

RFR APPENDICES

**RFR APPENDIX A: Sample Evidence-Based and Evidence-Informed
Parenting Programs**

**RFR APPENDIX B: Sample Children, Youth, and Family
Indicators and Outcomes**

**RFR APPENDIX A:
Sample Evidence-based and Evidence-informed Parenting Programs
(Programs listed by target age)**

Program Name	Target Population*	Program Description	Research	Outcomes	Timeframe
STAR Parenting http://starparent.com	Parents of children ages 1-5	Attempts to help parents of young children respond instead of react to challenging behavior.	Studies using single group pre-test/post-test design, several evaluation studies using an experimental design	Reduction in harsh verbal and corporal punishment; decreased parental stress, anger, and aggression; parents reporting lowered expectations of their children; an increased use of non-violent positive discipline styles; decreases in parents' emotional reactions to their children's misbehavior	10 sessions of 1 hour each
Systematic Training for Effective Parenting (STEP) http://www.steppublishers.com	Parents of children from birth to adolescence Japanese.	Provides skills training for parents dealing with frequently encountered challenges with their children that often result from autocratic parenting styles.	RCT, quasi-experimental Listed on NREPP	Parents had better perceptions of children's behavior and rated children's behavior more positively; parents had less potential to be physically abusive; improved general family functioning, problem solving, communication, affective responsiveness, and behavior control; decrease in parenting stress; more stimulating and supportive infant environment; improved parent-infant interaction during a mildly stressful teaching situation Differential effects on specific domains depending on child age.	8-9 weekly study groups of 1.5 hours each
The Incredible Years http://incredibleyears.com	Parents of children aged newborn – 12 years.	Different models for different age groups (birth-1 year, 1-3 years, 3-5 years, and 6-12 years). Videotapes and facilitated discussions guide the sessions, as well as role plays, homework, setting personal goals, and feedback. The aim is to teach positive parenting and developmental expectations, based on social learning theory and attachment theory.	Randomized, controlled trials of parenting program with parents who have children diagnosed with Oppositional Defiant Disorder or Conduct Disorder. Randomized trials with ethnically diverse high risk families (enrolled in Head Start and/or living in poverty). Listed on NREPP and Practices and California's Evidence-Based Clearinghouse for Child Welfare	The behavior of 66% of the children diagnosed with ODD/CD was found to be in the normal range at one year and three-year follow up. Increase in nurturing parenting, decrease in harsh discipline, and decrease in child behavior problems.	Weekly sessions: Baby: 8-9 Toddler: 12 Preschool/Early Childhood: 18-20 Pre-adolescent: 12-16

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<p>Nurturing Parents www.nurturingparenting.com</p>	<p>Parents and children of all ages.</p>	<p>Different levels of the program, each designed to prevent and/or treat child abuse and neglect. Each group has their own format, offering group sessions with parent-child activities or home visits. The programs aim to build nurturing parenting skills, ending the cycle of child abuse and preventing repeat abuse.</p>	<p>Extensive field testing with families who were identified for or at risk for child maltreatment. Granted “Effective Program” status by the Office of Juvenile Justice and Delinquency. Listed on SAMHSA’s NREPP and California’s Evidence-based Clearinghouse for Child Welfare.</p>	<p>Significant pre- and post-test changes in parenting attitudes and practices; improved family attachment, cohesion, expression, and independence; family members respond more empathetically to each other, and parents better understood their child’s development. A Casey study found significantly high retention rates.</p>	<p>Weekly sessions (respectively from program name): 7, 8, 13, 16, 15, 16, 12</p>
<p>Strengthening Families www.strengtheningfamiliesprogram.org</p>	<p>Parents and children in high-risk families. Age variants: 3-5, 6-11, 12-16 years Not appropriate for parents with limited cognitive abilities. Otherwise, no exclusionary factors.</p>	<p>Family skills training program that provides group activities for parents and their children separately, followed by structured activities for parents and children to do together. Parenting skills, children’s life skills, and family life skills are worked on. Families practice positive interaction, communication, and effective discipline.</p>	<p>Numerous randomized, controlled trials, with pre-tests, post-test, and 6, 12 and 24 month follow ups. Listed on SAMHSA’s NREPP.</p>	<p>Statistically significant reductions in behaviors related to risk factors, improvements in behaviors related to protective factors, decreases in youth and parent substance abuse, parent skill retention.</p>	<p>14 sessions of 2 hours each</p>

