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Nurturing Parenting Program in ND

Project Overview and Year-End Report for 2018-2019

(July 1, 2018 – June 30, 2019)

Sean E. Brotherson, Ph.D., Shea Lammers, B.A.,
Antonia Curtis, M.A.S., & Amy Tichy, B.A.
NDSU Extension Service
North Dakota State University – Fargo, ND
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Child abuse and neglect prevention and mitigation is an important public policy priority to strengthen families and safeguard the well-being of children. In order to raise children in an environment of love and safety, parents need to be made aware of and given the tools that allow them to understand children's needs and guide them appropriately. Parents are the most powerful influence in a child's life and can either create an atmosphere of nurturance or difficulty.

Parent education provides a mechanism to intervene with families that may face challenges in raising children and assist them in developing the patterns of care that are important for a healthy childrearing environment. In particular, parent training programs may be helpful for families involved in the child welfare system. The *Nurturing Parenting Program* (NPP) is utilized by the state of North Dakota for usage as its primary parent training program with families involved in the child welfare system. The program operates at multiple sites across the state under the direction of a grant provided by the ND Department of Human Services - Children & Family Services Division. Currently, the program is implemented by the NDSU Extension Service, in partnership with the ND Parent Education Network and local agencies. This project overview and report summarizes basic findings from the operation of the *Nurturing Parenting Program* in North Dakota during the 2018-2019 year of operation (July 1, 2018 to June 30, 2019).

Program Description

The Nurturing Parenting Program

The *Nurturing Parenting Program* is a parent training program designed for use with a child welfare population and parents in general to develop positive, empathic and nurturing parental attitudes and behaviors. The program consists of a series of intensive parent training programs that are designed for specific groups or adapted to the family circumstances of the parent, such as age of the child. The key objectives of the program are:

- Increasing parental self-awareness and empowerment
- Developing empathy in responding to children
- Understanding child development and the role of guidance and discipline
- Strengthening emotional sensitivity and communication
- Training parents in positive behavior skills and nurturing routines
- Assisting parents to choose practices appropriate for child safety and well-being

The program was developed under the direction and effort of Dr. Stephen J. Bavolek, Ph.D. and colleagues and operates at sites across the United States and worldwide. Participation in the *Nurturing Parenting Program* typically occurs by self-referral, a referral from social services, or order from a court. The parent training program is based on social learning theory and is designed to assess, treat and prevent or ameliorate abusive parenting attitudes and practices. Various models of the program exist for differing populations. Typically, participants are involved in a 16-week intensive program that involves weekly meetings, group learning and discussion, and repetition of basic parental skills. In North Dakota, the primary models of the program in usage are: (1) *Nurturing Parenting Program for Parents and Their Infants, Toddlers and Preschoolers* (Ages 0-5); (2) *Nurturing Parenting Program for Parents and Their children 5 to 19 Years* (Ages 5-19). All models of this program are reported on in this summary. In addition, a community-based model is sometimes used at selected sites.

Family Recruitment and Program Sites

Participants involved in the *Nurturing Parenting Program* in North Dakota typically come into the program through self-referral or direct referral by social services or the court system. Specifically, the program is intended to meet the needs of families involved in the child welfare system and others that would benefit from growth in their parenting attitudes and skills. The program is operated primarily in urban centers around the state of North Dakota with sites offering between one and four sessions of the program during each program year. In this program year Devils Lake, Dickinson, Harvey, Jamestown, Valley City and Williston each offered one session of one age-group class annually. Also, Belcourt and Fargo each offered one age-group class twice yearly, and Bismarck and Minot offered two age-group classes twice yearly (four sessions). In 2018-2019, the program in North Dakota operated at the following sites with a recorded statewide enrollment of 258 families.

North Dakota NPP Sites (2018-2019)

- Belcourt, ND
- Bismarck, ND
- Devils Lake, ND
- Dickinson, ND
- Fargo, ND
- Harvey, ND
- Jamestown, ND
- Jamestown, ND – Tompkins Rehabilitation & Correctional Center (Women’s Facility)
- Minot, ND
- Valley City, ND
- Williston, ND

Program Implementation

Participants were typically involved in one of the three primary program models used to implement the program. They attended either the 16-week session for parents with children ages 0 to 5, or the session for parents with children ages 5 to 19. Program sessions occurred between summer of 2018 and spring 2019. The sessions typically lasted 2.5 hours with class sessions focused on group learning, discussion, and skills practice. Enhancements to the program typically included a family meal, transportation assistance as needed, program supplies, children’s programming, child care and other supports identified as important to program operation. In addition, a community-based program model was used with incarcerated women at Tompkins Rehabilitation and Correctional Center in Jamestown, ND (11-week).

Program Participation

During the 2018-2019 year of operation in the *Nurturing Parenting Program* in North Dakota, families participated in the program at 11 sites across the state. Support for the program was funded by the ND Department of Human Services. This section of the report provides a summary of program participation at the respective sites across the state of North Dakota in the 2018-19 year, as well as the type of program operated.

Program Type – Parents of Infants, Toddlers & Preschoolers (Ages 0-5)

Program Site	Time Period	Total # of Parents	Program Completion Percentage
Bismarck, ND	Fall 2018	<ul style="list-style-type: none"> • 19 enrolled • 11 completed 	58%
Bismarck, ND	Spring 2019	<ul style="list-style-type: none"> • 17 enrolled • 7 completed 	41%
Devils Lake, ND	Fall 2018	<ul style="list-style-type: none"> • 6 enrolled • 6 completed 	100%
Fargo, ND	Fall 2018	<ul style="list-style-type: none"> • 6 enrolled • 5 completed 	83%
Fargo, ND	Spring 2019	<ul style="list-style-type: none"> • 18 enrolled • 6 completed 	33.3%
Minot, ND	Fall 2018	<ul style="list-style-type: none"> • 4 enrolled • 0 completed 	0%
Minot, ND	Spring 2019	<ul style="list-style-type: none"> • 6 enrolled • 5 completed 	83%

Program Type – Parents of Children Ages 5 to 19 (Ages 5-19)

Program Site	Time Period	Total # of Parents	Program Completion Percentage
Belcourt, ND (Ages 0-19)	Fall 2018	<ul style="list-style-type: none"> • 11 enrolled • 4 completed 	36.4%
Belcourt, ND (Ages 0-19)	Spring 2019	<ul style="list-style-type: none"> • 20 enrolled • 13 completed 	65%
Bismarck, ND (Ages 5-19)	Fall 2018	<ul style="list-style-type: none"> • 19 enrolled • 12 completed 	63%
Bismarck, ND (Ages 5-19)	Spring 2019	<ul style="list-style-type: none"> • 15 enrolled • 11 completed 	73%
Dickinson, ND (Ages 5-19)	Fall 2018	<ul style="list-style-type: none"> • 11 enrolled • 6 completed 	55%
Harvey, ND (Ages 5-19)	Spring 2019	<ul style="list-style-type: none"> • 16 enrolled • 11 completed 	69%
Jamestown, ND (Ages 5-19)	Fall 2018	<ul style="list-style-type: none"> • 10 enrolled • 6 completed 	60%
Minot, ND (Ages 5-19)	Fall 2018	<ul style="list-style-type: none"> • 8 enrolled • 5 completed 	62.5%
Minot, ND (Ages 5-19)	Spring 2019	<ul style="list-style-type: none"> • 9 enrolled • 7 completed 	78%
Valley City, ND (Ages 5-19)	Fall 2018	<ul style="list-style-type: none"> • 7 enrolled • 6 completed 	86%
Williston, ND (Ages 5-19)	Fall 2018	<ul style="list-style-type: none"> • 16 enrolled • 12 completed 	75%

