

Review of Parent Education Models for Family Reunification Programs

Program	Age	Description	Intended Audience	Targets of Intervention	Level of Research Evidence	Studied in Child Welfare Population?	Required Training & Fidelity Monitoring	Cost
Incredible Years BASIC & Advance Parenting Programs	0-12	Incredible Years Parent Training programs have been successfully delivered in group settings at provider agencies, in schools, and in Head Start programs. Through psychoeducation, video modeling, role-plays, and other exercises, parents learn nurturing play skills, constructive limit-setting and other techniques to increase structure in the home and respond appropriately to their child's behavior. Ideally, parents and children attend concurrent groups.	Although the Incredible Years was originally developed for parents of children with mild to severe behavior problems, it has been adapted for a child welfare population and delivered to parents with past child maltreatment allegations in Head Start programs. The model includes developmentally specific curricula for parents of infants, toddlers, preschoolers, and school-age children up to age 12.	The program focuses on cognitive restructuring, emotional regulation strategies, and behavioral practice to aid parents in developing effectively managing their child(ren)'s behavior. Child and parent training programs have shown in empirical research to significantly reduce child aggression, oppositional and impulsive behaviors that negatively affect the child's ability to function at home, school, or in the community.	Level 1(a)-Practices Based on Scientific Evidence. Also rated as Level 1-Well-Supported by Research Evidence by the CA Evidence-Based Clearinghouse for Child Welfare.	Yes. One study examined use of the intervention with foster and birth parents working toward permanency, an adaptation of the program for parents with history of documented child maltreatment is in review.	Five days of introductory training from a certified trainer. Can be delivered by the developer in Seattle or on-site. Videotape review, consultation, review of group participant evaluations, use of authorized treatment materials (manual, videos, props, etc.). Group Leaders must earn certification from the developer.	Estimated cost per treatment episode=\$600. Initial 3-day training=\$400 plus travel (off-site) or \$400 per day/per participant plus travel for on-site training. Associated costs of implementation include meals and childcare for parent groups.

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Parent-Child Interaction Therapy (PCIT)	2-7 years for behavior and parent-child relationship issues. 4-12 years for physically abusive parents.	PCIT is an intensive dyadic parent-child treatment for young children and their parent(s). The therapist coaches the parent to change the pattern of interaction with their child. Although the model is designed for use in a clinic setting, in-home adaptations have been tested.	Parents of children with moderate to severe disruptive behaviors. An adaptation is available for physically abusive parents.	Disruptive behavior at school and home; adaptive classroom behavior; interpersonal social competence; Child abuse and neglect reports; positive parenting behaviors; negative parent behavior.	Level 1(a) - Practices Based on Scientific Evidence. Also rated as Level 1-Well-Supported by Research Evidence by the CA Evidence-Based Clearinghouse for Child Welfare.	Yes. RCT with physically abusive parents, parents receiving PCIT had significantly fewer re-reports of abuse and reduction in negative parent behavior. One study found that including a motivational intervention during the orientation increased retention for child welfare clients.	5 days initial training at an authorized training center. Training is available in Florida, Ohio, and California. Clinicians must be master's-prepared or above. Recommended that trainees conduct four supervised cases before practicing independently. Program fidelity monitored through use of treatment manual and Videotape or web-based review of sessions. Consultation from developer or approved supervisor is available.	Off-Site Training=\$3000 plus travel per clinician. Average cost per treatment episode is \$3638 per family. According to an analysis by the Washington State Institute for Public Policy, PCIT saves \$3.64 for every \$1 spent.

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Parent Management Training - Oregon (PMT-O)	4-12	PMT-O is a parent training and skills development intervention for parents of young children through adolescence. The therapist supports parents to develop positive parenting skills using role-playing and problem solving.	Parents of children with moderate to severe disruptive behaviors. Adapted for Latino families.	Moderate to severe disruptive behaviors and conduct problems in children. Core components include: encouragement of positive behavior, systematic consequences for negative behavior, behavior monitoring, and positive parent-child interactions.	Level 1(a) - Practices Based on Scientific Evidence.	No.	Initial training: 6, 3-day sessions. Providers must participate in weekly phone consultation, videotape review, attendance at ongoing workshops until certified. Fidelity to the treatment model is monitored through Use of the Fidelity of Implementation Tool (FIMP), videotape review, consultation, and use of treatment manual.	Approximately \$28,000 per training with minimum of 20 participants. Average cost of single course of treatment = \$318.

