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We are The Genesis Programme!

Welcome

It's hard to believe that it is two years since The Genesis Programme got up and running!

So much has happened and so much progress has been made.

To mark the occasion, we have decided to put together this publication to run alongside our usual online newsletter UPDATE. I hope it gives you a feel for the breadth of the work, the energy and passion of those involved and most importantly the impact it is having on the children and families.

Of course, the Incredible Years programmes were in twelve schools in Drogheda and Dundalk before the ABC Programme and that experience gave us the platform to reach out to the communities in which these schools sit, to health settings and to early years services as well as expanding the range of programmes in the schools.

We will soon have the first findings of the extensive evaluation being carried out on The Genesis Programme but I am in no doubt that the work is having a profound effect on the children and families we engage with and improving their outcomes and potential forever.

I would like to thank all the children, their parents and extended families who participate in all our programmes with great enthusiasm.

I want to congratulate all of the early years professionals, teachers, those in Tusla and the HSE and community personnel who have also engaged with The Genesis Programme with great vigour and commitment. Special congratulations to those that have achieved accreditation and those seeking to become Peer Coaches. This is what will sustain the work long into the future.

The commitment of the fifty plus partner organisations cannot be underestimated or indeed overstated! Barriers have been broken down. Lack of joined-up thinking between agencies is often lambasted by the public, the media and so on. The Genesis Programme is changing that viewpoint.

I would like to acknowledge all those that are part of the Management Group and are involved in its' different sub-groups and those that sit on the four Area Coordination Teams. I want to give big thumbs up to The Genesis Programme project team who are supporting implementation with verve and vision.

The job is not complete though. We must continue to put the proverbial shoulder to the wheel. We will build on what has been achieved; we will identify emerging needs and always put the children and their families in our areas first.

Happy Christmas everyone and all the best for 2017.

Claire Woods

Chairperson

**The Genesis Programme Management Group /
Manager, Louth County Childcare Committee**

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Ciarán Reid - CEO, Louth Leader Partnership, (Lead Agency, The Genesis Programme)

“ I am pleased to have this early opportunity to introduce myself as the new CEO of Louth Leader Partnership. I started with the Partnership on the 21st of November 2016. In my previous employment I was the Manager of the Ballyfermot/Chapelizod Partnership where I have over 20 years experience of delivering and managing social inclusion and labour market activation programmes.

In my last role the Partnership built a very successful consortium and secured funding under the Area Based Childhood Programme (ABC) where the Partnership took the lead role. The focus of the Family Matters ABC was on oral language development, family support and youth mental health.

I look forward to supporting the work of The Genesis Programme, its programme staff and getting to know the consortium members. I wish you continued success and season's greetings on behalf of all in Louth Leader Partnership.



Hugh Doogan with Senator Lynn Ruane at the Making Change Happen Conference

Hugh Doogan - Programme Manager, The Genesis Programme

I hope you enjoy this Newsletter as much as we have putting it all together!

It really does reflect the breadth and quality of the work being done across all partner organisations.

Our Newsletter – UPDATE – is usually available in electronic format via social media, our website and through email and this edition will be as well. However, to mark two years since the commencement of The Genesis Programme and to ensure early years professionals, teachers community workers and all involved had the opportunity to sit down with a cup of tea/coffee and review the work, it was felt that it would be a worthwhile exercise to do it in this format.

It is bigger than we had envisaged it would be but as someone said to me – surely that's a good thing!

Remember we are The Genesis Programme! Every child, every adult, every early years worker, every teacher, every public health nurse, every social worker, every school principal, every community worker, everyone living in and working in the communities in which we operate in Dundalk and Drogheda. I'm not The Genesis Programme, the project team are not – we all are!

I also want to let you know about a new video The Genesis Programme: Making Change Happen in our Communities that can now be accessed via our website and our social media platforms if you haven't already seen it.

Filmed and edited in-house by Marie Clare Hamill and Claire Gleeson of The Genesis Programme project team, we asked representatives of a cross-section of our 50+ partner organisations to reflect on what it has meant to them as service providers and what impact they consider it is having on the children and families we work with. I hope you get a chance to have a look.

Thanks everyone for the ongoing support.



The Genesis Programme

The Genesis Programme is a consortium of over fifty Partner Organisations delivering the Incredible Years® suite of programmes and other evidence-informed interventions to children, families and communities in Dundalk and Drogheda in County Louth as part of the ABC Programme.

The Partner Organisations of The Genesis Programme include Early Years Services, Schools, Community Groups, Louth Children's & Young People's Services Committee, Louth County Childcare Committee, Dundalk Institute of Technology, National Educational Psychological Service (NEPS) as well as a range of departments within the Health Service Executive (HSE) and Tusla – the Child & Family Agency including four School Completion Programmes.

Louth Leader Partnership is the lead agency.



The Genesis Programme's vision is to measurably improve the well-being and developmental outcomes for children aged pre-birth to 6 years in the targeted areas by implementing the Incredible Years® suite of programmes with fidelity using an agreed area based approach.

The Management Group provide technical expertise and have overall accountability for the successful delivery of The Genesis Programme.

There are a number of sub-groups of the Management Group including the Executive.



Benny McArdle - Chairperson. The Genesis Programme Executive / HSCL, St. Joseph's NS, Muirhevnamor

As Chairperson of the Executive, I work with the Programme Manager, the CEO of our lead agency, Louth Leader Partnership, Claire Woods and Dr. Edel Healy, Chairperson and Deputy Chairperson of our Management Group and Joanne Murphy, Louth Children & Young People's Services Committee and we have responsibility for Staffing Matters, Finance, Office Administration, Tenders and other ongoing matters relating to The Genesis Programme.

We provide support to the Programme Manager on all day to day activities, offering advice and guidance when required.



Partner Organisations

Lead Agency Louth Leader Partnership	
Early Years Settings <ul style="list-style-type: none"> St. John's JNS Early Start, Drogheda Stepping Stones Crèche, Drogheda Moneymore Childcare Centre, Drogheda Jollytots Crèche, Drogheda Lios na nÓg, Dundalk The Maples, Drogheda Scoil Eoin Baiste Pre-School, Dundalk Naoinra Dun Dealgan, Dundalk Castletown Playschool, Dundalk St. Nicholas Monastery Playschool, Dundalk Clever Clogs Pre-School, Drogheda The Playroom Project, Women's Aid Dundalk Redeemer Crèche & Playgroup, Dundalk Holy Family Community Crèche, Dundalk Redeemer Schools Early Start, Dundalk Jellytots Daycare & Montessori, Drogheda 	Schools <ul style="list-style-type: none"> Gaelscoil Dun Dealgan, Dundalk St. Joseph's NS, Dundalk Redeemer Boys' School, Dundalk Redeemer Girls' School, Dundalk Scoil Eon Baiste, Dundalk Castletown Girls School, Dundalk St. Nicholas Monastery NS, Dundalk St. Nicholas NS, Dundalk St. John's JNS, Drogheda Marymount GNS, Drogheda St. Patrick's BNS, Drogheda St. Brigid's GNS, Drogheda Realt na Mara NS, Dundalk Abacas, Drogheda
Community <ul style="list-style-type: none"> Cox's Demesne Youth & Community Project Connect Family Resource Centre, Moneymore SNAP (Special Needs Active Parents) 	HSE <ul style="list-style-type: none"> Public Health Nurse Service Maternity Services, Our Lady of Lourdes Hospital Child & Adolescent Mental Health Services Early Intervention Team Psychology Services
Tusla <ul style="list-style-type: none"> School Completion Programme Dun Dealgan Oriel School Completion Programme, Dundalk Northside School Completion Programme, Drogheda Holy Family School Completion Programme, Drogheda Muirhevnemor Springboard Initiative, Dundalk Teen Parent Support Programme Family Support & Child Welfare Services Children in Care & Fostering Service Child Protection Social Work Team 	Other Agencies/Institutions <ul style="list-style-type: none"> Louth Children's & Young People's Services Committee Louth County Childcare Committee Dundalk Institute of Technology National Education Psychology Service (NEPS) Department of Social Protection Educational Disadvantage Centre, St. Patrick's College/Dublin City University ISPCC



National Perspective



The Area Based Childhood (ABC) Programme is a prevention and early intervention initiative targeting investment in effective services to improve the outcomes for children and families living in areas of disadvantage.