Program Type – Community-Based (Tompkins Rehabilitation & Correctional Center (TRCC))

Program Site	Time Period	Total # of Parents	Program Completion Percentage
Jamestown, ND – TRCC	Summer 2018	<ul style="list-style-type: none"> • 12 enrolled • 12 completed 	100%
Jamestown, ND – TRCC	Fall 2018	<ul style="list-style-type: none"> • 15 enrolled • 15 completed 	100%
Jamestown, ND – TRCC	Spring 2019	<ul style="list-style-type: none"> • 13 enrolled • 12 completed 	92.3%

A summary of the program and participation data for the 2018-19 program year, based solely on the AAPI summary measures, indicates the following:

- NPP operated at 11 sites in North Dakota in 2018-2019 (same as previous year)
- 21 NPP program sessions were offered in 2018-2019 (23 in previous year)
- The number of sessions offered at each site were: (1) Belcourt, ND – 2; (2) Bismarck, ND – 4; (3) Devils Lake, ND – 1; (4) Dickinson, ND – 1; (5) Fargo, ND – 2; (6) Harvey, ND – 1; (7) Jamestown, ND – 1; (8) Jamestown, ND – TRCC – 3; (9) Minot, ND – 4; (10) Valley City, ND – 1; (11) Williston, ND – 1
- Number of Families in Class Ages 0-5 Sessions = 76
- Number of Families in Class Ages 5-19 Sessions = 142
- Number of Families in Community-Based (TRCC or other) Class Sessions = 40
- Total Number of Families Enrolled in Sessions = 258
- Total Number of Families that Completed Sessions = 172
- Total Percentage of Families Completing Sessions = 66.6%
 - Community-Based/Correctional Setting – Completion Rate = 97.5%
 - NPP 0-5 Program – Completion Rate = 52.6%
 - NPP 5-12 or 5-19 Program – Completion Rate = 65.5%

The data utilized here is from the AAPI measures used to evaluate the program; additional participation data may be available but was not accessible to the authors of the program report at the time of preparation.

Evaluation of the *Nurturing Parenting Program* in ND 2018-19

An evaluation of the experience of participants involved in the *Nurturing Parenting Program* was conducted to assess progress in meeting the program's objectives and assisting families. This project report for 2018-2019 provides results gathered from the entire year of the program's operation in fall 2018 and spring 2019 (from July 1, 2018 to June 30, 2019). These results were compiled using feedback gathered from program participants who completed an evaluation measure called the AAPI-2. This tool is briefly summarized below along with the evaluation design. The project report summarizes key aspects of the data available for analysis. Further in-depth analysis will occur in future reports.

Overview of Evaluation Design

The evaluation of the NPP used a pre- and post-test design that was limited to actual program participants in order to assess changes in parental attitudes before and after participation in the program. No comparison group data is available. Participants were administered the Adult Adolescent and Parenting Inventory (AAPI-2) both pre-intervention and post-intervention. The completed AAPI instruments were collected from participants at each site and entered into the program's assessment website by program staff. The data was downloaded into Excel and utilized to assess the program.

One hundred and seventy-two of the program participants completed "matched" pre- and post-AAPI questionnaires. Data used to calculate the demographic profile of NPP participants in ND was taken from ALL participants that completed a pre-participation AAPI inventory. However, ONLY the "matched" data of participants who completed both the pre- and post-AAPI measures was used to calculate the AAPI construct scores. Thus, AAPI score data is based on 66.6% of the total sample of participants who enrolled in the NPP course and had data available for analysis.

Summary of Instrument – The Adult and Adolescent Parenting Inventory

The Adult and Adolescent Parenting Inventory (AAPI-2) is a valid and reliable instrument designed to measure parenting beliefs and attitudes. The inventory is used in the NPP to evaluate changes in parental attitudes from the beginning of the program to the end of the program. The instrument assesses parenting beliefs and attitudes across five parenting constructs derived from theory and research that are associated with abusive and neglectful parenting behaviors. The AAPI-2 uses an A version (pre-test) and B version (post-test) and each questionnaire consists of 40 5-point Likert scale items that can be answered ranging from Strongly Agree to Strongly Disagree. Additionally, each contains a range of demographic items that will be described.

The five “constructs” or sub-scales included in the AAPI-2 furnish an index of risk (regarding child abuse or neglect) in five specific parenting and child rearing behaviors:

- Construct A – Expectations of Children
- Construct B – Parental Empathy Toward Children’s Needs
- Construct C – Use of Corporal Punishment as a Means of Discipline
- Construct D – Parent-Child Role Responsibilities (role reversal)
- Construct E – Children’s Power and Independence

First, raw scores are constructed by adding the numerical values for the items in each sub-scale. Then, raw scores are converted into “standardized” scores based on the norm tables of the AAPI-2, so that each construct has a score between 1 and 10 that represents a range from high risk (1 to 3 score) to average (4 to 7) to low risk (8 to 10 score). The standardized score is referred to by the program as a “sten” score. To assess the response of participants, it is important to calculate the average standardized score on the pre-test and compare it to the average standardized score on the post-test and determine whether there are any significant differences. A brief summary of each construct is included below.

Construct A – Expectations of Children

This construct measures whether parents have appropriate expectations of children and their abilities and limitations. A low score indicates a general lack of understanding of children’s developmental capabilities and limitations. A high score indicates a realistic understanding of children’s developmental capabilities and limitations.

Construct B – Parental Empathy Toward Children’s Needs

This construct measures the empathic awareness of parents toward children’s needs and nurturing attitudes. A low score indicates a low empathic awareness of children’s needs and limited nurturing attitudes toward children. A high score indicates a high empathic awareness of children’s needs and sensitivity with positive nurturing attitudes toward children.

Construct C – Use of Corporal Punishment

This construct measures parental attitudes toward discipline practices with children. A low score indicates a strong belief in the value of corporal punishment and potential usage of such techniques as hitting, spanking or slapping children while avoiding positive, alternative techniques of discipline. A high score indicates a strong belief in positive discipline practices that avoid corporal punishment and focus on alternatives, respect and nurturance.

Construct D – Parent-Child Family Roles

This construct measures parental beliefs regarding the role of children's needs and adult needs in family life and the clear conception of role boundaries between parent and child. A low score indicates some reversal of parent-child roles and a view which places children in the role of meeting the needs of their caregiver in ways that are unhealthy or inappropriate. A high score indicates an understanding and acceptance of children's needs versus adult needs and a view that puts children in an appropriate role as child.

Construct E – Children's Power and Independence

This construct measures parental attitudes regarding children's input, independent thinking and feelings of empowerment. A low score indicates a strong emphasis on obedience without questioning and limitations on a child's expression of views or independent thought. A high scores indicates a strong emphasis on children's empowerment and support for a child's choices, problem solving and independent thought.

