



The Archways basis.point Programme

Delivering Incredible Years[®] and Mentoring for Achievement in Disadvantaged areas of Dublin, Cork and Limerick



basis.point
joined up giving

Archways



Archways is an Irish registered charity and was established in 2006. It provides evidence based programmes for children and families who are experiencing social, emotional and behavioural difficulties.

Archways identifies, evaluates and delivers proven programmes to address these needs. Archways also provides information, training and support to other organisations to implement these programmes. Evaluations are completed on all programme outcomes.

Archways delivery of the Incredible Years® programme has been independently evaluated by National University of Ireland Maynooth as being effective and good value for money. Evaluation has shown that for every €1 spent €4 can be saved in health, special education and social service use.

Archways has rolled out its programmes in a number of locations both in Ireland and Northern Ireland.



What is Incredible Years® and Mentoring for Achievement?

The Incredible Years® (IY) Programme is a prevention and early intervention programme for children with emotional, social and behavioural difficulties.

Incredible Years® was developed in the US and has been rigorously evaluated over the last 30 years. It is currently being used with success in the UK, US, Canada, Norway and NZ and others (Denmark, Portugal, Palestine etc.). Independent research results show a proven capacity to bring about positive change in the behaviour of young children.

The training programme is designed to meet **two** needs:

- ① Promote social skills
- ② Prevent, reduce and treat aggression and behaviour related problems

Supporting children up to 12 years of age:

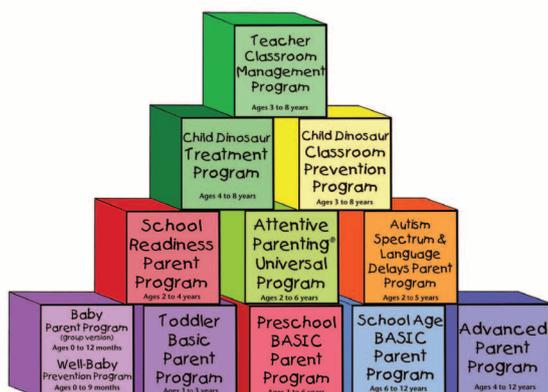
- Babies
- Toddlers
- Young Children
- School Aged Children

Achieved by applying developmental theory to:

- Parent training
- Teacher training
- Child training

Evidence based results have shown:

- Reduction in challenging behaviours in children
- Increase in social emotional learning and self-control
- Improved social emotional competence, emotion regulation and school readiness
- Reduced behaviour problems at home and in the classroom
- Strengthening of teacher and parent management skills
- Strengthening of child and parent relationships and reduction in stress



Mentoring for Achievement

Mentoring for Achievement Programme (MAP) is an evidence-based programme that uses mentoring procedures to increase school engagement among targeted students who have personal characteristics (for example inattention, disorganization, disinterest or behaviour problems) that interfere with learning. It is a 2 year, school-based programme based on social learning theory.

The Archways basis.point Programme

Archways will liaise with schools and community organisations in disadvantaged areas of Cork and Limerick as well as inner city areas of Dublin to establish what would best match their local needs.

Based on this, a suitable programme will be offered. For children aged 4-8 years old, the programme may comprise of conjoined Incredible Years® Teacher Classroom Management programmes and Incredible Years group leader training to up-skill local community organizations to deliver Parent Programmes and to train teachers in proactive classroom management skills.

Alternatively, for children aged 10-16, a Mentoring for Achievement Programme may be offered to increase school engagement among targeted students.



Achievements between, 2014 to 2016:

- ① 47 teachers/school personnel were trained benefitting 700 children
- ② 17 local agency facilitators trained and 50 parents from the catchment area benefitting
- ③ Funding up to €56,000 over two years

Renewed Fund over a further two year period, 2017 to 2018:

- ① **IY** - 4 proactive teacher classroom management (TCM) programmes, 1 in Dublin and 3 in Cork/Limerick delivered to 60 teachers (15 per programme) benefitting some 1,500 students
 - ② **IY** - 36 local agency facilitators will be trained to deliver the parent programme enabling conservatively 180 parents from the school catchment to avail of the parenting provision
 - ③ **MAP** – 75 school personnel to be trained benefitting 450 children
 - ④ Funding up to €164,000 over two years
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Aims and Feedback

Programme Aims

IY - Improve the skills and strategies of **parents** by developing:

- Positive communication
i.e. praise rather than criticism
- Limit setting
- Problem solving
- Anger management

Training is delivered in weekly 2.5 hour sessions over a period of 14 to 20 weeks

IY - Improve the skills and strategies of **teachers** by developing:

- Classroom management strategies

- Promoting children's pro-social behaviour
- Reducing classroom aggression
- Reducing non-cooperative behaviour with peers and teachers

Training is delivered in 6, one day workshops at 3 or 4 week intervals

MAP - Trains school staff to develop a **students** personal efficacy resulting in:

- Improved academic achievement
- Increased general school attendance
- Enhanced social skills
- Positive relationships with Teachers, Principals and Mentors

Feedback from Parents

"My youngest child was being assessed for a behaviour problem and since doing the course the doctors have seen a big change in him."