It is funded by the Department of Children and Youth Affairs (DCYA) and The Atlantic Philanthropies (Atlantic), with a total investment of almost €30 million between 2013 and 2017.

The ABC Programme is being delivered in 13 areas of disadvantage in Ireland.

- The ABC Programme was established in 2013 in line with the commitment in the Programme for Government to adopt an area-based approach to tackling child poverty. The Programme was launched by former Tánaiste, Eamon Gilmore, and the former Minister for Children and Youth Affairs, Frances Fitzgerald, in 2013.
- The initiative builds on learning about prevention and early intervention in Ireland. The former Prevention and Early Intervention programme (PEIP), co funded by DECA and Atlantic, was delivered in Ballymun, Dublin Northside and Tallaght West and provided evidence in effective approaches to improving outcomes for children and families. Evaluations of other initiatives such as the wider Prevention and Early Intervention Initiative and the National Early Years Access Initiative gave provided further learning on prevention and early intervention across a wide range of settings for children and young people.
- The ABC Programme aims to 'embed' effective practices and programmes in mainstream services and to ensure services being delivered make the most impact, are timely and accessible, and have the potential to become sustainable and mainstreamed.



The Incredible Years is a series of interlocking, evidence-based programmes for children, their parents and their teachers, supported by over 30 years of research.

The goal is to prevent and treat young children's behavioural problems and promote their social, emotional and academic competence. The programme was developed in the University of Washington in Seattle by Dr. Carolyn Webster-Stratton. Whilst each programme has been designed as a stand-alone intervention, taken together, they provide a cohesive and uniform strategy to address and eliminate behavioural difficulties in children.



Aisling Sheehan & John Bamber - Centre for Effective Services

As part of the ABC programme, the Centre for Effective Services (CES) has been pleased to be working with Genesis Louth for over three years. CES has both managerial, implementation support, and evaluation roles in the ABC Programme.

We write from the point of view of the implementation support role, in which we have seen The Genesis Programme develop to where it is now actively engaged in delivering a range of programmes and supports throughout Louth. In the initial stages, the focus was on setting up the project and consolidating the learning and the practices in Louth which had been built up prior to the start of the ABC Programme.

We worked with the original steering group through a service design process, which was about clarifying what was possible to achieve, and to develop a robust logic model and implementation plan, which have proved to be a firm foundation and guide for the work.

After the set-up phase, the issues were about engaging with a range of practitioners and stakeholders in the area, and the team was careful to ensure a focus on quality, and to provide the right level of training and support to those delivering programmes. Over the course of our engagement with The Genesis Programme, it has been inspiring to see the breadth of practitioners embracing the programme in various ways, all working towards improving outcomes for children and families in Louth.

At our most recent visit in October, we met with 20 different practitioners involved in the programme working across health, education, family support and mental health services. It was clear to see that evidence-informed practices are being embedded across existing statutory and community and voluntary services, which is a key national objective of the ABC Programme.

We are looking forward to continuing our work with The Genesis Programme as the programme moves into the next phase.



Consortium Views



Mary-Ann McGlynn, CEO, and Frank O'Brien, Chairperson, Louth Leader Partnership

Mary-Ann McGlynn - Former CEO, Louth Leader Partnership

Since the programme started there has been an explosion of activity in all of the key areas we were focusing on. There are more teachers being trained in classroom management and there are more parents becoming involved. There is a huge interconnectedness between the community, the people working in the community and the health sector providers throughout the programme.

Something very exciting we had not been able to get into before is the amount of research and the ability to do baseline studies and gather that data. We will be able to return to this year on year and demonstrate the programme is achieving its outcomes as this is very much an evidence-based programme. We will be able to show that these programmes are actually making a difference, something we didn't have the resources to do before.

We know from previously working with primary schools that educational disadvantage starts very early on and this is all about early intervention. Being able to go back to the very early stages of the pre-school years and as far back as the antenatal period is hugely exciting.

The whole sector in both Drogheda and Dundalk is being transformed and there is a massive energy about it. We saw that energy came out at the Making Change Happen conference in DKIT where there were so many people who were actively engaged in the different things that are happening and they are so enthusiastic about it. It's been a terrific development.

One of the things about it is that individuals meet each other at many different levels: there are structured meetings and training interventions with personnel from the HSE, Tusla, Schools Public Health Nurses, people in hospitals. They are all building relationships and contacts, that make it so much easier to communicate and create a much more integrated and focused type of practise in the area.



Grainne Sullivan - Area Manager, Tusla

The Genesis Programme is an example of a true community partnership with widespread engagement from services throughout the Louth area. It has a simple but effective approach which is about strengthening a community through innovation, partnership and capacity building. The focus on implementing and delivering evidence based programmes with fidelity and quality is essential to support positive outcomes and sustainability. The choice of Incredible Years as a key programme is critical as it has a proven track record in Ireland and is spoken of positively by practitioners, children and parents.

As an Area Manager with Tusla, I recognise the value of early intervention and need to place the "net at the top of the cliff" rather than the ambulance at the bottom. My words are not vacuous as our belief and commitment to The Genesis Programme is demonstrated by our decision to release a staff member to support the programme.

I have been involved in a number of Area Based Childhood Initiatives; both the initial pilot sites and the cohort which The Genesis Programme is part, and know the impact that they can have on individual children and their families is staggering with significant improvements evidenced by multiple wellbeing indicators.

Despite the newness of The Genesis Programme, the achievements to date are impressive and I have no doubt that we will continue to see positive change and outcomes.



Consortium Views



Tina Kearney – Manager, Moneymore Childcare Centre

My involvement with the Incredible Years began when a boy who attended our playgroup came in to collect his sister, he couldn't wait to show me a certificate that he had been awarded at Small Group Dina. He was so excited and his mum was so proud. I knew this child well and had seen at first hand his behavioural issues.

I asked about the programme and I was hooked there and then, I was therefore delighted when I was invited to a meeting in relation to a funding application for the programme to be introduced to the preschools. I jumped at the chance of the centre being involved and expressed an interest straight away.

After a few stages the application was successful and then began the process of training and implanting the programme. We have found that since starting the Classroom Dina everything is so positive, the way in which we address behavioural problems is all focused on positivity. Children are addressing and talking about their feelings, staff are focused and enthusiastic as the programme supports our curriculum. Parents are also involved in the strategies and feedback from them has been extremely positive. Parents are using the same language as staff and children. i.e. we often hear "use your walking feet" and "I'm happy you made good choices today". This is using our parents as partners policy to the full potential.

We also happily promote the other Incredible Years programme to parents through displaying posters, leaflets, giving information to parents and encouraging the harder to reach parents to get involved. Being part of the ACT of North Drogheda benefits our service, meeting the other providers, sharing information and knowing what programmes are available from pre-birth to six years is a great asset. We can make decisions that have a positive impact for families our area.

For the staff trained to deliver Classroom Dina the peer coaching was very beneficial. They now ignore challenging behaviour and use praise instead and are able to support parents to do the same.

A big impact they have seen is not only with children with behavioural issues but with the quiet shy children, they are comfortable interacting with the puppets.

Dr. Edel Healy - Head of School of Health and Science, DkIT and Deputy Chairperson The Genesis Programme Management Group



Dr. Edel Healy (pictured centre) with Joanne Murphy and Hugh Doogan at the Making Change Happen conference

DkIT as the major Third Level education provider in the North East is honoured to be involved in the Genesis Programme. DkIT's relationship with Genesis builds on one established through its participation in the Louth CYPSC and its role in Early Years Education provided by the School of Health and Science. The opportunity for DkIT to work with such a range of partners affords opportunities for the Institute to engage in a very meaningful manner with the Community that it serves. For example DkIT hosted the 'Making Change Happen' conference which I had the pleasure to chair. This event was a real example of partnership in action and demonstrated the energy, commitment and enthusiasm of all involved in this Project.