The demographic data presented represents the frequency scores for each category regarding a specific demographic area (gender, education level, etc.). The mean average scores calculated for participants at each site and the state as a whole represent AAPI Construct scores (A through E) on a standardized "risk scale" from 1 to 10.

Summary of Evaluation Findings for *Nurturing Parenting Program* in ND 2018-19

Basic Characteristics of Program Participants

A total sample of 258 participants from 11 sites enrolled in the *Nurturing Parenting Program* in North Dakota during 2018-2019 completed surveys that could be used for analysis. A total of 21 programming sessions were held at sites across the state, with most participants completing the evaluation for the program in a manner that could be used for analysis. One hundred and seventy-two enrolled individuals completed the pre-test and post-test using the AAPI-2, thus giving a response rate of 66.6% to the evaluation instrument. Demographic characteristics of **all** individuals who enrolled in the program and completed an AAPI pre-test are listed below.

- **Gender** – Women, 71.3% ($N = 184$); Men, 28.7% ($N = 74$)
- **Age** – Participants ranged from 18 to 69 years of age; By age group:
 - Under 20 – 4 (1.6%)
 - Ages 20 to 22 – 18 (7%)
 - Ages 23 to 25 – 31 (12%)
 - Ages 26 to 30 – 59 (22.9%)
 - Ages 31 to 40 – 95 (36.8%)
 - Ages 41 to 50 – 38 (14.7%)
 - Over 50 – 12 (4.7%)
- **Number of Children** – Average of 2.6 children per parent; By # of children:
 - Zero children – 18 (7%)
 - 1 child – 56 (21.7%)
 - 2 children – 69 (26.7%)
 - 3 children – 48 (18.6%)
 - 4 children – 36 (14%)
 - 5 children – 11 (4.3%)
 - 6 or more children – 20 (7.8%)
- **Racial or ethnic background** – By category:
 - Caucasian – 161 (62.4%)
 - Native American – 61 (23.6%)
 - Black – 10 (3.9%)
 - Hispanic – 9 (3.5%)
 - Asian or Pacific Islander – 2 (0.8%)
 - Biracial – 9 (3.5%)
 - Multiracial – 6 (2.3%)

(Basic Characteristics of Program Participants continued)

- **Family Status** – By category:
 - Single – 115 (44.6%)
 - Married – 58 (22.5%)
 - Separated or Divorced – 42 (16.3%)
 - Unmarried Partners – 37 (14.3%)
 - Widowed – 3 (1.2%)
 - Other – 3 (1.2%)
- **Education Level** – By category:
 - 8th Grade or Lower – 9 (3.5%)
 - Some High School (9-11th Grade) – 45 (17.4%)
 - High School Graduate/GED – 103 (39.9%)
 - Some College – 56 (21.7%)
 - 2-Yr. College Degree – 11 (4.3%)
 - College Graduate or Post-Graduate (4+ years) – 33 (12.8%)
- **Annual Income Level** – By category:
 - Unknown – 81 (31.4%)
 - Under \$15,000/year – 79 (30.6%)
 - \$15,001 to \$25,000/year – 22 (8.5%)
 - \$25,001 to \$40,000/year – 30 (11.7%)
 - \$40,000 to \$60,000/year – 19 (7.4%)
 - Over \$60,000/year – 27 (10.5%)
- **As a child, experienced abuse by a person within the family?**
 - Yes – 97 (37.6%)
 - No – 159 (61.6%)
 - Don't Know – 2 (0.8%)
- **As a child, experienced abuse by a person outside the family?**
 - Yes – 88 (34.1%)
 - No – 166 (64.3%)
 - Don't Know – 4 (1.6%)

These demographic findings indicate that the participants who enrolled in the NPP in North Dakota are more likely to be women than men; tend to cluster in age between ages 20 and 40; typically have 1 to 5 children with an average of 2.6 children per household; are predominantly Caucasian and Native American; are mixed between single, married, divorced, and unmarried partner statuses; are more likely to range in education from some high school to some college; and typically earn less than \$25,000 per year. Also, nearly 2 out of 5 experienced some type of abuse within the family, and 1 in 3 experienced some type of abuse outside the family setting. Finally, about 4.7 percent had been in the military while another 4.3 percent were partnered with a military person.

Perceived Impacts of Nurturing Parenting Program on Participants

Participants were asked to complete the AAPI-2 parenting beliefs inventory prior to involvement in the class, and also a second time following completion of the class. One hundred and seventy-two participants completed both the pre- and post-AAPI assessment. Parents responded to 40 questions regarding their parental attitudes and beliefs. These attitudes and beliefs are linked with parental practices that are associated with lower or higher risk of child abuse and neglect.

By assessing the parents' perceptions of their attitudes and beliefs both before and after the program, it is possible to gain a sense of whether the program may have impacted them over time. It is important to note three things regarding this portion of the evaluation. First, the method used with parents to get their perceptions was a traditional pre- and post-program assessment of their attitudes and beliefs. Second, since the parents provide their own responses it is possible that they may rate themselves differently than others might rate them. Third, the responses are converted to a scale between 1 and 10 that is "normed" for the average population.

The scores calculated for participants are average scores, or mean scores, on the scale from 1 to 10. The average scores for each Parenting Construct from "before participation" were compared with the average scores from "after participation." The two scores were compared statistically to measure whether there was a significant difference before and after participation in the program, and if the difference was likely due to participation in the program itself rather than random chance (in this case, it is called a "paired sample t-test analysis").

Findings are presented in Table 1 for all participants who completed both surveys for the program ($N = 172$). The findings show, based on statistical analysis, that **participants indicated significant differences on all of the 5 parental attitude constructs** that were measured using the AAPI-2. Such changes are a likely result of their participation in the *Nurturing Parenting Program*. There are several important points to make related to these findings:

- Participants noted **moderate to substantial changes in all of the 5 parental constructs measured, with all of the changes showing positive increases** (e.g., parents becoming more sensitive and empathic toward a child's needs).
- **The largest difference occurred in Parental Construct B, Parental Empathy Toward Children's Needs (+1.34), followed by more moderate increases in Constructs A (Expectations of Children), C (Use of Corporal Punishment), D (Parent-Child Family Roles), and E (Children's Power and Independence). The next-largest increases occurred in Constructs C, D, E and A.**

Table 1: Perceived Impacts on Parenting Attitudes of NPP in North Dakota (2018-19)

Parenting Construct	Before Participation (Mean Score)	After Participation (Mean Score)	Difference Between Mean Scores	Is there a significant difference in this area?
Construct A – Expectations of Children	5.76 (<i>SD</i> = 1.79)	6.19 (<i>SD</i> = 1.92)	0.43 (increase)	Yes <i>p</i> = .004
Construct B – Parental Empathy Toward Children’s Needs	4.90 (<i>SD</i> = 2.03)	6.24 (<i>SD</i> = 2.22)	1.34 (increase)	Yes <i>p</i> = .000
Construct C – Use of Corporal Punishment	5.83 (<i>SD</i> = 1.83)	6.59 (<i>SD</i> = 1.65)	0.76 (increase)	Yes <i>p</i> = .000
Construct D – Parent-Child Family Roles	5.95 (<i>SD</i> = 2.19)	6.57 (<i>SD</i> = 1.97)	0.62 (increase)	Yes <i>p</i> = .000
Construct E – Children’s Power and Independence	5.73 (<i>SD</i> = 2.44)	6.31 (<i>SD</i> = 2.08)	0.58 (increase)	Yes <i>p</i> = .006

