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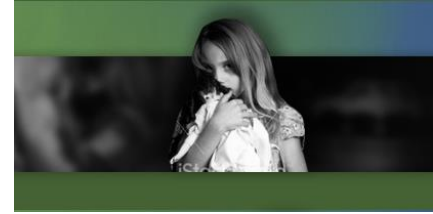
PuP Program

Promoting a nurturing environment for families

The Parents Under Pressure Program: Supporting Complex Families, Improving Outcomes for Children

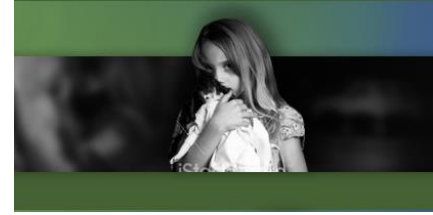
Sharon Dawe and Jenny Carpenter, Griffith University, Australia

The Challenge



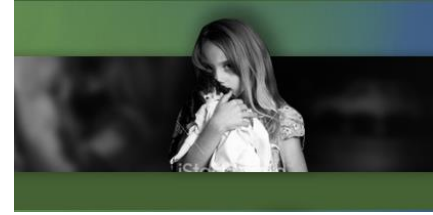
- Complex families have messy lives.
- Chaos is the norm.
- Lurch from crisis to crisis.
- Front line practitioners in family support may not have formal tertiary qualifications.
- Practitioners report feeling overwhelmed with complexity and often don't know where to start.
- Much family support work entails putting out fires – practitioners join the family chaos and ultimately no one feels like change is happening.

The Challenge



- A structured program that progresses systematically through a series of topics fails to accommodate the crises and individual needs of each family.....
- But how do you develop a programme that is flexible, individually tailored and yet maintains adherence to an underlying set of principles and theoretical model of change?
- And provides practitioners with a clear point of entry that is likely to engage hard to reach families?

The Potential Solution

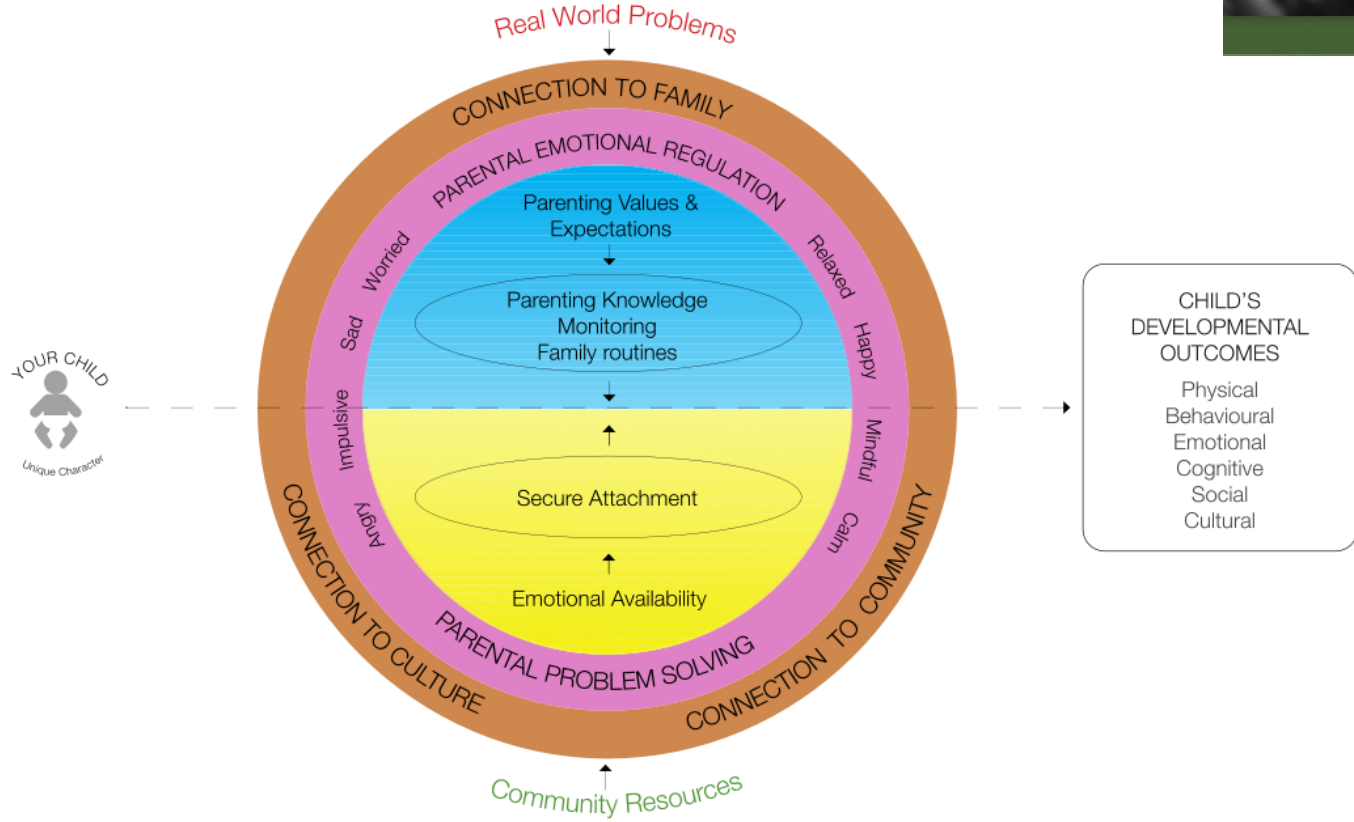
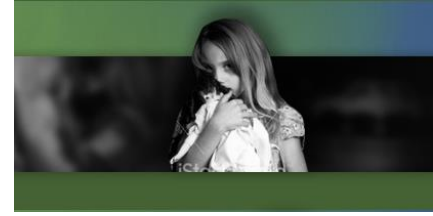


