



## SPECIAL EU PROGRAMMES BODY

# Project Case Study: The Changing Lives Initiative

### THEME:

Health: Cross-border Health & Social Health

### FUNDING (ERDF+MATCH):

€2,662,684.15

### MATCH FUNDERS:

Department of Health (Northern Ireland), Department of Health (Ireland)

### LEAD PARTNERS:

Clondalkin Behavioural Initiative Ltd (Archways)

### PROJECT PARTNERS:

Dundalk Institute of Technology, Colin Neighbourhood Partnership, NHS Highland, The Genesis Programme

### PROJECT CONTACT:

criordan@archways.ie

**Start Date:** 01/09/2016

**End Date:** 31/10/2020



changinglivesinitiative.com



@changingliveslouth



@CLI\_Louth

The Changing Lives Initiative is a community-based project creating a better understanding about ADHD and providing an intervention programme for families with children (3-7) experiencing behaviours consistent with ADHD. It provides an information and awareness programme, a screening programme, and an intervention programme in the form of a 20 session Incredible Years (IY) parent programme. Typically, each session lasts for 2 to 2.5 hours and is delivered by two group facilitators to approximately 12 parents per group. In addition to working with families, the programme provides training for those working with young children, in particular teachers and early year's professionals. The Initiative is a cross-border project operating in County Louth and surrounding border area; Belfast and Lisburn; and the Argyll & Bute Region.

*"Parents indicate they have seen significant improvements in both their child's behaviour, their own parenting skills and stress levels. These findings indicate the intervention has the potential to significantly reduce parent reliance on medicalized /drugs treatment. The intervention has also greatly enhanced parents' sense of manageability and control and broken the coercive pattern of parent child engagement which typically accompanies the presence of hyperkinetic disorder"*

*~Manager of Archways, the lead partner of the Initiative~*



Project partners from Ireland, Northern Ireland and Scotland at The Changing Lives Initiative mid-project Conference held on the 21st May 2019 in Riddel Hall Belfast.



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To date, The Changing Lives Initiative has provided an intervention to over 800 families, including the delivery of 23 intensive group based programmes for parents. What is more, 1,000 professionals were trained in working with and supporting children with ADHD. The project also achieved high level of engagement from statutory and community health services, schools and stakeholders. Besides helping children, the project has improved parenting experience and day to day functioning. That is why, so far, parents have reported very high levels of satisfaction.

*"I got my son back, I got my family back. I got more support from this group than anything else.*

~Danielle~

(a parent who has recently completed the programme)

### Project Key Outputs:

- **A cross-border area framework for early intervention with vulnerable families: 1**
- **Vulnerable families in receipt of an intervention: 2,000**



Parents from Ireland, Northern Ireland and Scotland who recently completed the innovative new early intervention programme for ADHD; with facilitator Alice Malone (left) presenting at The Changing Lives Initiative mid-project Conference held on the 21st May 2019 in Riddel Hall Belfast.