(Continued)

- **The increases that occurred in parental attitudes and beliefs were somewhat higher than would be expected to occur due to random chance**, and thus a good indicator that the Nurturing Parenting program is having a positive influence on participants.
- **The findings indicated that the Nurturing Parenting program has had a meaningful influence on participants in some areas and assists parents toward beliefs and attitudes that are more nurturing and less likely to be at risk for child abuse or neglect.**

Since the AAPI-2 is a parenting beliefs inventory that places individuals within a range of risk potential from 1 (low scores = high risk) to 10 (high scores = low risk), another way to assess the scores is to simply indicate the number of “pre” and “post” scores that fall into each category of risk (from 1 to 10). A desirable pattern would indicate a higher percentage of scores moving toward the middle or top end of the scale (low risk) for each construct. Also, it would be helpful to ascertain what percentage of scores fall into the “risk” category (scores from 1 to 3) at all. A table (Table 2) summarizing this information is included below.

Table 2: Percentage Scores for Parenting Attitude Constructs for NPP Participants in North Dakota (2018-19)

Parenting Construct	1	2	3	4	5	6	7	8	9	10
Construct A – Expectations of Children (Pre)	1.2%	3.1%	5.0% Cum. 9.3%	14.7% Cum. 24%	21.3%	24.8%	10.9%	10.5%	6.6%	1.9%
Construct A – Expectations of Children (Post)	1.2%	2.3%	2.9% Cum. 6.4%	14.5% Cum. 20.9%	13.4%	19.8%	24.4%	8.7%	8.1%	4.7%
Construct B – Empathy Toward Child Needs (Pre)	5.8%	5.8%	14.3% Cum. 26%	13.6% Cum. 39.6%	13.2%	21.7%	15.1%	5.4%	5%	0%
Construct B – Empathy Toward Child Needs (Post)	1.2%	2.9%	4.7% Cum. 8.7%	14% Cum. 22.7%	19.8%	15.1%	11.6%	10.5%	11%	9.3%
Construct C – Use of Corporal Punishment (Pre)	1.9%	2.3%	4.3% Cum. 8.5%	12% Cum. 20.5%	19.4%	20.2%	20.2%	12.4%	6.2%	1.2%
Construct C – Use of Corporal Punishment (Post)	0%	1.2%	1.2% Cum. 2.4%	4.1% Cum. 6.4%	19.8%	23.3%	28.5%	7%	8.1%	7%
Construct D – Parent-Child Family Roles (Pre)	3.9%	3.1%	6.2% Cum. 13.2%	7.8% Cum. 20.9%	19.4%	17.8%	20.5%	8.5%	4.7%	8.1%
Construct D – Parent-Child Family Roles (Post)	1.7%	1.7%	4.7% Cum. 8.1%	5.2% Cum. 13.4%	10.5%	23.8%	20.3%	14.5%	11.6%	5.8%
Construct E – Children’s Power and Independence (Pre)	4.3%	3.1%	10.1% Cum. 17.4%	13.6% Cum. 31%	13.6%	14%	16.3%	10.5%	8.9%	5.8%
Construct E – Children’s Power and Independence (Post)	2.3%	0%	6.4% Cum. 8.7%	13.4% Cum. 22.1%	7.6%	26.2%	16.3%	11.6%	8.7%	7.6%

- Each construct measured showed a decrease in the percentage of individuals who fell into the “high risk” category following participation in the NPP. The highest decrease occurred for Construct B (Empathy Toward Child Needs), which declined from approximately 1 in 4 participants (26%) in the “high risk” category to less than one out of ten in that area (8.7%).

- For each of the constructs studied, the percentage of individuals scoring in the “high risk” range (score of 1 to 3) dropped anywhere from 30 to 70 percent, a commendable series of shifts.
- One of the important changes occurred with Construct C, Use of Corporal Punishment, as 1 in 5 participants (20.5%) fell into the category of “high risk” at the beginning of the program if the next category on the “risk” scale (4) is included. However, that percentage dropped to 6.4% by the end of the program for those participants who remained. This represents a 68 percent decrease in the risk score of participants on Construct C (Use of Corporal Punishment) from the beginning to the end of the program.
- When the cumulative percentage of those in the “high risk” category was extended to include those rating themselves at level 1-4 (on the 10-point scale of risk) for all constructs, this pattern of substantive declines was observed for all constructs. An examination of the percentage score shifts for each construct shows that the cumulative percentage of participants scoring in the “high risk” category (if 4 is included in “high risk”) dropped substantially for individuals completing the parenting program.

The Practical Effect of Participating in the NPP Program

A final step in analyzing the findings derived from participants in the NPP during 2018-19 is to calculate the “effect size” of the change measured between the beginning and end of the course. An “effect size” represents the practical difference that occurs between the two scores. For example, a person who jumps 2 feet off the ground and later jumps 3 feet off the ground has made a substantial and practical improvement in the magnitude of the jump (an increase of 50 percent in total height). However, a jump that increased only 1 centimeter would likely be within normal variation and would not represent a significant practical increase in height. Similarly, an “effect size” suggests the practical difference that occurs as a result of a measured difference between two scores, such as the pre- and post-program scores on the AAPI test. In other words, it is a measure of the relative size of an effect that occurs due to participation. An effect size of .20 or higher is considered small; an effect size of .50 or higher is considered moderate; an effect size of .80 or higher is considered substantial.

The effect size for different participant groups who engage in the NPP program may vary significantly due to maturity of the program site, experience of the course instructors, difficulties faced by program participants, and other factors. The numbers shared here are a composite of the overall practical effect of the program on individuals participating at all sites in North Dakota across all program types. Individual program reports provide some insight into the differences between programs at varying sites.

For a summary of the effect size calculations for each Parent Construct assessed in the AAPI for the ND NPP participants in 2018-19, see Table 3 below.

Table 3: Practical “Effect Size” Impacts on Parenting Attitudes of NPP in North Dakota (2018-19)

Parenting Construct	Before Participation (Mean Score)	After Participation (Mean Score)	Effect Size Calculation (Cohen’s <i>d</i>)	Is there a significant difference in this area?
Construct A – Expectations of Children	5.76 (<i>SD</i> = 1.79)	6.19 (<i>SD</i> = 1.92)	0.31 (small positive increase)	Yes – Positive practical difference
Construct B – Parental Empathy Toward Children’s Needs	4.90 (<i>SD</i> = 2.03)	6.24 (<i>SD</i> = 2.22)	0.81 (large positive increase)	Yes – Positive educational difference
Construct C – Use of Corporal Punishment	5.83 (<i>SD</i> = 1.83)	6.59 (<i>SD</i> = 1.65)	0.55 (moderate positive increase)	Yes – Positive educational difference
Construct D – Parent-Child Family Roles	5.95 (<i>SD</i> = 2.19)	6.57 (<i>SD</i> = 1.97)	0.44 (small positive increase)	Yes – Positive practical difference
Construct E – Children’s Power and Independence	5.73 (<i>SD</i> = 2.44)	6.31 (<i>SD</i> = 2.08)	0.30 (small positive increase)	Yes – Positive practical difference

Conclusion

This report summarizes findings from the *Nurturing Parenting Program* in North Dakota for the 2018-19 year of operation. It focuses on program sites, participation rates, demographic information, and impacts on participants as reported using the AAPI-2 parenting beliefs inventory. The data suggest that the NPP is having a modest and positive impact on those individuals who participate and complete the 4-month parenting program. A summary of the demographic statistics and key AAPI scores from participants at each site is included in Appendix A.

