



Review of Best Practices in Child Abuse Prevention



**Iowa Child Abuse Prevention Programs
December 2014**

Agenda

- ▶ Welcome, introduction & purpose
- ▶ Examples of prevention programs in Iowa
 - ▶ Sample results from *Iowa Family Survey*
- ▶ Review best practices in prevention
 - ▶ Determining levels of effectiveness
 - ▶ Finding current, relevant research
 - ▶ Deciding which models or components are a 'fit'
 - ▶ Sharing resources
- ▶ Questions & contact information

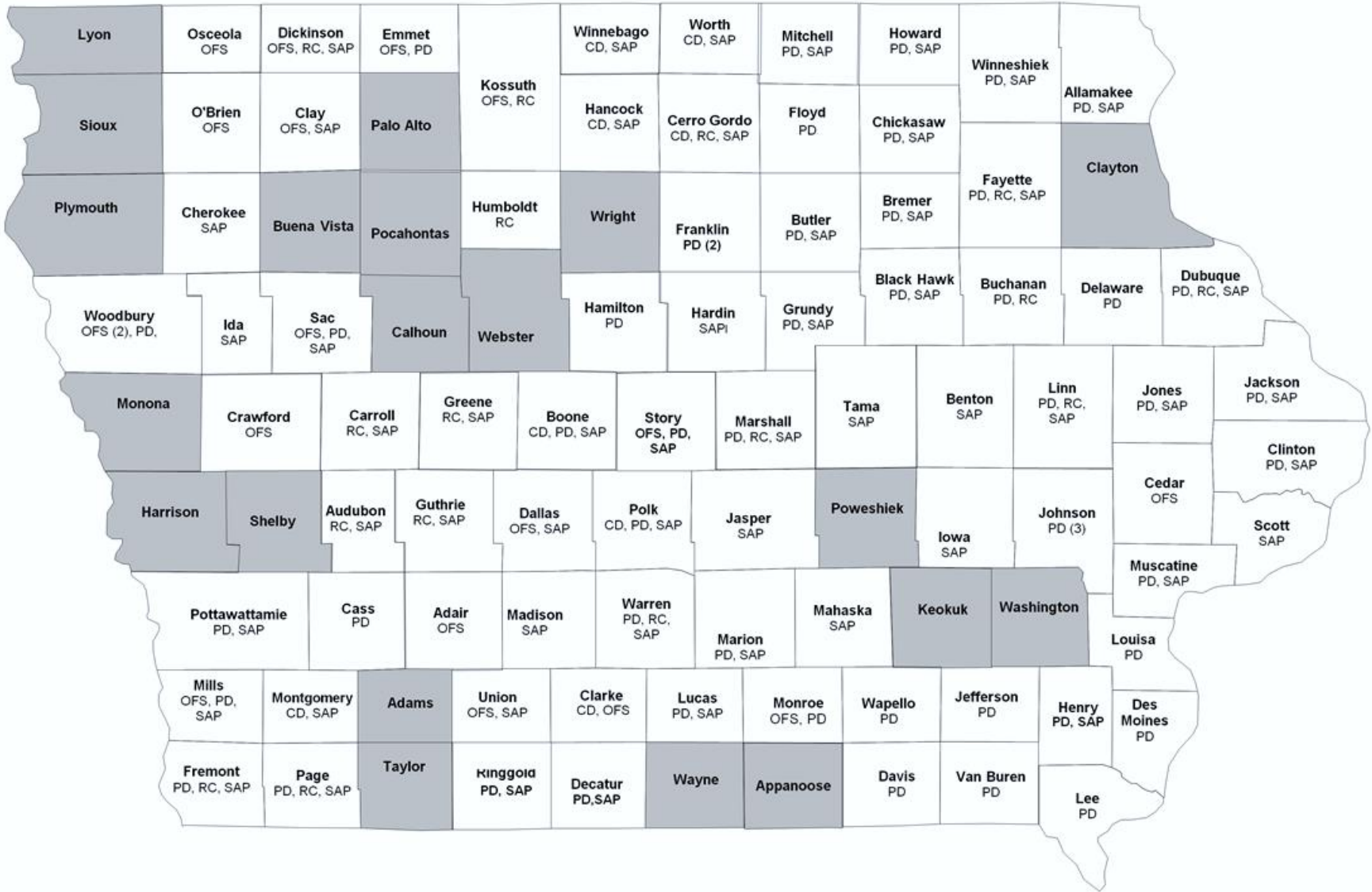


Prevention Programs in Iowa

Program Categories in Iowa

- ▶ Parent Education & Development
- ▶ Outreach & Follow-up Services
 - ▶ Home Visiting
- ▶ Child Sexual Abuse Prevention
- ▶ Respite & Crisis Care

