

Implementation of the Nurturing Parenting Programs with Latino Families in Imperial County, California

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Acknowledgements

From the fall of 2009 to the fall of 2012, the Imperial County Office of Education located in El Centro California implemented a very successful county wide parenting initiative. The project staff selected three evidence-based Nurturing Parenting Programs for implementation:

Nurturing Program for Parents and their Infants, Toddlers and Preschoolers; Nurturing Program for Parents and their School-Aged Children; and, Nurturing Program for Parents and their Adolescents.

The three year initiative was a huge success with 827 largely Hispanic families participating in 1,014 parenting sessions comprising over 2,500 hours of parenting education. The posttest data show very positive gains, as stated in the following report.

None of this could have happened without the dedication of the trained staff who worked tirelessly in both paid and volunteer hours. Their commitment in helping families learn the philosophy, skills and practices of Nurturing Parenting made the three year project successful. George Miranda, the project coordinator, John Radcliff session facilitator and assistant data coordinator, and I would like to acknowledge the following professionals for dedication and efforts in helping the families of Imperial County:

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Sincerely,
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Abstract

Between July 2009 and June 2012, the Imperial County Office of Education located in El Centro, California, a rural county bordering on the Mexican border implemented a county-wide parenting initiative. The initiative became known as the Imperial Valley Nurturing Parenting Program, a cooperative effort between the Imperial County Office of Education (ICOE), Student Well-being and Family Resources and the Imperial County of Behavioral health Services, Children's Division.

From the fall of 2009 to the fall of 2012, Imperial County implemented three different Nurturing parenting programs:

- The Nurturing Parenting Program (NPP) for Parents and their Infants, Toddlers and Preschoolers, a 15 to 20 session group and home based program;
- NPP for Parents and their School-Age Children, a 15 session group-based program;
- NPP for Parents and their Adolescents, a 12 session group-based program.

These three programs were implemented a combined total of sixty-three times. Three hundred and fifty seven (357) families, 95% Hispanic, participated in approximately 1,014 group-based and home based parenting classes. With each class running approximately 2.5 hours, 2,535 hours of parenting instruction was provided families of Imperial County. A summary of the findings indicate:

- Posttest mean scores for the Adult-Adolescent Parenting Inventory (AAPI-2) all show positive increases compared to the pretest mean scores in each of the five sub-scales (Constructs).
- Three of the five AAPI Constructs displayed the biggest gains made by the parents' pre to posttest mean scores. The Constructs were B (Empathy), Construct C (Alternatives to Physical Punishment), and Construct E (Power and Independence).
- The single largest gain was made in Construct B: Empathy where the mean posttest score showed a significant positive gain ($p > .001$). Empathy is the critical parental characteristic that allows positive nurturing parenting skills to be practiced. The second and third largest gains were in Alternatives to Physical Punishment ($p > .01$) and Power and Independence ($p > .05$).
- In a norm-referenced inventory, scores that fall into the 1 to 3 sten range reflect parenting practices that are high-risk for child maltreatment. Posttest data analysis measured a substantial drop in all five AAPI-2 posttest mean scores out of the high-risk range. Construct B: Empathy had an 18% drop in high risk scores. That is, the percentage of parents expressing high-risk parenting beliefs in Empathy at the pretest level was 23%. The posttest level was 5%.
- Construct C: Physical Punishment had the second biggest drop in the percentage of posttest mean scores from the high-risk 1 to 3 sten range. These differences were measured from a 14% pretest rate to a posttest 5.64% posttest rate representing an 8% difference.

The results show the successes that Imperial County achieved through their systematic efforts. Over 800 Hispanic families completed parenting education classes without being ordered by the courts to attend. This remarkable achievement challenges the widely held myth that parents won't attend parenting classes because of some stigma that parenting classes are only for families with problems.

Introduction

On November 2004, the voters of California passed Proposition 63, the Mental Health Services Act (MHSA), which was designed to expand and transform California's county mental health service systems (Scheffler & Adams, 2005). Since revenue for Proposition 63 was generated from a one percent tax on individuals with taxable income in excess of one million dollars, the proposition commonly became known as the "Millionaires Tax". The voter-approved MHSA initiative provides for developing a comprehensive approach to providing community based mental health services and supports for California residents.

To accomplish its objectives, the MHSA focuses on developing preventive and innovative programs providing integrative wraparound services. Six such programs were identified in the MHSA. The Prevention and Early Intervention (PEI) component is the second largest component of the MHSA. The California Department of Mental Health's Prevention and Early Intervention Planning Guidelines identify five key community mental health needs and six priority populations to focus PEI planning efforts:

Key Community Health Needs

1. Disparities in access to services
2. Psycho-social impact of trauma
3. At-risk children, youth, young adults
4. Stigma and discrimination
5. Suicide risk

Priority Populations

1. Underserved cultural groups
2. Serious psychiatric illness
3. Children in stressed families
4. Trauma exposed
5. School children risk for failure
6. Children at risk for crime

Implementing PEI in Imperial County, California

Imperial County is a rural community bordering on Mexico to the south, Riverside County to the north, San Diego County on the west, and Arizona on the east. According to the US Census Bureau, the population estimate for 2011 is 177,057 with Hispanics or Latinos making up 81% of the total population. Seventy-three percent (73%) of the families speak a language at home other than English, 62% have graduated high school while 12% have a bachelor's degree or higher. The median household income is \$38,685. However 21% of the population of Imperial County lives below the poverty level.