Ensuring that practitioners have a framework to enable them to develop

- Individualized
- Tailored and
- Flexible

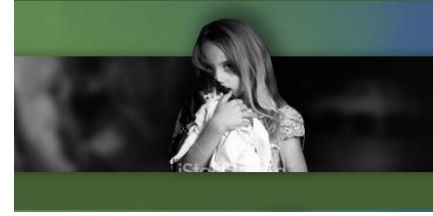
Family support plans for families facing multiple adversities including (i) use of substances, (ii) childhood adversity and trauma, (iii) enduring economic and social disadvantage, (iv) children with complex presentations and neurodevelopmental problems plus (v) exposure to DFV.

The PuP Integrated Theoretical Framework



The PuP Integrated Theoretical Framework

Child development and functioning

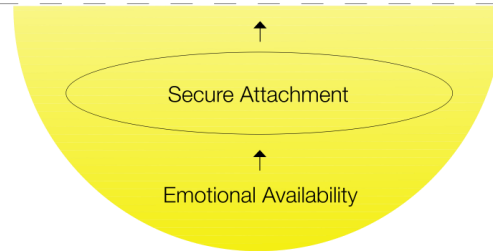
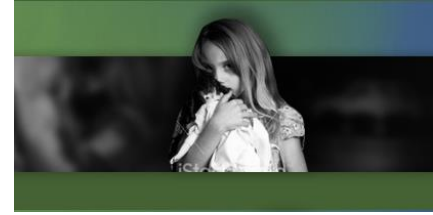


CHILD'S
DEVELOPMENTAL
OUTCOMES

Physical
Behavioural
Emotional
Cognitive
Social
Cultural

The PuP Integrated Theoretical Framework

Quality of the caregiving relationship: nurturance, sensitivity, responsiveness

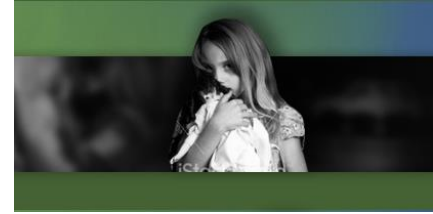


CHILD'S
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Physical
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The concept of emotional availability



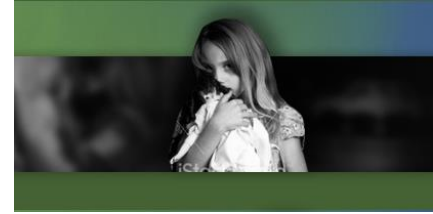
The foundation for EA is an integration of attachment (Ainsworth et al., 1978) and emotional availability perspectives (Zeynep).

Emotional availability refers to the parenting behaviours and responses of a child that promote a positive emotional connection.

The emotional availability of a parent is evidenced at all times of the day, and is broader concept than attachment.

