



A **S**upportive
Programme for
Parents **O**f
Teenagers

STOP

In January 2000
STOP was created to
assist the parents of
young offenders who
were involved in anti-
social and criminal
behaviours



Since 2002

Produced a second and now third edition of the manual

The programme has been internally and externally evaluated with very positive results

Shortlist of three in a national award ceremony at the House of Lords (**Pavilion**)

- It is being run in Essex Sussex and Berkshire plus small pockets in other areas. It is often run as a preventative intervention but also used in CAMHS and FIP and is being used in some schools as part of their inclusion strategy

The Programme aims to support parents to:

Obtain a greater understanding about the development process of their teenage child.

To have a greater appreciation of listening skills.

To have increased awareness of encouragement and praise skills.

To provide practical strategies for parents to use with their teenager.

To become more effective in dealing with confrontations with their teenager.

To have more realistic expectations of themselves as a parent.

To have a greater awareness of the peer influences on their teenager.

STOP has attracted interest both nationally
and internationally from Ireland, Sweden Poland
and Russia
And some expressions of interest from the USA



STOP

Week 1 Making the change

Week 2 Miss the hook

Week 3 Listening

Week 4 Praise and
Encouragement

Week 5 Problem solving

Week 6 Setting the limits

Week 7 Drugs, what do you need
to know?

Week 8 Talking about
relationships and sex

Week 9 Living as a parent

Week 10 Putting it all together



3 additional weeks

- Alcohol
- Conflict and aggression
 - Follow up

Plus some other practitioners have added weeks on ADHD, ASD, LD

Outcomes

West of Berkshire CAMHS

- ❖ 15 STOP groups have been completed, affecting over 226 parents and 155 referred children.
- ❖ Tools used: Parents Satisfaction Report (weekly), Parents Stress Scales (before and after), Eyeberg Evaluation (before and after), Strengths and Difficulties Questionnaire (before and after), General Health Questionnaire (before and after). and an overall programme evaluation (at the conclusion).
- ❖ On some occasions where parents are willing there is also the opportunity to provide video feedback.

Typical STOP group within West of Berkshire CAMHS

18 parents from 12 families, 14 referred teenagers, 20 further siblings
6 couples, 3 parents attending without partners and 3 single parents
(4 parents brought up within the care system)

The referred Teenagers

3 ADHD

1 ADHD & ASD

1 ADHD & ODD

1 ADHD and self harming

3 ASD

1 ASD & Depression

1 Depression & anxiety

2 Depression, self harming and have experienced significant abuse

1 Out of school, self harming, offending, known to YOT

Evaluation

Programme satisfaction: **98%**

Course met parents expectations **100%**

Programme met expectations: **99.5%**

Changed you as a parent (in a positive way): **96%**

Changed teen's behaviour (in a positive way): **82%**

Changed your relationship with your teen (in a positive way): **85%**

Drop-out Rate

Because we work hard at engaging parents into the programmes, our drop-out rate is very low.

Typically in one term, 78 individual parents started the programmes and 72 completed the 11 week programme.

FLASH

Families Learning About Self Harm

Sister programme to STOP. Which in some weeks follows the same format.

This programme is not about focusing on the self harm behaviour but on reducing the families stress to a manageable level

FLASH Programme

Week 1	Overview.
Week 2	What is risk taking behaviour and self harm?
Week 3	The difference between self harm and suicide?
Week 4	Listening skills.
Week 5	Praise.
Week 6	Walking on egg shells /limit setting.
Week 7	Consequences.
Week 8	Being a parent.
Week 9	The others.
Week 10	Putting it all together.



When did you last see your father?

He's been too busy - going to parenting classes

Roe Asquith