The interventions and approaches used as part of the Incredible Years suite of programmes are assimilated into our BA in Early Childhood Studies programme. These are further supported by guest lectures delivered by members of the Genesis team to enhance student appreciation of the need for targeted investment in evidence-based interventions. The presentation of the full suite of Incredible Years text books to DKIT supported theoretical underpinnings and both have helped students / graduates of the early childhood studies programme to support improvements in the long-term outcomes for children. In addition, the Programme Director of this Programme, Mary McSkeane, is part of the Genesis management team. Genesis was also targeted as a specialist professional practice placement site for our 3rd year students who focussed on the various roles within the project team and wider consortium and who have benefited enormously as they consider their own career paths.

We look forward to continuing with and strengthening our relationship further as both strive to ensure they our youngest children receive the best possible start to life.





Joanne Murphy - Coordinator, Louth Children & Young People's Services Committee (CYPSC)

There is much discussion in Ireland today of joined up thinking, interagency working and transparent structures and protocols.

The Genesis Programme is a demonstration of just how much can be achieved in a time frame given interest, commitment and focus. The process of creating seamless, fluid relationships between agencies had already started in Louth with Incredible Years being implemented in schools across the county from 2006 in Drogheda and 2008 in Dundalk.

In April 2013, there was a vision to bring the excellent work already achieved to a new, exciting level. The interplay between outcome and process was responsible for creating the conditions for the application for funding to the Department of Children & Youth Affairs to be successful.

There were a number of other Factors that were critical to this: Firstly the motivation and drive by all who wanted to see this programme rolled out in Louth. Secondly, the openness of participating organisations to consider change in the context of improving outcomes for children and families.

In the many consultations with schools, community groups and people who work in the Early Years sector, it was heartening, in fact inspiring to see people nodding their heads, offering whatever help they could to getting this proposal over the line. The goodwill of all the consortium members ensured that there is now a high level of ownership, participation and commitment to this initiative.



Lastly the relevance of the Programme struck a chord with partners in this process. Practitioners working in the designated areas say while the work is fulfilling-the work is also complex and demanding. There are higher population densities in these areas; there is risk involved; risk with mental health issues, with addiction and other social issues.

So to have programmes that enhance pro-social behaviours, that endeavour to reduce behavioural problems in children and for parents to have competent, confident parenting styles, who will engage proactively with schools is to be welcomed at all levels of service delivery and planning.

The scope of the consortium members alongside the wonderful staff team is to plan, coordinate and promote The Genesis Programme. We are nurturing a new kind of partnership, a partnership informed by evidence and by experience, one that can orchestrate diverse disciplines of work and foster within this a well formed, long-term sustainable vision.

By working together we are all involved in the process of weaving a tapestry of action for the future and not like in the past of trying to find the pieces of the jigsaw.

What is being truly achieved is having a significant impact on communities by creating a unique and dynamic process where the richness and value of inter-agency working can permeate to the most local of levels.

As coordinator of Louth Children and Young People's Services Committee I am energised by the work of The Genesis Programme and committed to embedding this innovative model in Louth.



Training our Group Leaders

Teachers complete new Teacher Classroom Management programmes

In May 2016, over 35 teachers from a number of schools in Dundalk and Drogheda gathered along with their school Principals as they graduated from a 5 month Incredible Years® Teacher Classroom Management (TCM) Programme.

These were the first new TCM programmes delivered under The Genesis Programme banner. Prior to the establishment of an ABC Programme here, over 320 teachers and other school support staff completed TCM across all 12 participating schools in Drogheda and Dundalk.

At an event in Drogheda on the 11th May, the teachers from all four participating primary schools in Drogheda were awarded with their certificates. The participating schools were:

- Marymount GNS • John's JNS • Patrick's BNS • Brigid's GNS



On the 25th May 2016 congratulations was ringing in the ears of teachers from four Dundalk schools who graduated from the programme. The teachers were from the following participating schools:

- St. Joseph's NS • Redeemer Boys' School • Redeemer Girls' School • Scoil Eoin Baiste

Both programmes were led by Yvonne Forde and Alice Malone from The Genesis Programme project team.

TCM is a prevention programme and aims to provide teachers with the skills to effectively manage their classroom and promote children's social, emotional, and academic competence.

It is designed for school personnel who wish to adopt a 'whole school' approach and are keen to reflect the Incredible Years® principles within their school ethos.

The following areas are covered during the workshops that school personnel attend:

- Building Positive Relationships with Students
- Preventing Behaviour Problems – The Proactive Teacher
- The Importance of Teacher Attention, Coaching and Praise
- Motivating Children Through Incentives
- Decreasing Inappropriate Behaviour
- Emotional Regulation, Social Skills & Problem Solving



Since The commencement of The Genesis Programme, over 200 community workers, HSE and Tusla personnel, early years professionals and teachers have been trained across 10 different programmes. Much of this training took place in Dundalk and Drogheda, which previous to the ABC Programme would not have been possible.

In addition, our own Teacher Classroom Management (TCM) Group Leaders have provided two new TCM courses for teachers in Dundalk and Drogheda.

These new Group Leaders join a large number who were trained when the Incredible Years was being rolled-out in our schools in Dundalk and Drogheda prior to the establishment of The Genesis Programme.

Nearly all of these Group Leaders undertake the delivery of the programmes in either a voluntary capacity or as part of their role whether that be in the Early Years Services, the Schools or the Community.

Thank you to them all for their commitment and enthusiasm and for their managers for their support in releasing them and supporting them in the delivery of the various programmes.

Training	Location	No. of Group Leaders for The Genesis Programme	Date
Preparing for Baby (antenatal)	Drogheda	18	June 2015
Parent & Baby Programme	Dundalk	29	September 2014
Parent & Baby Programme	Dublin & Limerick	4	January & October 2016
Toddler Programme	Drogheda	20	June 2015
Parent Programme	Dublin	18	June 2015 & June 2016
Autism Specific & Language Delays (Programme for Parents)	Dublin	12	September 2016
Small Group Dina Programme	Dundalk	31	September 2014
Classroom Dina Programme (Schools)	Dundalk	47	September & December 2015
Classroom Dina Programme (Early Years)	Dundalk	34	February & December 2015
Classroom Dina Programme (Early Years)	Dublin	8	February, September 2015 & October 2016
Teacher Classroom Management (TCM) Programme	Wales	4	October 2015
Incredible Beginnings	Dundalk	5	December 2015
Peer Coaching	Manchester & Dublin	2	April & December 2015



Sharing the Learning

Vicky Carrie - School Completion Project Worker, Dún Dealgan School Completion Programme at Redeemer Girls' and Boys' National Schools

Over the past 3 years I have been delivering Small Group Dina.

One of the strategies that I have found to be most helpful is the Show Me Five hand, our famous friend Wally coaches the boys and girls to follow this instruction when he raises his hand.



Sara Nixon - Teacher, St. Joseph's NS, Muirhevnamor, Dundalk

Dina School has been of huge benefit to the teachers and children in St. Joseph's NS.

It has provided teachers with simple phrases and strategies for dealing with children with behaviour problems and it also provided the children with coping mechanisms under stressful times.

One very useful strategy that has worked throughout our infant section is the use of Time Out. Time Out is used in our classrooms and on our yard. Children have been taught the rules of Time Out in class and also how time out is not a punishment. It is more about giving your body time to calm down. This then filters through to the

yard. Children realise that if they hit out when playing with their friends that Time Out is used as a place for them to calm down and reflect on their actions.

This is one of the many strategies that has helped with our teaching in St. Joseph's NS.



The picture shows First Class with Mr John Mc Kevitt and Dina Dinosaur.

John McKevitt - Teacher, St. Nicholas Monastery NS, Dundalk

At Saint Nicholas Monastery (De la Salle) National school we have been delivering Classroom Dina for several years.

Currently our Junior Infants, Senior Infants and First Class experience meeting Dina Dinosaur through the Classroom Dina on a weekly basis.

The children learn social skills through fun activities, songs, stories and talking about news and issues that matter to them. We have found the Classroom Dina particularly useful for finding solutions to problems or issues that children might have in the classroom or in the yard at break times. Most importantly as well as learning the children enjoy Dina Dinosaur coming into the classroom and they have a lot of fun.

