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Nurturing Parenting Programs[®]

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Unfortunately, child abuse and neglect are tragic realities within millions of families worldwide. Each day children are abandoned, neglected, beaten, tortured, mutilated, sexually molested, starved, and terrorized. Sadly, violence toward children is not a new phenomenon; it is deeply rooted in cultural and religious values. Social scientists agree that the continued maltreatment of children today is primarily the result of poorly trained adults who, in their parents and caretakers, attempt to instill discipline and educate children within the context of the violence they themselves experienced as children. Thus, professional parent educators consider the generational cycle of violence to be the leading cause of child abuse and neglect.

The Need for Intervention: In 1979, the National Institute of Mental Health funded a 2-year national project to develop and research a family-centered parenting program to help curb the serious and growing problems of child abuse and neglect. The initial step in creating a research-based program began by Dr. Stephen Bavolek with the development of an assessment tool that would measure factors that contribute to abusive parenting. Thus, the AAPI (the Adult-Adolescent Parenting Inventory), now the AAPI-2 was developed to assess the parenting and child rearing attitudes of adult and adolescent parent and pre-parent populations. This instrument is valid and reliable and can indicate families that are at high-risk for abuse and neglect measuring constructs of expectations, empathy, use of corporal punishment, and family roles. Unlike other parenting services, **The Nurturing Program** has three built in assessments that are used to measure outcomes and conduct evidence-based evaluations. The Adult Adolescent Parenting Inventory (AAPI) and Parents' Attitudes About Raising Teens Inventory (PARTI), and Nurturing Skills Competency Scale (NSCS). The Adult-Adolescent Parenting Inventory (AAPI-2) was designed in tandem with NPP and is used to assess participants before and after the delivery of intervention services. The **PARTI** provides facilitator with information about parenting teens. Both the Parents and the Teens (13 – 19 years of age) get a chance to respond to the same inventory. The results can provide facilitators with more information on the attitudes of Teens and Parents for effective delivery of services. The **Nurturing Skills Competency Scale (NSCS)** is a comprehensive criterion-referenced inventory designed to assess family characteristics, functioning and history, along with knowledge and frequency of use of Nurturing Parenting practices. The NSCS provides important information that research studies indicate correlates highly with family violence and dysfunction. **Process data** are also gathered during the program sessions to ensure parents are learning new knowledge and skills and are learned in detail during the facilitator training.

With this assessment and the understanding of attitudes of parents “at risk” the home-based or group setting intervention Nurturing Parenting Program (NPP) was developed. NPP is a family-centered parenting initiative designed to address the cycle of intergenerational violence. National Implementation began in 1985.

In over 30 years, about 38,500 agencies have implemented Nurturing Parenting Programs worldwide, reaching an estimated 2.1 million families. Texas, Tennessee, Illinois, North Dakota, Arkansas and California have large state-wide initiatives that include child safety workers, mental health and child welfare departments. More than 40 studies have been published or described in evaluation reports.

<https://www.nurturingparenting.com/research>).

Overtime, the NPP have been on many recognized lists including the CEBC (California Evidenced-Based Clearinghouse), NREPP (National Registry of Effective Programs and Practices), SAMHSA (Substance Abuse and Mental Health Services Administration), HomVEE (Home Visiting Evidence of Effectiveness) and the PEW Research Center to name a few.

NPP is evidenced based and trauma informed. Trauma-informed care defines “empathy” which is the cornerstone of all the Nurturing Parenting Programs. Empathy is taught and reinforced through every lesson. The focus of NPP is to help families become healthier as adults face their own past and present trauma and thereby can raise healthier children. When parents get the empathy and help, they need, they are more able to empathize with self and with others (i.e. their children).

The Nurturing Program meets and exceeds the Six Protective Factors identified by the government for prevention, intervention and treatment of Child Abuse and Neglect. NPP puts a high emphasis on re-parenting the parent that might have been the abused child starting with teaching empathy/nurturing to the adults while simultaneously being considerate to the entire family and creating or maintaining safety for all.

In over 30 years, about 38,500 agencies have implemented Nurturing Parenting Programs worldwide, reaching an estimated 2.1 million families. More than 40 studies have been published or described in evaluation reports (<https://www.nurturingparenting.com/research>). In his beginning work, Dr. Stephen Bavolek set out to create programs to serve the highest risk families with the bigger vision of eradicating violence in homes and communities. Over the years, he has continued to refine his model and develop more programs and curriculum to continue to treat, intervene and prevent child abuse and neglect. Currently he has created over 30 programs and/or curriculum that continue to show the highest level of efficacy when working with system involved families and others. His additional 25 programs and curriculum are updates and slight modification to his original comprehensive and tertiary work. Dr. Bavolek has a strong commitment to the ever-changing field of child welfare, family structures, family needs within the context of societal implications. We put a high emphasis on re-parenting the parent that might have been the abused child. Our protective factors start with teaching empathy/nurturing to the adults while simultaneously being considerate to the entire family and creating or maintaining safety for all.