Appendix A

Individual Site Reports for Each NPP Program in ND 2018-2019

***Note:** Classes listed in alphabetical order, and chronological order of occurrence at site in 2018-19.

Program Site – Belcourt, ND – Ages 0-19 Class (Fall 2018)

Program Participation – 11 enrolled participants; 4 participants completed program	
Gender	Male – 0; Female – 11
Race	Native American or Alaskan Native – 11
Age	Age 21 to 22 – 1; Ages 23 to 25 – 3; Ages 26 to 30 – 3; Ages 31 to 40 – 1; Ages 41 to 50 – 1; Over Age 50 – 2
Family Status	Single – 8; Married – 1; Unmarried Partners – 2
Education	High School (9 th -11 th) – 4; Working on or Completed GED – 2; Some College – 4; College Graduate – 1
Income	Unknown – 5; Under \$15,000 – 5; \$30,0001-\$40,000 – 1
Number of Children	0 – 0; 1 – 1; 2 – 6; 3 – 3; 4 – 0; 5 or more – 1
Abuse by Person in a Family Relationship	Yes – 3; No – 8; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 1; No – 10; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 4 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.50
Mean Average Post	7.75
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	4.75
Mean Average Post	9.00
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.50
Mean Average Post	8.50
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	5.25
Mean Average Post	7.50
AAPI - E – Children's Power and Independence	
Mean Average Pre	6.00
Mean Average Post	10.00

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Belcourt, ND – Ages 0-19 Class (Spring 2019)

Program Participation – 20 enrolled participants; 13 participants completed program	
Gender	Male – 3; Female – 17
Race	Native American or Alaskan Native – 20
Age	Under Age 20 – 1; Ages 20 to 22 – 3; Ages 23 to 25 – 1; Ages 26 to 30 – 2; Ages 31 to 40 – 9; Ages 41 to 50 – 2; Over 50 – 2
Family Status	Single – 14; Married – 2; Separated/Divorced – 3; Unmarried Partners – 1
Education	Middle School (7-8 th) – 1; High School (9-11 th) – 8; High School Graduate – 2; Working on or Completed GED – 1; Some College – 6; College Graduate – 2
Income	Unknown – 7; Under \$15,000 – 11; \$15,001-\$25,000 – 1; \$40,001-\$60,000 – 1
Number of Children	0 – 4; 1 – 4; 2 – 2; 3 – 4; 4 – 2; 5 or more – 4
Abuse by Person in a Family Relationship	Yes – 5; No – 15; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 5; No – 15; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 13 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.00
Mean Average Post	5.23
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	4.38
Mean Average Post	5.92
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.38
Mean Average Post	6.69
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	4.38
Mean Average Post	6.38
AAPI - E – Children's Power and Independence	
Mean Average Pre	4.69
Mean Average Post	6.46

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Bismarck, ND – Ages 0-5 Class (Fall 2018)

Program Participation – 19 enrolled participants; 11 participants completed program	
Gender	Male – 9; Female – 10
Race	Caucasian – 15; African American – 1; Native American or Alaskan Native – 1; Biracial – 1; Multiracial – 1
Age	Ages 20 to 22 – 3; Ages 23 to 25 – 6; Ages 26 to 30 – 2; Ages 31 to 40 – 6; Ages 41 to 50 – 2
Family Status	Single – 6; Married – 4; Separated/Divorced – 2; Unmarried Partners – 7
Education	High School (9 th -11 th) – 5; High School Graduate – 3; Working on or Completed GED – 5; Two-year Technical College – 1; Some College – 5
Income	Unknown – 3; Under \$15,000 – 5; \$15,001 to 25,000 – 4; \$25,001 to 40,000 – 6; Over \$60,001 – 1
Number of Children	0 – 0; 1 – 10; 2 – 2; 3 – 3; 4 – 1; 5 or more – 3
Abuse by Person in a Family Relationship	Yes – 5; No – 14; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 4; No – 15; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 11 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	6.09
Mean Average Post	6.73
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	5.27
Mean Average Post	6.18
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.09
Mean Average Post	6.82
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	6.55
Mean Average Post	7.27
AAPI - E – Children's Power and Independence	
Mean Average Pre	5.27
Mean Average Post	4.82

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Bismarck, ND – Ages 5-19 Class (Fall 2018)

Program Participation – 19 enrolled participants; 12 participants completed program	
Gender	Male – 6; Female – 13
Race	Caucasian – 11; African American – 3; Native American or Alaskan Native – 2; Hispanic – 2; Biracial – 1
Age	Ages 26 to 30 – 5; Ages 31 to 40 – 7; Ages 41-50 – 7
Family Status	Single – 12; Married – 3; Separated/Divorced – 4
Education	Grade School (1 st -6 th) – 1; Middle School (7 th -8 th) – 1; High School (9 th -12 th) – 4; High School Graduate – 6; Two-year Technical College – 1; Some College – 2; College Graduate – 4
Income	Unknown – 2; Under \$15,000 – 7; \$15,001 to 25,000 – 3; \$25,001 to 40,000 – 4; \$40,001 – \$60,000 – 2; Over \$60,001 – 1
Number of Children	0 – 3; 1 – 2; 2 – 4; 3 – 4; 4 – 5; 5 or more – 1
Abuse by Person in a Family Relationship	Yes – 6; No – 13; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 7; No – 11; Don't Know – 1
AAPI Construct Scores	<i>N</i> = 12 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	6.50
Mean Average Post	6.00
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	5.33
Mean Average Post	5.58
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	5.83
Mean Average Post	6.42
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	5.25
Mean Average Post	5.50
AAPI - E – Children's Power and Independence	
Mean Average Pre	5.17
Mean Average Post	5.67

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Bismarck, ND – Ages 0-5 Class (Spring 2019)

Program Participation – 17 enrolled participants; 7 participants completed program	
Gender	Male – 6; Female – 11
Race	Caucasian – 8; African American – 1; Hispanic – 1; Native American or Alaskan Native – 4; Biracial – 2; Multiracial – 1
Age	Ages 20 to 22 – 2; Ages 23 to 25 – 4; Ages 26 to 30 – 3; Ages 31 to 40 – 7; Over Age 50 – 1
Family Status	Single – 12; Separated/Divorced – 2; Unmarried Partners – 3
Education	Grade School (1 st -6 th) – 1; High School (9 th -11 th) – 3; High School Graduate – 3; Working on or Completed GED – 6; Two-year Technical College – 1; Some College – 3
Income	Unknown – 5; Under \$15,000 – 5; \$15,001 to 25,000 – 2; \$25,001 to 40,000 – 5
Number of Children	0 – 0; 1 – 4; 2 – 8; 3 – 4; 4 – 1; 5 or more – 0
Abuse by Person in a Family Relationship	Yes – 10; No – 7; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 8; No – 9; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 7 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	7.00
Mean Average Post	6.57
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	5.57
Mean Average Post	6.57
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	7.29
Mean Average Post	6.71
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	6.57
Mean Average Post	6.57
AAPI - E – Children's Power and Independence	
Mean Average Pre	5.43
Mean Average Post	5.71