The Planning Committee of the Prevention and Early Intervention (PEI) Component of Imperial County, California met in 2008 to determine how they were going to utilize revenue generated from the Mental Health Services Act. The opinion of the Planning Committee members represented by stakeholders from the community was that parents in Imperial County would benefit from a well-structured, comprehensive parenting program that would address the family dynamics and involve children as well. During the PEI Planning Committee meetings, representatives from the Department of Social Services, Probation Department and Office of Education stated that a program with those characteristics would greatly assist parents in the community to improve their relationship with their children and prevent the development of further mental health conditions. Additionally, representatives from community agencies indicated that the staff from the Imperial County Court systems has verbalized frustration at the lack of parenting programs offering innovative approaches.

Needs Analyses of Community

Upon exhaustive analysis of data and consistent feedback received from the community stakeholders via surveys, focus groups and meetings, the PEI Program Planning Committee identified several needs related to ***children and youth living in stressed families***. Some families deal with multiple daily living stressors that cause turmoil and conflict in family interpersonal relationships. The inability to cope appropriately with stressors exacerbates inappropriate parenting skills, leading to use of punitive practices. Children submitted to this type of discipline can experience emotional disturbances and in some cases may develop mental illnesses such as adjustment disorder, depression or conduct disorder. The PEI Planning Committee represented by members of the community concluded that it is extremely important to implement a program that can help parents, *children and youth living in stressed families learn how to cope with stressors in a different manner, build healthy emotional relationships, reduce family conflict and prevent mental illness by alleviating stressors in the family.*

Selection of the Nurturing Parenting Programs

The program selected by stake holders to address the needs of unserved and/or underserved ***children and youth in stressed families at high risk of mental illness*** in Imperial County was the Nurturing Parenting Programs. The Nurturing Programs are family centered programs designed to build nurturing parenting skills and child-rearing practices as an alternative to unsupportive, abusive or neglecting parenting. The programs target families with children from birth to 19 years and feature activities to foster positive parenting skills and self-nurturing home practice exercises, family nurturing time, and activities to promote positive brain development in children from age birth to 19 years. Parents and children attend separate groups that meet concurrently and are designed to *teach alternatives to hitting and yelling; enhance family communication and awareness of needs; replace abusive behaviors with nurturing behaviors; promote healthy physical and emotional development; and teach appropriate role and developmental expectations.*

The *highlights* of the Nurturing Program that created a high level of expectation among stakeholder members of the PEI Planning Committee were twofold: 1. the entire family can attend the sessions; and, 2. the Nurturing Programs have been successfully implemented with Latino families which is one of the main target groups of PEI. Three different Nurturing Programs were selected for implementation:

Parents and Infants, Toddlers, and Preschoolers (birth to 5 years)

This is a 15-20 session, primarily group based program. Home visits were done to make up missed group sessions. Parents learn about recognizing and understanding feelings, infant and child massage, nurturing parenting routines, alternatives to hitting, child development, and ways to enhance self-esteem and self-concept. During the session, parents and the facilitator/home visitor work together for the first hour teaching nurturing parenting ideas and techniques. Parents, children, and the facilitator/home visitor work together for 30 minutes having fun and practicing skills. The program includes group-based activities, in which parents and children meet concurrently in two separate groups. Two facilitators run the parents' group and two facilitators and two volunteers run the children's group. Parents and children engage in a 30-minute nurturing time with games, songs, snacks, and more.

Parents and School-Age Children (5-11 years)

This is a 15-session group-based program. Parents and children increase their empathy, learn nurturing ways to encourage appropriate behaviors, build self-concept

and self-esteem, and learn to have fun as a family. The program consists of 15 weekly 2½ hour sessions. Parents and children attend separate groups that meet concurrently. Two facilitators implement each of the parents' and children's programs. Activities Manuals detail each activity with goals, objectives, and procedures. Home Practice Assignments reinforce new parenting practices.

Parents and Adolescents

This is a 12-session group-based program. Families learn nurturing communication strategies, how to recognize each other's needs, gain a greater understanding of the period of adolescence, and learn ways to build their own personal power, self-esteem and self-concept. Families also discuss pregnancy delay, sex, sexuality, AIDS, suicide, and peer pressure. Parents and teenage children (13-19) attend the program together. Each 3-hour session is designed for adults and adolescents to meet in two separate groups for the first 70 minutes. The 20-minute snack time allows parents and adolescents to share refreshments. The following 90 minutes are spent with parents and adolescents together in one large group. Two professionals facilitate each group.

Cultural Appropriateness of the Nurturing Programs

The Nurturing Parenting Programs have been developed and validated specifically for Hispanic Families. The Crianza con Cariño Parenting Program for Hispanic Parents and their Children Birth to 5 years and Hispanic Parents and their Children 4 to 12 years, were developed and evaluated for Spanish-speaking families in Arizona, Colorado, Texas, Wisconsin, Mexico, and Venezuela. Agencies serving Hispanic families of Mexican, Central and South American, and Puerto Rican descent participated in the field testing. Program concepts and language were carefully edited and reviewed by Hispanic human services professionals to ensure that the Nurturing Parenting concepts are culturally sensitive, appropriate and accurately presented. These programs are now implemented nationwide and throughout Mexico and Central and South America. Because of the program validation with Latino families, the Planning Committee members agreed that the programs will meet the unique needs of the Latino families in the community.

