

Is the Incredible Years Parent Management Training Programme an acceptable intervention for Pacific parents in New Zealand?

Presenter:

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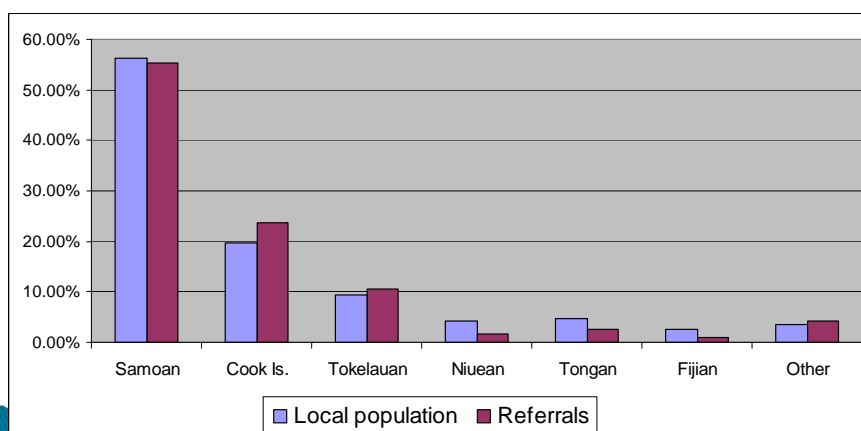


- ▶ We serve young people (0–19) and their families in the Pacific communities in Wellington, Porirua, and Kapiti Coast

Background

- ▶ In our local area Pacific communities are made up of:
 - 19.7% Cook Islands
 - 9.3% Tokelau
 - 4.2% Tongan
 - 2.6% Fijian
 - 2.6% Niuean
 - 56.2% Samoan
 - 3.4% others including Tuvalu, Kiribati, Tahiti

First 100 referrals to Health Pasifika CAFS



2/23/2010

4

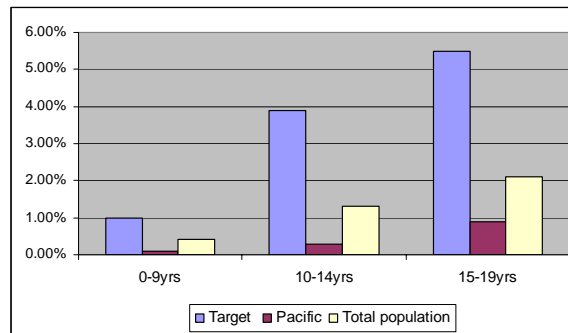
Incredible years basic parent programme

- ▶ Development and research since early 1980's
- ▶ Effective for both treatment and prevention of conduct disorder and other behaviour problems in 3–8 year age group
- ▶ Generic programme with group format, collaborative style, group discussion, videotaped parent and child interactions, role plays, home activities
- ▶ Cultural sensitivity is fostered by respect for diverse viewpoints, interactive format, and parents identify their own goals,

Culture and the IY programme

- ▶ Standard recruitment and retention techniques less effective for minority groups
- ▶ Evidence suggests that recruiting from existing community institutions with assistance from their leaders, may help increase enrolment among targeted ethnic groups

Background Pacific lowACCEPTANCE OF camhs



New Zealand CAMHS access rates January to June 2004

IY parents group in 3 settings

- ▶ Health Pasifika Service setting
- ▶ EFKS church setting in Waitangirua, Porirua
- ▶ Cannons Creek Fanau Centre, Porirua

Adaptations for Pacific parents

- ▶ Choice of metaphors,
 - eg mustard seed vs piggy bank
- ▶ Use of Samoan proverbs to illustrate key concepts: eg
 - “O tamaiti o meaalofa mai le Atua” (Children are a gift from God”)
 - “O fanau a manu e fafaga i fuga o la’au. A o fanau a tagata e fafaga i upo”. (Baby birds are fed with seeds, whereas human children are fed with words)

Adaptations for Pacific parents

- ▶ Starting and ending sessions with a prayer in the participant’s own language
- ▶ Encouraging group discussion in Samoan and English about cultural and biblical perspectives on parenting concepts,
 - Eg “E vivii lava e le tuli ona ia vae” (Tuli is a bird with long skinny legs which calls loudly as it runs along)
- ▶ Programme held in the church hall
- ▶ Evening group

Adaptation to Pasifika context

- ▶ Sensitivity to cultural group processes
 - Respectful silence vs uncomfortable silence
 - Allowing enough time for group discussion and role plays

First group at Health Pasifika

- ▶ 11 referrals
- ▶ 4 from CYFS
- ▶ 6 participants attended some of the first few sessions
- ▶ One Tokelau, one Cook Island and the rest were Samoans
- ▶ Attendances dropped off by the fifth session due to other commitments, sickness etc. So we decided to stop the group

