

Evidence-based parenting for the prevention of child maltreatment

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Outline of presentation



- I. What does evidence-based mean?
- II. What parenting programs are evidence-based?
- III. Considerations when implementing an evidence-based program



I: WHAT IS “EVIDENCE-BASED”?

Definition of Evidence-based



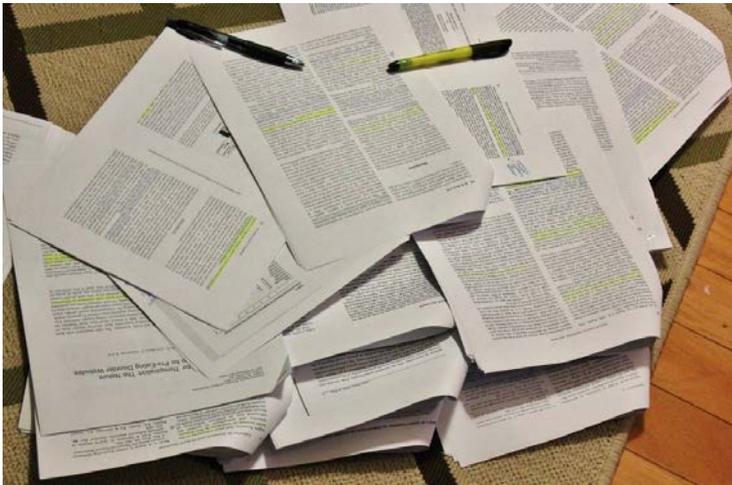
- **Specific techniques** and **intervention models** that have shown to have positive effects on **outcomes** through **rigorous evaluations.**
- About specific techniques/interventions...
 - You've got to have a curriculum or protocol
 - If it ain't specific, you can't evaluate it well; worse, you can't replicate it
 - Grandmother's Angel Biscuits
- About outcomes...
 - A program is be evidence-based for changing something in particular
 - What outcomes are you interested in changing: Knowledge? Attitudes? Behaviors? Child welfare reports? Placements? Permanency?
- About rigorous evaluations...
 - Randomized trials are the gold standard
 - Effectiveness is at a group level; may not work for everyone
 - Provider opinions do not count, by design
 - Satisfaction does not count

How do you find them?

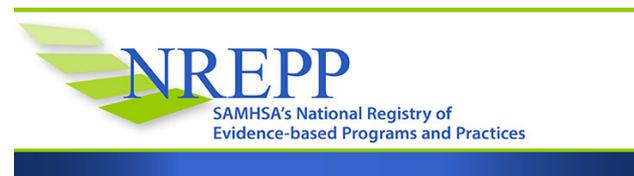


Two choices

(1) Start Reading



(2) Use a Clearinghouse



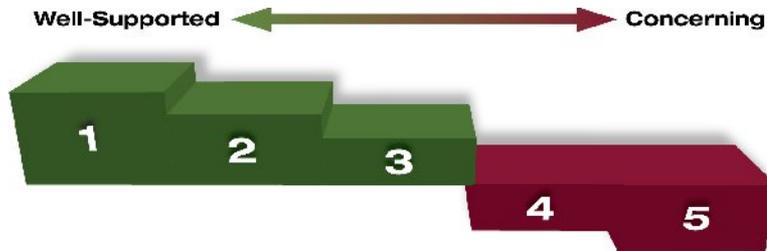


- www.cebc4cw.org
- Child-welfare focused
- Programs listed by outcome
- Ratings on effectiveness (1-5)
- Ratings on relevance to CW (1-3)
- Program description and implementation info



Effectiveness

Relevance



Ratings

1. High – designed & used for child welfare
2. Medium – designed & used for pops similar to child welfare
3. Low – designed/used for general populations

Focus on 1s and 2s



PART II. WHAT PARENTING PROGRAMS ARE EVIDENCE-BASED?

Remember your outcomes!



Identify what you want to change

Parent & Child Factors

- Parenting attitudes
- Parenting behavior
- Parent mental health
- Parents substance use
- Child well-being

Child Welfare events

- CPS Reports
- Removals
- Time to Reunification
- Out of home placements
- Placement stability

E-B Parenting programs (CEBC)



General parent training

Well supported (1)

- ABC
- Incredible Years
- PMTO
- PCIT
- Triple P

Supported (2)

- 1-2-3 Magic
- SafeCare*
- Triple P (system)
- Tuning Into Kids

For Abuse (physical & sexual)

Well supported (1)

- MST for children with sexual behavior problems

Supported (2)

- MST- Child Abuse and Neglect
- SafeCare*

For Child Neglect

Well supported (1)

Supported (2)

- Homebuilders
- SafeCare*

But wait! Neglect is 75% of referrals!

