

Research on Curriculum/Models in the LAPEN Registry

There were 40 different Curricula/Models reported by parenting educators on the LAPEN registry (www.lapen.org) as noted below.

Parenting Educators (N=10 or more) using specific Curricula/Models:

1. Triple P (27.1%)
2. 1,2,3 Magic (15%)
3. Active Parenting (14.2%)
4. Nurturing Parenting Program (13.3%)
5. Strengthening Families (11.3%)
6. Head Start Parent Involvement (10.8%)
7. STEP (8.3%)
8. Every Touch Counts (7.9%)
9. Effective Parenting (7.1%)
10. Parents As Teachers (6.3%)
11. How to Talk So Kids Will Listen (6.3%)
12. Effective Black Parenting (6.3%)
13. Children In The Middle (5.8%)
14. 1,2,3,4 Parents (5.4%)
15. Family Resource Centers (5.4%)
16. Partners For A Healthy Baby (5%)
17. Love and Logic (4.6%)
18. Safe Sitter (4.2%)

Curricula/Models used by less than 10 Parenting Educators:

1. Partners in Parenting Education (9)
2. Making Parenting a Pleasure (9)
3. HIPPPY (9)
4. 123 Parenting (7)
5. Bad Dads (6)
6. Parent To Parent (6)
7. Parenting Counts (6)
8. Parents As Partners (6)
9. Transparenting (6)
10. Good Discipline, Good Kids (6)
11. Baby University (5)
12. FAST (5)
13. Money Management In The Family (5)
14. Talaris Institute / Emotional Coaching (5)
15. Discipline For Life (5)
16. Becoming A Dad (4)
17. Boys and Girls Club Parenting Education (4)
18. Families Work! (4)
19. Focus On Children (4)
20. NCAST, NFP (4)
21. Parenting Creatively (4)
22. Parents On Board (4)

Of the 40 different parenting education curricula or models are being used throughout the state, 22 of the models (over half) are reportedly used by less than 10 registered parenting educators. The models used by most registrants are Triple P-Positive Parenting Program, a highly documented evidence-based parenting program. It should be noted that a statewide implementation of Triple P began in 2010, and all trained practitioners were required to register on the LAPEN website. Additional models used by over 10% of respondents are 1,2,3 Magic, Active Parenting, Nurturing Parenting Program, Strengthening Families, and Head Start Parent Involvement.

An August 2012 report by the Casey Family Programs entitled “Shifting Resources in Child Welfare to Achieve Better Outcomes for Children and Families”

(<http://casey.org/Resources/Publications/pdf/ShiftingREsources.pdf>) highlighted the following effective parent skill-building programs which are ultimately more likely to be cost-effective given early cost savings analyses:

- Familias Unidas
- Incredible Years
- **Nurturing Parenting Program (NPP)***
- Parent Child Interaction Therapy (PCIT)
- **Triple P***
- Parent Management Training (PMT)
- Parenting Wisely

Registry data revealed that 40.4% of parenting educators use either Triple P (27.1%) or Nurturing Parenting Program (13.3%). It should be noted that some reported models, such as Head Start Parental Involvement Programs, implement different parenting education curriculum, including Nurturing Parenting Program and Triple P. No LAPEN registrants reported using the other 5 programs cited in the Casey report.

Within the Casey Family Programs article is a link to a document of evidence-based or evidence-informed parenting education programs, “Compilation of Evidence-Based Family Skills Training Programmes”: www.coe.int/t/dg3/children/corporalpunishment/positive%20parenting/UNOI This document identified 23 family skills training programs regarded as having positive results from randomized control trials. The listing is in descending order of the level of evidence and includes 4 of the programs reportedly used by registered parenting educators in Louisiana*:

1. **Triple P Positive Parenting Program***
2. The Incredible Years
3. **Strengthening Families Program***
4. **Parents As Teachers***
5. Stop Now and Plan
6. Multisystemic Therapy
7. Parent-Child Interaction Therapy (PCIT)
8. First Step to Success
9. Guiding Good Choice
10. Parenting Wisely
11. **Families and Schools Together***
12. Staying Connected With Your Teen
13. Helping the Non-Compliant Child

14. Positive Action
15. Family Matters
16. Strengthening Families Program for Parents and Youth 10-14
17. Multidimensional Family Therapy
18. **Nurse-Family Partnership***
19. Families Facing The Future
20. Parents Under Pressure
21. Al's Pals: Kids Making Healthy Choices
22. Resilient Families
23. DARE To Be You

Another study, "Assessing Parent Education Programs for Families Involved with Child Welfare Services: Evidence and Implications" by The Center for Social Services Research in the School of Social Work at the University of California at Berkeley, found that home visiting programs appeared to be most promising for at-risk parents of young children

(http://www.cssr.berkeley.edu/bassc/public/EvidenceForPractice5_Parenting_FullReport.pdf).

