

JANDU YANI U

FOR ALL FAMILIES

*Triple P Training in a Remote
Indigenous Setting*

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Funder: NHMRC Targeted call for research in Fetal Alcohol Spectrum Disorder; NHMRC Practitioner Fellowship EE; NHMRC Centre of Research Excellence grant.



JANDU YANI U

MARNINWARNTIKURA



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SYDNEY

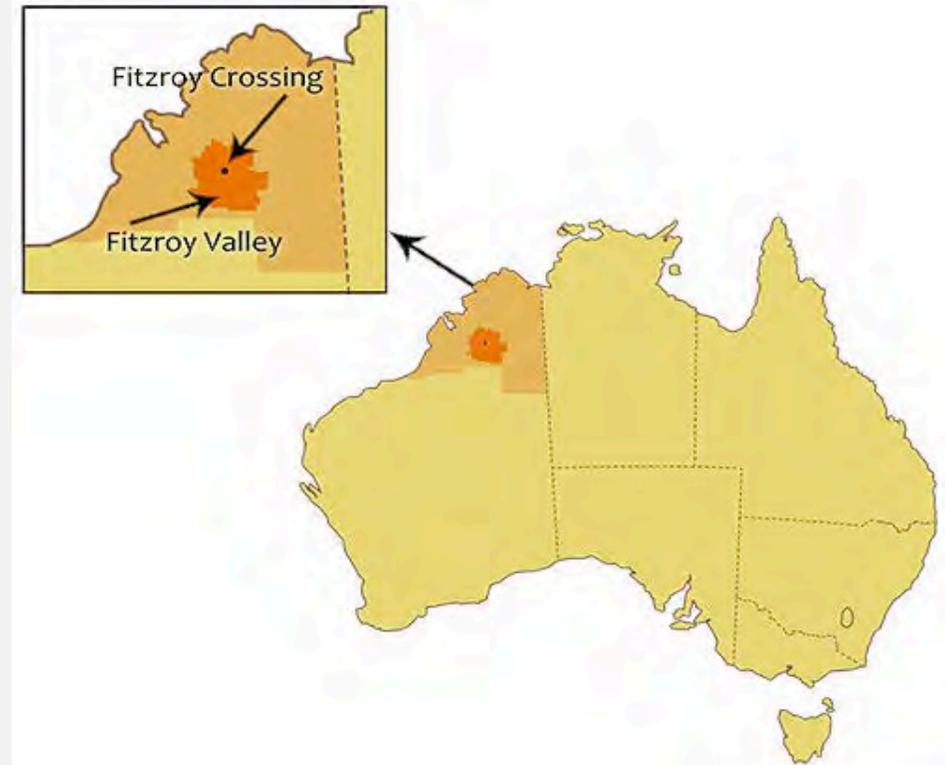


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JANDU YANI U: THE CHALLENGE

- The Liliwan project in the Fitzroy Valley WA (2009-12) was the first prevalence study of FASD in Australia. **FASD was diagnosed in 19% of children, among the highest rate worldwide.**
- In these very remote communities, **children with FASD exhibited more challenging behaviours at home and school** than children without FASD
- **Early intervention was needed** to support these developmentally vulnerable children and to empower their parents to manage challenging behaviours



Tsang et al (2017) Behaviour in children with fetal alcohol spectrum disorders in remote Australia: a population-based study. *Journal of Developmental & Behavioural Pediatrics*, 38 (7), 528-537.

JANDU YANI U: THE AIMS

The Jandu Yani U (JYU) project was initiated by community leaders and developed with them. The aim was to adapt the evidence-based Triple P-Positive Parenting Program (Triple P) to be culturally acceptable and:

1. to offer professional training **to enhance the confidence, skills, and sense of empowerment of locals to offer parenting support** to the community;
2. enhancing **carer/parent confidence and capacity** in managing complex child behaviours, and increasing their feelings of empowerment; and
3. **reduce challenging behaviours** of children.



JYU Advisory Group

JANDU YANI U: THE PROCESS

Two key components of the Jandu Yani U project

- 1. Training of locals ('parent coaches')** to delivery the evidence based Triple P program to families and carers in Fitzroy Valley (WA).
- 2. Training of parents and carers** by parent coaches using the Triple P program to increase parent/care knowledge, skills, empowerment and confidence in parenting.