* Note: Whitaker is the Director of the National SafeCare© Training and Research Center

Prevention programs for CAN



Prevention of child abuse & neglect

Well supported (1)

- Nurse-Family partnership
- SEEK
- Incredible Years

Supported (2)

- SafeCare*
- Triple P

Evidence of no impact (4)

- Healthy Families

Home visiting programs for child well being

Well supported (1)

- Nurse-Family partnership
- Healthy Families

Supported (2)

- HIPPY
- AVANCE Parent child education program

* Note: Whitaker is the Director of the National SafeCare Training and Research Center

Core child welfare services (CEBC)

Case worker practice

Well supported (1)

Supported (2)

Promising (3)

- Solution-based casework
- Family Connections

Family Stabilization & Reunification models

Well supported (1)

Supported (2)

- Homebuilders

Promising (3)

- Family group decision making

Placement stabilization

Well supported (1)

- MDTFC (adolescent)

Supported (2)

- MDTFC (preschoolers)

Promising (3)

- Wraparound services
- Family group decision making

Common elements of E-B parenting

- Barth (2015) has argued for ‘common elements’ approach
 - He says, “Don’t buy a named program, just do the things in them”
- What are common elements?
 - Social learning approach that uses behavioral strategies
 - Joint parent-child participation
 - Increase positive parent-child interaction (e.g., play)
 - Emphasis on positive reinforcement, not punishment
 - Behaviors are charted and tracked to show progress
- EB parenting programs tend to be **SHORT!**

Short summary so far...



- Thinking about EB-parenting programs, decide what outcome you are most interested in
- Use CEBC to find an EBP
- There are many good parenting programs
 - Lots have been shown to promote positive parenting
 - Fewer have been shown to effect child welfare outcomes
 - There are common elements that most use
 - Don't be afraid of brief!



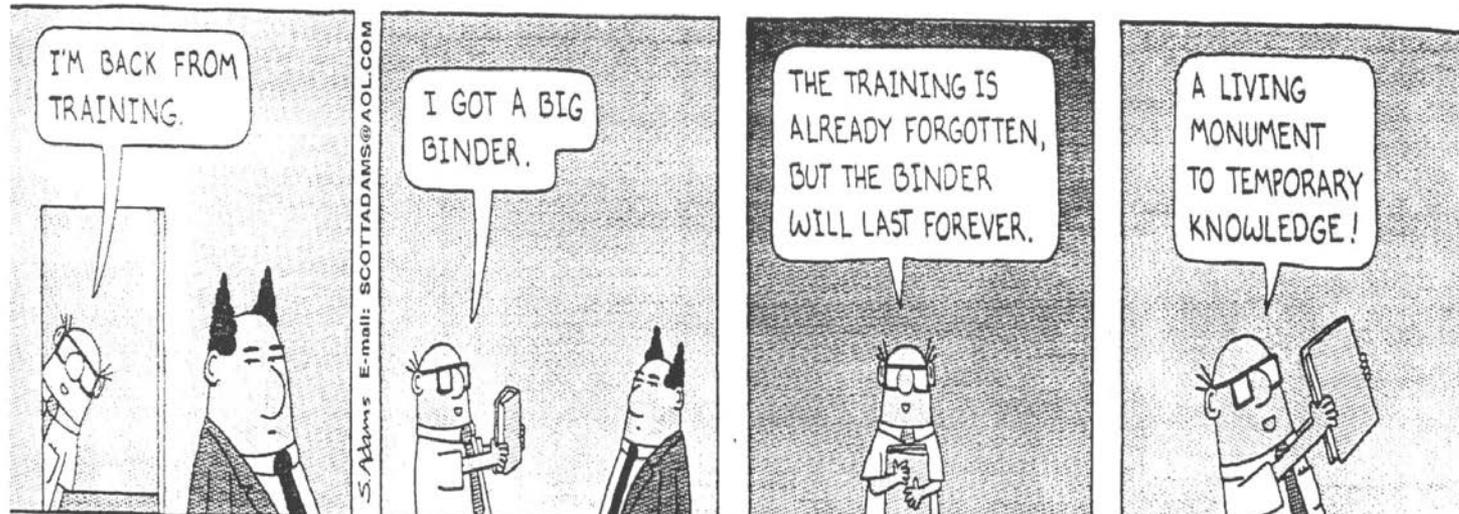
III. IMPLEMENTING AN EVIDENCE-BASED PARENTING PROGRAM?

What is implementation?



- Implementation is installing a program into a system or agency
- Bad implementation = poor outcomes, even with a great program

Don't let this happen...



Why attend to implementation?



