



THE CHANGING LIVES INITIATIVE

An Early Intervention Approach to ADHD

BACKGROUND

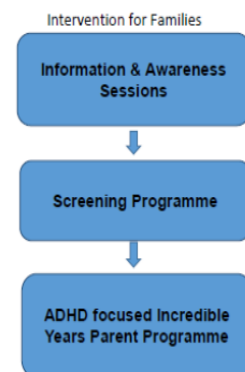
The Changing Lives Initiative (CLI) is a community-based model, which creates a better understanding of ADHD and provides an intervention programme for families with children (aged 3-7) experiencing behaviours consistent with ADHD.

Following a successful 3.5 year EU funded project to deliver and evaluate the CLI programme in Louth, Belfast and Western Scotland, the programme is now set to be delivered in Counties Louth and Meath with the support of funding from the Health Service Executive.

THE PROGRAMME

The Changing Lives Initiatives offers a tiered intervention for families starting with Information and Awareness sessions, through to a Screening Programme and then an intensive intervention in the form of an evidence-based ADHD focused Incredible Years Parent Programme.

The Incredible Years Series of Parent Programmes is based on over 30 years of research and development and is one of programmes named in international recommendations around the treatment of ADHD. CLI offer a specially extended programme with an ADHD focus.



The CLI programme increases parents' understanding of ADHD and teaches and supports them to use evidence based parenting and social cognitive behaviour therapy techniques with their child.

The programme is targeted at families with children aged 3-7 who are demonstrating behaviours that may be consistent with an ADHD diagnosis, but are oftentimes too young to receive formal assessment and diagnosis of ADHD. Potential families are identified through health, educational and community services, or can self-refer to the programme. The intervention includes a screening programme, to ensure prospective families meet the necessary criteria for the intervention.

The parent programme is group based, delivered in 2.5hour weekly sessions, over approximately 20 weeks. The programme is facilitated by experienced and accredited Incredible Years Group Leaders, supported by the Programme Psychologist and Incredible Years Mentor.

As well as working with families the CLI project provides specialist training on ADHD to education, health and social care professionals.

The CLI programme was evaluated as part of the 3.5 year EU funded project, which conclude in April 2021. The EU funded project worked with over 2,000 families in the Republic of Ireland, Northern Ireland and Scotland. The Evaluations of the programme demonstrated significantly improved outcomes for families, including:

- A significant reduction in ADHD related behaviours reported in children
- Significant reduction in other emotional and conduct problems
- Parenting skills and functioning improved; Parental stress reduced
- High levels of parental satisfaction with the intervention
- The creation of peer and support networks for families participating in the programme

CURRENT POSITION (December 2022)

Having secured funding from the HSE, we are now in the process of recruiting a team to deliver the programme in Counties Louth and Meath. We are currently linking in with statutory and community services to begin identifying families for the programme. We anticipate the first round of programmes to commence in late January.

FURTHER INFORMATION

See Videos of Parents sharing their experiences of the programme:

<https://changinglivesinitiative.com/video-pieces-parents-and-practitioners/>

The full report on the project evaluations is available here: <https://changinglivesinitiative.com/project-report/>

IF YOU ARE INTERESTED IN THE PROGRAMME: Interested families can fill out an Expression of Interest form at - [Contact – Changing Lives \(changinglivesinitiative.com\)](https://changinglivesinitiative.com) or can email their details to changinglives@archways.ie

For other queries relating to the project please contact: Christina Riordan, Changing Lives Initiative Project Manager; Mobile Tel: +00353 (0)87 3673716; Email: criordan@archways.ie