JYU Timeline

Jandu Yani U begins

2014

Stage One (2014 -2016): Award of NHMRC targeted project grant (#1068620). Consultation with Fitzroy Valley community, including the formation of the Jandu Yani U Advisory Group and modification of the Triple P training program



Triple P roll out

2017

Stage Three (2017 -2019) Roll out of the Triple P program for families. Families completed a pre program (Time 1), post program (Time 2) and a follow up questionnaire (Time 3) to evaluate the effectiveness of the program .



2016 Triple P Training



Stage Two (2016 -2017): Local workers from the Fitzroy Valley community were trained and accredited to deliver the community modified Triple P Program to local families. Due to the demand, two training programs were provided one in 2016 and the second in 2017.

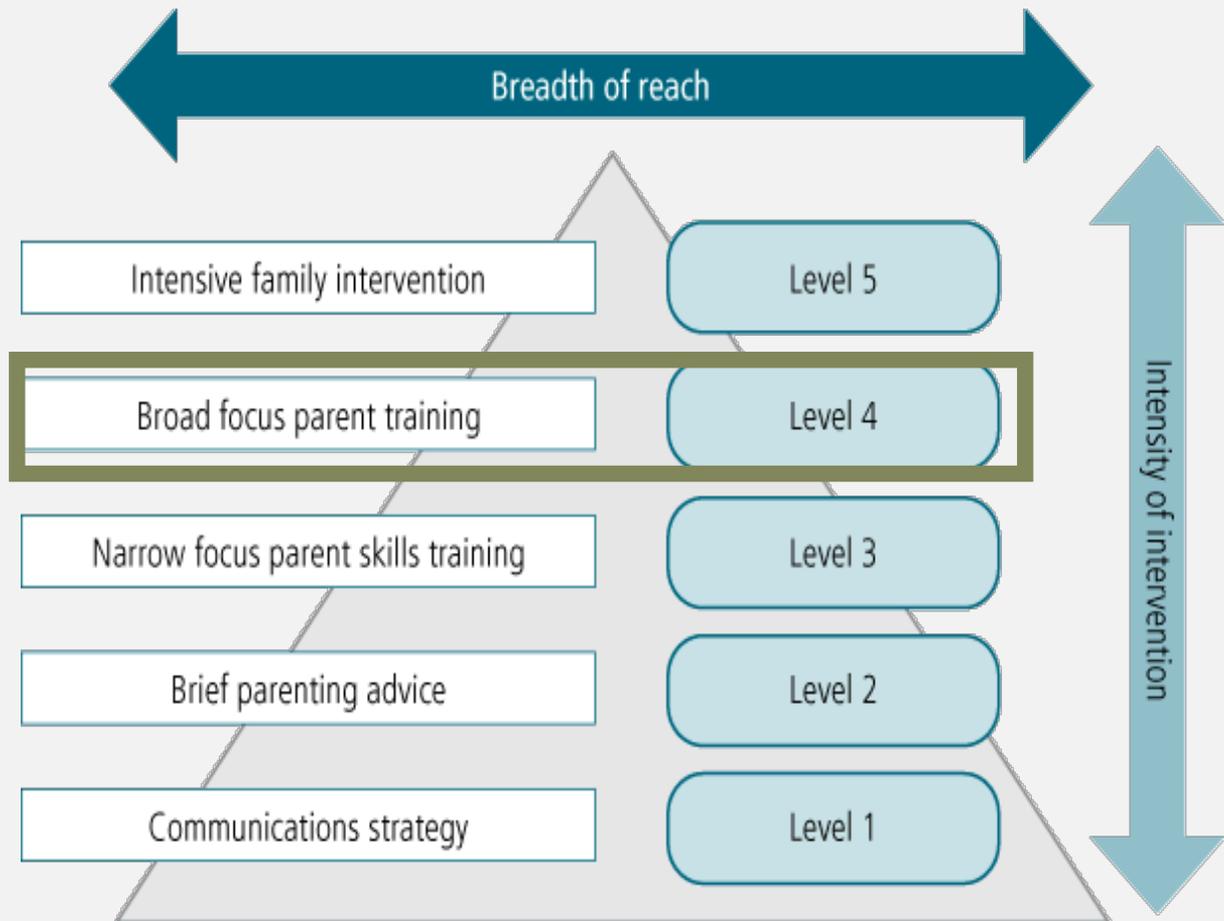
2018 Data analysis

2019 Results dissemination



Stage Four (2019): Collaboration with community to disseminate result effectively to families, professionals, local organisations and academic audiences.