"I found from all of the weeks I attended (it) was very important for me and my child to be more aware of her feelings even though she is small you always need to praise. It does work."

Feedback from Teachers

"Incredible Years® has given me many strategies for dealing with behavioural issues in the classroom. Its emphasis on positive reinforcement enables the teacher to deal effectively with behaviour transgressions. The programme reinforces good behaviour that is expected and makes for a more positive learning environment."

"15 minutes of play therapy and I really felt the benefit not only for the children but also for myself".



How do the programmes work?

Incredible Years®

For Parents and Families

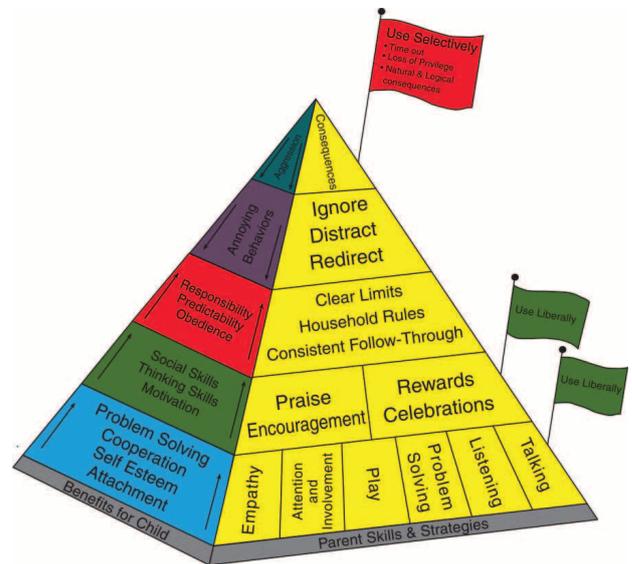
For organisations wishing to deliver the Parent programme to support the parents and families they work with, Archways will provide Group Leader training, accreditation support, programme materials and support during the course of the programme delivery.

Who delivers the programme?

Staff with a remit for supporting families and working with parents. The parent programme can be delivered either during the day or in the evening (to suit parents who are working during the day). Parent phone calls also form part of the regular weekly delivery and home visits are sometimes used in order to recruit parents. Many different organisations have delivered the Incredible Years® Parent programme with participants coming from HSE Psychological services, Family Support Agencies, Family Resource Centres, various community organisations, HSCL, SCP.

For Teachers and Schools

Archways supported by basis.point will be providing Incredible Years® support to teachers & schools through the Incredible Years® Teacher Classroom Management Programme (TCM).



What is the Incredible Years® Teacher Classroom Management?

The Teacher Classroom Management training programme comprises 6 full-day workshops running at 3 - 4 week intervals during the school year. The programme is focused on strengthening teacher classroom management strategies, promoting children's pro-social behaviour, and reducing classroom aggression and non-cooperation with peers and teachers.



Mentoring for Achievement

The MAP programme works with children who range in age from 10 to 16. The MAP programme builds upon existing school attendance, behaviour and academic records. MAP is specifically designed to decrease the impact of personal characteristics (inattention, disorganization, disinterest or behavioural problems) on the way pupils engage in school. It helps pupils develop more efficient ways of engaging and promotes a greater awareness in the pupils of the benefits of the school and classroom environments.

The selected children are assigned a mentor specifically trained in behavioural change techniques. The mentoring of MAP is focused, working specifically with attendance, punctuality, school engagement and motivation, task adherence and home-school collaboration.

As MAP can be used with children between the ages of 10 and 16 it means it can operate as:

- a specifically targeted Primary School programme for 5th and 6th Class
- a Transition programme for 6th Class and 1st Year
- a specifically targeted Secondary School programme for 1st to 4th Year

It is designed to be delivered in both individual and small group formats and can operate using any of the following: individual sessions, group sessions, or both individual and group sessions combined.



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Number: CHY 21121 CRA 20084141