Emotional availability constructs used to inform quality of caregiving

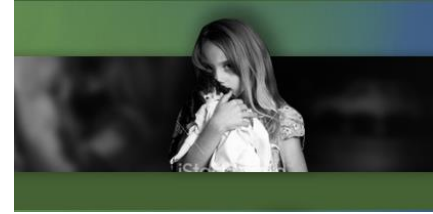
What we just saw: parental sensitivity



A parent/caregiver's ability to be warm and emotionally connected

- Father is genuinely enjoying company of child, he is relaxed, low key, and congruent.
- He is aware of the infants cues – and responds
- He is accepting and respectful and playful
- And there is clearly comfortable physical distance.....

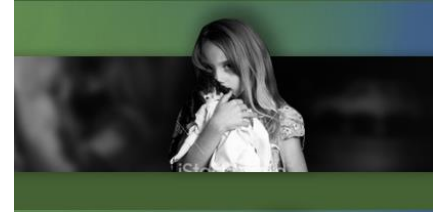
What we just saw: parental structuring



Parent/carer's ability to provide a scaffold that can help a child move to the next developmental level

- Was supporting language development
- And social development
- And an experience of warmth, all of this was unforced and well received by the child

The star of the show was the infant

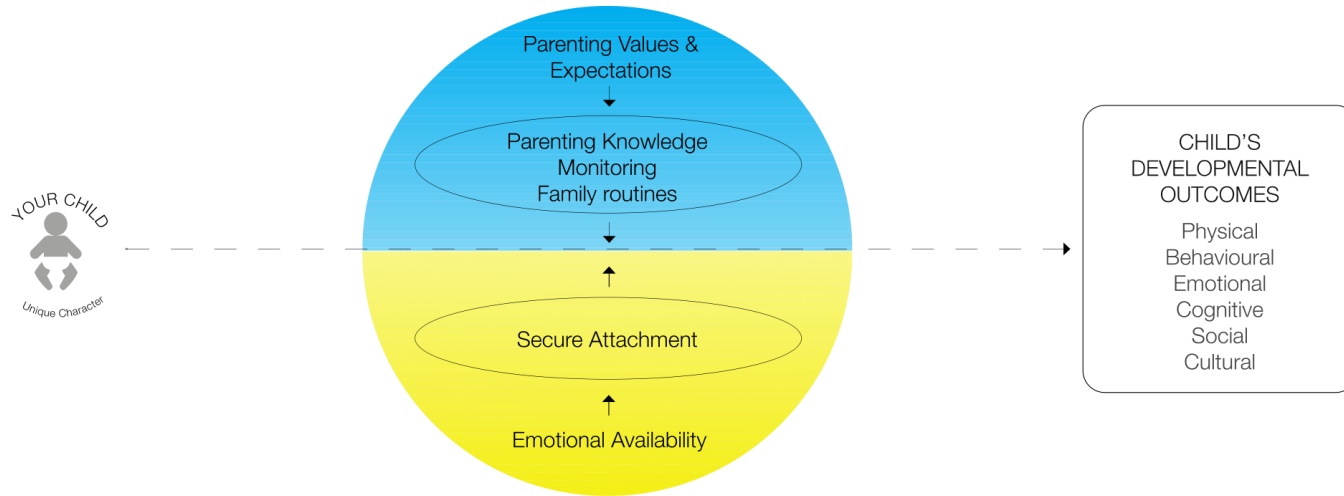
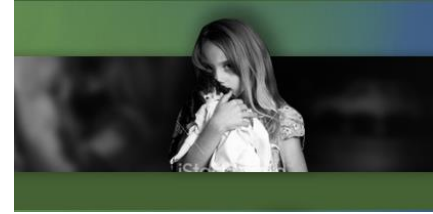


Child involvement – how much does the child invite the parent/caregiver into their play?

- Child invites parent to participate in activity, by pointing, gestures, babbles.
- Engages Dad in so many ways – this is child led, but Dad is so responsive.