JANDU YANI U: INDIGENOUS TRIPLE P



Modifications to the training were made so it was valid for an Aboriginal population

JANDU YANI U: PARENT COACH OUT COMES

1. Between 2015 and 2017

37 local professionals completed Indigenous Triple P Provider Training and became Parent Coaches (PC)

3. Of the professionals, 65% were Indigenous, 86% were female and 100% were accredited as Parent Coaches by TPI and University of Queensland

2. This represented 10.5% of the Fitzroy Crossing workforce, and included health promotion officers, teachers, psychologists, and domestic violence workers, from 16 local organisations



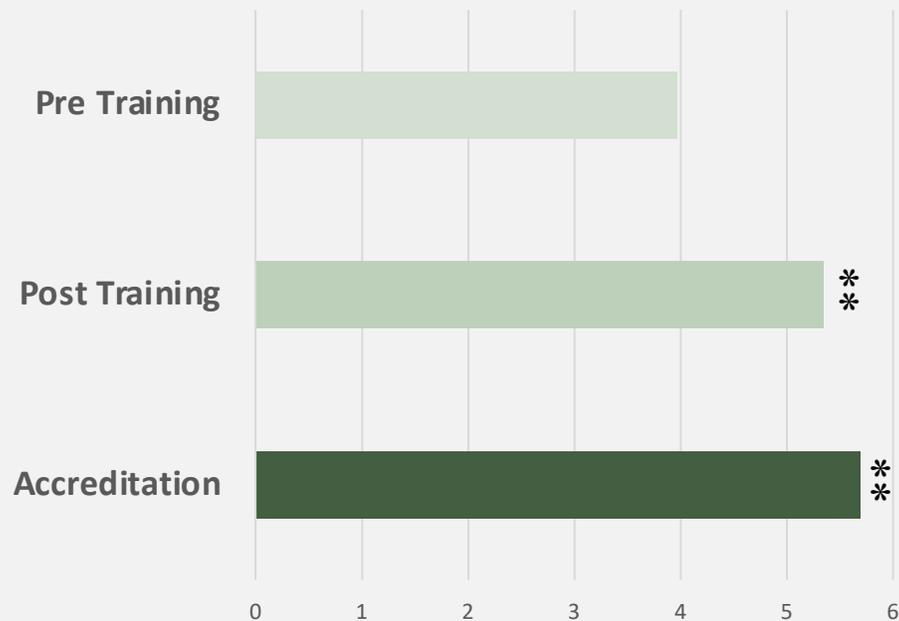
PC Group One Graduation

JANDU YANI U: PARENT COACH OUT COMES

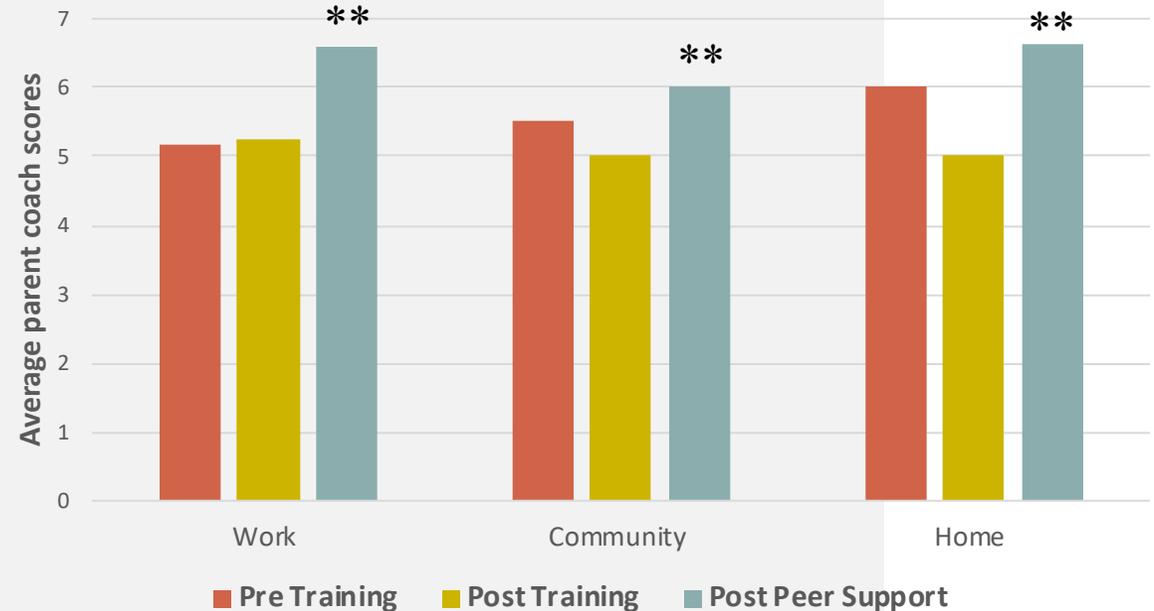
The training significantly ($p < 0.01$) increased local trainees' (parent coaches') knowledge and confidence to provide parenting training to local families.

