EVIDENCE BASED
Parents Anonymous® Programs:
Empowering Families and Communities
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Evidence on Three Major Programs to Improve Well-Being and Ensure Parent Leadership:

- Parents Anonymous® Groups
- Shared Leadership in Action®
- National Certification of Parent Leaders
Jolly K.
Founder of Parents Anonymous® Inc.
“Dedicated to the millions of parents and children who turned their lives around through Parents Anonymous® and the many more who will reach out, strengthen their families, and change communities through this vital prevention program.”

Vision:
We envision a just society where everyone thrives in resilient families and communities.

Mission:
Our mission is to ensure meaningful shared leadership® that results in better outcomes for families and communities by advocating, implementing and evaluating across systems through evidence-based Parents Anonymous® Groups, National Parent Helpline®, Shared Leadership® in Action and National Certification of Parent Leaders and Staff.

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Since 1969, Parents Anonymous® Inc. is the first international family strengthening organization to:

- Recognize the value and expertise of the life experiences of parents
- Advocate and model shared leadership® between parents, agencies and policy makers to ensure evidence-based results that benefit families
- Advance an innovative conceptual framework and ambitious research agenda on Parent Leadership and Shared Leadership® that promote the strengthening of families and communities

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The Shared Leadership® in Action Program provides evidenced-based strategies to ensure meaningful results with parent and staff to create programs and systems change to better outcomes for families and communities.

Today Parents Anonymous® Inc. leads a dynamic international Network of hundreds of accredited organizations and local affiliates that implement quality Parents Anonymous® Programs for adults, children and youth and our success has been confirmed through research.

Parents Anonymous® Inc. provides training and technical assistance, develops publications and conducts research and evaluation on meaningful Parent and Shared Leadership® and other key topics on related family serving systems such as early childhood, education, mental health, child welfare, prevention, health care and juvenile justice, engages in systems reform and effective community-based strategies to strengthen families worldwide.
We sponsor a worldwide outreach and public awareness campaign: *Stand with Families* that promotes family strengthening and collaboration.

We operate the only *National Parent Helpline*® providing emotional support and resources to parents seeking help who have nowhere to turn, with over 350 national, state and local partners.

We developed the first National Coalition on Parent Advocacy in Child Protective Services with a group of dedicated Parent Leaders and Agency advocates to develop a solid partnership with over 250 partners nationwide and promote the first ever *Bill of Rights for Mothers and Fathers*.

Furthermore, to support a meaningful dialogue with Parent Leaders and Staff we operate the only *Parent Leadership Network on Facebook* promising meaningful results.

To celebrate the success of parents, we sponsor worldwide February *National Parent Leadership Month* to celebrate the success of parents.
Socio-Ecological Model of Change

**Societal**
Strategies that focus on the broader culture, social and economic factors related to child maltreatment, such as economic or educational inequality, and emphasize changes in the legislation, policies, and the larger social and cultural environment to reduce rates of child maltreatment.

**Community**
Strategies that focus on modifying the characteristics of settings promote violent behavior or create the conditions for violence to occur, as well as focus on changes to institutional environments (e.g., of appropriate policies, guidelines and protocols).

**Relationship**
Strategies that focus on changing individual behavior by influencing a person's close interpersonal relationships and proximal environments, such as peers and the Family environment.

**Individual**
Strategies designed to change an individual's attitudes, beliefs and behaviors directly.
EXAMPLES OF SPHERES OF INFLUENCE:

- **INDIVIDUAL**: Parent calls National Parent Helpline® to address her emotional issues completes drug treatment: **IMPACTS INDIVIDUALS**

- **FAMILY/RELATIONSHIPS**: Attends Parents Anonymous® Group and children’s programs evidence-based family strengthening: **IMPACTS FAMILIES/SOCIAL RELATIONSHIPS**

- **COMMUNITY**: Set priority for child welfare involved families to get services across mental health, housing, drug/alcohol and social services: **SHARED LEADERSHIP® IN ACTION- IMPACTS SPECIFIC GROUPS**

National Parent Helpline® Enhances

- Family Strengthening
- Parental success
- School readiness and educational performance
- Mental health
- Healthy lifestyles
- Empowerment
Parents Anonymous® Principles

• Parent Leadership

• Mutual Support

• Shared Leadership®

• Personal Growth
OUR UNIQUENESS

- PREVENTION & INTERVENTION PROGRAM
- ANY FAMILY STRUCTURE
- ALL AGES OF CHILDREN & YOUTH
- ON GOING
- COMPLIMENTARY TO OTHER PROGRAMS TO FORM CONTINUUM OF SERVICES
- MUTUAL SUPPORT-SHARED LEADERSHIP® MODEL
- MEANINGFUL ROLE OF PARENT LEADERS
- COMMUNITY-BASED
- ACCREDITATION BASED ON BENCHMARKS AND STANDARDS
- PROVEN EFFECTIVE
- EVIDENCE-BASED: FOCUS ON WELL-BEING
- COST SAVINGS
- LONG-TERM POSITIVE CHANGE FOR PARENTS AND THEIR CHILDREN
Parents Anonymous®: An Evidence-based Program

• The 2007 National Outcome Study of Parents Anonymous®, conducted by the National Council on Crime and Delinquency funded by the Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice.