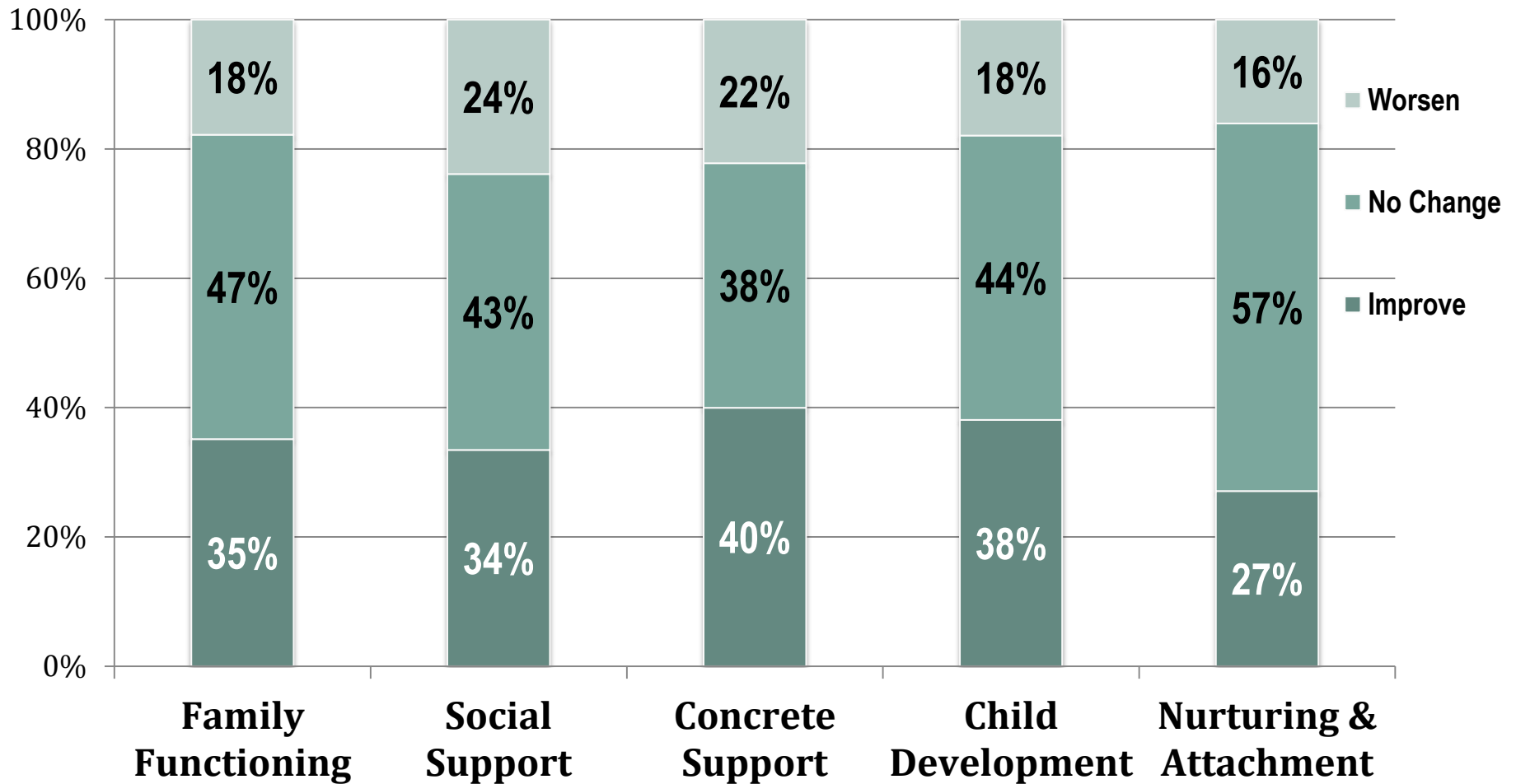




Key: CD = Community Development, OFS = Outreach/Follow-Up, PD = Parent Development, RC = Respite Care, SAP = Sexual Abuse Prevention