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Bismarck, ND – Ages 5-19 Class (Spring 2019)

Program Participation – 15 enrolled participants; 11 participants completed program	
Gender	Male – 5; Female – 10
Race	Caucasian – 8; African American – 3; Native American or Alaskan Native – 4
Age	Ages 23 to 25 – 2; Ages 26 to 30 – 1; Ages 31 to 40 – 10; Ages 41 to 50 – 2
Family Status	Single – 5; Married – 6; Divorced – 2; Unmarried Partners – 2
Education	High School (9 th - 11 th) – 1; High School Graduate – 2; Working on or Completed GED – 1; Two-year Technical College – 2; Some College – 8; College Graduate – 1
Income	Unknown – 3; Under \$15,000 – 4; \$15,001 to 25,000 – 1; \$25,001 to 40,000 – 2; \$40 to 60,000 – 1; Over \$60,000 – 4
Number of Children	0 – 2; 1 – 0; 2 – 8; 3 – 0; 4 – 4; 5 or more – 1
Abuse by Person in a Family Relationship	Yes – 4; No – 11; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 3; No – 12; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 11 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.00
Mean Average Post	4.18
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	4.18
Mean Average Post	5.55
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	4.82
Mean Average Post	5.73
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	5.55
Mean Average Post	5.18
AAPI - E – Children's Power and Independence	
Mean Average Pre	5.09
Mean Average Post	5.64

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Devils Lake, ND – Ages 0-5 Class (Fall 2018)

Program Participation – 6 enrolled participants; 6 participants completed program	
Gender	Male – 2; Female – 4
Race	Caucasian – 6
Age	Under Age 20 – 1; Ages 23 to 25 – 1; Ages 31 to 40 – 2; Ages 41 to 50 – 1; Over 50 – 1
Family Status	Single – 2; Unmarried Partners – 3; Widowed – 1
Education	High School (9 th -11 th) – 2; High School Graduate – 1; Working on or Completed GED – 1; College Graduate – 2
Income	Unknown – 1; Under \$15,000 – 3; \$15,001 to 25,000 – 1; \$40,001 to 60,000 – 1
Number of Children	0 – 0; 1 – 1; 2 – 1; 3 – 2; 4 – 0; 5 or more – 2
Abuse by Person in a Family Relationship	Yes – 5; No – 1; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 0; No – 6; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 6 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	4.50
Mean Average Post	5.17
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	6.17
Mean Average Post	6.33
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	4.67
Mean Average Post	6.00
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	8.00
Mean Average Post	8.00
AAPI - E – Children's Power and Independence	
Mean Average Pre	6.00
Mean Average Post	5.50

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Dickinson, ND – Ages 5-19 Class (Fall 2018)

Program Participation – 11 enrolled participants; 6 participants completed program	
Gender	Male – 3; Female – 8
Race	Caucasian – 10; Alaskan American or Native American – 1
Age	Ages 20 to 22 – 1; Ages 26 to 30 – 6; Ages 41 to 50 – 4
Family Status	Single – 4; Married – 1; Separated/Divorced – 4; Unmarried Partners – 2
Education	High School (9 th -11 th) – 3; High School Graduate – 3; Some College – 1; College Graduate – 3; Post Graduate or Above – 1
Income	Unknown – 6; Under \$15,000 – 2; \$15,001 to 25,000 – 1; Over 60,000 – 2
Number of Children	0 – 0; 1 – 4; 2 – 2; 3 – 3; 4 – 1; 5 or more – 1
Abuse by Person in a Family Relationship	Yes – 5; No – 6; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 4; No – 7; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 6 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	6.17
Mean Average Post	6.50
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	5.00
Mean Average Post	6.33
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.17
Mean Average Post	6.17
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	6.17
Mean Average Post	7.33
AAPI - E – Children's Power and Independence	
Mean Average Pre	6.00
Mean Average Post	6.00

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Fargo, ND – Ages 0-5 Class (Fall 2018)

Program Participation – 6 enrolled participants; 5 participants completed program	
Gender	Male – 3; Female – 3
Race	Caucasian – 5; Native American or Alaskan Native – 1
Age	Ages 23 to 25 – 1; Ages 26 to 30 – 2; Ages 31 to 40 – 2
Family Status	Married – 4; Separated/Divorced – 1; Widowed – 1
Education	High School (9 th -11 th) – 1; High School Graduate – 1; Some College – 3; College Graduate – 1
Income	Unknown – 1; Under \$15,000 – 2; \$15,001 to 25,000 – 2; \$25,001 to \$40,000 – 1
Number of Children	0 – 1; 1 – 2; 2 – 1; 3 – 2; 4 – 0; 5 or more – 0
Abuse by Person in a Family Relationship	Yes – 2; No – 4; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 4; No – 2; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 5 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	6.40
Mean Average Post	7.00
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	5.20
Mean Average Post	7.40
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.40
Mean Average Post	8.40
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	5.80
Mean Average Post	8.40
AAPI - E – Children's Power and Independence	
Mean Average Pre	7.20
Mean Average Post	7.00

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Fargo, ND – Ages 0-5 Class (Spring 2019)

Program Participation – 18 enrolled participants; 6 participants completed program	
Gender	Male – 8; Female – 10
Race	Caucasian – 12; African American – 1; Asian or Pacific Islander – 1; Hispanic – 1; Biracial – 1; Multiracial – 2
Age	Ages 23 to 25 – 1; Ages 26 to 30 – 4; Ages 31 to 40 – 10; Ages 41 to 50 – 1; Over 50 – 1
Family Status	Single – 6; Married – 4; Separated/Divorced – 1; Unmarried Partners – 6; Widowed – 1
Education	Middle School (7 th -8 th) – 1; High School (9 th -11 th) – 2; High School Graduate – 4; Working on or Completed GED – 2; Two-Year Technical College – 1; Some College – 5; College Graduate – 2; Post Graduate or Above – 1
Income	Unknown – 3; Under \$15,000 – 5; \$15,001 to 25,000 – 2; \$25,001 to \$40,000 – 1; \$40,001 to 60,000 – 3; Over 60,000 – 4
Number of Children	0 – 0; 1 – 1; 2 – 6; 3 – 6; 4 – 1; 5 or more – 4
Abuse by Person in a Family Relationship	Yes – 8; No – 10; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 6; No – 12; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 6 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	6.50
Mean Average Post	6.17
AAPI - B – Empathy Toward Children’s Needs	
Mean Average Pre	5.67
Mean Average Post	6.33
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.33
Mean Average Post	6.83
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	7.67
Mean Average Post	7.83
AAPI - E – Children’s Power and Independence	
Mean Average Pre	7.17
Mean Average Post	7.83

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Harvey, ND – Ages 5-19 Class (Spring 2019)

