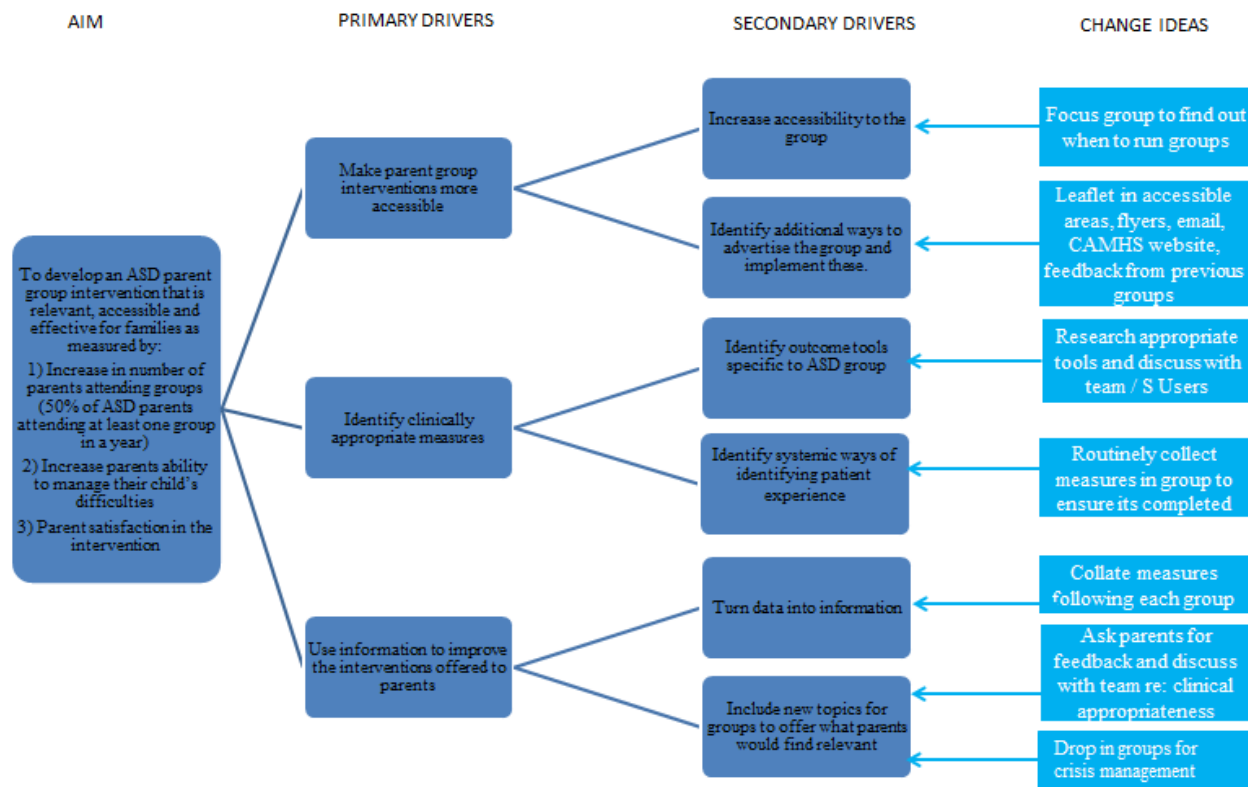


Improving ASD Parenting Interventions in CAMHS



Tests of Change



To re-advertise the parents groups (50 letters were sent out in August 2015 to see if this increased attendance) highlighting the date and time of the next group and selling the topic to parents.



A focus group was facilitated for parents within the pathway to plan the future group programme (Completed in December 2015). Ideas from parents included; a regular slot (First Friday of the Month); topics relevant to parents needs; copies of handouts sent to parents.