Niamh Donaghy - Teacher, St. John's Junior National School, Rathmullen, Drogheda

I have been carrying out Classroom Dina in the Junior Infant classes in our school this year.

The programme is a great introduction to classroom/school rules. It enhances children's social skills as they learn very important skills such as listening, turn taking, problem solving and the sharing of their thoughts and ideas. Many of the songs, games, videos and role play activities make it a very fun and worthwhile learning experience for all involved. The teaching of these skills is promoted throughout the school day.



Kerrie Rothwell - Clever Clogs Preschool, Drogheda

Parents are the most important people in their children's early lives. It is important for us as early years practitioners that we have the involvement and communication with the parents on a daily basis. Therefore when working with the children in Dina School we focus a lot on the homework part.

Each session the children bring home their Dina Folders. In their folders they will have a note for the parents on what Dina, Wally or Molly talked about and an activity to do with their parents.

This is also linked in with Aistear - building partnerships with parents. Aistear states that partnership involves parents, families and practitioners working together to benefit children. Each recognises, respects and values what the other does and says. Partnership involves responsibility on both sides.

Now I feel that not only myself and the children are enjoying Dina School but now also the parents.



Grainne Woods – Classroom Dina Group Leader, Castletown Preschool, Dundalk

We started using the listening bear as part of the Classroom Dina Programme last year. The listening bear is seen as a reward by the children for positive behaviour and they look forward to taking him home with them. The children's listening and communication skills are strengthened through the story telling at circle time when they recount the bear's adventures from the previous day.

Bernie Redmond – Teacher, Early Start @ Redeemer Girls' National School, Dundalk

Last year we had a couple of pupils who were scared on the puppets; the strategy we used to overcome this was to allow the children to observe the positive interactions of their peers with the puppets. When they saw their friends interacting with Wally they were then keen to participate in the lesson, for example: Wally demonstrated walking feet and pupils then took turns to show their own walking feet, this encouraged the other pupils who were reluctant to then take part in the lesson.



Caitlin McKinley - Social Worker, Child & Adolescent Mental Health Service, HSE

The Incredible Years Programme enabled CAMHS to provide a group approach when seeing young children who have possible ADHD, Conduct Disorder (CD) or Oppositional Defiant Disorder (ODD).

It also enabled us to further assess the needs of these children and collate information to report back to the Multi-Disciplinary Team to determine whether they met the criteria for the diagnosis for ADHD, CD or ODD. Our involvement with Genesis also brought to our attention the various incredible years programmes based in the community and schools that children and family could attend to compliment and support the work we were doing.

Attending the Area Coordination Team meetings enabled us to meet more agencies and organisations in the community which improved our relations on both ends so we were all meeting the various needs of children and families by promoting early intervention involvement and the benefits in the long term which would in time would reduce waiting lists in services.



Sharing the Learning



Linda Fagan - Early Years Practitioner, Moneymore Childcare Centre



We began Classroom Dina in our ECCE class in 2015.

I was nervous but the more practice I had with the puppets the more my confidence grew. I am now confident that the children are on board and I can hold their attention with the puppets now. I can now redirect them through the puppet which works

Wendy Hoey, Early Years Practitioner, Lios na nÓg, Dundalk

After completing my training in classroom Dina I began to implement the programme into the preschool rooms in Lios na nÓg in September 2015. I immediately could see the massive benefits that the programme had for the children in the group. My goal was from day one to work towards my accreditation, recording every lesson and using the checklist not only as an evaluation tool but also as a template to help me plan my lessons. After a year of 'enjoyable' hard work I decided to send a recorded lesson away to be observed and looked forward to hearing positive changes that I could implement. I achieved my accreditation in August 2016, the feedback I received was so positive and encouraging and would highly recommend all trained in this incredible programme to work towards the goal of achieving your accreditation.



Evaluation

A national evaluation of the ABC Programme is well underway and The Genesis Programme is part of that. The purpose of the evaluation is to assess the impact of the ABC Programme nationally. Data is being collected locally on outcomes for children and their families using a shared measurement framework. Common measures are being used across all ABC areas on outcomes and implementation processes.

The evaluation aims to answer the following three key questions:

- How did the outcomes for children and families in ABC areas change?
- To what extent did the ABC Programme make progress in implementing evidence-informed programmes and approaches in the ABC areas?
- What were the costs of services provided under the ABC Programme?

Reports on the emerging findings will be provided to each area. These will of course be shared with all stakeholders when available.

The Genesis Programme is also a partner in the Child Well Being Study with Archways and the Enrich Research Project with Maynooth University.



Keira Daly, working with The Genesis Programme as part of the Tús Scheme – assisting with data entry for the ABC Programme Evaluation



Peer Coaching: Building Capacity & Raising Standards

This is a new element of the Incredible Years that we have been able to introduce since the inception of The Genesis Programme.

Peer Coaching is an opportunity for Group Leaders to reflect on their practice, improve on it and give themselves the confidence to know that they are delivering the programme with fidelity, ensuring they achieve the best outcomes for children and families.

Over the past two years forty two professionals from a number of our partner organisations have participated in Peer Coaching. Organisations who have benefitted from their staff participating in Peer Coaching include Schools, Early Years Settings, HSE, Tusla, School Completion Programmes, Voluntary and Community Groups to name but a few.

We have had wonderful opportunities to bring over world leaders in the Incredible Years Programme including Mr. Peter Loft from Incredible Years in Seattle, Dr. Sue Evans (UK) and Jamila Reid (IY Seattle).



Building capacity locally is one of the main objectives of The Genesis Programme. Going into 2017, we now have two trained peer coaches providing coaching locally to Group Leaders implementing the Parent Programme and Mary Lennon (St. Patrick's Boys NS) a recently trained Peer Coach will be providing coaching to Group Leaders implementing the Classroom and Small Group Dina Programmes.

2017 will also see Céire Cudden (Marymount N.S.) complete her Peer Coach Training in March and Céire will be available to coach Teachers and Early Years practitioners here in Dundalk and Drogheda.

Group Leaders who participate in Peer Coaching are encouraged to become accredited in their respective programmes. This accreditation not only gives people the opportunity to be recognised for the work they are doing, but it also ensures that the children receiving the programme are getting the same outcomes as the programme developer (Carolyn Webster-Stratton) intended.

Peer Coaching: Building Capacity & Raising Standards



Mary Lennon – Special Needs Assistant, St. Patrick's Boys NS, Drogheda

I was introduced to Incredible Years in 2008. Since 2008 I have delivered two Small Group Dina programmes per year in St Patricks BNS. Additionally I have been involved in the delivery of Classroom Dina to Senior Infants, First Class and Second Class in conjunction with the class teacher. Underpinning all my work to date has been the principles of Teacher Classroom Management in which I received training a number of years ago.

The effects of the Incredible Years are extremely evident within the school and are reflected in the children's levels of self confidence, emotional regulation and overall behaviour. In my opinion the Incredible Years gives children 'the tools for life'.

Since its introduction to the school parents have reported an improvement in children's behaviour at home and have felt that children themselves have taken over the teaching role in that they are teaching parents positive behaviour strategies.

Accreditation provides the opportunity for self definition and self reflection with feedback on the programme content and direction. It provides the opportunity for continuous improvement of the programme fidelity. It demonstrates the skills and abilities that are reflected in the programme. Incredible Years group leaders are provided with access to continued support and coaching in order to ensure the development their delivery skills. The leaders and the children receive the maximum benefits and achieve the best possible outcomes from the programme delivery.

My belief in the programme has led me to proceed down the peer coaching route. Since my training last year the feedback I have received from Classroom Dina leaders has been extremely positive who have reported the continued support has given them a clear sense of direction and has enabled them to ensure that their delivery is in line with the fidelity guidelines. They have also reported that the collaborative group work has allowed for shared learning, support and reflective practice.



Céire Cudden – Teacher, Marymount NS, Drogheda

“ My journey with the Incredible Years began with my initial training in Teacher Classroom Management in 2007.