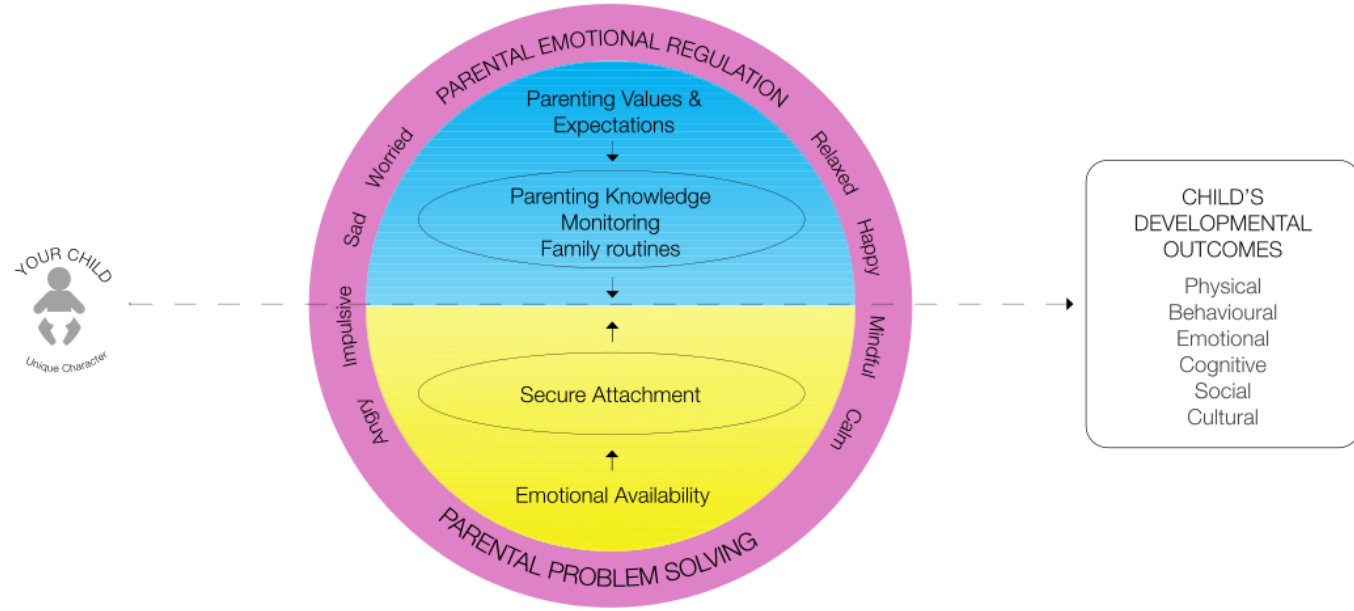
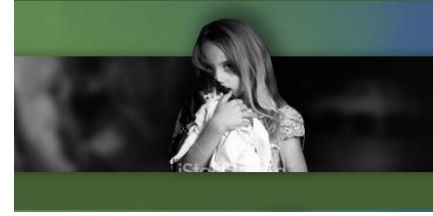
The PuP Integrated Theoretical Framework

