Program Quick Indicator (QI) Packet
Evidence Based and Promising Practice EBP

One form must be must be submitted once for each current program (EBP/PP) and any new/added programs. Download this form and drop in or enter the text needed electronically, then print out completed packet. Send completed packet to proper DHHS Service Area Representative and DHHS Central Office Representative.

Contractor: KVC Behavioral HealthCare Nebraska, Inc.

Name of Program: Parenting Wisely

Service Area: Eastern and Southeast

Program Summary/Description: ***A brief overview of what the program is, program model, goals, key components, etc...***

Parenting Wisely is a self-administered, highly interactive computer-based program that teaches parents and children, ages 3-18, skills to improve their relationships and decrease conflict through support and behavior management. The program utilizes an interactive website (or CD-ROM) with nine video scenarios depicting common challenges between parents and children. Parents are provided the choice of three solutions to these challenges and are able to view the scenarios enacted, while receiving feedback about each choice. Parents are quizzed periodically throughout the program and receive feedback. The program operates as a supportive tutor pointing out typical errors parents make and highlighting new skills that will help them resolve problems. Computer experience or literacy is not required. Parents and children can use the program together as a family intervention. The ***Parenting Wisely*** program uses a risk-focused approach to reduce family conflict and child behavior problems.

Topics/Areas of interest: ***Topics or areas of interest this program covers (i.e. substance abuse, parenting, etc...)***

Parent Training

Outcomes: ***Specified outcomes of the program/EBP***

Children are Maintained at Home with Family and Timeliness of Permanency of Reunification.

C.1. 50% Eastern Service Area and 50% Southeast Service Area children will be served in their family home.

D.1. 71% Eastern Service Area and 69.08% Southeast Service Area children placed in out-of-home care will be reunified within 12 months.

D.2 8% Eastern Service Area and 9.9% Southeast Service Area or less of all reunified children re-enter out-of-home care within 12-months of discharge.

Study Populations: ***Intended population***

Populations for which intervention is valid:
Gender: Both
Race/Ethnicity: Not designed for specific racial/ethnic/cultural groups
Ages: 3-18
Geographic Location (e.g. Urban, Rural, Frontier): No limitations noted.

Type of Maltreatment: Emotional abuse, Exposure to domestic violence, Physical abuse, and Physical neglect
Target Population: Families with children at risk for or with: behavior problems, substance abuse problems, or delinquency

Settings: ***Intended Setting***

Parenting Wisely is a versatile program and can be used in a variety of locations. Typically conducted in a(n): Birth Family Home, Foster/Kin Home, Adoptive Home, Community Agency, and Residential Care Facility. ***Parenting Wisely*** was also designed to be conducted in a group and has been tested for use in a group setting.

Level of Evidence: ***Please check the appropriate box in accordance with the program.***

☐ **Promising Practice**

- All elements of Evidence-Informed/Emerging plus:
  - One study, quasi-experimental design with control or comparison group
  - Model fidelity

AND ANSWERS YES TO ALL THE FOLLOWING QUESTIONS:

- Does the program:
  - Meet all the requirements for Evidence-Informed/Emerging?
  - Have at least one study using quasi-experimental study design with control or comparison group?

- Demonstrate model fidelity?

Parenting Wisely is rated as a "Promising Research Evidence" on the Scientific Rating Scale of The California Evidence-Based Clearinghouse for Child Welfare based on the published, peer-reviewed research available. Such a practice must have at least one study utilizing some form of control (e.g., untreated group, placebo group, matched wait list) establishing the practice's benefit over the placebo, or found to be comparable to or better than an appropriate comparison practice.

Eight controlled evaluations of PW have been conducted: In the first and second evaluations the parents improved knowledge of parenting principles and use of appropriate parenting skills, and child behavior problems decreased. Almost half of the teens who scored in the clinically deviant range of the Eyberg Child Behavior Inventory had moved into the functional (normal) range of child behavior. Evaluation number three showed even greater changes as found in the first two studies. Problem behaviors had dropped to half of the previous rate one, three, and six months after the parents used the program. A control group showed no changes. The fourth evaluation with teen parents showed significant improvements in parenting knowledge and application of principles to dealing effectively with toddlers (none for control groups). In evaluation five, parents of problem middle school students reported 60% fewer problem behaviors four months after using the program (no changes for control groups). The sixth study evaluated the program delivered via a laptop computer in the homes of severely disadvantaged families. The parents and their 4th to 6th graders reported improved family relationships and lower family risk factors for delinquency and substance abuse relative to a comparison group reading parenting brochures. Evaluation seven reports more improvements in child behavior when the program was used in groups vs. individually. In the eighth evaluation, high school students who received either the CD-ROM in group format or the usual parent education classes found improvements only for the CD-ROM group. Other evaluations in the U.S. and Ireland, England, and Canada have replicated these results.