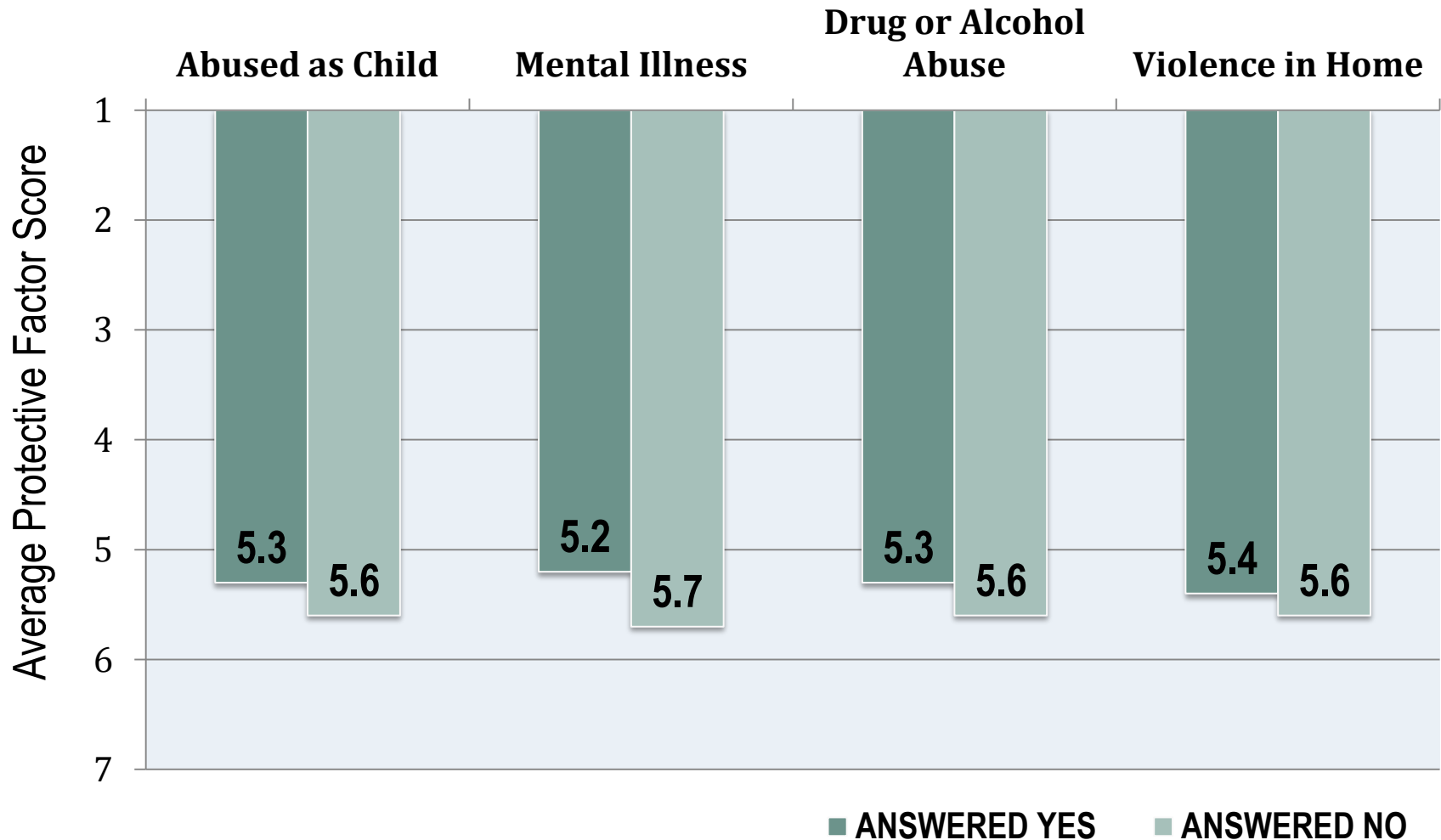
▶ Counties with ICAPP-Funded Services in FY 2014

Change in Protective Factors for All Programs Combined



► Matched comparison group N=460

Difference in Mean Score for Social Support Domain by Risk Factors



► All participants at enrollment N=2,793

Best Practices in Different Program Models

Evidence of Effectiveness

- ▶ **Innovative:** Professional experience and best available knowledge support the intervention that is undergoing evaluation to elicit family responses and to identify effectiveness under certain conditions with a selected group. ★
- ▶ **Promising:** Professional experience and family endorsement affirm the effectiveness of evidence-informed programs that have not yet accumulated evidence of effectiveness under rigorous evaluation. ★ ★
- ▶ **Supported:** Scientific evidence of effectiveness is positive, professional experience is favorable, and family endorsement concurs but the programs have not been widely implemented. Evidence is favorable to implement a “supported program” under new conditions or a different population to generate more findings. ★ ★ ★
- ▶ **Exemplary:** Rigorous scientific evidence, accumulated professional experience, and family endorsement concur on the effectiveness of programs through positive outcomes that are evident with diverse groups in different settings. ★ ★ ★ ★



For each type of program HZA identified and described

- The purpose
- How the program is delivered
- The cost and availability
- Evidence-base

Sources Include

Developer's websites

Academic databases

Peer-reviewed journals

National organizations such as:

- Prevent Child Abuse America
- Child Welfare Information Gateway
- FRIENDS NRC
- US Department of Health and Human Services
- National Center for Children In Poverty
- National Registry of Evidence-based Programs and Practices (NREPP)



Parent Education and Development

Seeks to increase knowledge and skill, increase family resilience to adverse experiences, and develop connection between caregiver and child.