Selection, Qualifications and Training of the Program Facilitators

Professionals and paraprofessionals were selected based on their experience, language and cultural competencies. Additional qualifications included a professional background in parent education Empathy, positive self-worth, dependability, and sharing were also viewed as desirable facilitator characteristics. Staff was selected based on interviews with George Miranda, Program Coordinator. Initially there were approximately 24 individuals trained. Twelve staff were from Imperial County Office of Education (ICOE); 10 staff were from Behavioral Health and 2 staff were volunteers. ICOE employed a total of eight individuals. The project had 7 staff member including the coordinator.

Facilitators attended a three day instructor-training workshop which focused on designing and implementing home-based and group-based Nurturing Parenting programs. The training also addressed how to facilitate weekly sessions, use program materials, videos and assessment tools as well as how to implement children's and parents' program activities, family home practice assignments, icebreakers, personal growth lessons, and activities for personal power. The training also focused on helping parents learn alternatives to corporal punishment and building self-esteem, self-concept and empathy. Built-in assessment strategies allowed facilitators and parents to chart the course of their successes.

Staff also received weekly training including continuous facilitation training. Additional trainings provided to staff during the grant period included communication, dealing with difficult conversations, trauma and the brain, and how to assess and stay focus on the families receiving services.

One component of the program was conducting home-based sessions. Facilitators hired to conduct group based parenting sessions were also trained to serve as Home Visitors to facilitate home-based parenting sessions. Home visits began during the second year of implementation and served as a way to provide additional support for families that needed it. Home visits were also used to help parents that needed to make up sessions.

Program Implementation

The Imperial Valley Nurturing Parenting Program (IVNPP) is a partnership between Imperial County Office of Education (ICOE), Student Well-Being and Family Resources (SWB&FR) and Imperial County Behavioral Health Services, Children's Division. The program is designed to help develop skills that reduce family conflict and prevent mental illness by encouraging parents and children to practice the skills learned that help them alleviate stressors in their lives.

The IVNPP consists of three programs: 1) Parents and their Infants, Toddlers and Preschoolers Program (ages 0-5); 2) Parents and their School-Age Children Program (ages 5-12); and 3) Parents and Adolescents Program (ages 13-19).

Data Collection

The primary instrument to assess the effectiveness of the Nurturing Program lessons was the Adult-Adolescent Parenting Inventory (AAPI) (Bavolek, S J & Keens, RG, 19xx)

Description

The AAPI-2 is an inventory designed to assess the parenting and child rearing attitudes of adult and adolescent parent and pre-parent populations. Based on the known parenting and child rearing behaviors of abusive parents, responses to the inventory provide an index of risk for practicing behaviors known to be attributable to child abuse and neglect. The AAPI-2 is the revised and re-normed version of the original AAPI first developed in 1979.

Development and Sub-Scales

The AAPI-2 was developed from over 20 years of research. The purpose of the inventory is to determine the degree to which respondents agree or disagree with parenting behaviors and attitudes known to contribute to child abuse and neglect.

Five separate subs-scales form the Constructs of the AAPI-2. Responses to the items of the AAPI-2 provide an index of risk in each of the five constructs:

- Construct A Inappropriate Expectations of Children
- Construct B Inability to Demonstrate Empathy towards Children's Needs
- Construct C Strong Parental Belief in the Use of Corporal Punishment
- Construct D Reversing Parent-Child Family Roles
- Construct E Oppressing Children's Power and Independence

The AAPI is intended for adult parent and pre-parent populations as well as adolescent parent and pre-parent populations.

Normative Information

Abusive and non-abusive adults and abused and non-abused adolescents from around the country participated in the standardization of the AAPI-2. Normative data are provided by age (adult/adolescent) and sex (male/female). Individual responses can be compared to the responses of parents or adolescents to determine degree of risk for abuse.

Forms and Items

There are two forms of the AAPI-2: Form A and Form B. Each inventory has 40 different items presented in a five-point Likert scale from Strongly Agree to Strongly Disagree.

Administration

The AAPI-2 takes approximately 20 minutes to be administered. Individuals select the response (SA = Strongly Agree; A = Agree; U = Uncertain; D = Disagree; SD = Strongly Disagree) they feel best represents their parenting beliefs. Parents in each of the Nurturing Programs completed the AAPI-2 during their first session (pre) and during their last session (post).

Nurturing Program for Parents and their School-Age Children: Findings and Analyses

The Nurturing Program for Parents and their School Age Children is a fifteen session program designed to build stronger nurturing relations between parents and their children 5 to 12 years of age. Demographic data as well as pre-post analyses of the AAPI-2 are presented in tables 1 and 2, pages 10 and 11.

Based on the review of the data collected, the following findings are presented.