NPP Program Objective: The Ultimate objectives of the programs are to improve child safety and build healthy adults and children by:

- Stopping the intergenerational cycle of child abuse in families by building nurturing parenting skills;
- Reducing the rate of recidivism in families receiving social services;
- Reducing the rate of juvenile delinquency among high risk youth;
- Reducing the rate of alcohol abuse in high risk families;
- and lowering the rate of multiple pregnancies among teenage girls.

Intermediate Objectives: These form the basis of the programs’ activities:

- Develop positive self-concept and self-esteem in all family members.
- Build an empathic awareness of the needs of others.
- Teach alternatives to hitting and yelling.
- Increase family members’ awareness of their own and each other’s needs, strengths, and weaknesses.
- Increase family members’ awareness of the developmental needs of other family members.
- Increase communication and expressiveness within the family.
- Help parents substitute nurturing behaviors for abusive ones.

- Teach family members to promote healthy physical and emotional development for themselves and others.
- Build family support and cohesion.
- Help family members learn to have fun together.

Target Populations: The Nurturing Parenting Programs have been field tested with families at risk for abuse and neglect, families identified by local social services as abusive or neglectful, families in recovery for alcohol and other drug abuse, families at risk for delinquency, parents incarcerated for crimes against society, and adults seeking to become adoptive or foster parents. As such, a primary use of the Nurturing Parenting Programs is to treat child and adolescent maltreatment, prevent its recurrence, and build nurturing parenting skills in at-risk populations. The Nurturing Programs target all families at risk of abuse and neglect from prenatal to families with children birth to 19 years. The programs have been adapted for special populations, including Hmong Families, Military Families, Hispanic-Spanish Speaking Families, African American Families, Native American Families, Fathers, Teen Parents, Foster and Adoptive Families, Families in Drug and Alcohol Treatment and Recovery, Parents with Special Learning Needs and Families with Children with Health Challenges. No exclusions have been found. Cultural and ethnic sensitive & in different languages: NPP is available in English, Spanish, Arabic, Kreyol, Chinese, & Somali.

The Nurturing Programs by design prevent families from entering foster care systems.

NPP addresses families in need and in the systems of child welfare that address abuse and maltreatment, Mental Health, Substance Abuse, Kinship, and Foster and Adoptive Parents. NPP is based on the family as a system and thus addresses all the areas that affect and healthy and safe environment for children.

Target outcomes of NPP are 1) Child Safety 2) Child Well Being and 3) Adult Well Being.

Research continues to show that children and families involved in child welfare are often affected by the **co-occurring issues of domestic violence, mental health which includes symptoms or diagnosis of post-traumatic stress and substance abuse.** Nurturing Program research and curricula recognize this connection and were created to address these co-occurring to improve overall family wellness.

- Primary- Prevention programs (on our website these are yellow and green) are designed to empower parents to make good choices *prior to families ever receiving an investigation* or actions being taken by others outside of the family system. These are short-termed programs with 5-12 lessons delivered in open-ended or closed groups.

FAMILY FIRST PREVENTION FUNDS:

Candidate for Foster care services (on our website these are blue and red)

- Prevention-Intervention programs are designed *to stop the downward negative spiraling* of a relationship and begin the process of replacing old problematic behaviors with new, healthier functional behavior. It is considered to be a moderate term of 12-15 sessions (home or group) with a varying number of lessons depending on evaluations and assessments. These sessions can be delivered in either **home visits** or individual or closed groups.

Candidate for Foster care services (on our website these are blue and red)

- Prevention-Treatment programs are designed to *reverse and replace old hurtful and abusive behaviors* with positive, respectful, nurturing ones. This requires a long-term intervention of 16-55 sessions with the number of lessons dependent on evaluations and assessments. This can also be done as **home visits** or individual or closed groups.