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Triple P (Positive Parenting Practices)	0-16	Triple P is a multilevel, tiered system of parenting education and family support that allows for individualized approach according to the family's needs. The program has multiple adaptations for special populations and can be delivered to groups or individuals.	Triple P has many levels of intervention from a general population-based preventive approach to intensive models for parents in need of considerable support. The Pathways Triple P program is an adaptation for parents at risk of, or who have perpetrated, child maltreatment.	Prevention and treatment of severe behavioral and emotional problems in children (mainly disruptive behavior) by increasing the knowledge, skills, and confidence of the parents. Pathways Triple P aims to prevent or interrupt child maltreatment through improvement in child-parent relationship, parenting skills, confidence, and self-care.	Level 1(a)- Practices Based on Scientific Evidence. Also rated as Level 1- Well-Supported By Research Evidence by the California Evidence-Based Clearinghouse for Child Welfare.	Yes. A randomized population trial found significantly lower rates of substantiated child maltreatment, out-of home placement, and child maltreatment injuries in counties that disseminated Triple P. Very large effect sizes (1.09-1.22) indicate the intervention had a profound effect on the observed outcomes.	Standard Triple P + Pathways Triple P: 5 days on-site training with 1-day of follow-up for accreditation one month later. Providers must be accredited by Triple P America, which involves completion of training, passing written quizzes, and demonstrating skills competency in role-plays. Assessment and evaluation technical assistance available, including outcomes measurement tools.	Initial 5-day on-site training + accreditation follow-up for 20 people = \$41,495 (includes travel). Pre-accreditation consultation (1-day) = \$3035. Other technical assistance and supports individually priced.

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Homebuilders	0-18	Homebuilders is an intensive family preservation and reunification model that provides wraparound-like services to individual families. Families have 3-5 2.5-hour sessions per week over 8-10 weeks with consultation and support available 24/7 between sessions.	Families with children at imminent risk of placement into, or needing intensive services to return from, out-of-home care due to child abuse and neglect.	Successful reunification rate; Amount of time to return home; Number of days home; recidivism to out-of-home placement; total days of public child welfare involvement; number of referrals to public child welfare; Intensity of services; Case closure.	Level 2(b) - Promising Practices. Also rated as Level 2 - Supported by Research Evidence by the CA Evidence-Based Clearinghouse for Child Welfare.	Yes	2 days of training in staff hiring and selection, 1 day of training for intake staff, 1-2 days of training for referring worker training, 4-6 days of initial training for clinical staff with 8 additional days of intermediate/advanced clinical training. Supervisors attend 4-6 days of additional training. Training can be provided on-site or at headquarters in Federal Way, WA. Required fidelity monitoring includes 12 hours record review and 6-8 hours per month of phone consultation from developers.	Information not publicly available. Contact Training Division at info@institutefamily.org

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Parents as Teachers: Born to Learn Curriculum	0-5	<p>Early childhood home visiting program with four goals: (1) Increase parent knowledge of early childhood development and improve parenting practices (2) Provide early detection of developmental delays and health issues (3) Prevent child abuse and neglect (4) Increase children's school readiness and school success.</p> <p>Home visitors can follow families from the prenatal stage through school entry. Families receive monthly home visits and attend monthly parent groups. Two curricula are available: Prenatal/0-3 years, and 3-kindergarten entry.</p>	<p>Universal preventative model - Serves all families regardless of risk level.</p>	<p>Outcomes studied include child development measures, school readiness, literacy-promoting behaviors, parenting attitudes, parenting behaviors, knowledge of child development, and school success.</p>	<p>Level 2(b)-Promising Practices. Also rated as Level 3-Promising Research Evidence by the CA Evidence-Based Clearinghouse for Child Welfare.</p>	<p>No. Studied in general populations, with teen parents, and urban and low-income parents. One randomized trial with teen parents found that parents who received case management and PAT were significantly less likely to have a case of child abuse or neglect open for investigation. High attrition rates (25-40%) along with inconsistent and small positive effects suggest that more, high-quality research is needed to validate the program's effects.</p>	<p>Certification is required for parent educators. Parent educators attend initial 5-day in-person training. The required follow-up training can be taken online. Two days of additional training are required to obtain certification in the 3 years-kindergarten entry curriculum.</p> <p>Annual recertification and continuing education for parent educators and supervisors is required. Curricula are manualized. Program standards are in place for measurement of program quality and fidelity.</p>	<p>Information not publicly available. Contact Parents as Teachers National Center.</p>