The program also increased parents' feelings of empowerment, such that they felt they had "a voice" in their community, at work and home ($p < 0.01$).

How confident do you feel?



Feelings of 'having a voice'



JANDU YANI U: FAMILY & CHILD OUTCOMES

1. Between 2015 and 2019 **530 parents & family members** heard about, discussed or were shown at least three strategies from Triple P.

2. Of parents & family members of children living in Fitzroy Crossing, **68 completed the program.**

3. **80 families** in Fitzroy Valley had **requested the Triple P program**, by the end of the project.

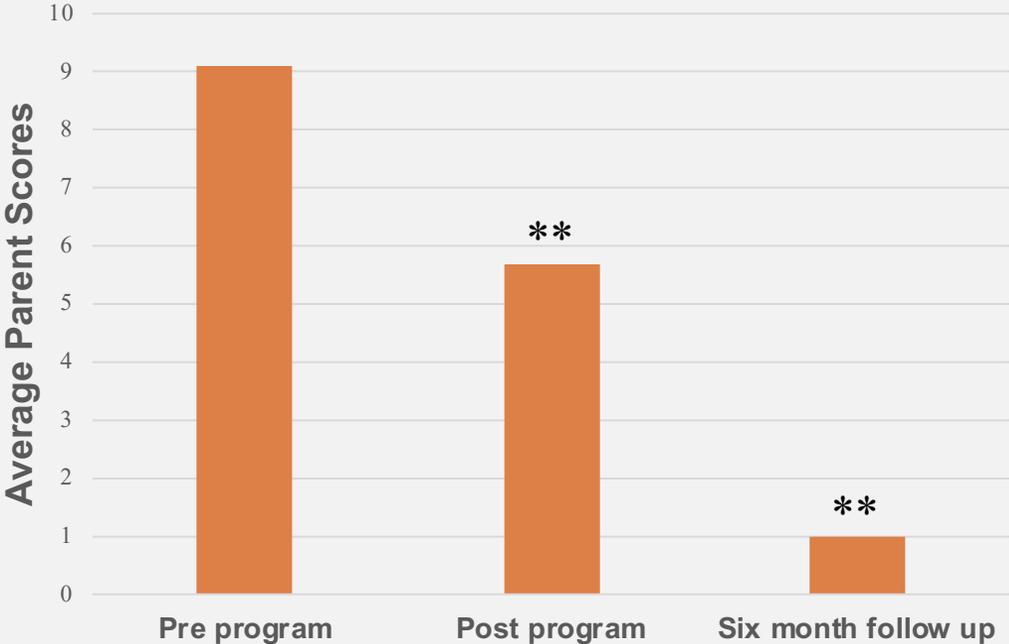


Peer Support with PCs

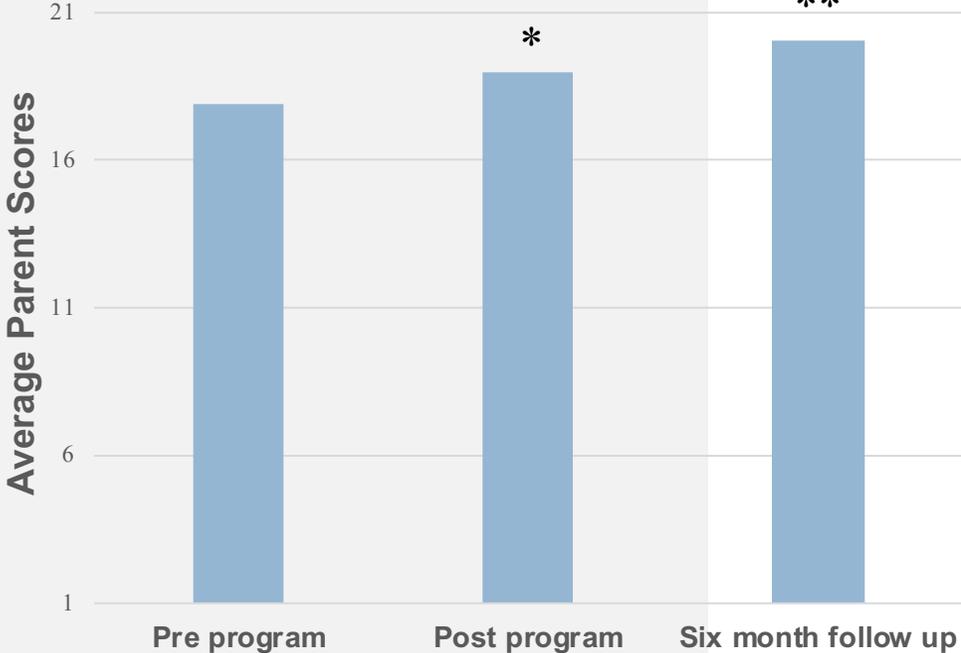
JANDU YANI U: FAMILY & CHILD OUTCOMES

Challenging child behaviour was rated by families to significantly decrease following participation in the program and continued to decrease at 6 months follow up. Positive behaviour was rated to increase after the program and at 6-month follow-up. * $p < 0.05$; ** $p < 0.01$

