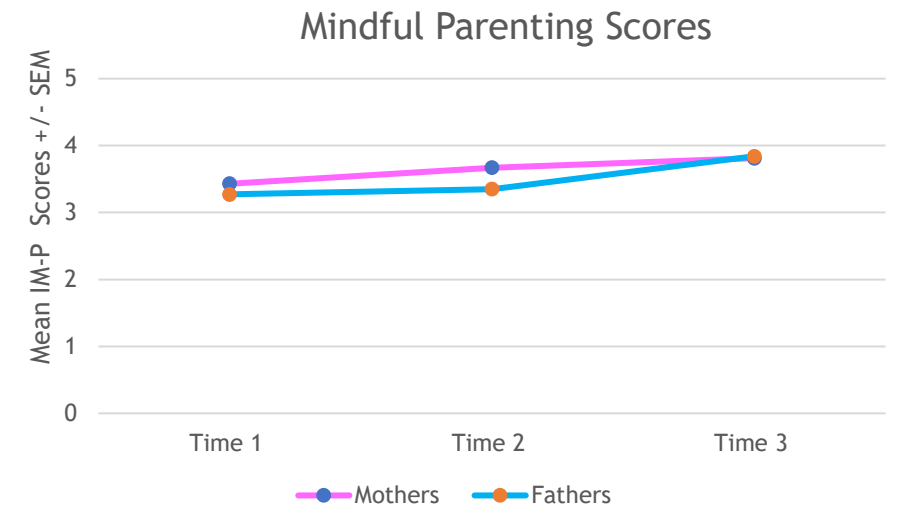
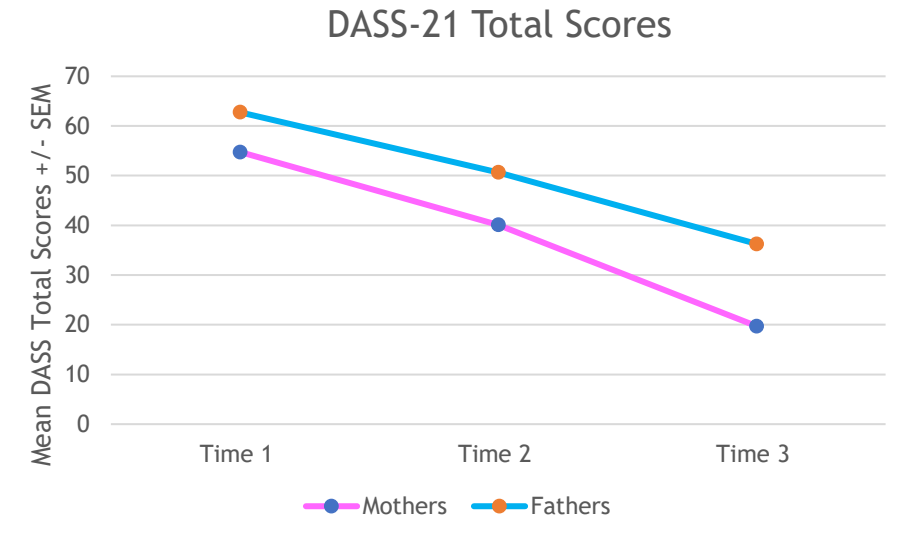
Findings

POSITIVE CHANGES OBSERVED

- ▶ Significant changes in negative emotional states
- ▶ Improved mindfulness of emotional states
- ▶ Enhanced ability to manage emotions
- ▶ Better identification and response to child's emotional state

POSITIVE TRAJECTORY FOR PARENTS

- ▶ Significant, positive trajectory of change for participating parents
- ▶ Potential to improve:
 - Parental Wellbeing
 - Emotional Regulation
 - Parenting Capacity
- ▶ Mitigating risks for children in families facing multiple adversities



Findings

DIVERSE PARENTAL NEEDS

- ▶ Cohort includes parents with various needs:
 - Substance misuse
 - Mental health issues
 - Physical ailments
 - Neurological or developmental conditions