Parenting skills, routines, expectations

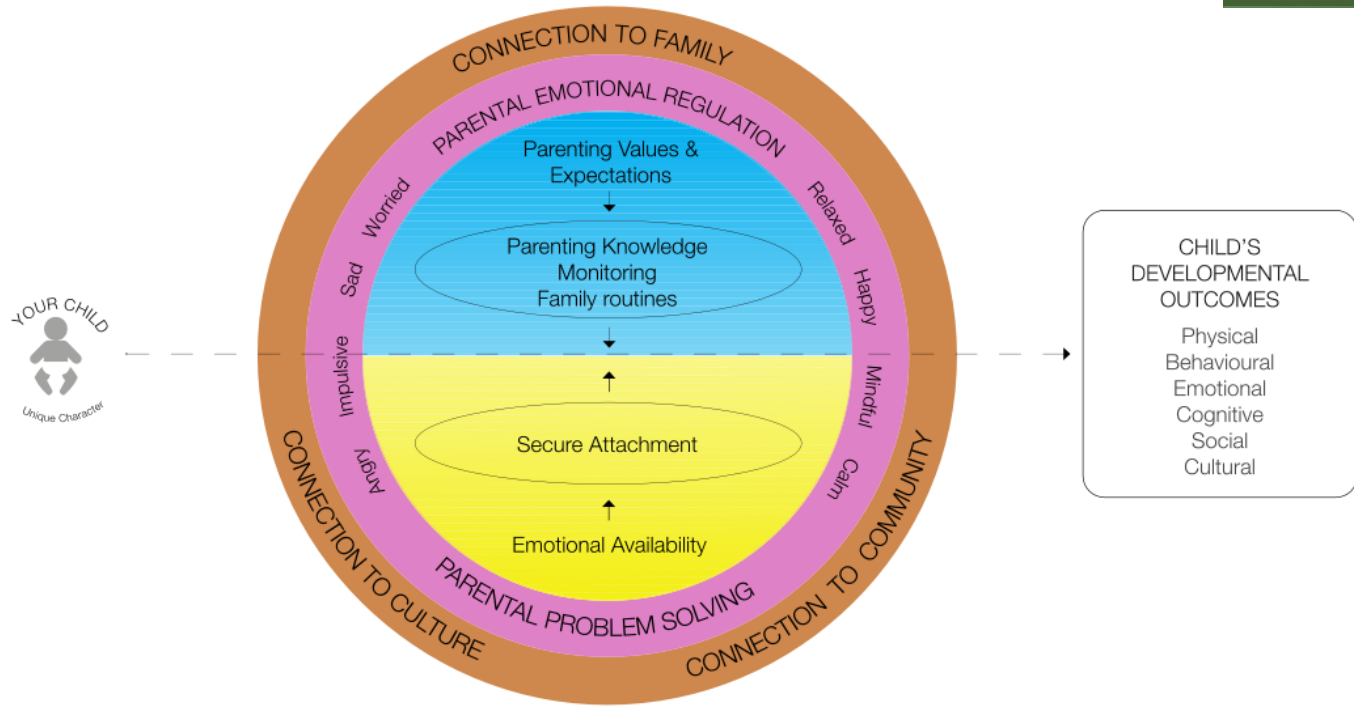
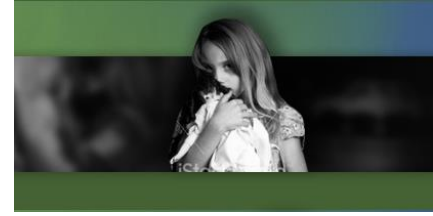


The PuP Integrated Theoretical Framework

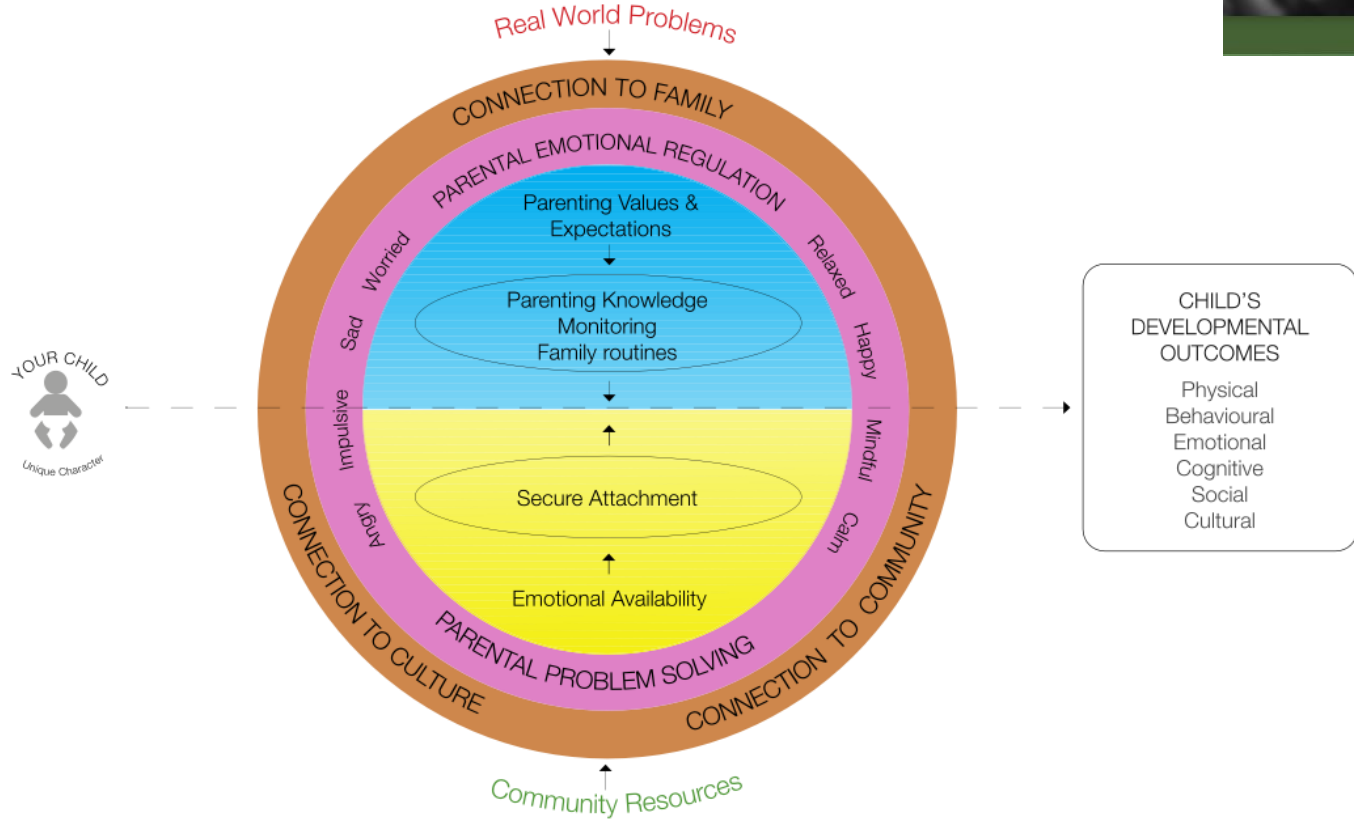
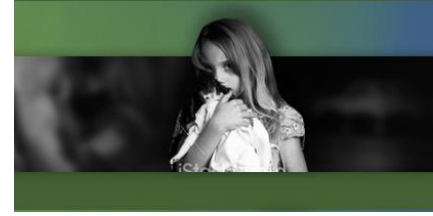
Parent's State of Mind