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Mental Health	Substance Abuse	In-Home Parenting	Kinship (and Teen)
<ul style="list-style-type: none"> • Adult Parents & Their Infants, Toddlers and Preschoolers • Spanish speaking Programs Infant-12 • Families with Children 5-19 updated 5-11 • Parents & Their infants – 6 • Young (Teens) Parents & Their Children • It’s All About Being a Teen • Nurturing Father’s Program • Families Substance Abuse Treatment & Recovery 	<ul style="list-style-type: none"> • Families Substance Abuse Treatment & Recovery • Adult Parents & Their Infants, Toddlers and Preschoolers • Spanish speaking Programs Infant-12 • Families with Children 5-19 updated 5-11 • Parents & Their infants – 6 • Young (Teens) Parents & Their Children • It’s All About Being a Teen • Nurturing Father’s Program 	<ul style="list-style-type: none"> • Adult Parents & Their Infants, Toddlers and Preschoolers • Spanish speaking Programs Infant-12 • Families with Children 5-19 updated 5-11 • Parents & Their infants– 6 • Young (Teens) Parents & Their Children • It’s All About Being a Teen • Nurturing Father’s Program • Families Substance Abuse Treatment & Recovery 	<ul style="list-style-type: none"> • Adult Parents & Their Infants, Toddlers and Preschoolers • Spanish speaking Programs Infant-12 • Families with Children 5-19 updated 5-11 • Parents & Their infants– 6 • Young (Teens) Parents & Their Children • It’s All About Being a Teen • Nurturing Father’s Program • Families Substance Abuse Treatment & Recovery

Protocols, manuals, and other documentation: These are available to the public to download, request, or purchase. NPP uses the following to engage parents and children on both cognitive and affective levels:

- Training manuals (activities manuals) for parents, children, and adolescents. These manuals are program specific and constitute the curriculum for each of the over 30 Nurturing Parenting Programs.
- Parenting handbooks for parents and adolescents. These handbooks are written at a fifth grade reading level.
- Implementation manuals that describes the how-to’s of implementing the programs, facilitating in-home and group services, gathering pretest and posttest data, recruiting families, and working with children.
- Games for parents and children that help build their nurturing skills and provide an opportunity for them to interact and have fun together. The games reinforce the concepts that are being presented.
- Instructional aids that include card games, pictures, and questionnaires.

Staff requirements for who can deliver the program: Nurturing Programs can be delivered by Paraprofessionals, Professionals, and Licensed Clinicians after undergoing the required three-day Facilitator Training.

Cost for training, material (Trainee & Participants), ongoing cost & support: Cost is dependent on where training is held by Recognized Family Development Resources (FDR) Trainer/Consultants. First level of training is a 3-day Facilitator Training and the individual cost for the training can range from \$350. - \$475. Materials for individual facilitators to implement the Infant - 5 home-based program, or 5-19 home-based program ranges from \$330. - \$475 per facilitator trained. Cost per parent served ranges from \$15-30. Agency facilitator trainings (instead of per individual cost) can range from \$1200 - \$2000 per day and can train up to 25 individuals (this does not include travel, lodging and meals). There is no ongoing cost for e-mail, text and phone call support. It is included in original fees. On-going website support is also included in cost. Facilitator Training is readily available on a monthly basis. The Family Nurturing Center of Texas and other Family Nurturing Centers also offer specialized trainings for specific populations, assessments, on-going support and fidelity implementation and audits.

Sustainability Plan: After facilitators have delivered the program for more than three – five years they are eligible to become trainers. Individual cost for the training of trainers (TOT) can range from \$495. - \$550.

Fidelity: Keeping the program to fidelity means making sure facilitators have attended a three-day Nurturing Parenting Program Facilitator Training with a Family Development Resources (FDR) recognized Trainer/Consultant. Fidelity is critical to yield the highest benefits to families and higher scores on their post assessments. Program fidelity measures can also be maintained through forms available from the Family Nurturing Center of Texas (FNC-TX). New studies are underway to assess target outcomes with process data for long term effects (12 months) after the intervention of Nurturing Parenting Programs.

Research is constantly ongoing to improve curricula materials to address societal changes (such as the use of technology). Data collection (pre, process, post, and 12-month post) is also being conducted to ensure the lofty goal that the all Nurturing Parent Programs address and document the needs of today to create a world free from child maltreatment, abuse and neglect.

Example of Statewide Program Use, Evaluation and Report – please read at https://www.nurturingparenting.com/images/cmsfiles/nurturingparentprogram_exsum_fin_lo.pdf

Other Web Links:

- Research about NPP: <https://www.nurturingparenting.com/research/>
- NPP and Curriculum Materials: <https://www.nurturingparenting.com/ecommerce/category.i?cmd=filter&catid=1:3>
- NPP Assessments: <https://assessingparenting.com/>
- Family Development Resources: <https://www.nurturingparenting.com/>
- Family Nurturing Center of Texas: <https://texasnurturingcenter.org/>
- 2017 North Dakota Research Report: <https://www.nurturingparenting.com/images/cmsfiles/NPP-Report-2016-17.pdf>

References – upon request



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October 17, 2019
Date



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