

# 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



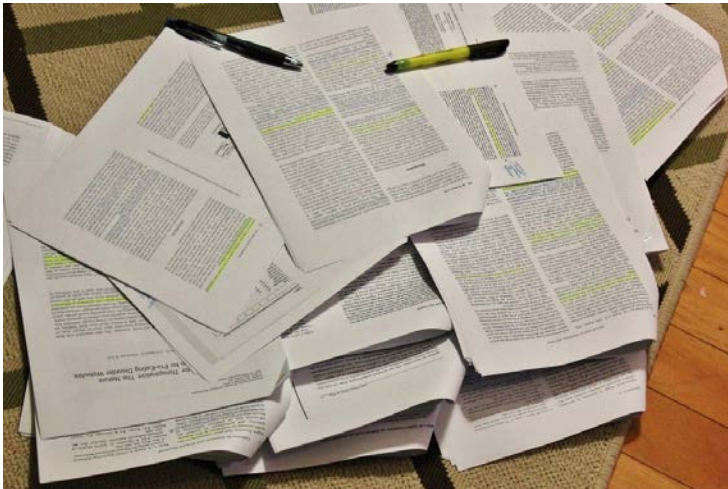
- **Specific techniques** and **intervention models** that have shown to have positive effects on **outcomes** through **rigorous evaluations.**
- About specific techniques/interventions...
  - You've got to have a curriculum or protocol
  - If it ain't specific, you can't evaluate it well; worse, you 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?

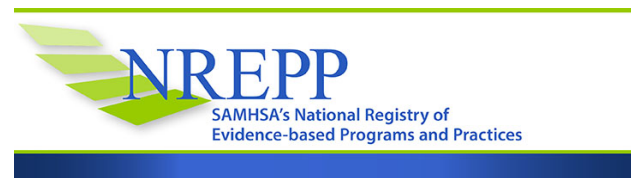


## Two choices

(1) Start Reading



(2) Use a Clearinghouse



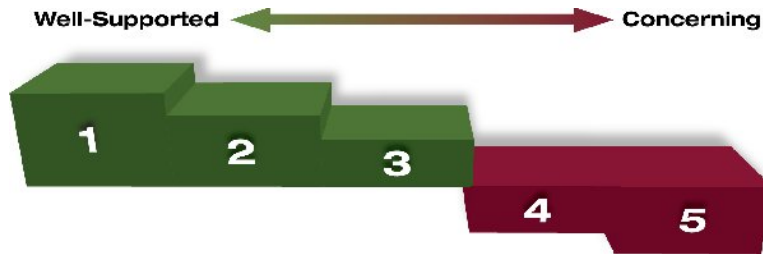


- [www.cebc4cw.org](http://www.cebc4cw.org)
- Child-welfare focused
- Programs listed by outcome
- Ratings on effectiveness (1-5)
- Ratings on relevance to CW (1-3)
- Program description and implementation info



## 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

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# 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!