1. From 2009 to 2012, a total of twenty-nine 15 session programs for Parents and School Age children were implemented throughout Imperial County.
2. A total of 134 parents completed the program.
3. A review of the highlights of Table 1 on page 10 indicates:
 - 84% of the parents completing the School Age Program were female; 16% male.
 - 97% of the parents were Hispanic.
 - 34% of parents were 31 to 40 years old; 34% were 41 to 50 years old.
 - 59% of the parents were married; 41% were other than married.
 - 31% of the parents completed some college; 23% completed high school; 12% completed 9th grade.
 - 32% earned under \$15,000 annually; 18% earned \$15,000 to \$25,000 annually; 16% of the parents did not know their income.
 - 33% had three children; 25% had two children; 19% had four children; 16% had one child.
 - **52%** of the parents felt they **were not abused** as children by someone **inside** their family while **35%** felt they **were abused** and **12% weren't sure** if they were abused.
 - **67%** of the parents felt they **were not abused** as children by someone **outside** their family while **22%** felt they **were abused** and **11% weren't sure**.
4. A review of the pre-post AAPI data located in Table 2 page 11 indicates the following:
 - Four of the five Construct mean scores show significant positive posttest increases. This means that parents who completed their Nurturing Program for School Age Children:
 - increased their understanding of age-appropriate developmental expectations;
 - increased their level of empathy in meeting children's needs;
 - developed a stronger belief in the use of alternatives to corporal punishment as a means of teaching children discipline; and,
 - developed a greater understanding of appropriate roles for parents and children.
 - However, pre-post mean scores in Construct D: Oppressing Children's Level of Power and Independence showed no statistically significant positive change even though the posttest mean score increased slightly.

Table 1: Analysis of AAPI2 (Demographics)
Imperial County Parents and *School-Age Children* 3 yr AAPI total

Number of participants: 134 Number of inventories: 268

gender	count	percent
Male	22	16.42
Female	112	83.58
total	134	100.0

race	count	percent
Unknown	1	0.75
Black	3	2.24
Hispanic	130	97.01
total	134	100.0

age_range	count	percent
0 < 15	1	0.75
15 to 17	1	0.75
18 to 19	1	0.75
20 to 22	2	1.49
23 to 25	4	2.99
26 to 30	16	11.94
31 to 40	46	34.33
41 to 50	45	33.58
> 50	18	13.43
total	134	100.01

marital_status	count	percent
Single	28	20.9
Married	79	58.96
Divorced	9	6.72
Unmarried Partners	4	2.99
Separated	10	7.46
Widowed	4	2.99
total	134	100.02

education	count	percent
Unknown	3	2.24
Grade School	8	5.97
7th Grade	1	0.75
8th Grade	5	3.73
9th Grade	16	11.94
10th Grade	4	2.99
11th Grade	8	5.97
High School Graduate	31	23.13
Some College	42	31.34
College Graduate	8	5.97
Post-Graduate or above	8	5.97
total	134	100.0

income_level	count	percent
Unknown	22	16.42
Under \$15,000	43	32.09
\$15,001 to \$25,000	24	17.91
\$25,001 to \$40,000	17	12.69
\$40,001 to \$60,000	17	12.69
Over \$60,000	11	8.21
total	134	100.01

number_of_children	count	percent
1	21	15.67
2	33	24.63
3	44	32.84
4	25	18.66
5	4	2.99
6	2	1.49
7	3	2.24
9	1	0.75
15	1	0.75
total	134	100.02

has_experienced_abuse_inside	count	percent
Don't Know	16	11.94
Yes	48	35.82
No	70	52.24
total	134	100.0

has_experienced_abuse_outside	count	percent
Don't Know	15	11.19
Yes	29	21.64
No	90	67.16
total	134	99.99

Table 2: Analyses of AAPI-2 Pre-Post Sten Scores
 Imperial County Parents and *School-Age Children* Level of Significance

Date: December 2012

Construct A: Inappropriate Expectations

Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	3%	7%	6%	9%	18%	21%	15%	8%	8%	4%	5.75	2.18	0.42	134	<.011
Post Matched	0%	2%	5%	8%	11%	36%	15%	11%	6%	8%	6.39	1.81			

Construct B: Lack of Empathy

Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	8%	2%	11%	11%	21%	20%	11%	11%	4%	2%	5.30	2.12	0.40	134	<.001
Post Matched	0%	2%	2%	8%	7%	17%	17%	16%	17%	14%	7.17	2.00			

Construct C: Use of Corporal Punishment

Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	4%	5%	7%	17%	16%	26%	13%	9%	2%	2%	5.32	2.09	0.36	134	<.001
Post Matched	5%	1%	8%	15%	15%	17%	24%	7%	5%	4%	7.50	1.99			

Construct D: Role Reversal

Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	3%	2%	7%	6%	5%	16%	11%	18%	6%	26%	7.06	2.54	0.60	134	<.019
Post Matched	2%	2%	2%	6%	5%	17%	20%	19%	10%	19%	7.26	2.11			

Construct E: Restriction of Power and Independence

Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	2%	4%	6%	11%	18%	10%	20%	21%	5%	2%	6.00	2.05	0.20	134	<.494
Post Matched	1%	2%	8%	5%	8%	17%	23%	17%	12%	6%	6.60	2.06			

Nurturing Program for Parents and Infants, Toddlers, Preschoolers: Findings and Analyses

The Nurturing Parenting Program for Parents and their Infants, Toddlers and Preschoolers is a 15-20 Group-based/Home-based Program designed to build strong and secure attachments. Demographic data as well as pre-posttest AAPI-2 analyses are presented in Tables 3 and 4, pages 13 and 14.

Based on a review of the data collected, the following findings are presented.