  – Reduced Child Maltreatment Outcomes

  – Reduced Risk Factors

  – Increased Protective Factors
Findings

• Reduced Child Maltreatment Outcomes
  – 73% of Parents Decreased Their Parenting Distress
  – 65% of Parents Decreased Their Parent Rigidity
  – 56% of Parents Reduced Use of Psychological Aggression Towards Their Children
  – For Parents Who Reported Using Physical Aggression, 83% Stopped Physically Abusing Their Children
Findings

• Reduced Risk Factors
  – 86% of the High Stressed Parents Reduced Their Parental Stress
  – 71% of Parents Reduced Their Life Stressors
  – 40% of Parents Reduced Any Form of Domestic Violence
  – 32% of Parents Reduced Their Drug/Alcohol Use
Findings

• Increased Protective Factors
  – 67% of ParentsImproved Their Quality of Life
  – For Parents Starting Out Needing Improvement:
    • 90% Improved in Emotional and Instrumental Support
    • 88% Improved in Parenting Sense of Competence
    • 84% Improved in General Social Support
    • 69% Improved in Use of Non-Violent Discipline Tactics
    • 67% Improved in Family Functioning
Conclusions

• Parents who continued to attend Parents Anonymous® Groups over time showed improvement in Child Maltreatment Outcomes, Risk and Protective Factors compared to those who dropped out.

• Strong evidence suggests that parents benefit and strengthen their families through Parents Anonymous® regardless of the participant’s race, gender, education or income.

• Participants reported that they shared a sense of purpose, belonging and community and were able to give and get help from other parents.

• Qualitative Research confirms changes in Latino families reflecting the Parents Anonymous® group model ethos affirmed quantitative results of positive personal change, improvements in marriages, increased economic status and encouraging education outcomes.
Infusing EBP

• Group Fidelity Tool
  – Evidence-based practices of personal growth and change, parent leadership, shared leadership and mutual support
  – Accredited organizations are required to collect GFT from groups at least once a year.
  – Two versions: Parent and Group Facilitator
Parents Anonymous®

- Improved problem-solving and ability to cope with stress
- Reduced parental distress, and drug and alcohol use
- Improved emotional and general social support
- Reduced intimate partner violence and social isolation
- Greater use of nonviolent discipline for at-risk parents
- Improved knowledge of child development
- Reduced parental rigidity and inappropriate expectations
- Greater levels of instrumental support
- Children's improved social and emotional behaviors

Strengthening Families

- Parental resilience
- Social Connections
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Children's Social and Emotional Competence
ALIGNING WITH PROTECTIVE FACTORS

National Parent Helpline®

- Emotional support via a non-judgmental approach and active listening to achieve empowerment
- Parenting information to assist in finding practical solutions to parenting concerns
- Social support by connecting callers to an online network of parents and caregivers committed to a proactive approach to strengthening individuals and families

Strengthening Families Protective Factors

- Parental Resilience
- Children’s Social and Emotional Competence
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Social Connections

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NATIONAL PARENT HELPLINE IS EFFECTIVE IN:

✓ Caller is empowered and in control (parental resilience)

✓ Caller is anonymous and reduces social isolation (social connections: open and honest communications)

✓ Strong and Active listening and information communicated (knowledge of parenting and child development and children’s social and emotional competence)

✓ Being reached in time of need (concrete supports)
Defining Shared Leadership®:

Meaningful shared leadership® is achieved when parents, youth, constituency groups, staff, policy-makers, agencies or other community groups successfully collaborate to implement a dynamic vision by sharing responsibility, expertise, and resources to realize better outcomes for families and communities.
Shared Leadership® Process Model
Better Outcomes For Children & Families

- Partnership
- Engagement
- Involvement
- Participation

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Seven Components

- Assessment and Planning
- Development of Organizational Structures
- Shared Leadership® in Action Training Institute
- Guided Practice and On-going Technical Assistance
- Supports for Parent Leaders and Staff
- On-going Recruitment
- Evaluation
### ALIGNING WITH PROTECTIVE FACTORS

- Aligning *Shared Leadership® In Action* Program Elements with the *Strengthening Families Protective Factors*

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<thead>
<tr>
<th>Shared Leadership® in Action Outcomes</th>
<th>Strengthening Families Protective Factors</th>
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<tbody>
<tr>
<td>Assessing readiness to engage in shared leadership® – identifying strengths and opportunities (Shared Leadership® Assessment Tool).</td>
<td>Parental Resilience</td>
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<tr>
<td>Training and technical assistance to achieve meaningful shared leadership® (Shared Leadership® in Action Training Evaluation Tool)</td>
<td>Social Connections</td>
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<tr>
<td>Evidence of community and societal level change (Leadership Practices and Behaviors Inventory)</td>
<td>Knowledge of Parenting and Child Development</td>
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<td>Concrete Support in Times of Need</td>
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<td></td>
<td>Children’s Social and Emotional Competence</td>
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The mission of the National Certification of Parent Leaders is to enhance the lives of families and communities worldwide by inspiring and empowering Parent and Shared Leadership®.