- Ask yourself: How easy is to get anything new done in a child welfare system?
- It's not easy to get anyone to do something new
 - Especially when that person is part of an organization
 - And that organization is part of a system
 - And that system is publically funded
 - And funders have a history of responding to crises
- Lots can go wrong



Exploration and
adoption decision

Preparation

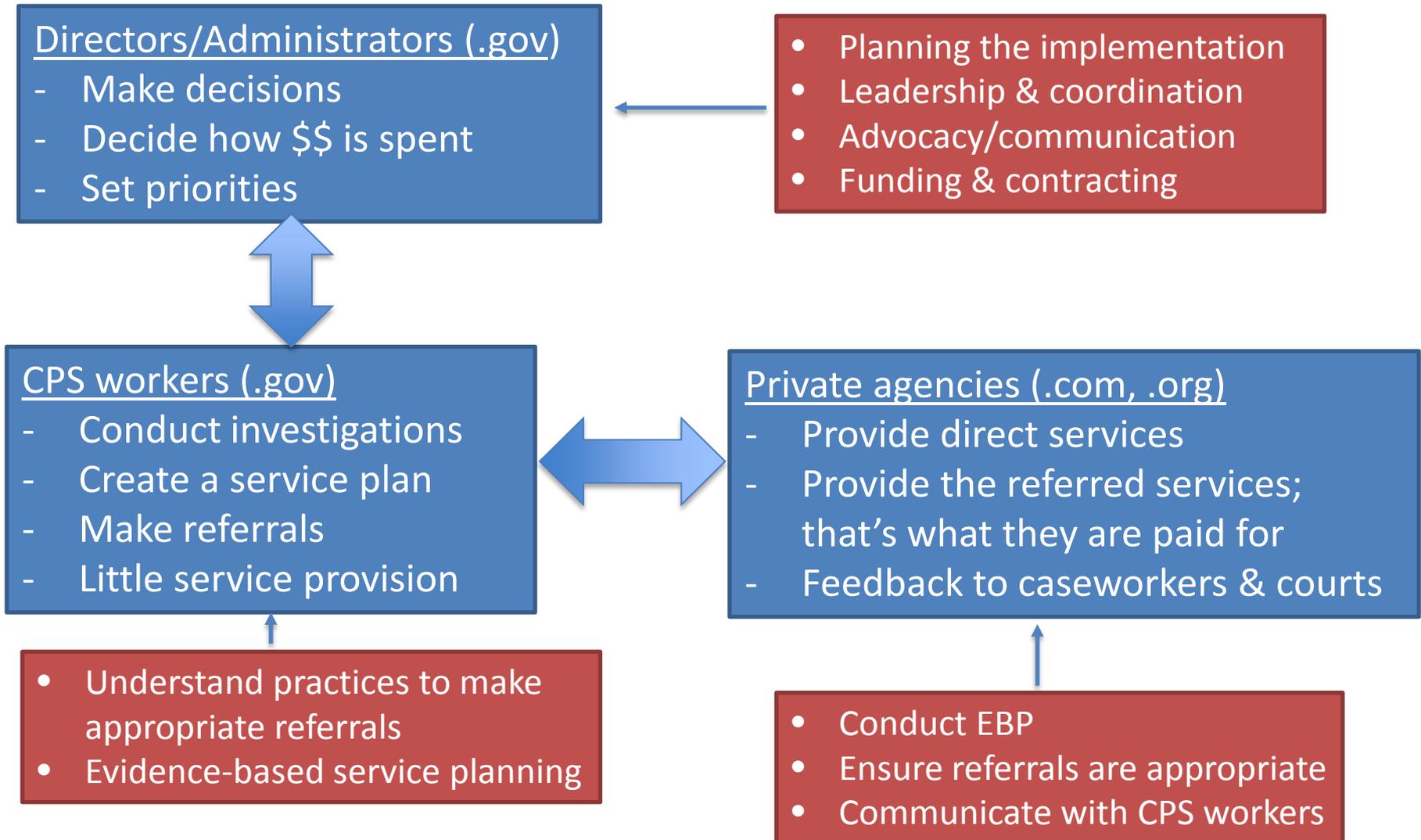
Active
implementation

Sustainment

Challenges/Issues to think about

- Which models address the problem
- Which models fit your system?
- Who is doing the exploring? Who else needs to be involved
- How does the model developer work?
- Who needs to be involved in the implementation?
- Do your funding models still work?
- Who will champion the implementation?
- How will you get rid of the old models?
- How do staff react to the new model?
- Are client referrals flowing?
- How will you track fidelity?
- How will you track outcomes?
- What about adaptations?
- What happens when there is turnover?
- Are there ongoing training, licensing, or certification costs?
- How do you handle expansions?

What CW systems look like



Summary



- Evidence-Based is a function of rigorous scientific trials
- Use CEBC to find programs for the outcomes you want to change
 - There are many EB parenting programs, depending on your problem/outcome
- To implement a program is a large effort, it's not just a training workshop
 - The whole system must be involved



Thanks

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**Ask me about grant supported SafeCare training