Implementation/Research History/References: ***Publications, websites, contact information for a person or entity regarding this program, or any other info regarding the "evidence" of the program.***

Implementation/Research History

Kacir, C., & Gordon, D. A. (1999). Parenting adolescents wisely: The effectiveness of an interactive videodisk parent training program in Appalachia. *Child and Family Behavior Therapy, 21*(4), 1-22.

Lagges, A. M., & Gordon, G. A. (1999). Use of an interactive laserdisc parent training program with teenage parents. *Child and Family Behavior Therapy, 21*(1), 19-37.

O'Neill, H., & Woodward, R. (2002). Evaluation of the Parenting Wisely CD-ROM parent training programme: An Irish replication. *Irish Journal of Psychology, 23*(1), 62-72.

Segal, D., Chen, P. Y., Gordon, D. A., Kacir, C. D., & Gylys, J. (2003). Development and evaluation of a parenting intervention program: Integration of scientific and practical approaches.*International Journal of Human-Computer Interaction, 15*(3), 453-467.

References

Lagges, A., & Gordon, D. A. (1997). Interactive videodisk parent training for teen mothers. *Child and Family Behavior Therapy, 21*(1), 19-37.

Kacir, C., & Gordon, D. A. (1997). Interactive videodisk parent training for parents of difficult pre-teens. *Child and Family Behavior Therapy, 21*(4), 1-22.

O'Neill, H., & Woodward, R. (2002). Evaluation of the Parenting Wisely CD-ROM parent-training programme: An Irish replication. *Irish Journal of Psychology, 23*(1-2), 62-72.

Segal D., Chen, P. Y., Gordon, D. A., Kacir, C. Y., & Gylys, J. (2003). Development and evaluation of a parenting intervention program: Integration of scientific and practical approaches. *International Journal of Human-Computer Interaction, 15*, 453-468.

Publications

PARENTING WISELY: A Service Provider's Guide
PARENTING WISELY: Foster & Residential Care Program Kit
PARENTING WISELY: American Teen Program Kit
PARENTING WISELY: Young Children Program Kit

Websites

http://www.familyworksinc.com/

Contact Information

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Adaptations: ***Any adaptations being made to the program model***

None

Description of Measures for each outcome: ***Name, describe, and include a copy the measures used for each outcome indicated previously.***

The measures for each outcome will be the same as required by contract for the respective measure.

Fidelity Measures: ***List, describe, and include a copy of all fidelity tools used, INCLUDING the tool used to ensure fidelity for any adaptations.***

Parenting Wisely by nature of the intervention (CD Rom technology) ensures that there will be fidelity to the program and the core concepts.

Processes and any measures used to ensure appropriate implementation: ***This is to include a summary of the processes (list, describe, and a copy of if applicable) used to ensure the proper implementation of the program (manual availability, staff development, supervision, program evaluation) any measures (list, describe, and a copy of) used.***

See below.

New Program Implementation Plan/Time line:
If installing a new program, fill in the following questions. New program is defined as an EBP or non-EBP any program that is not fully implemented by the beginning of the DHHS contract period (November 1st).

Broad Tasks	Subtasks	Target completion date
Selecting/hiring all required staff to implement the program (include the total number of staff and the	List specific staff position to be filled: Care Coordinators, Supervisors and	3-31-10

credentials required: direct service staff, administrative staff, supervisory staff, and so on.)	Directors. Within the first quarter of 2010, KVC will identify specific staff to serve as facilitators although all staff will be trained on the concepts.	
Initial training of program staff	List training topics: Why PW was developed. Who can benefit from PW. Implementation. Motivating/Engaging Parents. Different Uses of PW. Workbook. Getting the Community on Board. Sustainability. Evaluating Program Effects. Follow-up with Parents who Use PW. Specific PW DVDs.	Training on concepts taught in the program and familiarization with the workbooks will be accomplished in the second quarter of 2010.
Ongoing training of program staff	List training topics: Refresher training as indicated by outcome measures.	Ongoing
Training for staff supervisors:	List training topics: Why PW was developed. Who can benefit from PW. Implementation. Motivating/Engaging Parents.	Training on concepts taught in the program and familiarization with the workbooks will be accomplished in the second quarter of 2010.

	Different Uses of PW. Workbook. Getting the Community on Board. Sustainability. Evaluating Program Effects. Follow-up with Parents who Use PW. Specific PW DVDs. Assessing use of Parenting Wisely during supervision.	
Collecting data (outcome measures as indicated by the EBP/program)	How collecting data, what tool is being used, how going to analyze and report As the outcomes measures being used are outcomes required by the contract, data will be collected and analyzed as per the contract.	Ongoing
Documenting expectations for how the program will be delivered (such as creating a manual or protocol)	Create protocol.	2-1-10
Assessing the consistent delivery of the program	What are the fidelity measures, identify at what point will be assessed. Parenting Wisely by nature of the intervention (CD-ROM technology) ensures that there will be fidelity to the program and the core concepts.	___

Other Necessary Tasks		