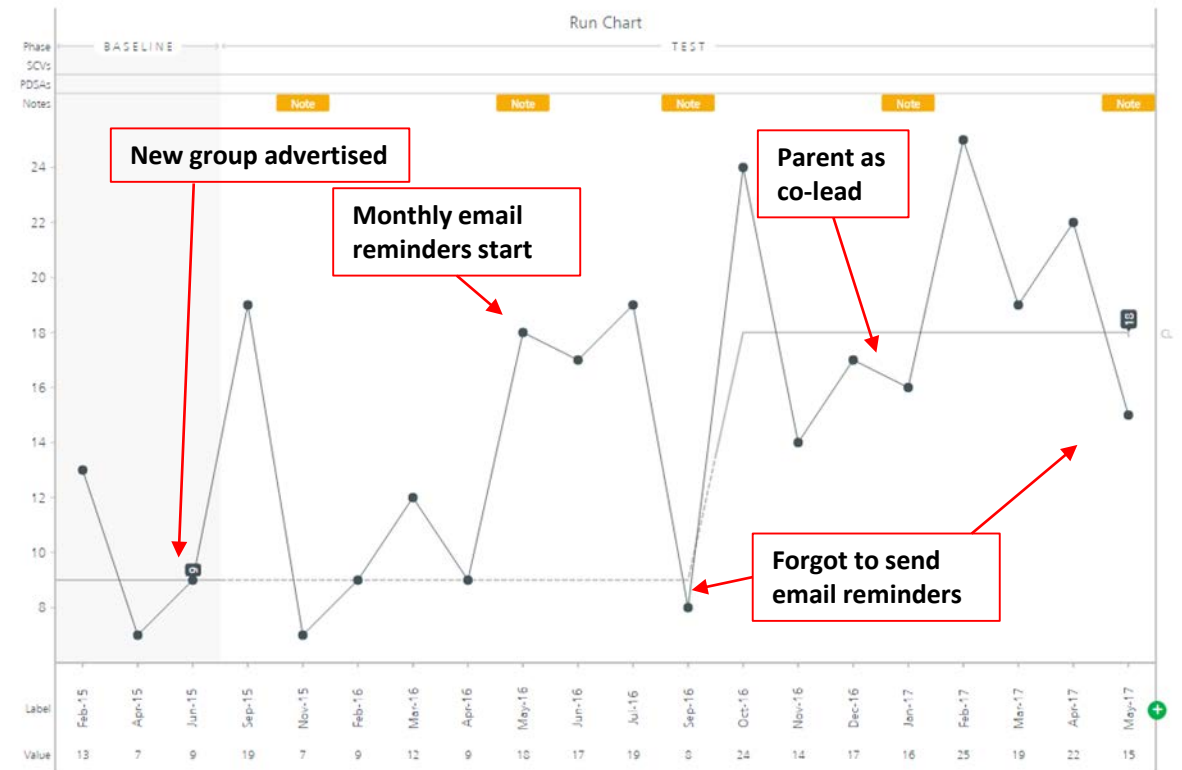


Introduced an email based reminder system. System devised to routinely collect consent for email addresses at ASD assessment (May 2016); monthly reminders and handouts sent via email.



Service user involvement in running the groups. Parent-Led group was well attended. Have introduced guest speakers for some topics (e.g. Educational psychologist (school) / voluntary sector services).

Data: A Run Chart to Show Number of Parents Attending Each Group



Patient User Satisfaction: Overall 91% of the attendees were either "Quite Satisfied" or "Extremely Satisfied" with the groups

Aim

To develop an ASD parent group intervention that is relevant, accessible and effective for families

Why is this important to service users and carers?

Access to a regular support network to reduce social isolation for parents
"I found it extremely useful to share/hear from other parents"

Professional support to improve skills and confidence in parenting a child with ASD.
"Well-balanced by facilitators to include individual needs/stories and professional teaching to fit all"

Learning

- An effective use of limited resources offering intervention to a large group of clients with similar needs.
- Using systematic research methodology (QI) is a helpful way to monitor changes and improve clinical practice.
- Developed efficient systems and cost-effective ways to advertise groups and ensure good use of the interventions provided.
- Groups provide parents with on-going support that keeps them out of specialist services.