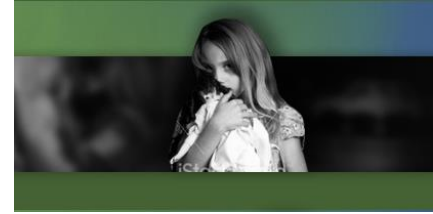
The PuP Integrated Theoretical Framework



The PuP Integrated Theoretical Framework



Parents Under Pressure Program: Research Evidence



Evaluation studies: the key points

PuP is better than treatment as usual when delivered in the community

- Dawe & Harnett (2007) Reducing Child Abuse Potential in Methadone Maintained Parents: Results from a randomized controlled Trial. *Journal of Substance Abuse Treatment*
- Harnett et al (2017) Assessing capacity to change in high risk pregnant women. *Child Abuse Review*
- Barlow et al (2019): A randomized controlled trial and economic evaluation of the Parents under Pressure Program for parents in substance abuse treatment. *Drug and Alcohol Dependence*.

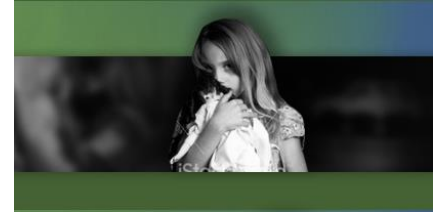
PuP is cost effective as children are diverted from child protection

- Dalziel. K., Dawe S., Harnett PH., Segal L (2015). Cost-Effectiveness Analysis of the Parents Under Pressure Program for Methadone-Maintained Parents. *Child Abuse Review*. 25, 317-331

PuP works for Dads – on opioid replacement therapy

- Whittaker A., (2022) The Parents under Pressure parenting programme for families with fathers receiving treatment for opioid dependence: the PuP4Dads feasibility study. *Public Health Research*, 10 (3) 1 - 154

PuP is an evidence-based program but for whom does it work and how?



FURTHER ANALYSIS OF THE RCT DATA FROM BARLOW ET AL.

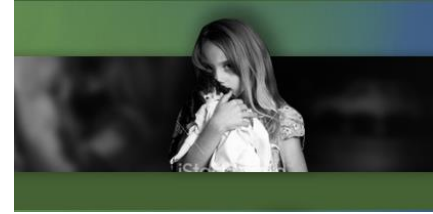
Investigating predictors of change (moderators)

- Child: age, gender
- Family: single parenthood, poverty, dv, poor educational attainment, unemployment (cumulative risk score)
- Parent: psychopathology, substance use

Investigating mechanisms of change (mediators)