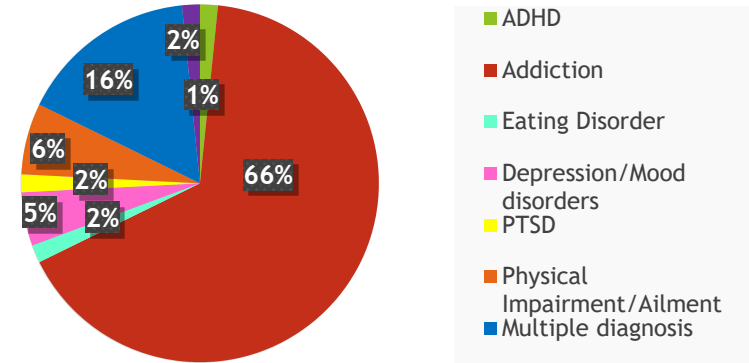
PROGRAM ENGAGEMENT

- ▶ More mothers engaged in the program than fathers

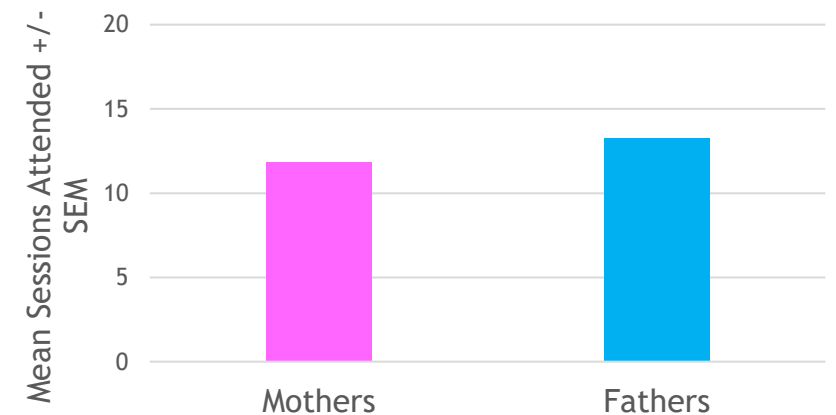
SESSION ATTENDANCE & OUTCOMES

- ▶ No significant difference in session attendance between mothers and fathers
- ▶ No significant difference in improvements in negative emotional states and mindfulness capabilities for both mothers and fathers
- ▶ No significant relationship found between the number of sessions attended and outcomes for both mothers and fathers

Parent Mental/General Health Issues



Session Attendance



Conclusions

EFFICACY OF THE PUP PROGRAM

- ▶ Valuable insights into the effectiveness of the PuP program in the wider Irish population
- ▶ Positive impact extends beyond parents with addiction issues (i.e., effective for all multi-problem families)

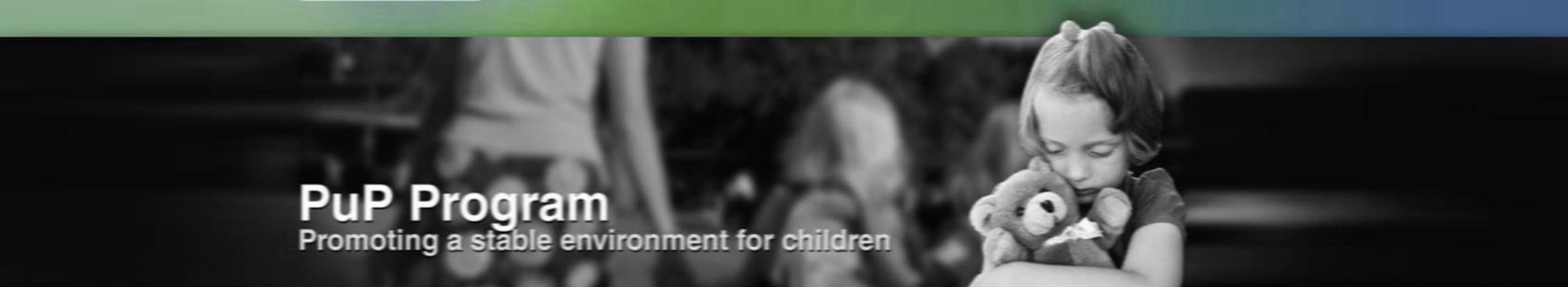
MOTHERS & FATHERS ENGAGEMENT

- ▶ Highlighted differences between mothers and fathers
- ▶ More mothers engage, but no significant difference in session attendance
- ▶ Emphasized the need for improved father engagement

IMPROVED EMOTIONAL STATES & MINDFULNESS

- ▶ Participants experience improved:
 - Negative emotional states
 - Mindfulness capabilities
- ▶ No significant difference between mothers and fathers (changes not dependent on gender)
- ▶ Evidence of program suitability for both mothers and fathers





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Thank you for listening!
Questions?