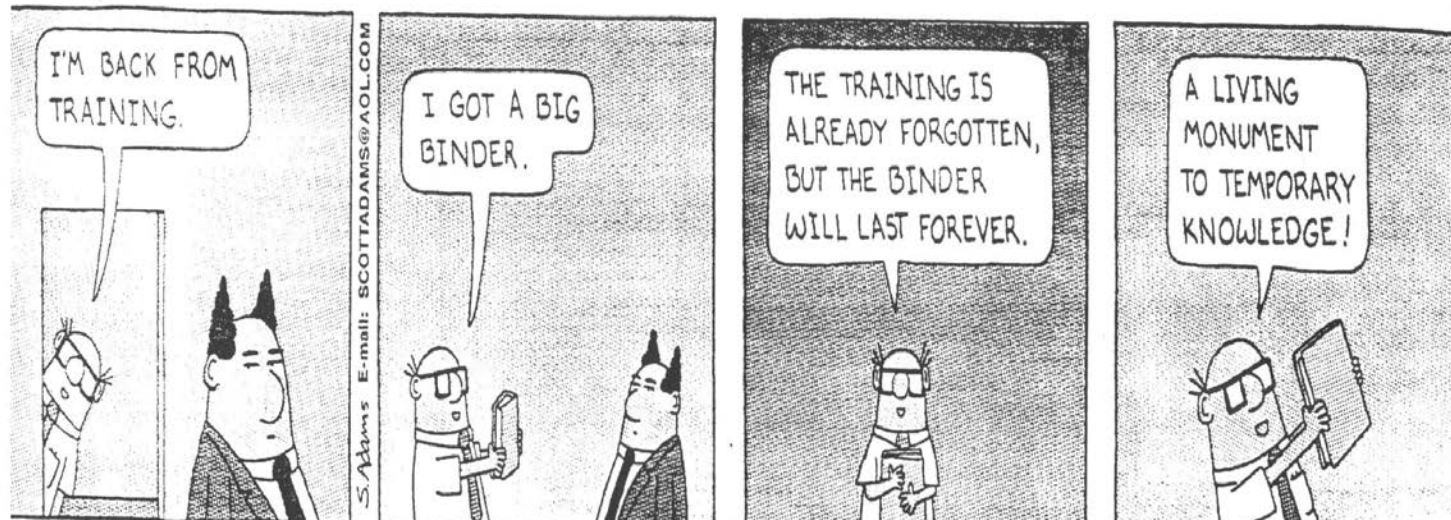
# **III. IMPLEMENTING AN EVIDENCE-BASED PARENTING PROGRAM?**

# 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

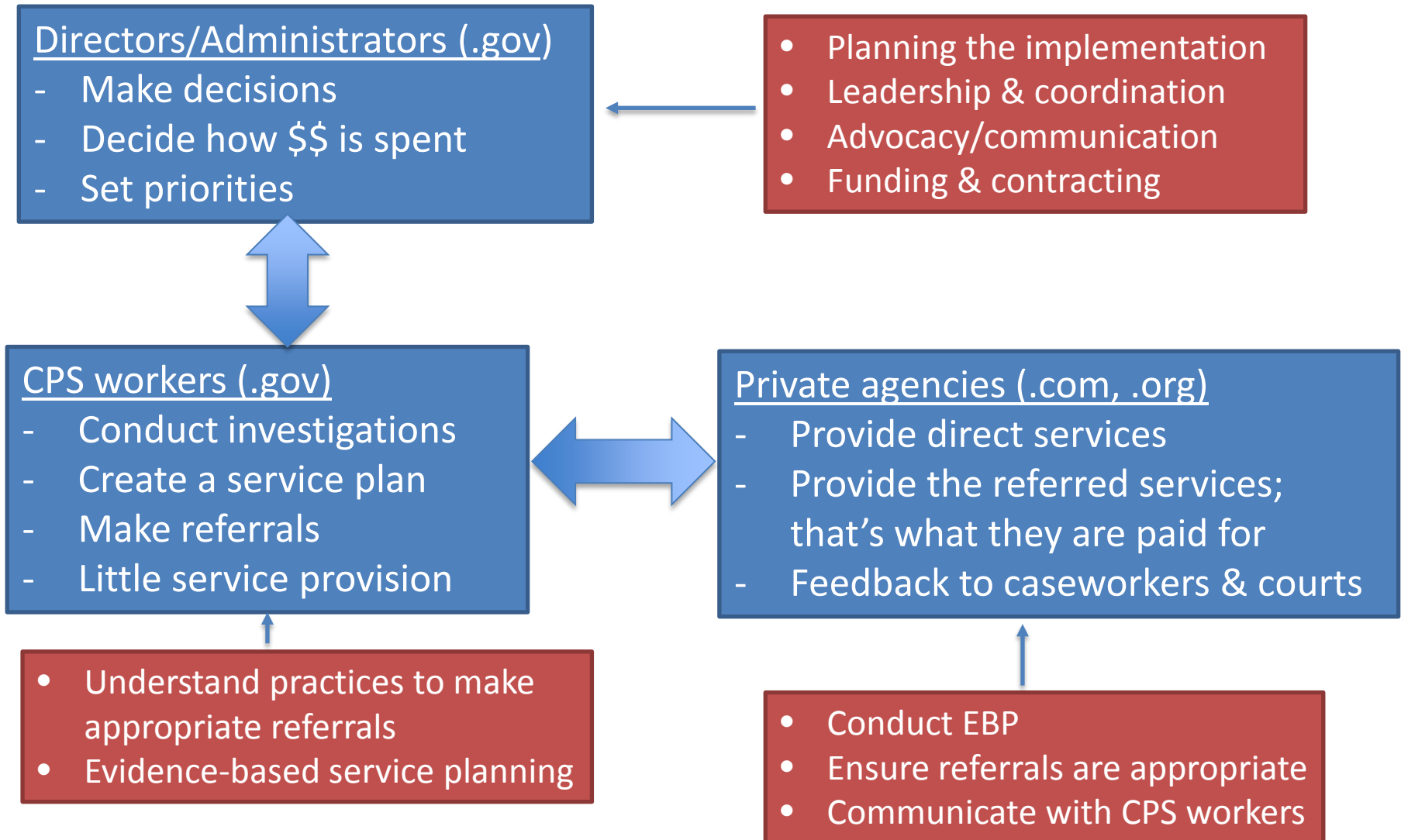
Active  
implementation

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