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Parent-Child Interaction Therapy (PCIT) www.pcit.org	Primarily for parents with children aged 2-7 who have some type of externalizing disorder with preventive, protective, and foster care services. Exclusionary criteria: active substance abuse, psychosis, and moderate to severe mental retardation.	Conducted in 2 phases, the first focusing on enhancing the parent-child relationship, and the second focusing on improving child compliance. PCIT incorporates both the parent and child within the treatment session and uses live and individualized therapist "coaching" to address dysfunctional interactions.	Several randomized, controlled trials, including studies with disturbed children and physically abusive parents. Listed on SAMHSA's NREPP and California's Evidence-Based Clearinghouse for Child Welfare.	More positive interactions between child and parents, decrease in negative parenting, higher success in gaining their child's compliance, significant improvements in child's behavior, fewer externalizing behaviors, decreased parent stress, and decreased recurrence of physical abuse.	14-20 weekly sessions
Active Parenting Now http://www.activeparenting.com	Parents of children aged 2-12 who want to improve their parenting skills. Program materials available in Spanish, Arabic, Japanese, Korean, Swedish, and Chinese.	Teaches parents how to raise a child by using encouragement, building the child's self-esteem, and creating a relationship with the child based upon active listening, honest communication, and problem solving. It also teaches parents to use natural and logical consequences to reduce irresponsible and unacceptable behaviors. Features video vignettes that model authoritative (or "active") skills and involves group activities and home activity assignments.	Quasi-experimental studies. Listed on SAMHSA's NREPP.	Improved parental perceptions of child behavior, improved parental attitudes and beliefs, fewer occurrences of negative behaviors and more occurrences of positive behaviors.	6 weekly classes of 2 hours each
Guiding Good Choices (GGC) http://www.channinng-ete.com/prevention-programs/guiding-good-choices/guiding-good-choices.html	Parents of children in grades 4-8 (9-14 years old) Intervention materials are available in Spanish.	Drug use prevention program that provides parents with the knowledge and skills needed to guide their children through early adolescence. It seeks to strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding within the family, and teach skills that allow children to resist drug use successfully.	Several RCTs Listed on SAMHSA's NREPP	Significantly fewer women (but not men) met criteria for alcohol abuse disorder, less likely to have progressed to reporting drunkenness more than once per month, more than one alcohol-related problem, any illicit drug use, and any substance use (alcohol, illicit drugs, cigarettes) by age 21.	5 sessions

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<p>Active Parenting of Teens: Families in Action http://www.activeparenting.com/FIA</p>	<p>Middle/high school-aged youth</p> <p>The program has been translated into Arabic, Chinese, Japanese, Korean, Spanish, and Swedish. An audiotape version of the Parent's Guide, as well as activities and group exercises, has been developed for use with parents who have poor reading skills or visual impairment.</p>	<p>School- and community-based intervention designed to increase protective factors that prevent and reduce alcohol, tobacco, and other drug use; irresponsible sexual behavior; and violence. Family, school, and peer bonding are important objectives. The program includes a parent and teen component and uses a family systems approach in which families attend sessions and learn skills</p>	<p>Quasi-experimental studies.</p> <p>Listed on SAMHSA's NREPP.</p>	<p>Greater family cohesion, less family fighting, greater school attachment, more involvement in school activities, greater peer attachment, more involvement in family counseling at one-year follow-up, more opposition to adolescent alcohol use (male students and parents), increased mean acceptable drinking age, greater self-esteem</p>	<p>6 weekly sessions of 2 hours each</p>