Behaviour concerns



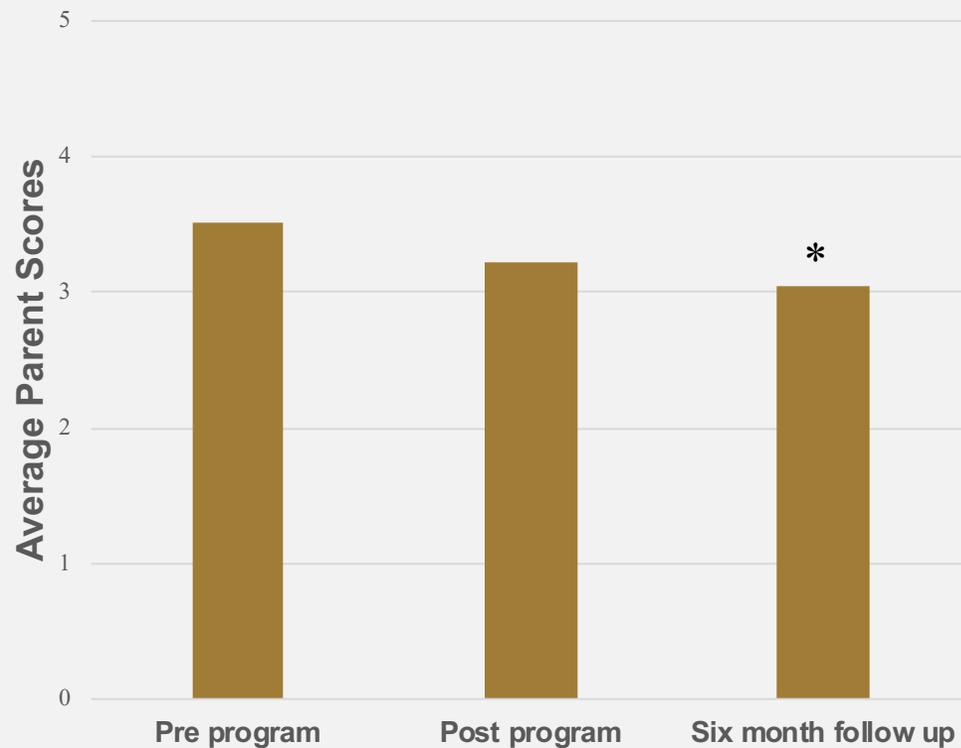
Positive Behaviours



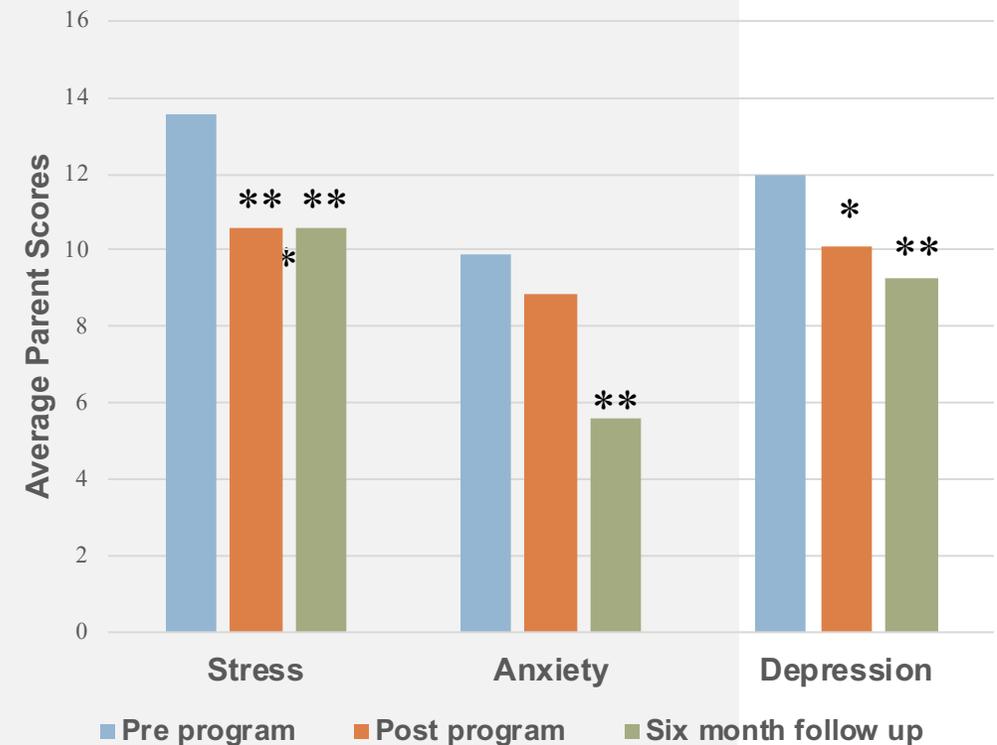
JANDU YANI U: PARENT OUTCOMES

Parents and carers reported that their use of negative parenting styles decreased, and their feelings of stress, anxiety and depression significantly declined following participation in the Triple P program. * $p < 0.05$; ** $p < 0.01$

Negative parenting style



Wellbeing & Mental Health



JANDU YANI U: WHAT DID PARTICIPANTS THINK

“It’s all about empowering the mums and growing their kids up and all of that so it definitely aligned perfectly within my role... it’s definitely something needed within a community.” (PC)

“I think any approach that’s giving families the tools and resources, confidence and strength to take charge and raise their own family, is an absolute winner.” (PC)

“ I feel so blessed that I have done this training. It’s a great opportunity. A lot of stuff I had learned through experiences over the years. A lot of people, they used to say the parenting doesn’t come with a handbook. Well, hello everybody, Triple P is the handbook.”(Parent)

“My mother was introduced to this program... now she’s speaking to them, good way ya know.”(Parent)

JANDU YANI U: LEARNING OUTCOMES

- JYU trained locals to deliver Triple P to Aboriginal parents and carers using materials and training methods adapted by Aboriginal advisors to be **sensitive and culturally appropriate**.
- Jandu Yani U **addressed severe child behavioural problems by improving parenting skills, confidence and wellbeing** of families in Fitzroy Valley communities. The program would be applicable to other similar populations.
- Beyond the benefits to families, workforce development - through training locals as Triple P parent coaches - will **increase the capacity to assist families and encourage long-term sustainability of the program** once the research project has ended.
- JYU enabled the community to obtain funding to continue the program

STRENGTHS & LIMITATIONS

Limitations

- Small sample size
- Labour intensive and high costs involved to implement strong and meaningful partnerships
- May not be applicable to the general population.

Strengths

- Community modified training
- Active incorporation of parent coach and community feedback to ensure that adaptation to materials and methods were culturally-acceptable
- Initiated by local community members
- Extensive community consultation and strong community-researcher partnerships.