From there I put my name forward for Classroom DINA in November 2014 as I was interested in the programme and didn't want to miss out on a great opportunity as I had seen the positive influences the classroom management and DINA school has had on my school.

The training was excellent and delivered with great enthusiasm that I brought back with me to my own teaching. After teaching the programme for 2 terms and with the encouragement of The Genesis Programme I decided to work on my accreditation for the school year September 2015.

During my accreditation I received two Peer Coaching workshops that provided me with continuous support and feedback. The accreditation process involved documenting and evaluating all 48 lessons as well as recording the lessons on video.

I had to submit a video to the Incredible Years team in America and fortunately it was passed on my first attempt. The feedback was very positive with plenty of suggestions too. After completing the remainder of my paperwork I was awarded my accreditation in June 2016. I feel it not only recognises the hard work that I have put in but that it acknowledges the support from my fellow staff members in Marymount NS and others involved in The Genesis Programme.

The next path of my journey leads me to start my training to become a Peer Coach next spring. I look forward to this great opportunity.



Eileen Burke – Parent Programme Group Leader with The Genesis Programme

As I look back to the beginning of my journey within the Incredible Years Programme, I think about how “Green” I was as a novice facilitator! While I had many years experience working with the general public as well as with young children, this was the first time that I truly felt the weight of responsibility of being so closely connected with so many families. As a facilitator I feel it is an absolute honour and privilege to be given such a window on the private inner workings of family dynamics.

From day one I took this responsibility seriously, and it was my intention to go for accreditation as soon as possible. Initially, I must admit, I found that the mere thought of the whole process was somewhat overwhelming.

I was a little unsure that I was really ready, and capable of getting accreditation, and perhaps was too self critical. Rather than being content to just do my best for the parents, I was expecting close to perfection from my sessions.

Then with the creation of The Genesis Programme, along came a whole new way of working! With Alice Malone as my Peer Coach, I regained the faith in myself as a facilitator, and Alice helped me acknowledge the unique style with which I deliver the IY Programme to each parent group.

On my first attempt at accreditation, with a videotape of my session in hand, I approached Alice for her highly valuable feedback. Alice helped me to evaluate (what I initially felt wasn't the best session to date) with a less critical eye. She encouraged me to send the videotape for evaluation, and to my absolute delight, my first videotape was passed on first attempt!

I have much gratitude and appreciation for Alice's support and friendship, and look forward to continuing working closely together.



Shirley King – Teacher, St. Brigid's Girls NS, Drogheda

I have been delivering the Small Group Dina programme for a number of years in St Brigid's GNS.

I absolutely love delivering the programme, have an affinity with Wally, and especially gain great pleasure working with the particular children in the small groups.

Amongst many outcomes, I have seen children come out of their shell, gain confidence and learn how to control their emotions over the course of the programmes. This brings me great pleasure and reassurance that the programme is so worthwhile. It was for this reason that I decided to go down the accreditation route. As teachers we are working behind closed doors with our partners, sometimes feeling that we are 'winging it'. Accreditation was a way for me to discover what areas were working well and what areas I was lacking in as a facilitator.

I read up on accreditation and what was involved and felt quite overwhelmed! Fortunately soon after, I had a meeting with Alice Malone who was extremely reassuring. She offered me all the help I needed and more! She told me to forget about the paperwork and start recording and that's what I did.

I got feedback from Jamila Reid from Incredible Years in Seattle just over a week later. Her feedback was extensive, 9 pages long and her comments were very honest, mostly positive with simple practical recommendations that, after we implemented them, found beneficial to our delivery.

For example, each time a child offered a solution to a problem, they should do a role play based on it – it's all about moving from the cognitive to the behaviour. (or she recommended more role plays)

Next the paperwork...!!!!

There's no point pretending otherwise, but there's loads of it. If there is one piece of advice I could offer anybody who is considering going for accreditation is to start the paperwork straight away.

However I now feel that little bit more confident when I'm delivering the programme that I'm going about it the right way, and questioning myself less. Thanks to Alice Malone and Yvonne Forde from The Genesis Programme project team for your encouragement and support.



Area Coordination Teams (ACTs)



SOUTH DUNDALK

**Sean Doherty, Project Worker, Oriel School Completion Programme
Chairperson, South Dundalk Area Coordination Team (ACT)**

My name is Sean Doherty. I am a Project Worker for Oriel School Completion Programme in Dundalk. One of the five primary schools I work in is the Gaelscoil in Muirhevnamor and it is for this reason that I became involved in the South Dundalk ACT.

I first became involved in the Incredible Years in 2009 when I trained as a facilitator for the Teacher Classroom Management and delivered my first TCM session in late 2010. I have since trained as a facilitator for the IY Parent Programme and the Incredible Beginnings programme. I was elected as Chairman of the South Dundalk ACT in May 2016.

The main benefit of the South Dundalk ACT is that it brings professionals and parents from the community together to discuss the community's needs in relation to the different IY programmes and subsequently work together to ensure that the programmes are provided to the community.

South Dundalk's ACT first action was the organisation of a fun community event which provided the opportunity for the whole community to come together and find out more about the Incredible Years suite of programmes available in the area. Representatives from many community organisations including local Schools, Early Years Services, School Completion Projects, An Garda Síochána, HSE and Tusla gathered to share information about the Incredible Years Programmes available to Children, Parents, Teachers and Early Years Practitioners in this local community.

Going forward I feel that the ACT will benefit the area, all members are now familiar with the programmes being delivered locally and subsequently can promote them to local members of the community who they may meet in their different roles. The cross section of agencies involved in the South Dundalk ACT will ensure that the needs of this community will be catered for through embedding the programme delivery within the community for the foreseeable future.



NORTH DUNDALK

**Niall Weldon, Coordinator, School Completion Programme Dún Dealgan
Chairperson, North Dundalk Area Coordination Team (ACT)**

The North Dundalk ACT has met three times during this term, once each month. The meetings have been well attended by both school and community personnel. We have had some difficulty to date in getting personnel from the local creches to attend on a regular basis. This is something we are working to address over the next while.

Most of the North Dundalk ACT's focus over the last while was on planning and staging two local community based events. The purpose of these was to increase community awareness and participation in the Incredible Years Programmes being delivered in the area.

The events took place in Scoil Eoin Baiste on Tuesday 25th October and in the Clan na Gael GFC Hall on Wednesday 26th October. Both events had decent attendances on the day, with some local organisations displaying stands and information on their projects.

There was also colouring competitions for children as well as face-painting and balloon modelling. A positive spin-off from the events was that a number of parents signed up to carry out some of the Incredible Years Programmes in the near future.

The North Dundalk ACT is now focusing on being involved in the Process Evaluation that is being undertaken with The Genesis Programme. This will specifically look at how the programme is being implemented particularly at a community level.

We are The Genesis



DROGHEDA SOUTHSIDE

**Bairbre English, Home School Community Liaison, Marymount NS
Chairperson, Drogheda Southside Area Coordination Team (ACT)**

The first meeting of Drogheda Southside ACT was held on April 25th 2016 and to date the team have met 5 times in all.

The concept behind the development of local ACTs is to identify local need, co-ordinate local programme delivery and develop capacity around the provision of the suite of Incredible Years Programmes. To this end the team has been actively encouraging the participation of as wide a number of organisations as possible. The benefit of organising on a local basis is that it facilitates the involvement of more people who are close to local needs. It also supports the development of more inter-agency work. It helps spread awareness of the Genesis Programme and the positive benefits of becoming involved.

In our area, the current delivery of Incredible Years programmes includes Dina in the Classroom, Small Group Dina, Incredible Years Parent Programme and Teacher Classroom Management training in our local schools. The Parent Programme has also been delivered in community settings locally along with a refresher course for previous participants. We hope to be able to deliver the Parent and Baby programme locally in the near future and are looking at the possibility of providing Autism Specific Support also.

We are delighted to have representatives from CAHMS, TUSLA, HSE, local childcare providers, local youth services, schools, community and parent representatives all working together for the good of local families.

Close co-operation of all agencies involved in supporting families is the key to making real change happen and are looking forward to even closer co-operation as the work of the team progresses.