1. From 2009 to 2012, a total of seventeen programs, 15 to 20 sessions long designed for parents and their infants, toddlers and preschoolers were implemented throughout Imperial County.
2. A total of 103 parents completed the Infant, Toddler, Preschooler program.
3. A review of the highlights on Table 3, on page 13 indicates;
 - 85% of the parents completing the Infant, Toddler, preschooler Program were female; 15% were male.
 - 95% of the parents were Hispanic.
 - 31% of the parents were 31 to 40 years old; 21% were 26 to 30 years old.
 - 47% of the parents were married; 53% were other than married.
 - 34% of the parents completed some college; 26% graduated high school; 16% completed 11th grade.
 - 34% of the parents indicated that they earn under \$15,000 annual income; 14% earn between \$15,000 and \$25,000; 13% earn between \$25,000 and \$40,000; 25% did not know their annual income.
 - 30% of the parents indicated they had two children; 27% had one child; 17% had three children.
 - **75%** of the parents felt they **were not abused** as children by someone **inside** their family while **16%** felt they **were abused** and **10%** **weren't sure**.
 - **76%** of the parents felt they **were not abused** as children by someone **outside** their family while **10%** indicated they **were abused** and **13%** **were not sure**.
4. A review of the pre-post AAPI data in Table 4, page 14 indicates the following:
 - Although all posttest mean scores for the five constructs of the AAPI were greater than pretest mean scores, only three of the five posttest scores were statistically significant.
 - The three AAPI Construct mean scores to show significant positive posttest increases were Empathy, Corporal Punishment and Role Reversal. This means that parents who completed their Nurturing Program for Infants, Toddlers and Preschoolers :
 - increased their level of empathy in meeting their children's needs;
 - developed a stronger belief in the use of alternatives to corporal punishment as a means of teaching children discipline; and,
 - developed a greater understanding of appropriate roles for parents and children.

Table 3: Analysis of AAPI2 (Demographics)
Imperial County Parents and *Infant, Toddler, Preschooler* 3 yr AAPI total

Number of participants: 103 Number of inventories: 203

gender	count	percent
Male	15	14.56
Female	88	85.44
total	103	100.0

race	count	percent
White	5	4.85
Hispanic	98	95.15
total	103	100.0

marital_status	count	percent
Unknown	2	1.94
Single	20	19.42
Married	49	47.57
Divorced	6	5.83
Unmarried Partners	18	17.48
Separated	7	6.8
Widowed	1	0.97
total	103	100.01

number_of_children	count	percent
0	5	4.85
1	28	27.18
2	31	30.1
3	18	17.48
4	16	15.53
5	2	1.94
6	2	1.94
7	1	0.97
total	103	99.99

age_range	count	percent
0 < 15	3	2.91
15 to 17	10	9.71
18 to 19	2	1.94
20 to 22	6	5.83
23 to 25	12	11.65
26 to 30	22	21.36
31 to 40	32	31.07
41 to 50	10	9.71
> 50	6	5.83
total	103	100.01

education	count	percent
Grade School	1	0.97
7th Grade	4	3.88
8th Grade	2	1.94
9th Grade	5	4.85
10th Grade	8	7.77
11th Grade	16	15.53
High School Graduate	27	26.21
Some College	35	33.98
College Graduate	1	0.97
Post-Graduate or above	4	3.88
total	103	99.98

has_experienced_abuse_inside	count	percent
Don't Know	10	9.71
Yes	16	15.53
No	77	74.76
total	103	100.0

has_experienced_abuse_outside	count	percent
Don't Know	13	12.62
Yes	10	9.71
No	80	77.67
total	103	100.0

income_level	count	percent
Unknown	26	25.24
Under \$15,000	35	33.98
\$15,001 to \$25,000	14	13.59
\$25,001 to \$40,000	13	12.62
\$40,001 to \$60,000	8	7.77
Over \$60,000	7	6.8
total	103	100.0

Table 4: Analysis of AAPI2 (Sten Scores)
 Imperial County Parents and *Infant, Toddler, Preschooler* Level of Significance

Date: December 2012

Construct A: Inappropriate Expectations															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	2%	3%	6%	5%	21%	25%	19%	9%	5%	3%	5.93	1.90	0.55	103	<.421
Post Matched	3%	1%	9%	3%	13%	28%	19%	12%	5%	6%	6.16	2.05			
Construct B: Lack of Empathy															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	5%	5%	12%	14%	13%	17%	20%	12%	0%	3%	5.34	2.16	0.70	103	<.001
Post Matched	2%	2%	4%	13%	6%	7%	17%	12%	16%	21%	7.08	2.47			
Construct C: Use of Corporal Punishment															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	2%	2%	8%	17%	11%	15%	17%	15%	11%	3%	6.02	2.16	0.48	103	<.001
Post Matched	0%	2%	0%	3%	21%	15%	9%	9%	17%	23%	7.36	2.14			
Construct D: Role Reversal															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	5%	3%	7%	12%	6%	14%	12%	15%	9%	17%	6.46	2.67	0.64	103	<.057
Post Matched	4%	1%	2%	3%	6%	16%	17%	17%	9%	21%	7.16	2.33			
Construct E: Restriction of Power and Independence															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	2%	5%	9%	7%	12%	11%	31%	12%	6%	5%	6.07	2.20	0.26	103	<.074
Post Matched	1%	5%	5%	7%	8%	15%	22%	12%	11%	14%	6.66	2.32			

Nurturing Program for Parents and Adolescents: Findings and Analyses

The Nurturing Program for Parents and their Adolescents is a twelve session group based program designed to build stronger parent-teen relationships. Demographic data as well as pre-post analyses of the AAPI pre-posttest scores are presented in Tables 5 and 6, located on pages 16 and 17.