- Considered emotional regulation as a transdiagnostic construct
- Identified in parenting and substance use literature as a predictor of poor outcome
- Widely held view that use/class of substance influences parenting capacity

Dawe et al., (2021). *Addiction*



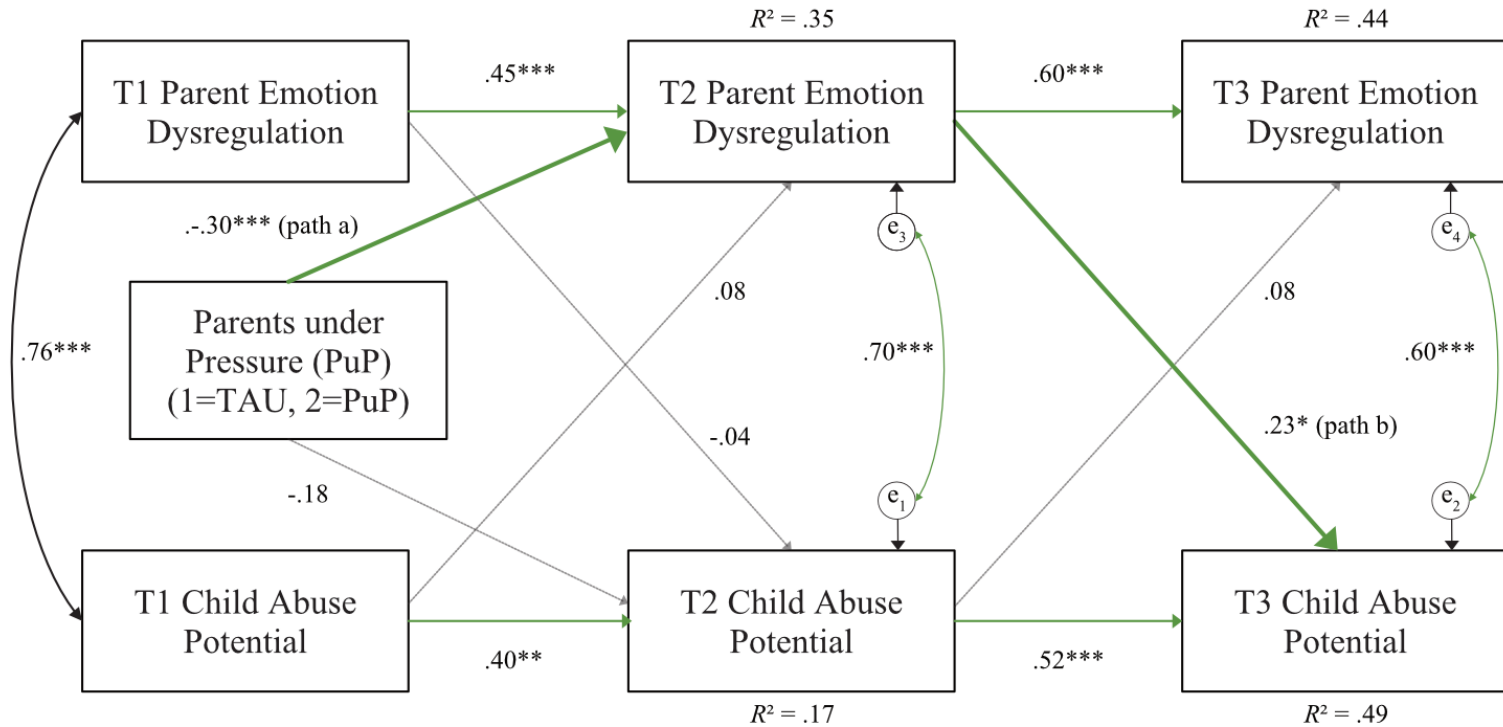
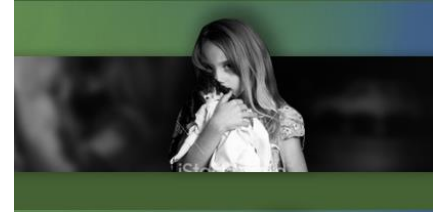
Multilevel modelling (MLM):

- 3 assessment time points nested within participants (parents engaged in community addiction services (UK) with children < 3 years of age)

Key findings

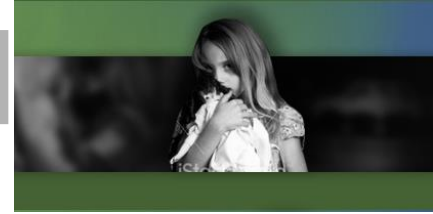
- Child level: association between older children and higher BCAP scores; greater reduction in BCAP in the PuP group
- Family level: cumulative risk score approached significance
- Parent level: no effect of recent use of substances or class of substance; strong association between emotional regulation and baseline BCAP and with reductions in BCAP in PuP group

Testing Mechanisms of Change: How does PuP work?