We would be delighted with expressions of interest from any other organisations who would be interested in getting involved whether it be to help us promote the IY Programmes, to help in identifying areas of need or indeed to help us celebrate success!



DROGHEDA NORTHSIDE

Carol Doran, Social Worker, Maternity Services, Our Lady of Lourdes Hospital, HSE

Chairperson, Drogheda Northside Area Coordination Team (ACT)

My name is Carol Doran and I am a Social Worker with the maternity services at Our Lady of Lourdes Hospital in Drogheda. I am currently the Chairperson of the Northside Drogheda Area Coordination Team.

This team was developed from the previous implementation support team and has become more localised and community based. Our team consists of voluntary and statutory agencies working together to achieve better outcomes for the families living in our community.

Since the group's establishment I would certainly say that collaboration and working relationships within the agencies have improved for the benefit of families in the locality. We all are aware what programmes are currently running in our community and where to link relevant families to programmes. In hindsight, we previously did not engage in all of the existing services within our community, whereas now there is a greater willingness for professionals to undertake interagency working.

We currently have community groups, volunteers and HSE staff working together to deliver programmes in local settings convenient to our service users. The way we are now working is the way forward to embed programmes and to ensure sustainability. By working together in this way we are looking at the specific needs of our community at a more local level and everyone is involved and part of the process.

The ACT is a group of committed individuals who value their community and the team would not work without everyone's commitment and interagency working. I am honoured to be a part of this working group and as the group is in its infancy, it is our hope that it will grow from strength to strength in the foreseeable future.

Genesis Programme!

What our Parents Say



Lilian Amushan - Parent Programme Participant and Group Leader

It all started 3 years ago while I was standing with some other parents, waiting to pick up my son Richard from the Early Start at the Redeemer School, Dundalk. Sinead Shields, the Home School Liaison was giving out information about the programme and asked if I would be interested. Initially I was quite vague about participating in the programme...Why would someone tell me how to raise my children? I thought.

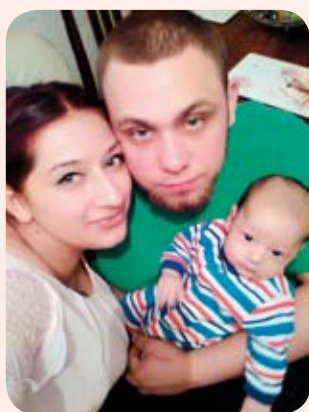
But then I started the Incredible Years Programme and I just couldn't believe how good the programme was...how much advice and useful information I got from it! After about 5 sessions I couldn't continue because of some personal challenges at that time but I returned the next year to complete the programme.

Even with the 5 sessions I had earlier, I could already see positive changes in the family as a whole. The Incredible Years Programme has made a whole lot of difference in my life. It has boosted my relationship with my children and spouse.

I went ahead in 2015 to train as a facilitator as my own way of showing appreciation and giving back to the society. All the skills and strategies I acquired during the programme are always at the back of my mind. I learnt how to play and spend more quality time with my children, how to deal with challenges that come with parenting without being stressed up. We all understand and respect each other's emotions irrespective of age. It has also strengthened my children emotionally and academically.

During the programme I bonded with the group and made lots of friends. I missed the sessions when the programme came to an end...I missed the vignettes, group activities and even the dreaded role play!

I would recommend the Incredible Years Programme to every parent and guardian. It is amazing and brings a whole new dimension to parenting.



Bianca Pleasca - Preparing for Baby Programme Participant

My name is Bianca. I am the mother of two beautiful boys - David is 2 years old and Thomas who was born in August.

The Preparing for Baby Programme was recommended to me by Lucy Maguire from the Teen Parent Support Programme. I decided to take part in the programme as I felt isolated during my pregnancy as it was difficult to get out and meet people. It provided me with an opportunity to be part of a group of expectant parents where I felt comfortable and was able to express my feelings.

Participating and completing the programme was beneficial for me as it encouraged me to talk more and develop connections with my unborn baby. When I sang to my baby I noticed more movements and I felt more relaxed. The programme encouraged me to make time for relaxation and helped me understand why this is important.

As the only mother in the group with an older child I was able to share my prior experiences with the group. I used the books from the group with David and we used it as a time for both of us to communicate with my unborn baby and for relaxation. The clock exercise got expectant parents thinking as we looked at what our daily life is like before baby is born and after baby is born.

I really enjoyed being part of the group and would recommend it to all expectant parents. It gives parents an insight on ways to enhance the attachment and bonding process with their baby during pregnancy.



Alan Connolly – Parent Programme Participant

I started the Incredible Years programme under recommendation from the HSE in relation to my son who has a sensory processing disorder and some other spectrum issues.

The programme also came well recommended from my wife who had already completed it and had asked that it be run at an available time. The fact that it was run on an evening basis thankfully allowed me to attend. It was great that Yvonne (Forde) and Caitlin (McKinley), our Group Leaders, went the extra mile to run this.

I found both Yvonne and Caitlin to be very helpful and a great resource to provide the skills to manage difficult situations. The course material was somewhat out dated but they also made it relevant to the current environments and situations we as a group found ourselves facing.

The group environment was also a very useful place to figure out different, more effective methods of resolution and communication and again this aspect was very effectively marshalled and guided by Yvonne and Caitlin.

In regards to the course itself, although I reluctantly started the course thinking that I was sure 'I could figure it out as I went along', I learned, through the course, the slightest of changes in my approach and methods of communication could greatly change the outcome of numerous situations, not only with my son but also with my daughter.

The course also highlighted to us the importance to remind our partners of the great job they were doing as it's often overlooked in the difficult circumstances a child on the spectrum brings. We do all need to be reminded at times that it's tough and we are doing a good job.

Having completed the course I can honestly say that the skills I have taken away from it are invaluable tools to have and I still use what I learned there every day.

"They don't come with an instruction manual" is the mantra often touted in relation to children when they are very young, "You'll figure it out as you go" is commonly thrown in too however I feel that this course is as close to a manual as you'll get and I think it should be pushed to all new parents, possibly even before their child is born. Not just by the HSE as a method of dealing with a child or children with issues long after they have been identified, but as a course for everyone expecting their 1st child. We don't allow somebody just hop into a new car in forecourt and 'figure it out' on the roads and the same logic should be applied to parents for the sake of all concerned.



Thelma Traynor – Incredible Years Parent & Baby Programme Participant

My name is Thelma. I am the mother of 4 year old Oisín and 2 year old Aobha; I completed the Incredible Years Parent & Baby Programme in May 2015 with Aobha.

Completing the programme has made me more confident as a parent. The weekly sessions gave me focus and routine and an opportunity to engage with other parents. During the course of the programme I learned lots of new skills that I could use in everyday life. I was amazed at the amount of sugar and salt that was contained within processed foods and still use all the skills learned in the programme when I'm doing the family shop. Skills that I have gained including Paediatric First Aid and Baby Massage are invaluable to day to day life.

Completing the programme gave me the confidence and skills to balance my new baby and Oisín. It also gave me opportunities to talk to other parents, listen to their routines and discuss different methods. The programme has made such a positive impact on my family, it has encouraged me to continue and I am now commencing the Incredible Years Basic Parent Programme in Castletown Girls' School.

One lesson I learned is this time I'm not going to be the first to answer questions as my over enthusiasm last time, can leave the rest of the group letting you answer all the questions. The programme was run effectively and very well organised by the Group Leaders.

I would recommend this programme to all parents with new babies.



Incredible Progress in Early Years Services

Just over twenty months ago our partner organisations within the Early Years Care and Education sector started their Incredible Years journey.

Practitioners from Early Years services in both Dundalk and Drogheda attended the three day Classroom Dina Programme training delivered by Peter Loft, Incredible Years Trainer.

The Classroom Dina Programme is a preventative social and emotional skills programme delivered by early year's practitioners to their whole class group over the academic year. Lessons such as understanding and communicating feelings, problem solving strategies, managing anger, and friendship and conversational skills are delivered through the use of puppets, DVD's, music and games as part of circle time. The key skills of each lesson are then reinforced through a small group activity and are also promoted by the practitioners throughout the day.