Benefits to Parents, families, communities and society by:
1. Ensuring best practices in Parent Leadership
2. Improving outcomes for families
3. Facilitating mutually beneficial networks
4. Enhancing program effectiveness
5. Strengthening social capital
CONCEPTUAL FRAMEWORK AND RESEARCH EVIDENCE:


- **Highlight Parents Anonymous® Groups:** California Evidence-Based Clearinghouse on Child Welfare (Scientific Rating of 3) and Only Rated Parent Partner Program.

- **Benefits and Results** reflected in four evidence-based guiding principles as the conceptual foundation to all programs, practices, research and systems change to strengthen parents, youth and children to better communities:
  - Mutual Support
  - Parent Leadership
  - Shared Leadership®
  - Personal Growth and Change

- Provides and ensures the fidelity of all strength-based direct services
Commitment leading to participation, growth and change.

1. Regular participation in the group and a sense of commitment and belonging.
2. Exposure to other parents who demonstrate leadership behaviors and are acknowledged as leaders.
3. Encouragement from others who view the parents as a leader
4. Recognition of the need to take action.
5. Receiving positive feedback and support from trusted others who 'mirror back' the strengths and leadership skills displayed in earlier actions.
6. Taking action.
7. Continuing to take action and to receive supportive feedback.
8. Growing stronger and more confident as a leader.
9. Becoming a role model for other parents.
10. Growing stronger and more confident as a leader.

Ten Steps of Parent Leadership

© 2001 Parents Anonymous® Inc. Research Profile Pathways to Parent Leadership: 10 Steps to Success
National Certification of Parent Leaders

40 hours of face to face training, successful implementation of an online Individualized Action Plan and results based Coaching for 4-6 months with Assessment of all Parent Leadership Competency Areas:

- Leadership Theory
  - Conceptual Frameworks
  - Philosophy & Learning

- Five Exemplary Practices\textsuperscript{sm}
  - Transform Values Into Action
  - Envision the Future
  - Encourage Positive Change
  - Empower through Shared Leadership\textsuperscript{©}
  - Inspire Success

- Communications
- Cultural Responsiveness
- Ethics & Professionalism
- Life’s Balancing Act

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Leadership Theory

✓ Competency:
The capacity to discern theoretical and research based leadership constructs; understand Parents Anonymous® Programs; be able to conceptualize the spheres of influence of the Socio-ecological Model and understand the main conceptual frameworks of protective factors.
Five Exemplary Leadership Practices™

- Inspire Success
- Transform Values Into Action
- Envision The Future
- Empower Shared Leadership®
- Encourage Positive Change

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The Five Exemplary Leadership Practices™: **TRANSFORM VALUES INTO ACTION**

**Competency:**
The capability to identify and prioritize personal values that promote parent leadership, explicate a personal leadership philosophy, and demonstrate the alignment of behaviors with leadership values.
Learning Competency
✓ The capability to imagine and visualize possibilities, inspire others to create a mutual vision, and be a catalyst for moving forward.
Five Exemplary Leadership Practices™: Empower through Shared Leadership®

Competency:
✓ The capability to recruit others who share your vision, assess personal and organizational readiness, recognize and encourage individual and team strengths, foster collaborations and mutually beneficial networks, and work effectively with others towards a common goal.

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Five Exemplary Leadership Practices™: Encourage Positive Change

✓ The capability to build on your strengths, initiate creative thinking and experimentation, challenge the status quo through risk taking, create innovative opportunities, and focus on ensuring measurable outcomes.
Five Exemplary Leadership Practices™: Inspire Success

- The capability to know your expectations, acknowledge individual and team successes, show appreciation through recognition and creative incentives, build a sense of community, and strengthen social capital
Overall Mastery of Competencies:

- Developing effective communication skills
- Demonstrating meaningful cultural responsiveness
- Ensuring ethical boundaries and successful resolution of dilemmas in your life and in work
Overall Mastery of Competencies:

- Sustaining a healthy balance between work and personal life
- Successfully make evident positive outcomes of the Individualized Action Plan
- Maximize benefits from eight hours of coaching to reinforce knowledge, skills and abilities.