Programs found to be effective included:

- The Incredible Years (effective in reducing harsh, negative and inconsistent parenting and increasing positive parenting for preschool-aged children)
- ***Triple P Positive Parenting Program** (short-term reductions in potential for child abuse and improved caregiving environments)
- The Family Connections Program and Multisystemic Therapy Training (reduction in parental stress and improved parent-child relations)

Child Welfare Information Gateway (www.childwelfare.gov) lists parent education curricula "included on various registries of evidence-based or evidence-informed programs":

- Guiding Good Choices
- The Incredible Years
- **Nurturing Parenting Program***
- Parent-Child Interaction Therapy (PCIT)
- Safe Care
- Staying Connected With Your Teen
- **STEP (Systematic Training for Effective Parenting)***
- **Triple P Positive Parenting Program***
- **1-2-3 Magic***

A 2012 report, "Parent Education & Training Programs in a Child Welfare Population: A Review of the Evidence" from the Cutler Institute for Health and Social Policy at the University of Southern Maine, concluded that the following programs "have the strongest and most comprehensive research evidence for their effectiveness" with the child welfare population for the prevention and treatment of child conduct problems and increasing positive parenting skills:

- The Incredible Years
- PCIT
- **Triple P*** (Only one with positive results in child welfare outcomes, e.g., maltreatment rates and out-of-home placements)

(www.hunter.cuny.edu/socwork/nrcfcpp/infoservices/ParentTraining_ExecSummary2010.pdf)

A study reported in the August 2012 “Child Trends” entitled “What Works for Disadvantaged and Adolescent Parent Program: Lessons from Experimental Evaluations of Social Programs and Interventions for Children”, reported findings for outcomes, including:

Child Outcomes: Behaviors and Development (e.g. problem behaviors and cognitive development)

Parenting Outcomes – (e.g., home environment, parent/child interaction, child expectations and physical punishment

(http://www.childtrends.org/files/Child_Trends-2012_08_20_WW_ParentPrograms.pdf)

Children in the Early Head Start treatment groups were found to exhibit significantly fewer aggressive behaviors and score significantly higher on assessments of cognitive development than those in the control group. Also, Early Head Start parents were more emotionally supportive and used physical punishment less frequently than did parents in a control group. Home visiting programs, including Nurse-Family Partnership and Family TIES, were emotionally supportive of the home environment. Participants in the NFP for Teenage Parents and Their Families program demonstrated significantly lower levels of parent/child dysfunction than the control families, and had a significantly lower level of inappropriate expectations of their children.

Other evidence-based curricula sources, including The California Clearinghouse of Evidence-Based Practices (www.cebc4cw.org), the SAMHSA National Registry for Evidence-Based Programs and Practices (<http://www.nrepp.samhsa.gov>), and Promising Practices Network (www.promisingpractices.net/programs.asp), support the previously reported findings.

CEBC provides on-line updated information on evidence-informed child welfare practices commonly used or marketed in California, including parent training programs. Programs reported as well-supported effective practice include Incredible Years, PCIT, Nurse-Family Partnership, and Triple P (www.cebc4cw.org/implementation-resources/information-for-highest-rated-programs).

The “Promising Practices Network” list of programs categorized as “Proven” or “Promising” in improving outcomes for children include Early Head Start / Head Start, Nurse-Family Partnerships, and Parents as Teachers and Triple P. Detailed information on programs and research studies is available at the SAMHSA NREPP site.

In conclusion, Louisiana has invested in evidence-based parenting education models that are implemented statewide, including Nurse Family Partnership, Nurturing Parenting Program, and Triple P - Positive Parenting Program. Other programs reportedly used by parenting educators on the LAPEN registry – Strengthening Families Program, Parents As Teachers, Families and Schools Together, and 1-2-3 Magic, have been found to be evidence-based or evidence-informed. Additional effective, evidence-based parenting education models, such as Incredible Years, Familias Unidas, Parent-Child Interaction Therapy, Parent Management Training, and Parenting Wisely are not utilized by parenting educators on the LAPEN registry, and would be good programs to consider when investing in parenting education.

The following is an excerpt from the 2012 Casey Family Programs report, “Shifting Resources in Child Welfare to Achieve Better Outcomes for Children and Families”:

“Given the widespread use of parenting education programs with little documented effectiveness, there is ample opportunity to scale back less effective and unneeded parent skill-building approaches to free up funds to invest in more tailored and effective models.”