Following the training I provided support to the services in the planning of the programme delivery through group workshops and individual sessions.

In September 2015, our Early Years partner organisations began delivering the Classroom Dina Programme to children within their preschool classes. In just one academic year over 280 children have benefited from this programme alone.



The Early Years sector has seen much development over the past number of years. In order to support our partner organisations we have collaborated with Louth County Childcare Committee in delivering an introductory workshop developed by the NCCA (National Council for Curriculum & Assessment) to the services.

We plan to extend this support in September when we will launch resources developed by The Genesis Programme outlining the links between the Incredible Years Programmes and the Aistear Curriculum Framework.

All that and the world's first ever Incredible Beginnings Programme and it has indeed been an incredible first full year of implementation in the Early Years. Well done all!

Schools' Incredible Years Week

Every day is an Incredible Years® day in our twelve participating primary schools, but things went to a whole new level this week during the first ever dedicated Incredible Years Week back at the end of April.

All the schools put on lots of Incredible Years® related activities – from special coffee mornings with parents delivering refresher sessions to their children on Show Me Five to schools unveiling new amazing murals of Wally, Molly and all the gang – from Dina School Graduations to Student Achievement Award ceremonies – in an action packed week long timetable.



Infant Mental Health Framework

The Genesis Programme Infant Mental Health sub-group have been meeting regularly over the last eighteen months.

Their objective is to achieve consensus around a model that promotes positive infant mental health involving some of the programmes delivered such as the Preparing for Baby Programme and the Incredible Years Parent & Baby Programme as well as literature/materials provided to parents and health professionals.

The plan is to finalise the model and launch it in the coming months.

Resources are currently being worked on and they include an app which is being developed by David Kearns and a book resource for parents to use with their child.

The members of the group are:

- Mairead Davis - Connect Family Resource Centre
- Maeve Murphy - Community
- Joanne Murphy - Louth Children & Young People's Services Committee, Tusla
- Hilda McConnon - Public Health Nurse, HSE
- Grainne Milne - Clinical Midwifery Manager, Our Lady of Lourdes Hospital, HSE
- Ger O'Riordan - Psychology, HSE
- Marie French - Psychology, HSE
- David Kearns - Social Worker Adult Mental Health
- Caroline Bowe - Muirhevnamor Springboard Initiative, Tusla
- Bronagh McGlade - Louth County Childcare Committee
- Carol Doran - Social Worker Maternity, HSE
- Claire Gleeson - Development officer (Early Years), The Genesis Programme
- Eileen Maguire - Child Health, Regional Training and Development Officer, HSE
- Frances Durnin - Development Officer (Antenatal & Baby Programmes), The Genesis Programme

				
FUN damentals of Infant Mental Health				
Programme Links to Infant Mental Health				
	Antenatal Programme	Parent Baby Programme	Toddler Programme	Incredible Beginnings
Provide a Nutritious Diet to your Child	Healthy Eating in Pregnancy	Weaning Sessions/Dental Health	Healthy Ireland	Healthy Ireland
Read to your Child	The Sensory Experience	Physical Tactile and Visual Stimulation	Promote Toddlers Language	Promote Toddlers Language
		Communicating with your Baby		
Play with your Child	The Sensory Experience	Active Play	Child Directed Play	Child Directed Play
		Getting to know your Baby		
		Baby Massage		
Talk to your Child	Communicating with your Baby	Baby Massage	Promote Toddlers Language	Promote Toddlers Language
	The Sensory Experience	Communicating with your Baby		
Praise your Child	Communicating with your Baby	Emerging Sense of Self	The Art of Praise and Encouragement	The Art of Praise and Encouragement
		Active Play		
		Weaning		



Programme Delivery

From September 2015 to June 2016, the first full academic year of The Genesis Programme, a total of 91 programmes were delivered with a total of almost 1,400 children, parents, early years professionals, teachers, Tusla/HSE personnel and community workers directly benefitting from these interventions. Add in the numbers indirectly benefitting as a result of whole school and whole service interventions, it is clear that substantial progress has been made.

Programme	Total Number Delivered
Parent & Baby	3
Early Years Classroom Dina	16
Incredible Beginnings	2
Classroom Dina in the Schools	41
Small Group Dina	9
Teacher Classroom Management (TCM)	2
Toddler Programme	2
Parent Programme	10
Peer Coaching Programmes for Group Leaders in TCM, Parent & Baby, Toddler Programme, Small Group Dina, Classroom Dina and Parent Programmes	8

There are even more programmes scheduled for 2016/17 with many of these already underway. We have already completed the first couple of the new antenatal intervention, Preparing for Baby, and there will be new programmes focusing on Autism & Language Delay and School Readiness in 2017.

2016/17 Programme Delivery Schedule

Programme	Total Number Scheduled
Preparing for Baby	3
Parent & Baby	3
Baby Massage	7
Early Years Classroom Dina	20
Incredible Beginnings	3
Classroom Dina in the Schools	41
Small Group Dina	11
Teacher Classroom Management (TCM)	1
TCM Refreshers	5
Toddler Programme	2
Parent Programme	9
School Readiness Programme (for parents)	1
Autism Spectrum & Language Delays Programme (for parents)	1
Peer Coaching Programmes for Group Leaders in Incredible Beginnings, Parent & Baby, Toddler Programme, Small Group Dina, Classroom Dina and Parent Programmes	13



The Adventures of Wally & Molly & Friends

The Adventures of Wally, Molly and Friends

In the last two years of course Wally, Molly, Dina and Tiny Turtle take their work in the Incredible Years and as part of The Genesis Programme very seriously!

However, they never miss an opportunity to get involved in all the activities our early years services, schools and community groups deliver.

For example, there were great celebrations across all of our participating early years settings and schools when they marked Lá an Fhorógra/Proclamation Day on Tuesday 15th March 2016. Wally, Molly, Dina and Tiny Turtle all joined in and were happy to pose for photographs.

Holidays like St. Patrick's Day, Easter, Halloween and Christmas; Sports Day, Supporting Drogheda Moves, Graduations; Orchestra and supporting Ireland at Euro 2016 – you name it, they are at it!!!





Making Change Happen Conference

Making Change Happen Conference a Huge Success

At the Making Change Happen conference in Dundalk Institute of Technology in June 2016, over 200 delegates heard how agencies in Louth have come together to break down barriers and take a truly holistic approach to childhood well-being and family support.



They say it takes a community to raise a child. In Louth you can see this in action before your eyes. A consortium of over 50 organisations including schools, early years services, community organisations, HSE, Tusla and other agencies have broken down the barriers that divide them and firmly placed the well-being of children and their families at the heart of their work.

The conference was jointly hosted by The Genesis Programme and the Louth CYPSC with the support of the HSE and Tusla. Delegates travelled from all over the country to the conference in Dundalk Institute of Technology to learn about the new and innovative best practise model being applied in County Louth.

The conference also featured a series of workshops led by specialist teams in Louth. Topics included The Strengthening Families programme, promoting a new positive infant mental health model, the first ever Incredible Beginnings programme for early years staff to be completed in the world (the latest programme to be developed in the Incredible Years series) and collaborative working. These sessions allowed delegates to learn at first hand from those in Louth that are leading the way.

Delegates also signed a Commitment Board to embed proven interventions in their own organisations to achieve better outcomes for children, young people and their families. Delegates also agreed at the end of the conference to three very clear commitments that the local partners would focus on in the next twelve months. These were generated through discussions throughout the day and in the workshops.

These were:

- **Reach out to other areas to share the learning with the primary target of mainstreaming the work**
- **Making Every Contact Count (with children, young people and their families) is Everyone's Responsibility**
- **Continue to work in a collaborative way therefore cost effectively deliver better outcomes for children and families in County Louth**

Guest speakers at the conference included:

- Richard Layte of Trinity College Dublin and the Economic & Social Research Institute (ESRI) speaking about "Early Life Environment and Development"
- The new CEO of Tusla, Fred McBride discussing "From Welfare to Well-Being and Resilience"
- And recently elected Senator Lynn Ruane (pictured above) talking about "Factors That Make Change Happen: A Personal Experience"



Incredible Beginnings

History made as first Incredible Beginnings programme delivered

There was a world first for The Genesis Programme during Summer 2016 as the Redeemer Crèche & Playgroup staff completed and celebrated their graduation from the Incredible Beginnings programme.