1. From 2009 to 2012, a total of twenty-seven 12 session programs for Parents and their Adolescents were implemented throughout Imperial County.
2. A total of 120 parents completed the Parents and Adolescents program.
3. A review of the highlights of Table 5 presented on page 16 indicates:
 - 81% of the parents completing the program were female; 19% were male.
 - 95% of the parents were Hispanic.
 - 46% of the parents were 41 to 50 years old; 39% were 31 to 40 years old; 12% were over 50 years old.
 - 60% of the parents indicated they were married; 40% indicated they were other than married.
 - 31% of the parents indicated they have completed some college; 29% indicated they completed high school.
 - 23% of the parents indicated they have an income level under \$15,000; 21% indicated they have an income level \$15,000 to \$25,000; 13% indicated that have an income over \$60,000.
 - 31% of the parents indicated that they have three children; 30% indicated they have two children; 19% indicated they have four children.
 - **61%** of the parents indicated that they **were not abused** as children by someone **inside** their family while **26%** felt they **were abused** and **13%** **weren't sure** if they were **abused**.
 - **79%** of the parents indicated that they **were not abused** as children by someone **outside** their family while **16%** felt they **were abused** by someone **outside** their family and **5%** **weren't sure**.
4. A review of the pre-post AAPI data located in Table 6 on page 17 indicates the following:
 - Three of the five AAPI Construct mean scores show statistically significant positive posttest increases. This means that parents who completed the Nurturing Program for Parents and their Adolescents:
 - Construct B: increased their level of empathy in understanding the needs of teenagers; their developmental demands; and the challenges of the teen years;
 - Construct C: developed a stronger belief in the use of alternatives to corporal punishment as a means of teaching teens discipline;
 - Construct E: increased their belief that teens need to develop their levels of power and independence.
 - There were no significant positive increases in the pre-post mean scores in Constructs A: Developmental Expectations and Construct D: Reversing Parent-Teen roles.

Table 5: Analysis of AAPI2 (Demographics)
Imperial County *Parents and Adolescents* 3 yr AAPI total

Number of participants: 120 Number of inventories: 240

gender	count	percent
Male	23	19.17
Female	97	80.83
total	120	100.0

race	count	percent
White	6	5.0
Hispanic	114	95.0
total	120	100.0

marital_status	count	percent
Unknown	2	1.67
Single	10	8.33
Married	72	60.0
Divorced	14	11.67
Unmarried Partners	10	8.33
Separated	10	8.33
Widowed	2	1.67
total	120	100.0

number_of_children	count	percent
1	8	6.67
2	35	29.17
3	37	30.83
4	23	19.17
5	6	5.0
6	7	5.83
7	2	1.67
8	2	1.67
total	120	100.01

age_range	count	percent
0 < 15	3	2.5
26 to 30	1	0.83
31 to 40	47	39.17
41 to 50	55	45.83
> 50	14	11.67
total	120	100.0

education	count	percent
Unknown	3	2.5
Grade School	5	4.17
8th Grade	3	2.5
9th Grade	8	6.67
10th Grade	5	4.17
11th Grade	11	9.17
High School Graduate	35	29.17
Some College	37	30.83
College Graduate	6	5.0
Post-Graduate or above	7	5.83
total	120	100.01

has_experienced_abuse_inside	count	percent
Don't Know	16	13.33
Yes	31	25.83
No	73	60.83
total	120	99.99

has_experienced_abuse_outside	count	percent
Don't Know	6	5.0
Yes	19	15.83
No	95	79.17
total	120	100.0

income_level	count	percent
Unknown	18	15.0
Under \$15,000	28	23.33
\$15,001 to \$25,000	25	20.83
\$25,001 to \$40,000	18	15.0
\$40,001 to \$60,000	15	12.5
Over \$60,000	16	13.33
total	120	99.99

Table 6: Analysis of AAPI2 (Sten Scores)
 Imperial County Parents and *Parent & Adolescent* Level of Significance

Date: December 2012

Construct A: Inappropriate Expectations															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	0%	5%	7%	17%	19%	14%	10%	17%	7%	4%	5.87	2.09	0.47	120	<.484
Post Matched	2%	7%	5%	10%	19%	25%	19%	6%	3%	5%	5.69	1.99			
Construct B: Lack of Empathy															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	3%	6%	15%	13%	27%	10%	14%	8%	1%	3%	5.12	2.02	0.47	120	<.001
Post Matched	0%	3%	2%	10%	14%	14%	14%	14%	7%	23%	7.04	2.24			
Construct C: Use of Corporal Punishment															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	2%	7%	10%	15%	19%	14%	16%	12%	4%	1%	5.41	2.01	0.61	120	<.001
Post Matched	1%	2%	9%	10%	19%	14%	13%	7%	15%	11%	6.38	2.31			
Construct D: Role Reversal															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	2%	1%	6%	8%	14%	16%	14%	13%	8%	18%	6.75	2.31	0.59	120	<.956
Post Matched	1%	5%	5%	8%	12%	14%	14%	15%	9%	18%	6.76	2.41			
Construct E: Restriction of Power and Independence															
Sten	1	2	3	4	5	6	7	8	9	10	Mean	s	r (Pre-Post)	n	sig (Pre-Post)
Pre Matched	7%	5%	9%	13%	20%	16%	17%	11%	1%	1%	5.17	2.06	0.31	120	<.001
Post Matched	1%	4%	5%	8%	13%	17%	26%	12%	5%	8%	6.33	2.07			