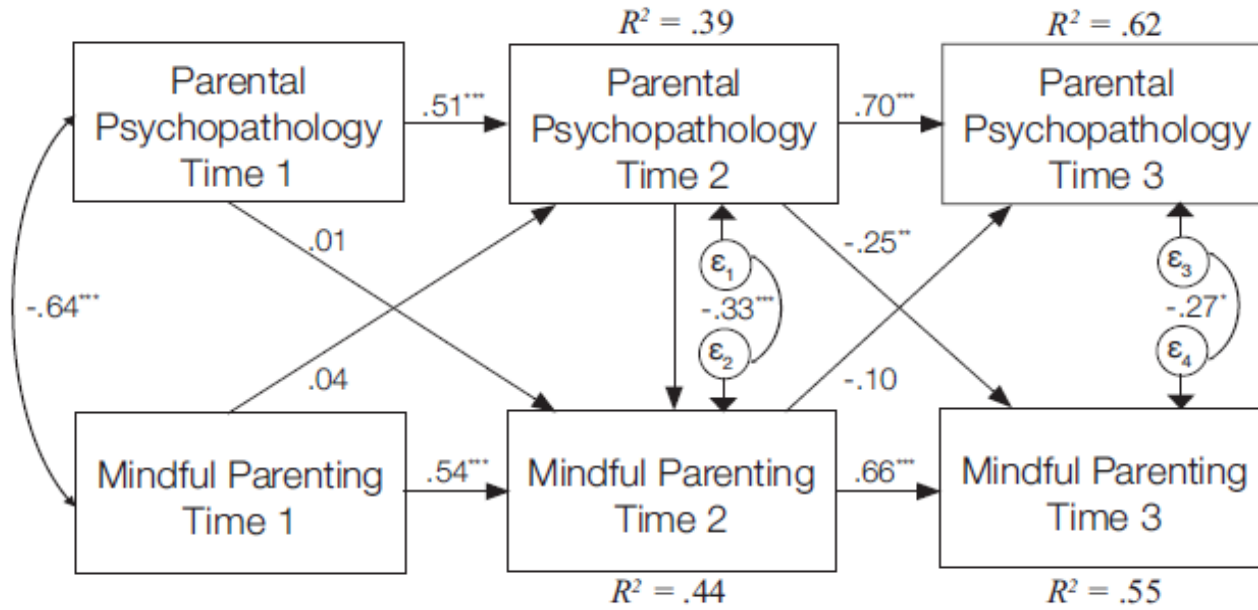
PuP is an evidence-based program: testing the role of mindful parenting

FURTHER ANALYSIS OF THE SERVICE EVALUATION DATA (HOLLIS, N= 1 66)



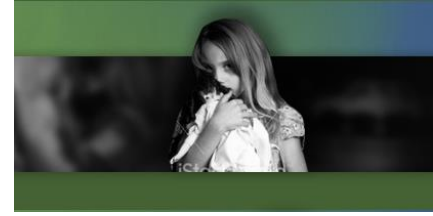
- Families engaged in community addiction treatment (cohort study)
- 11 sites across the UK
- All received PuP in their home
- Drilled down to investigate the therapeutic process of change in parent psychopathology and mindful parenting across 20 weeks of PuP delivery
- Covariates included in the model (parent age, income, marital status)

Testing Mechanisms of Change: How does PuP work?



Egins et al., (in press). *mindfulness*

There is something critical about parental emotional regulation



CAN WE CAPTURE WHAT IS REALLY IMPORTANT IN THE PUP MODEL

- Our co-design journey with Central Australia Aboriginal Congress
- Took the three threads of the PuP program and developed a series of animations
- **“I am here”** telling the story of a little boy who needed to be noticed.
- **“Just Breathe”** telling the story of a mother who needed to protect her children from anger by diffusing a situation.
- **“I’m all right”** telling the story of a Dad who became emotionally regulated.