The training which forms part of the suite of Incredible Years evidence based programmes supports Early Years Practitioners to provide warm and predictable environments.



The programme which was facilitated by Claire Gleeson and Frances Durnin of The Genesis Programme over a six month period, has a strong focus on developing positive relationships with children and their main care givers.



Participants were joined in their celebrations by the project team of The Genesis Programme along with representatives from the lead agency Louth Leader Partnership and the various partner organisations including the local schools, Community Groups, TUSLA, Community Employment Schemes and Louth County Childcare Committee.

At the event **Claire Woods, Manager of Louth County Childcare Committee and Chairperson of The Genesis Programme Management Group** said: 'I was delighted to be invited here tonight to join in the celebration of this historic event. Congratulations to the management and staff of the Redeemer Creche & Playgroup on successfully completing the "Incredible Beginnings Programme". I have no doubt that the implementation of this programme will greatly enhance adult child interactions in the service, which in turn will result in better outcomes for the children using the service. I would also like to congratulate our Genesis facilitators Claire and Frances on the successful roll out of the first Incredible Beginnings Programme. A great achievement by all'



Claire was joined in presenting the certificates by local TD, Peter Fitzpatrick.

The participants also received a special video message of congratulations from the Incredible Years developer Carolyn Webster-Stratton and her Senior Trainer Jamila Reid. Jamila said, 'Congratulations to all of you! It's a great milestone. What a great accomplishment for Claire and Frances, the teachers, and Genesis. I feel lucky to work with you!'

The programme which has been presented to Early Years professionals at local and national conferences has gained significant interest and here are now plans to deliver the programme to several more Early Years services in the coming months.



Launch of The Genesis Programme

Minister for Children & Youth Affairs launches The Genesis Programme, March 2015

The then Minister for Children and Youth Affairs, Dr. James Reilly, TD officially launched The Genesis Programme to a packed audience at Dundalk's Crowne Plaza Hotel on the 2nd March 2015.

The launch event also contained a series of interactive workshops which showcased a number of the different strands of The Incredible Years suite of programmes that are being delivered as part of The Genesis Programme.

At the event the Minister for Children & Youth Affairs Dr James Reilly TD said: "Louth is one of 13 Areas across Ireland in the ABC Programme that are adopting an area-based approach to address child poverty through delivering high quality, coordinated services to improve outcomes for children and families. I am delighted to launch The Genesis Programme in Louth which delivers on the government commitment to prevention and early intervention and draws on best international practice and existing service provision. This will bring benefits to children, parents and the wider community and make a significant contribution to breaking the cycle of disadvantage."



I am really pleased to see the wide range of committed statutory and non-statutory services and partners who are working collaboratively to achieve a common purpose and deliver more integrated and coordinated services. The work is building upon the strong foundation of inter-agency working in the area and is strongly connected to Louth Children and Young People's Services Committee, which will support the mainstreaming of learning across all relevant agencies. It expands upon the excellent record of work in schools to early years and wider community settings. I look forward to hearing about the progress of the work and wish you every success."



Parent Programmes

Parent Programmes in the Schools



A grand total of 73 parents graduated this last academic year from the schools-based Incredible Years® Parent Programmes.

At the **Dundalk Graduation** in the Crowne Plaza on the 8th April 2016, 39 parents graduated from four different programmes attached to the eight participating primary schools in Dundalk. They are:

- St Joseph's NS
- Gaelscoil Dhún Dealgan
- Scoil Eoin Baiste
- St Nicholas Monastery NS
- Redeemer BNS
- Redeemer GNS
- Castletown GNS
- St Nicholas NS

The schools are very much supported in the rollout of these programmes by the School Completion Programmes (SCP) that work with them, namely Oriel SCP and SCP Dhún Dealgan.



The **Drogheda Graduation** took place on Thursday 14th April 2016 in the Holy Family Community Centre, Ballsgrove.

Over 250 parents have now completed the fourteen week programme in the town of Drogheda alone since the first graduation event took place in June 2008.

The 2016 Graduation Ceremony saw 34 parents graduate from programmes attached to the four participating primary schools in Drogheda:

- Marymount GNS
- St John's JNS
- St Brigid's GNS
- St Patrick's BNS



Parent Programmes

SNAP and CAMHS link up with The Genesis Programme in exciting new development

A new partnership between SNAP (Special Needs Active Parents), the HSE's CAMHS (Child & Adolescent Mental Health Services) and The Genesis Programme has seen the successful completion of the first Incredible Years® Parent Programme as seven people linked in to those services graduated on in June 2016 at an event in Dundalk.

The Genesis Programme is focused on building agency capacity to deliver Incredible Years throughout communities in Co Louth. The success of the Incredible Years® Parent Programme is reflected in the number of parent graduates which reached the grand total of 1000 in April 2016.

The Genesis Programme are delighted that SNAP have now come on board as a consortium member helping to drive the delivery of the Incredible Years® in Dundalk.

The programme took place in the SNAP Centre in Lios Dubh on the Armagh Road from March to June. The programme was led by Caitlin McKinley from CAMHS and Yvonne Forde from The Genesis Programme.

The Genesis Programme is working to improve well being and developmental outcomes for children aged pre-birth to 6 years based upon the principles of prevention and early intervention. The Incredible Years® Parent Programme is a prime example of early intervention at its best and is focused on providing parents with positive proactive parenting strategies that aim to improve and strengthen the child parent relationship.



Community-Based Programme Graduations

There were great celebrations back in mid January when parents and indeed their babies who had participated in community based Incredible Years® parent programmes graduated and received their certificates from Jim McGuigan, Area Manager with TUSLA (the Child & Family Agency) at an event in Drogheda and from Fiona Murphy, General Manager with the HSE in Louth at an event in Dundalk.

In all five different groups graduated from the following programmes:

- The Incredible Years® Parent & Baby Programme – led by Mairead Davis, Connect Family Resource Centre, Hilda McConnon, HSE Public Health Nurse and Maeve Murphy – former HSCL St. Patrick's BNS/St. Brigid's GNS
- The Incredible Years® Toddler Programme – led by Cliodhna Cunningham, Connect Family Resource Centre and co-facilitated by Yvonne Forde, The Genesis Project Team and Joanita Serebe, a student from DKIT's Social Care degree programme on placement with The Genesis Programme
- The Incredible Years® Parent Programme – led by Tusla Family Support Drogheda Team Members Martina Saurin and Damien McAteer
- The Incredible Years® Parent & Baby Programme – led by Public Health Nurses Cathy Rabbat and Johana Doyle with Frances Durnin, Development Officer (Antenatal & Baby Programmes) with The Genesis Programme
- The Incredible Years® Toddler Programme – led by Sharon Scott, a student from DKIT's Social Care degree programme on placement with The Genesis Programme, volunteer and a former parent programme participant Lilian Amushan and Claire Gleeson, Development Officer (Early Years Programmes) with The Genesis Programme

There were further celebrations back in July 2016 when a group of expectant parents as well as a group of parents and their babies who had participated in community based Preparing for Baby and Incredible Years Parent and Baby Programmes graduated and received their certificates from Grainne Milne, Clinical Nurse Manager, Maternity Services, Our Lady of Lourdes Hospital at an event held in the Crowne Plaza Hotel Dundalk.

- The Preparing for Baby Programme - led by Lucy Maguire, Teen Parent Support Programme c/o Cox's Demesne Youth & Community Project; Antoinette Loughran, HSE Public Health Nurse and Frances Durnin, Development Officer (Antenatal & Baby Programmes), The Genesis Programme
- The Incredible Years Parent & Baby Programme – led by Antoinette Loughran, HSE Public Health Nurse; Caroline Bowe, Muirhevnamor Springboard Project and Frances Durnin, Development Officer (Antenatal & Baby Programmes), The Genesis Programme





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We are The Genesis Programme!