Summary Analysis:

All Nurturing Program Results for Imperial County 2009- 2012

A summary review of all the data gathered for all implementations of the three Nurturing Parenting Programs appears in the following pages. The three Nurturing Programs include Parents and their School Age Children; Parents and their Infants, Toddlers and Preschoolers; and Parents and their Adolescents. Tables 7 and 8 and presented on pages 20 and 21.

1. A review of the highlights of the data on Table 7, page 20 indicates a total of 357 parents participated in the project from 2009 to 2012.
2. A profile of the parents completing their program indicates (Table 7):
 - 83% were female and 17% were male.
 - 96% were Hispanic.
 - 66% of the parents were between 31 to 50 years of age.
 - 56% of the parents indicated they were married while 16% were single.
 - 33% of the parents had some college education while 26% graduated high school.
 - 30% of the parents indicated their family income was in the poverty level of under \$15,000.00. Nineteen percent did not know their family income.
 - 28% of the parents had three children while 27% had two children.
 - 61% of the parents indicated they were not abused as children by someone inside their family. Twenty-seven percent indicated they were. Twelve percent of the parents were not certain.
 - 74% of the parents indicated they were not abused as children by someone outside their family. Sixteen percent of the parents indicated they were abused as children by someone outside their family. Ten percent were not certain.
3. A review of the AAPI-Summary Table 8, page 21 indicates where the Nurturing Program instruction had the most positive impact.
 - Posttest mean scores all show a positive increase in comparison to the pretest mean scores. The impact of the program's instruction on the three individual programs can be best realized by looking at the data in Tables 2, 4, and 6 which are summary tables for each of the three programs.
 - Three of the five AAPI Constructs display the biggest gains made by the parents: Construct B (Empathy), Construct C (Physical Punishment), and Construct E (Power and Independence).
 - The single largest gain was made in Construct B: Empathy where the mean posttest score shows a significant positive gain ($p > .001$). Empathy is the critical nurturing characteristic that allows all the positive nurturing skills to be practiced. The second and third largest gains were in Physical Punishment ($p > .01$) and Power and Independence ($p > .05$).
 - Even though Constructs A (Developmental Expectations) and Construct D (Reversing Parent-Child Roles) showed gains in posttest mean scores, the gains

were not significant. However, reviews of the data show high posttest mean average scores for both Construct A and Construct D.

- In reviewing the number of parents who had scores in each of the sten categories, notice should be given to the percentage of scores falling into the 1 to 3 sten range. Scores in this range represent the highest risk for abusive and neglecting parenting practices and characteristics. In a normal population, approximately 16% of the responses are predicted to fall in the high risk range. The goal of treatment as it reflects parenting education is to improve knowledge and skills so no scores fall in this range.
- A review of the data in Table 8 shows a drop in the percentage of high risk scores in the 1 to 3 sten range is all five AAPI Constructs. Construct B: Empathy had a 18% drop in posttest scores from a 23% high-risk pretest rate to 5% posttest rate. This represents the biggest drop of all Construct posttest scores. Construct C: Physical Punishment had the second biggest drop in the percentage of posttest high-risk scores from a pretest rate of 14% to a posttest rate of 5.64 % representing an 8% difference.

Conclusions and Recommendations

From the fall of 2009 to the fall of 2012, Imperial County implemented sixty-three Nurturing Parenting Programs for Parents and their Infants, Toddlers and Preschoolers, for Parents and their School-Age Children and for Parents and their Adolescents. Eight hundred and twenty-seven (827) parents and children participated in approximately 1,014 group-based and home based parenting classes. With each class running approximately 2.5 hours, 2,535 hours of parenting instruction was provided families of Imperial County.

The results show the successes that Imperial County achieved through their systematic efforts. Over 800 Hispanic families completed parenting education classes without being ordered by the courts to attend. This remarkable achievement challenges the widely held myth that parents won't attend parenting classes because of some stigma that parenting classes are only for families with problems.

The data are clear: 827 families, 95% Hispanic attended classes to help them become better parents. The measurable results gathered show that overall, the Imperial County's Efforts to improve parenting practices of families in the county was a success.

To measure the long term effects of these efforts, the County needs to gather longitudinal data measuring the rates of child abuse and neglect reports; the incidence of reported intimate partner violence; juvenile crime rates; attendance rates in schools; graduation rates. Additionally families who completed their parenting programs should be interviewed to share their views of the value they received in attending the classes. Questions need to address how they changed as a family, how the parents have changed and how the children have changed.

The success of the Nurturing Programs throughout Imperial County is a testament to the staff that provided families with meaningful parenting education and a model for other primarily Hispanic communities nationwide.