Program Participation – 16 enrolled participants; 11 participants completed program	
Gender	Male – 4; Female – 12
Race	Caucasian – 16
Age	Ages 23 to 25 – 2; Ages 26 to 30 – 5; Ages 31 to 40 – 5; Ages 41 to 50 – 3; Over 50 – 1
Family Status	Single – 2; Married – 9; Separated/Divorced – 3; Unmarried Partners – 2
Education	High School Graduate – 3; Working on or Completed GED – 1; Two-year Technical College – 1; Some College – 6; College Graduate – 4; Unknown – 1
Income	Unknown – 6; Under \$15,000 – 3; \$25,001 to 40,000 – 3; \$40,001 to 60,000 – 2; Over 60,001 – 2
Number of Children	0 – 1; 1 – 1; 2 – 3; 3 – 4; 4 – 3; 5 or more – 4
Abuse by Person in a Family Relationship	Yes – 4; No – 12; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 7; No – 9; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 11 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	6.27
Mean Average Post	6.00
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	5.55
Mean Average Post	6.00
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	5.00
Mean Average Post	5.36
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	6.82
Mean Average Post	6.45
AAPI - E – Children's Power and Independence	
Mean Average Pre	7.00
Mean Average Post	7.00

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Jamestown, ND – Ages 5-19 Class (Fall 2018)

Program Participation – 10 enrolled participants; 6 participants completed program	
Gender	Male – 2; Female – 8
Race	Caucasian – 9; Asian or Pacific Islander – 1
Age	Ages 20 to 22 – 1; Ages 26 to 30 – 6; Ages 31 to 40 – 2; Over 50 – 1
Family Status	Single – 1; Married – 3; Separated/Divorced – 4; Unmarried Partners – 2
Education	High School (9 th -11 th) – 1; High School Graduate – 7; Two-year Technical College – 1; Some College – 1
Income	Unknown – 1; Under \$15,000 – 6; \$25,001 to 40,000 – 1; \$40,001 to 60,000 – 2
Number of Children	0 – 1; 1 – 2; 2 – 2; 3 – 3; 4 – 0; 5 or more – 2
Abuse by Person in a Family Relationship	Yes – 5; No – 5; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 6; No – 4; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 6 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.00
Mean Average Post	5.50
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	3.83
Mean Average Post	7.50
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	5.00
Mean Average Post	8.33
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	5.33
Mean Average Post	6.33
AAPI - E – Children's Power and Independence	
Mean Average Pre	8.50
Mean Average Post	7.83

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Jamestown, ND (TRCC) – Community-Based Program (Summer 2018)

Program Participation – 12 enrolled participants; 12 participants completed program	
Gender	Male – 0; Female – 12
Race	Caucasian – 6; Native American or Alaskan Native – 6
Age	Ages 20 to 22 – 4; Ages 26 to 30 – 2; Ages 31 to 40 – 4; Ages 41 to 50 – 1; Over 50 – 1
Family Status	Single – 10; Separated/Divorced – 2
Education	Middle School (7 th -8 th) – 1; High School (9 th -11 th) – 1; High School Graduate – 2; Working on or Completed GED – 6; College Graduate – 2
Income	Unknown – 11; \$15,001 to 25,000 – 1
Number of Children	0 – 3; 1 – 3; 2 – 2; 3 – 0; 4 – 1; 5 or more – 3
Abuse by Person in a Family Relationship	Yes – 3; No – 8; Don't Know – 1
Abuse by Person Outside a Family Relationship	Yes – 6; No – 6; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 12(matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	6.08
Mean Average Post	7.17
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	4.17
Mean Average Post	5.75
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.17
Mean Average Post	7.42
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	5.67
Mean Average Post	7.00
AAPI - E – Children's Power and Independence	
Mean Average Pre	4.33
Mean Average Post	6.42

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Jamestown, ND (TRCC) – Community-Based Program (Fall 2018)

Program Participation – 15 enrolled participants; 15 participants completed program	
Gender	Male – 6; Female – 9
Race	Caucasian – 7; African American or Black – 1; Hispanic – 1; Native American or Alaskan Native – 5; Multiracial – 1
Age	Ages 23 to 25 – 5; Ages 26 to 30 – 7; Ages 31 to 40 – 2; Ages 41 to 50 – 1
Family Status	Single – 13; Separated/Divorced – 2
Education	High School (9 th -11 th) – 3; High School Graduate – 1; Working on or Completed GED – 9; Two year Technical School – 1; Some College – 1
Income	Unknown – 8; Under \$15,000 – 6; \$25 to 40,000 – 1
Number of Children	0 – 1; 1 – 4; 2 – 3; 3 – 2; 4 – 3; 5 or more – 2
Abuse by Person in a Family Relationship	Yes – 5; No – 10; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 5; No – 10; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 15 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	6.20
Mean Average Post	7.40
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	5.33
Mean Average Post	7.33
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	7.07
Mean Average Post	7.53
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	6.07
Mean Average Post	6.93
AAPI - E – Children's Power and Independence	
Mean Average Pre	6.27
Mean Average Post	7.00

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Jamestown, ND (TRCC) – Community-Based Program (Spring 2019)

Program Participation – 13 enrolled participants; 12 participants completed program	
Gender	Male – 0; Female – 13
Race	Caucasian – 6; Native American or Alaskan Native – 2; Biracial – 4; Multiracial – 1
Age	Ages 20 to 22 – 1; Ages 23 to 25 – 2; Ages 26 to 30 – 3; Ages 31 to 40 – 6; Ages 41 to 50 – 1
Family Status	Unknown – 2; Single – 8; Married – 1; Separated/Divorced – 2
Education	High School (9 th -11 th) – 2; High School Graduate – 3; Working on or Completed GED – 5; Some College – 2; College Graduate – 1
Income	Unknown – 9; Under \$15,000 – 3; \$15,001 to 25,000 – 1
Number of Children	0 – 1; 1 – 5; 2 – 1; 3 – 3; 4 – 2; 5 or more – 1
Abuse by Person in a Family Relationship	Yes – 4; No – 9; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 8; No – 4; Don't Know – 1
AAPI Construct Scores	<i>N</i> = 12 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.25
Mean Average Post	6.92
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	2.92
Mean Average Post	5.50
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	4.08
Mean Average Post	5.83
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	4.33
Mean Average Post	6.33
AAPI - E – Children's Power and Independence	
Mean Average Pre	2.92
Mean Average Post	5.92

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Minot, ND – Ages 0-5 Class (Fall 2018)

Program Participation – 4 enrolled participants; 0 participants completed program	
Gender	Male – 2; Female – 2
Race	Caucasian – 4
Age	Under Age 20 – 1; Ages 26 to 30 – 1; Ages 31 to 40 – 2
Family Status	Single – 3; Unmarried Partners – 1
Education	High School (9 th -12 th) – 1; High School Graduate – 2; Working on or Completed GED – 1
Income	Unknown – 3; Under \$15,000 – 1
Number of Children	0 – 0; 1 – 1; 2 – 2; 3 – 0; 4 – 1; 5 or more – 0
Abuse by Person in a Family Relationship	Yes – 2; No – 2
Abuse by Person Outside a Family Relationship	Yes – 1; No – 3
AAPI Construct Scores	<i>N</i> = 0 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.25
Mean Average Post	N/A
AAPI - B – Empathy Toward Children’s Needs	
Mean Average Pre	4.75
Mean Average Post	N/A
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.50
Mean Average Post	N/A
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	5.75
Mean Average Post	N/A
AAPI - E – Children’s Power and Independence	
Mean Average Pre	4.50
Mean Average Post	N/A