Our aims for collaborating with EFKS Church minister

- ▶ To deliver the incredible years programme to Pacific parents in an acceptable and accessible setting
- ▶ Minister's support could be influential
- ▶ Mixture of church and A'oga Amata parents with CAFS parents could reduce stigma
- ▶ Prevention
- ▶ Building capacity in the community
- ▶ Building relationships with our community

Incredible years basic programme at EFKS Church

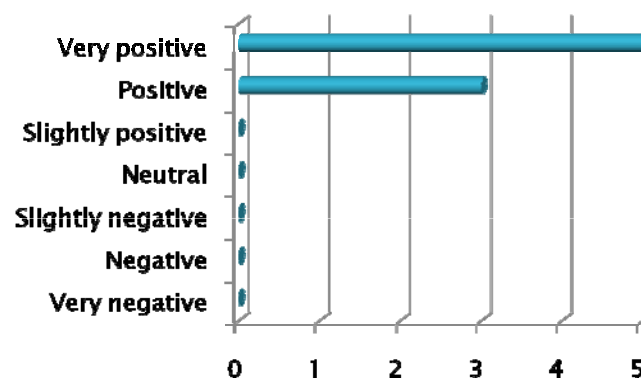
- ▶ 14 participants started and 9 completed the programme
- ▶ Of those who completed, 8 were Samoan speaking and Samoan born and one participant was of Cook Island descent
- ▶ 5 were parents of 2-8 year old children, 3 were grandparents, one was a parent of teenagers
- ▶ Of 6 parents from our service who expressed interest, none participated, hence this became a prevention programme rather than a treatment programme

Group feedback

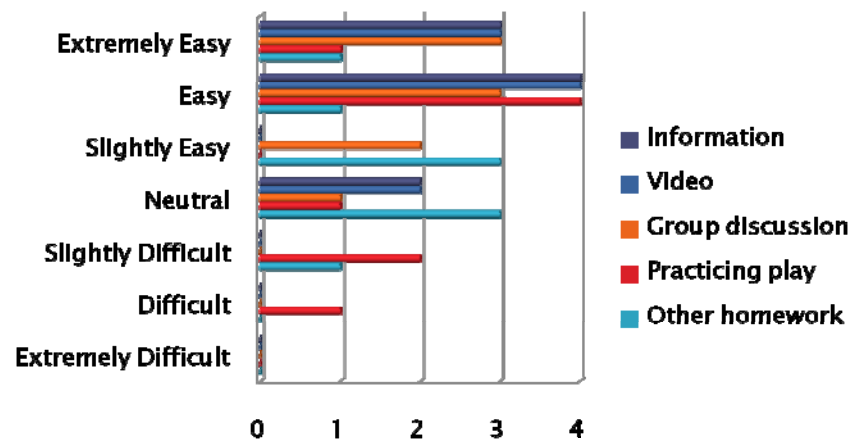
- ▶ All 9 participants gave feedback after the final session
- ▶ Would you recommend this programme to a friend or relative?
 - eight circled “strongly recommend”
 - one circled “recommend”

Group feedback

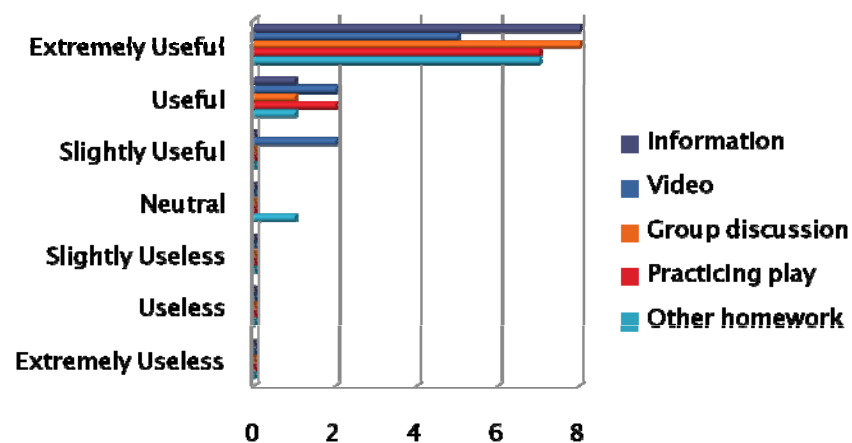
My overall feeling about the programme for my child and family is:



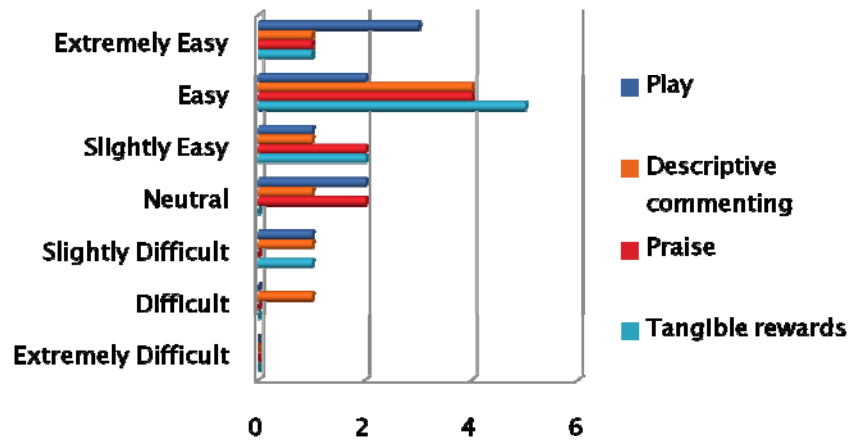
How difficult did you find each of the following types of teaching?



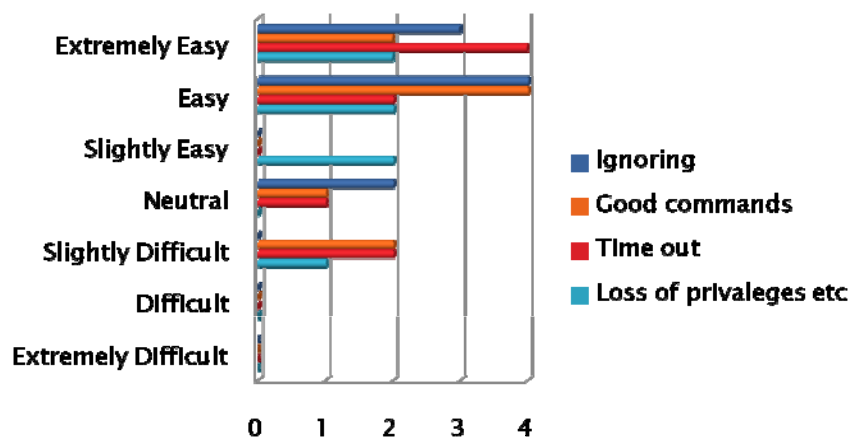
How useful did you find each of the following types of teaching?



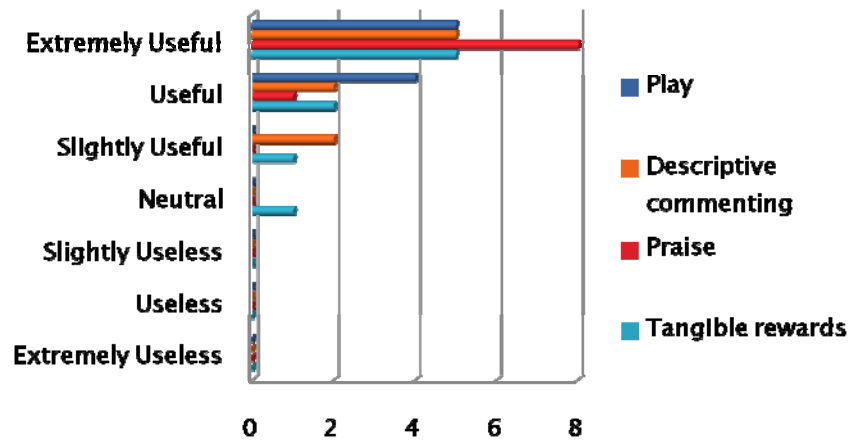
Specific Parenting techniques: How difficult are they to use now?



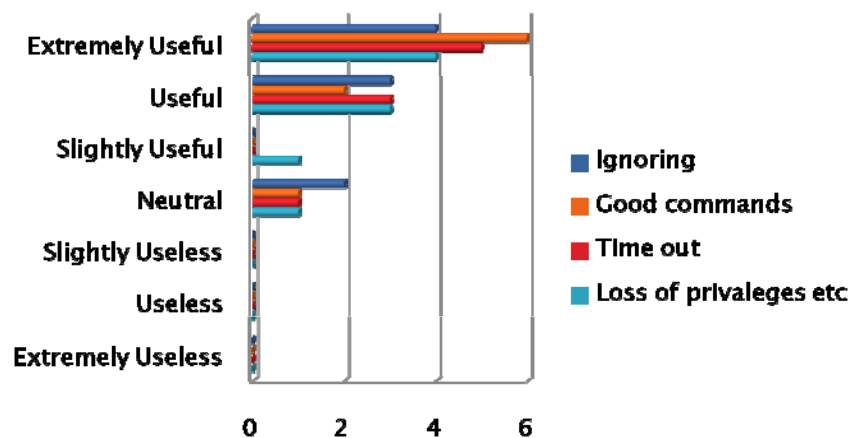
Specific Parenting techniques: How difficult are they to use now?