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Strengthening Families Program (SFP)	6-12	SFP is a universal preventive parenting education model developed to improve parent/child interactions and decrease risk of future substance abuse in families. The developer has made some adaptations for in-home delivery, but the intervention has not been tested in this setting.	Universal preventative – it can be used with families in the general population.	Enhance family protective factors and resiliency; reduce family-based risk factors associated with child behavior problems and family substance abuse.	Level 3(a) - Emerging Practices. Also rated as Exemplary - Level 1 by OJJDP Prevention of Violence and is included as an OJJDP " Blueprints " program. SFP has one published Randomized Controlled Trial (RCT), with several follow-up studies published using the same sample.	No. Studies of SFP do not measure child welfare outcomes. The main sample used in peer-reviewed studies was largely white, middle-class, and from a Midwestern state; therefore, generalizability of the results to a child welfare population is highly questionable.	2-3 day on-site training. University of Utah has a supplemental online course available. No ongoing supervision, coaching, or fidelity monitoring is required, although the developer offers optional videotape review of sessions and consultation.	Initial training is approximately \$4000 plus travel. Evaluation support, additional technical assistance involves additional fees.

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SafeCare	0-5	SafeCare is a secondary preventative and treatment model for families at risk of, or who have been substantiated of, child maltreatment. The program provides home visitors that work 1:1 with families to improve parenting skills, home safety, and the ability to assess and address their child's health.	Parents at risk for child abuse and/or neglect; parents with history of substantiated child abuse and/or neglect.	Recidivism rate for child maltreatment; healthcare skills; use of effective parent-child interaction skills; maintenance of low hazard home environments; new reports of child abuse/neglect.	Level 3(a) - Emerging Practices. Also rated as Level 3 - Promising Research Evidence by the CA Evidence-Based Clearinghouse for Child Welfare.	Yes. Several single-subject and pre-post studies. Two non-randomized trials with comparison groups. More studies with stronger research methodology are needed.	Home Visitor: 5 days of initial training. Provisional certification is provided following the initial training. Coach/Supervisor: 1-2 days training. Ongoing fidelity monitoring is not required.	Training provided on-site; costs depend on number of trainees and materials needed.

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Nurturing Program	0-18	The Nurturing Program is a parent education and support model that can be provided in-home or in a group setting. The program seeks to prevent and/or treat child abuse and neglect through teaching parents age-appropriate expectations and neurological development of children; developing empathy and self-worth in parents and children; utilizing nurturing, non-violent discipline strategies and techniques; empowering parents and children to make healthy choices; increasing the parent's awareness of self and others; and developing positive communication patterns in the family.	Families who are at high risk for or who have been substantiated of child maltreatment.	Abusive or neglectful parenting practices; knowledge of effective discipline techniques; risk for potential child maltreatment; parenting attitudes and knowledge.	Level 3(b) - Emerging Practices. Also rated as Level 3 - Promising Research Evidence by the CA Evidence-Based Clearinghouse for Child Welfare, and as a Promising Program by the SAMHSA Nat'l Registry of Effective Prevention Programs.	Yes. The program has three published quasi-experimental, pre-post studies (no control group). There are no randomized controlled trials.	1-3 days of initial training. Trainings available through agency-sponsored events. There are certified trainers nationwide. Training of Trainers workshops are available for experienced providers who want to become a Recognized Nurturing Program Trainer and Consultant. Providers must use the program manual. Outcomes are measured using AAPI-2, Nurturing Skills Competency Scale (NSCS), along with other undefined tools.	Agencies experienced in delivering the Nurturing Programs can apply for a Trademark License as a Family Nurturing Center™ for a one-time fee of \$500 with a \$100 annual fee thereafter. Program materials generally cost \$900-1800.

