



Outcomes Evaluation and Program Effectiveness

Circle of Parents Support Group Network 2003 - 2009

BACKGROUND

What is the Circle of Parents Support Group Program? The Circle of Parents (CoP) Support Group Program is a statewide network of parent education and support groups led by trained facilitators, which offer free and immediate service to parents/caregivers facing a variety of family issues and crises. The CoP Support Groups are part of the national Circle of Parents network.

Why have a Circle of Parents Support Group Program? The CoP support groups reduce the risk factors for child abuse and neglect by helping caregivers to improve critical family management skills and to create a positive social support system based on strengths and safety. The Protective Factors reinforced in the parent/caregiver groups also enhance early brain development in young children, school readiness and help parent/caregivers to become strong individual advocates for themselves and their families.

Who does the Circle of Parents Support Group Program serve? The CoP support groups serve a broad range of parents/caregivers who are referred from many organizations: Children's Protective Services, the Family Help Line, schools, hospitals, community clinics, family centers, etc. Caregivers attend the group to manage a variety of family issues from: "What do I do when the baby will not stop crying?" to "My teenager is flunking out of school. What can I do?" About 20% of the parents/caregivers are referred by Children's Protective Services or the courts and attend groups specifically as a result of child abuse/neglect issues.

The Circle of Parents Support Group Program Increases Protective Factors: Our surveys are based on the child abuse prevention literature, and measure the following outcomes:

Increase applied family management skills and knowledge of normal child development. The research of Hawkins and Catalano (1991) relate the increase of "protective factors" such as an increase in family management skills with the decrease of child abuse and related destructive parenting.

Increase the social support network of each family. Bensley and Meengs (1996) discovered that adequate parenting and decreased child maltreatment are consistently associated with the presence of supportive social relationships for the parent. The research of Daro et al. (1993) indicates that parents who have other parents to talk to are better able to learn positive parenting skills and reinforce behavior change.



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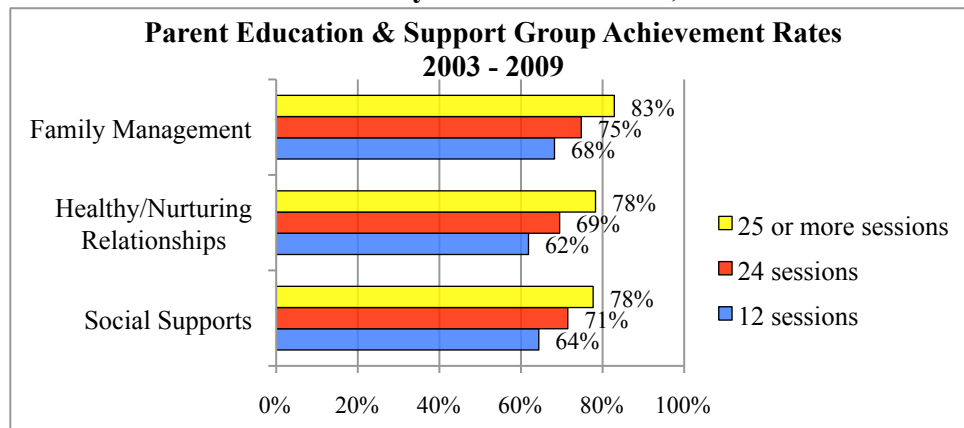
Achievement Rate Goal: 60% of participants will increase their knowledge and skills a minimum of 10%.

Achievement Rate Results, N=1061:

Participants show significant increases in risk-reducing Protective Factors:

- **75% of participants in this program overall met the minimum benchmark increase of 10% or more in their family management skills.**
 - 68% of parent/caregivers attending up to 12 group sessions met the minimum 10% benchmark
 - 75% of parent/caregivers attending up to 24 sessions met the minimum 10% benchmark
 - 83% of parent/caregivers attending 25 or more sessions met the minimum 10% benchmark
- **70% of participants in this program overall met the minimum benchmark increase of 10% or more in nurturing/healthy relationships in their family.**
 - 62% of parent/caregivers attending up to 12 group sessions met the minimum 10% benchmark
 - 69% of parent/caregivers attending up to 24 sessions met the minimum 10% benchmark
 - 78% of parent/caregivers attending 25 or more sessions met the minimum 10% benchmark
- **71% of participants in this program overall met the minimum benchmark increase of 10% or more in their social support network.**
 - 64% of parent/caregivers attending up to 12 group sessions met the minimum 10% benchmark
 - 71% of parent/caregivers attending up to 24 sessions met the minimum 10% benchmark
 - 78% of parent/caregivers attending 25 or more sessions met the minimum 10% benchmark

Achievement Rate Results July 2003 – June 2009, N=1061





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Outcome Goal: Participants will increase and maintain knowledge/skills by 10%.

Outcome Goal Results, N=1061:

12 Sessions: Our outcome evaluations indicate that the parent/caregivers attending up to 12 group sessions report a minimum:

- 22%* increase in family management skills.
- 22%* increase in nurturing/healthy Relationships
- 22%* increase in social support

13 to 24 Sessions:

- 26%* increase in family management skills.
- 24%* increase in nurturing/healthy Relationships
- 24%* increase in social support

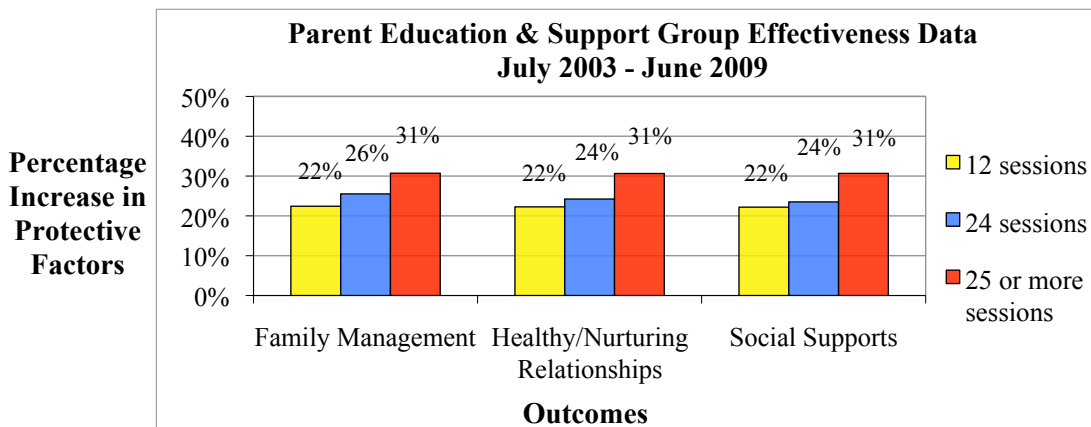
25 or more Sessions:

- 31%* increase in family management skills.
- 31%* increase in nurturing/healthy Relationships
- 31%* increase in social support

* = Statistical significance at $p < 0.001$ → (very strong evidence that results are statistically significant)

Circle of Parents Support Group Cumulative Effectiveness Data (July 2003 – June 2009)

The numbers in this chart represent points on a 10-point scale. (0 points = 0% skills/knowledge and 10 points = 100% proficiency in skills/knowledge.)



Outcomes Data Tested for Statistical Significance: Outcomes data for parent programs have been t-tested for statistical significance. A t-test assesses probability levels, whether the mean differences between samples (pre and post) are statistically significant and not due to chance. The Circle of Parents Support Group data indicates that the probability of chance (p-value) for all the data samples from 2003 to 2009 is below .05 – therefore, we can conclude that there is a significant difference between the means (pre and post).