Specific parenting techniques: How useful are they to you now?



Specific parenting techniques: How useful are they to you now?



Group feedback: Cultural and spiritual aspects

- ▶ To what extent did the group facilitators attend to your spiritual values and beliefs?
 - One indicated “well”, eight indicated “very well”
- ▶ What spiritual practices were most important to you?
 - Nine indicated “prayers”
 - Six indicated “discussion of biblical themes”

Group feedback: Cultural and spiritual aspects

- ▶ What other spiritual practices would have enhanced this programme for you?
 - “more biblical stories and quotes”
 - “the use of songs and music”
 - “singing a hymn for our last session maybe”

Group feedback: Cultural and spiritual aspects

- ▶ To what extent did you think that the presenters attended to your Pacific cultural values and beliefs during the programme?
 - One circled “well”, eight circled “very well”
- ▶ What cultural practices were most important to you?
 - Six circled “discussion in the Samoan language”
 - Eight circled “discussion of Samoan proverbs related to the topics”

Group feedback: Cultural and spiritual aspects

- ▶ What cultural practices were most important to you? Other comments:
 - “Open discussions around cultural norms of discipline and allow(-ing) debate between different cultures’ methods and behaviours”
 - “The acceptance of other’s views. The respect shown toward each other, presenters and participants.”
 - “Always being aware of the Pacific practices and how we interpret differently”

Group feedback: Cultural and spiritual aspects

- ▶ How was it for you watching video material showing cultural groups other than your own?
 - “At first I thought it was amusing but then I came to reality and used what I observed and practised it on my family and extended family”
 - “In the first instance as a P.I, always seeing Palagi families didn’t seem realistic, but as the programme went on this did not matter...”

Group feedback: Cultural and spiritual aspects

- ▶ How was it for you watching video material showing cultural groups other than your own?
 - “it didn’t really sink in at first, it seemed different to our ways of raising children. (But) it helped me to know and understand that there are other ways available to assist us as parents”

Group feedback: Cultural and spiritual aspects

- ▶ Would it be helpful to have written material available in your Pacific language?
 - 6 responded “yes” (all Samoan speakers)

Other comments

- ▶ What part of the programme was most helpful to you?
 - Praise– the power of praise LOL. It has been a blessing to utilise this tool because I see the huge difference in my children. Recognising good behaviour and praising them rather than waiting for them to fight or argue with each other.”

Other comments

- ▶ What did you like most about the programme?
 - “I liked everything about this programme because it gave me a different way of thinking and practicing on my children. My children really noticed the difference in me. But also I still need to learn patience and listening as opposed to yelling. Changing my responses I guess.”

Other comments

- ▶ “I felt awkward doing the role plays at first but I ended up enjoying it in the end”

Third Group: Cannons Creek Fanau Centre

- ▶ 2 parents from 2nd group were Social Workers at Cannons Creek Fanau Centre
- ▶ suggestion to run one at Fanau Centre
- ▶ 15 referrals, one Cook Is, one Maori, one Tokelau, one Tonga, rest Samoans
- ▶ 11 completed: one Tonga, one Tokelau, all Samoans

Third Group: Cannons Creek Fanau Centre

- ▶ Overall feedback is positive
- ▶ Most like play, rewards, and time out
- ▶ Most found 'praise' difficult
- ▶ All enjoy video clips, preferred to see Pacific video or Pacific families in the video
- ▶ All said the programme was very helpful especially the translation materials
- ▶ Yes, they will recommend the programme to any Pacific parents

Cultural evaluation

- ▶ Prayer at the beginning and the end of each sessions
- ▶ Biblical quotes
- ▶ Proverbs
- ▶ Laughter
- ▶ Group work
- ▶ Translation of refrigerator notes/materials
- ▶ Pacific facilitator

Comments

- ▶ “I like it when the tutor ask me if there are any Tongan proverbs similar to Samoans, it made me feel valued”
- ▶ “The atmosphere was comfortable and relaxed – I learnt a lot about myself”
- ▶ “Explaining the Samoan language in English as there were Samoan parents that couldn’t speak proper English, the tutor was very good and patient when translating between both languages”

Conclusions

- ▶ The incredible years basic parenting programme run in English and Samoan languages in a community church setting was considered generally acceptable as a prevention intervention by participants in this small sample
- ▶ A next step will be to examine acceptability of the IY basic parenting programme for Pacific CAMHS parents and measure effectiveness with a validated outcome measure.