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Minot, ND – Ages 5-19 Class (Fall 2018)

Program Participation – 8 enrolled participants; 5 participants completed program	
Gender	Male – 1; Female – 7
Race	Caucasian – 7; Native American or Alaskan Native – 1
Age	Ages 26 to 30 – 3; Ages 31 to 40 – 3; Ages 41 to 50 – 2
Family Status	Single – 3; Married – 2; Unmarried Partners – 1; Separated/Divorced – 2
Education	High School Graduate – 3; Some College – 2; College Graduate – 2; Post Graduate or Above – 1
Income	Under \$15,000 – 2; \$25,001 to 40,000 – 2; \$40,001 to 60,000 – 2; Over \$60,000 – 2
Number of Children	0 – 0; 1 – 1; 2 – 5; 3 – 1; 4 – 1
Abuse by Person in a Family Relationship	Yes – 3; No – 5; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 1; No – 6; Don't Know – 1
AAPI Construct Scores	<i>N</i> = 5 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.60
Mean Average Post	6.60
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	5.40
Mean Average Post	6.60
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	6.60
Mean Average Post	7.00
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	6.80
Mean Average Post	5.60
AAPI - E – Children's Power and Independence	
Mean Average Pre	5.60
Mean Average Post	7.20

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Minot, ND – Ages 0-5 Class (Spring 2019)

Program Participation – 6 enrolled participants; 5 participants completed program	
Gender	Male – 1; Female – 5
Race	Caucasian – 4; Hispanic – 2
Age	Ages 23 to 25 – 1; Ages 31 to 40 – 3; Ages 41 to 50 – 2; Over 50 – 0
Family Status	Married – 5; Separated/Divorced – 1
Education	Grade School (1 st -6 th) – 1; High School Graduate – 2; Some College – 1; College Graduate – 1; Post Graduate or Above – 1
Income	Unknown – 1; Under \$15,000 – 1; \$25,001 to 40,000 – 1; \$40,001 to 60,000 – 1; Over 60,000 – 2
Number of Children	0 – 0; 1 – 3; 2 – 2; 3 – 1
Abuse by Person in a Family Relationship	Yes – 1; No – 4; Don't Know – 1
Abuse by Person Outside a Family Relationship	Yes – 1; No – 4; Don't Know – 1
AAPI Construct Scores	<i>N</i> = 5 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	7.20
Mean Average Post	6.60
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	7.40
Mean Average Post	6.40
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	8.40
Mean Average Post	7.40
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	6.60
Mean Average Post	7.80
AAPI - E – Children's Power and Independence	
Mean Average Pre	8.60
Mean Average Post	6.20

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Minot, ND – Ages 5-19 Class (Spring 2019)

Program Participation – 9 enrolled participants; 7 participants completed program	
Gender	Male – 4; Female – 5
Race	Caucasian – 8; Native American or Alaskan Native – 1
Age	Ages 26 to 30 – 1; Ages 31 to 40 – 2; Ages 41 to 50 – 5; Over 50 – 1
Family Status	Single – 2; Married – 4; Separated/Divorced – 1; Unmarried Partners – 2
Education	Grade School (1 st -6 th) – 1; High School (9 th -11 th) – 1; High School Graduate – 5; Two Year Technical College – 1; Some College – 1
Income	Unknown – 1; Under \$15,000 – 4; \$15,001 to 25,000 – 1; \$40,001 to 60,000 – 2; Over 60,000 – 1
Number of Children	0 – 0; 1 – 1; 2 – 2; 3 – 2; 4 – 4; 5 or more – 0
Abuse by Person in a Family Relationship	Yes – 4; No – 5; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 2; No – 7; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 7 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.29
Mean Average Post	4.00
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	4.71
Mean Average Post	5.57
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	4.43
Mean Average Post	4.86
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	7.00
Mean Average Post	5.57
AAPI - E – Children's Power and Independence	
Mean Average Pre	5.71
Mean Average Post	5.29

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Valley City, ND - Ages 5-19 Class (Fall 2018)

Program Participation – 7 enrolled participants; 6 participants completed program	
Gender	Male – 3; Female – 4
Race	Caucasian – 7
Age	Ages 31 to 40 – 6; Over 50 – 1
Family Status	Single – 1; Married – 5; Separated/Divorced – 1
Education	High School Graduate – 1; Two year Technical College – 1; Some College – 3; College Graduate – 2
Income	Unknown – 1; \$15,001 to 25,000 – 1; \$40,001 to 60,000 – 1; Over 60,000 – 4
Number of Children	0 – 0; 1 – 3; 2 – 2; 3 – 0; 4 – 2; 5 or more – 0
Abuse by Person in a Family Relationship	Yes – 4; No – 3; Don’t Know – 0
Abuse by Person Outside a Family Relationship	Yes – 2; No – 5; Don’t Know – 0
AAPI Construct Scores	<i>N</i> = 6 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	5.83
Mean Average Post	6.50
AAPI - B – Empathy Toward Children’s Needs	
Mean Average Pre	5.33
Mean Average Post	6.17
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	5.83
Mean Average Post	6.17
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	7.00
Mean Average Post	5.83
AAPI - E – Children’s Power and Independence	
Mean Average Pre	7.33
Mean Average Post	6.50

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.

Program Site – Williston, ND - Ages 5-19 Class (Fall 2018)

Program Participation – 16 enrolled participants; 12 participants completed program	
Gender	Male – 6; Female – 10
Race	Caucasian – 12; Native American or Alaskan Native – 2; Hispanic – 2
Age	Under Age 20 – 1; Ages 20 to 22 – 2; Ages 23 to 25 – 2; Ages 26 to 30 – 3; Ages 31 to 40 – 5; Ages 41 to 50 – 3
Family Status	Single – 3; Married – 4; Separated/Divorced – 5; Unmarried Partners – 3; Unknown – 1
Education	Middle School (7 th -8 th) – 1; High School (9 th -11 th) – 3; High School Graduate – 8; Working on or Completed GED – 1; Some College – 1; Post-graduate or above – 1
Income	Unknown – 4; Under \$15,000 – 4; \$15,001 to 25,000 – 1; \$25,001 to 40,000 – 2; \$40,001 to 60,000 – 1; Over 60,000 – 4
Number of Children	0 – 1; 1 – 3; 2 – 5; 3 – 1; 4 – 4; 5 or more – 2
Abuse by Person in a Family Relationship	Yes – 9; No – 7; Don't Know – 0
Abuse by Person Outside a Family Relationship	Yes – 7; No – 9; Don't Know – 0
AAPI Construct Scores	<i>N</i> = 12 (matched)
AAPI – Construct A – Expectations of Children	
Mean Average Pre	4.58
Mean Average Post	6.08
AAPI - B – Empathy Toward Children's Needs	
Mean Average Pre	4.50
Mean Average Post	5.83
AAPI - C – Use of Corporal Punishment	
Mean Average Pre	5.25
Mean Average Post	5.83
AAPI - D – Parent-Child Family Roles	
Mean Average Pre	5.58
Mean Average Post	6.08
AAPI - E – Children's Power and Independence	
Mean Average Pre	5.92
Mean Average Post	5.58

Note: Higher scores on each AAPI construct represent more positive scores and less risk for child abuse and neglect.