Directory of Evidence-Based Parenting Programs

This directory provides an overview of currently available evidence-based parenting programs and is intended to serve the needs of parent educators, family practitioners, program planners and others looking for effective programs to implement with parents and families. Evidenced-based parenting programs (a subset of the larger body of evidence-based programs) have been specifically developed to strengthen families, prevent youth and family problems and promote family and child well-being. These programs have been rigorously evaluated and have demonstrated scientific evidence of improving child, parent and/or family functioning.

Why use evidence-based programs?

There are numerous advantages to adopting and implementing evidence-based parenting programs (EBPPs). First and most importantly, EBPPs, when implemented appropriately, have been certified to have a high likelihood of producing positive impacts on the issues they target. From a fiscal standpoint, the adoption and implementation of evidence-based parenting programs can help organizations obtain and sustain program funding. Not only do funders increasingly want to invest their dollars in programs that have scientifically demonstrated their effectiveness, but the public also wants to know that tax dollars are being spent on programs and services that actually work. A related advantage to implementing EBPPs is that they are more likely than other programs to have undergone analyses on their costs and benefits. Increasingly, information is available to indicate that the financial benefits of an EBPP outweigh its costs. This information can be very influential in an era where accountability and economic factors often drive public policy and funding decisions. An additional advantage to implementing EBPPs is the efficiency associated with their use. Instead of putting resources toward program development, organizations can select from the growing number of EBPPs, which are known to be effective and often offer well-packaged program materials, staff training, and technical assistance. To this end, EBPPs enable limited resources to be used wisely.

Criteria for Inclusion

In order for a program to be included in this directory it had to meet several criteria. At a minimum, a significant component of the program had to focus on parent education or parent training and the program must have met accepted empirical standards for an evidence-based program. In addition, the program must have been listed on at least one or more national registries of evidence-based programs.

While we have made every effort to include all eligible programs, new evidence-based programs are being developed and recognized on a regular basis. As a result, it is inevitable that our list will be incomplete and that there are evidence-based parenting programs that we have neglected to include. If you are aware of an EBPP that we do not list but you believe should be included, please email us at sasmall@wisc.edu.

> The registries from which these programs have been selected include:
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> The California Evidence-Based Clearinghouse for Child Welfare (CWCH)
> http://www.cachildwelfareclearinghouse.org/
>
> Center for the Study of Prevention of Violence: Blueprints for Violence Prevention (Blueprints)
> http://www.colorado.edu/cspv/blueprints/index.html
>
> Helping America's Youth (HAY)
> http://guide.helpingamericasyouth.gov/programtool.cfm
>
> Office of Juvenile Justice and Delinquency Prevention Model Programs Guide (OJJDP)
> http://www.dsgonline.com/mpg_index.htm
>
> Substance Abuse and Mental Health Services Administration's National Registry of Evidence-Based Programs and Practices (SAMHSA) http://nrepp.samhsa.gov/

Selecting an Appropriate Program

Knowing that a program has undergone rigorous testing and evaluation can reassure potential program sponsors that the program is likely to be effective under the right conditions and with the appropriate audience. However, knowing which program is the "right" one for a particular setting and audience is not always easy to determine. There are a number of critical factors that planners need to consider when selecting a program for their organization and audience. For those interested in guidelines to assist in the task of selecting an appropriate evidence-based parenting please see the What Works Research to Action Brief: "Guidelines for Selecting an Evidence Based Program".

> The appearance of a program in multiple registries can provide added strength to the claim of effectiveness. This can be particularly relevant for programs assessed by some registries to have less rigorous evaluative designs. There are, however, several excellent programs listed in the directory that appear in only one registry.

Using the Directory

This directory is organized into two sections. The first section includes programs where parent education/training is the sole focus of the program. Programs in this section are further divided into two additional categories: programs designed to serve a single age range and programs designed to accommodate multiple age ranges. Some programs have been specifically developed for a particular stage of childhood such as early adolescence or the preschool years. Other programs have expanded beyond one stage of childhood and include curriculum components that address parenting issue at more than one developmental stage.

The second section of this directory consists of programs where parent education/training is one component of a broader multi-component program. Addressing the multiple settings in which an individual spends time and enhancing the connections between them can substantially increase the chances of a program's success. Consequently, multi-component programs which reinforce comparable messages and behaviors at school, in the family and/or in the community not only have the highest short term success rates but are more likely to facilitate long term change. Multi-component programs are more challenging to implement because they usually require coordination and administration by multiple service providers, but the results are likely to be well worth the effort.

For the majority of the multi-component programs listed, the parenting component must be used in combination with other program components in order to insure effectiveness. However, there are some exceptions. When choosing a multi-component program it is important to look carefully at the program description and evaluation results to determine whether it is appropriate to use the parenting component of the program alone.

> **Key to Estimated Program Costs**
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> **LOW: 0 - $500**
> **MEDIUM: $500 - $2000**
> **HIGH: Over $2000**
>
> *Actual program costs can vary widely from these estimates due to yearly cost increases, materials, staff training needs and regional cost differences. Moreover, initial start-up expenses are often higher than costs to maintain the program over time.*

Section 1: The programs listed in this section focus solely on parent training/education for parents and their children within a single age range.

Programs Targeting Prenatal to Preschool Aged Children and Parents

Section 2: The programs in this section have multiple versions where each version targets families and their children within a different age range.

NURTURING PARENTING

Targeted Age of Child: Programs for birth to 5, children 5-11, teens 12-18

Targeted Audience: Families at risk for abuse and neglect

Effectiveness Within Racial/Ethnic Groups, Gender and Settings:

- Evaluated as effective with Caucasian and Hispanic Families
- Implemented with African-American and Hmong Families
- Evaluated as effective for both genders

Program Description: The purpose of this program is to teach parents age appropriate developmental expectations and nurturing non-violent discipline strategies as well as to develop empathy, self-esteem, empowerment and positive patterns of communication for both parents and children.

Evaluated Outcomes:

- Decreased family violence
- Increased accuracy of developmentally appropriate expectations
- Improved problem solving
- Improved positive parenting skills
- Improved communication
- Increased family bonding

Number of Sessions and Format:

- 12 - 48 Sessions offered in both home-based and group-based formats
- Programs for children 5 and older include both parent and child components meeting concurrently in separate groups

Staffing: Trained facilitator

Cost: Medium

Registry Listings: OJJDP, CWCH

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