- ▶ Comprised of a diversity of programs and curricula
 - ▶ Group, one-on-one, in-home settings
 - ▶ Educational, relational or clinical basis
- ▶ Designed to meet the needs and interests of target groups
- ▶ Most effective when part of a continuum of services



Parent Education and Development

Title of Program	In Iowa Now?	Target Population	Effectiveness Score
Incredible Years	✓	Families w/children 2-10 yrs & having difficulty parenting	Exemplary
Parent Child Interactive Therapy (PCIT)		Families w/children under 12 yrs & having difficulty parenting	Exemplary
Triple P		Families w/children 2-10 yrs	Exemplary
Nurturing Parenting Programs	✓	Families w/children of all ages involved w/ CWS	Supported
Systematic Training for Effective Parenting (STEP)	✓	Families w/children 0-3 yrs at risk for abuse or neglect	Supported
Active Parenting	✓	Families w/children 2-12 yrs	Promising
24/7 Dad	✓	Families w/children 2-12 yrs	Promising



Outreach and Follow-up Services

- ▶ Typically community-based programs
 - ▶ Universal or
 - ▶ Targeted to specific demographic
- ▶ Includes home visiting
 - ▶ Look here for extensive info: <http://homvee.acf.hhs.gov/>
- ▶ Designed to promote protective factors
- ▶ Increases parent's knowledge of child development
- ▶ Effectively reduces isolation of families
- ▶ Most effective when partnering with parents prenatally or in early infancy



Outreach and Follow-up Services

Title of Program	In Iowa Now?	Program Category	Target Population	Effectiveness Score
Positive Behavior Support	✓	Behavior support system	Universal (school-based)	Exemplary
Nurse Family Partnerships	✓	Home visiting	First-time families w/ risk factors & children under 2	Exemplary
Parents as Teachers	✓	Home visiting	Families w/children under 5 yrs	Exemplary
Parents Anonymous, Inc.	✓	Parent support group	High-risk families for child abuse & neglect	Supported
Promoting First Relationships		Caregiver training program	Universal (children 0-3 yrs)	Supported
Strengthening Families Program		Family skills training	High-risk families for child abuse & neglect	Supported
Strengthening Families Program: For Parents and Youth 10-14	✓	Family skills training	Universal	Supported
SafeCare Augmented		Home visiting	High-risk families for child abuse & neglect	Promising

Child Sexual Abuse Prevention

- ▶ Designed to promote awareness and understanding
- ▶ Structured to fit the target audience age and developmental level
- ▶ Include adults: family members and community members alike
- ▶ Partners with other providers and schools
- ▶ Teaches children important skills



Child Sexual Abuse Prevention

Title of Program	In Iowa Now?	Program Category	Target Population	Effectiveness Score
Darkness to Light: Stewards of Children	✓	Adult-focused SAP	All adults	Exemplary
Stop It Now!		Adult-focused SAP	All adults	Exemplary
Talking About Touching	✓	School-based SAP	Children preschool to 3 rd grade	Supported
Child Lures		School-based SAP	School- age students	Supported
Kid&TeenSAFE		School-based SAP	Youth with disabilities (K-12 th grade), teachers and families	Promising



Respite and Crisis Care Guidelines

- ▶ Programs are family-centered, and children are treated as individuals
- ▶ Staff are aware of ancillary services available
- ▶ Peer support and supervision for care providers are available
- ▶ Program staff and advisory board expertise are used to plan appropriate service delivery
- ▶ Evaluation tools are used to assess whether or not set program goals are accomplished



A Summary of Best Practices and Available Resources

General Guidance

- ▶ Avoid oversimplifying the work of prevention.
- ▶ Recognize the importance of an ecological framework.
- ▶ Prevention efforts will be successful in many ways, *not all*.
- ▶ Accept that some parents may not participate in - *or benefit from* - your program.



General Guidance

- ▶ Establish strong partnerships with CPS (among others!).
- ▶ Look to colleagues for ideas and support.
- ▶ Ensure existing programs are well-integrated before adding new to the community.
- ▶ Make friends with your legislators and decision makers.

Next Steps...

- ▶ Get familiar with available information
- ▶ Identify goals that contribute to successful outcomes of families, based on the evidence of effectiveness
- ▶ Remember that not all outcomes are easy to measure
- ▶ Consult PCA Iowa with questions or concerns:

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