Table 7: Analysis of AAPI2 (Demographics)
Imperial County *All Programs* 3 yr Total

Number of participants: 357 Number of inventories: 827

gender	count	percent
Male	62	17.37
Female	295	82.63
total	357	100.0

race	count	percent
Unknown	2	0.56
White	10	2.8
Black	3	0.84
Hispanic	342	95.8
total	357	100.0

age_range	count	percent
0 < 15	7	1.96
15 to 17	11	3.08
18 to 19	3	0.84
20 to 22	8	2.24
23 to 25	17	4.76
26 to 30	39	10.92
31 to 40	125	35.01
41 to 50	110	30.81
> 50	37	10.36
total	357	99.98

marital_status	count	percent
Unknown	3	0.84
Single	57	15.97
Married	200	56.02
Divorced	28	7.84
Unmarried Partners	35	9.8
Separated	27	7.56
Widowed	7	1.96
total	357	99.99

education	count	percent
Unknown	6	1.68
Grade School	14	3.92
7th Grade	4	1.12
8th Grade	12	3.36
9th Grade	28	7.84
10th Grade	16	4.48
11th Grade	34	9.52
High School Graduate	92	25.77
Some College	117	32.77
College Graduate	15	4.2
Post-Graduate or above	19	5.32
total	357	99.98

income_level	count	percent
Unknown	67	18.77
Under \$15,000	106	29.69
\$15,001 to \$25,000	61	17.09
\$25,001 to \$40,000	49	13.73
\$40,001 to \$60,000	39	10.92
Over \$60,000	35	9.8
total	357	100.0

number_of_children	count	percent
0	3	0.84
1	56	15.69
2	98	27.45
3	101	28.29
4	66	18.49
5	12	3.36
6	11	3.08
7	6	1.68
8	2	0.56
9	1	0.28
15	1	0.28
total	357	100.0

has_experienced_abuse_inside	count	percent
Don't Know	42	11.76
Yes	96	26.89
No	219	61.34
total	357	99.99

has_experienced_abuse_outside	count	percent
Don't Know	35	9.8
Yes	57	15.97
No	265	74.23
total	357	

Table 8: Analysis of AAPI2 (Sten Scores)
Imperial County *All Programs* 3 yr AAPI Total

Agency Name: Imperial County Office of Education
 Number of participants: 357 Number of inventories: 827

Construct A: Inappropriate Expectations

Sten	1	2	3	4	5	6	7	8	9	10	Mean	n
Matched Pretests	1.69	4.52	7.06	11.3	19.77	19.77	13.56	11.3	7.06	3.95	5.83	354
Matched Posttests	1.69	3.11	6.21	7.06	14.12	29.94	17.23	9.32	4.8	6.5	6.08	354
Unmatched Tests	0.0	0.0	0.0	0.0	100.0	0.0	0.0	0.0	0.0	0.0	5.0	2
Extra Middle Tests	0.0	0.0	50.0	0.0	0.0	50.0	0.0	0.0	0.0	0.0	4.5	2

Construct B: Lack of Empathy

Sten	1	2	3	4	5	6	7	8	9	10	Mean	n
Matched Pretests	5.08	4.52	13.84	11.58	21.19	14.69	14.12	10.17	1.69	3.11	5.23	354
Matched Posttests	0.56	2.26	2.54	9.6	9.89	14.12	15.25	14.12	12.71	18.93	7.09	354
Unmatched Tests	0.0	0.0	0.0	50.0	50.0	0.0	0.0	0.0	0.0	0.0	4.5	2
Extra Middle Tests	0.0	0.0	50.0	0.0	0.0	50.0	0.0	0.0	0.0	0.0	4.5	2

Construct C: Physical Punishment

Sten	1	2	3	4	5	6	7	8	9	10	Mean	n
Matched Pretests	3.11	2.82	8.47	15.25	14.97	15.25	19.49	11.3	6.21	3.11	5.75	354
Matched Posttests	0.56	1.41	3.67	7.06	14.97	16.95	11.3	10.17	16.38	17.51	7.02	354
Unmatched Tests	0.0	0.0	0.0	0.0	50.0	0.0	0.0	0.0	50.0	0.0	7.0	2
Extra Middle Tests	0.0	0.0	0.0	0.0	0.0	0.0	50.0	50.0	0.0	0.0	7.5	2

Construct D: Role Reversal

Sten	1	2	3	4	5	6	7	8	9	10	Mean	n
Matched Pretests	3.39	1.98	7.06	9.04	8.47	15.54	11.58	14.97	7.34	20.62	6.73	354
Matched Posttests	2.54	2.54	2.82	6.21	9.6	15.54	16.38	16.1	9.04	19.21	6.99	354
Unmatched Tests	0.0	0.0	0.0	0.0	50.0	0.0	0.0	50.0	0.0	0.0	6.5	2
Extra Middle Tests	50.0	50.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	2

Construct E: Power and Independence

Sten	1	2	3	4	5	6	7	8	9	10	Mean	n
Matched Pretests	3.67	4.52	8.47	10.17	16.95	12.43	22.6	14.41	3.95	2.82	5.75	354
Matched Posttests	0.85	4.24	7.34	6.5	9.89	16.95	22.88	13.28	9.04	9.04	6.47	354
Unmatched Tests	0.0	0.0	0.0	0.0	50.0	0.0	50.0	0.0	0.0	0.0	6.0	2
Extra Middle Tests	0.0	0.0	0.0	50.0	50.0	0.0	0.0	0.0	0.0	0.0	4.5	2