

Strengthening, and Parenting Skills Programs Supported by the State and Other Partners in North Carolina

Head Start

Websites: http://ncchildcare.dhhs.state.nc.us/general/mb_headstart.asp

Services: Provides comprehensive services to low-income children age 3 to 5 and their families including education, nutrition, parent support, health, dental, and mental health services. No fewer than ten percent of children served must have special needs. The program is designed to prepare children for school and to help break the cycle of poverty.

Early Head Start serves pregnant women and children ages 0 to 3 years. Early Head Start programs have the same basic aims and objectives as the Head Start program—to support the developmental needs of very young children and expectant mothers and to help break the cycle of poverty.

Migrant/Seasonal Head Start serves children of migrant and seasonal workers, and their families. Migrant/Seasonal Head Start services are administered across the State of North Carolina by a network of agencies and delegate agencies.

Location: Statewide.

Target Population: Primarily low-income children ages 0-5 and their families. Categorical eligibility extends the target population to include children in foster care; children and families experiencing homelessness; and children and families receiving public assistance (like TANF benefits).

Number Served: Served over 20,000 children in program year 2010-11. Over 3,000 children and expectant mothers were enrolled in Early Head Start in program year 2010-11. Migrant/Seasonal Head Start programs served over 900 children ages 0-5 and expectant mothers in program year 2010-11.

Financing: Federally funded by the US Department of Health and Human Services. (Note: Funding requires a 20% non-federal share match by grantees.)

Evaluation: The Head Start Impact Study found that Head Start has a positive impact on school readiness in preschool children. However, by the end of kindergarten or first grade, Head Start children (those starting at age 4) were at about the same level as those in the control group. Children who began Head Start at age 3, however, continued to show improved outcomes after kindergarten and first grade. Other subgroups of children also showed continued positive outcomes. Source: http://www.acf.hhs.gov/programs/opre/hs/impact_study/reports/impact_study/executive_summary_final.pdf.

Administering Agency: Head Start and Early Head Start programs are funded by the federal government. Funding goes directly to the local agencies (like private non-profits, Community Action Agencies, and public school systems) that administer the program and provide services.

Appendix B Evidence-Based Home Visiting, Family Strengthening, and Parenting Skills Programs Supported by the State and Other Partners in North Carolina

Other: According to the NC Head Start Association, Head Start and Early Start are evidence-based practices that provide cognitive, health, social, and socio-emotional, and economic benefits to children and their parents. Taxpayer satisfaction is also noted in this report. Sources: <http://www.ncsheadstart.org>, <http://www.nhsa.org>

Contact: Khari Garvin, State Collaboration Director, NC Head Start, khari.garvin@ncmail.net

Healthy Families America

Website: <http://www.healthyfamiliesamerica.org/home/index.shtml>

Services: This intensive, home-based family support program aims to prevent and/or reduce child abuse, facilitate positive parent/child interaction, and increase parenting skills while promoting child health and identifying special needs. The program provides home visits beginning prenatally or at birth and lasts for 3-5 years after the birth of the baby. The model is based on 12 critical elements derived from over 30 years of research and with focus on three categories: service initiation, service content, and staff characteristics.

Location: County-level, 8 Counties: Charlotte (Mecklenburg County), Durham (Durham County), Morganton (Burke County), Winston-Salem (Forsyth County), Goldsboro (Wayne County), Nashville (Nash County), Spruce Pine (Mitchell/Yancey Counties).

Target Population: The project serves low-income, high-risk families.

Number Served: Do not have data.

Financing: Smart Start funded HFA projects in 3 counties in FY09-10: Burke, Durham and Orange. Project Connect is funding an expansion program in Wayne County and a new program in Nash County in FY '11-'12. The North Carolina Department of Public Health, through the federal Maternal, Infant, Early Childhood Home Visiting funding, is funding an expansion of Healthy Families in Durham and a new Healthy Families program in Mitchell and Yancey counties.

Evaluation: This program improves positive parenting practices, improves family health, improves school readiness for the children, and increases self-sufficiencies of mothers. Source: http://www.healthyfamiliesamerica.org/publications/research_folder.shtml.

Administering Agency: Prevent Child Abuse America

Contact: Jeannie Ownbey, 828-433-7187, jownbey@bariumsprings.org.

Incredible Years BASIC Parent Training Program—Early Childhood

Website: <http://www.incredibleyears.com/>

Services: The Incredible Years (IY) Parent Training Program is an evidence-based, 14-week parenting skills course that strengthens families by building parents' skills and promoting children's cognitive, social, and emotional skills. The IY-Early Childhood program primarily works with families of children ages 2-5 who are already experiencing challenging behaviors (i.e., aggressive and behavioral problems in early childhood classrooms and at home). Parents receive training on parenting basics including: effective discipline, how to give praise and set limits, how to play with their children, and how to deal with challenging behaviors.

Location: County-level, 15 Counties (SFY2012): Chatham, Durham, Orange, Surry, Yadkin, Brunswick, Nash, Edgecombe, Cherokee, Clay, Guilford, Rockingham, Robeson, Transylvania and Wayne.

Target Population: Parents or caregivers with children ages 2-5 years who demonstrate aggressive and behavioral problems in early childhood classrooms and at home, and may be expelled from their preschool.

Number Served: Do not have data.

Financing: State and Federal funds including Smart Start funds, The Duke Endowment, Duke Energy Foundation, Department of Social Services, and Department of Public Health

Evaluation: In 2009 a report authored by UNC's FPG Child Development Institute, concluded that after participating in the Incredible Years, there was a significant decrease in the frequency of children's problem behaviors. Also participating parents reported a significant increase in their use of "appropriate discipline, positive parenting, and clear expectations." Source: The Incredible Years BASIC Parent Training, May 2008 Evaluation Report, http://www.incredibleyears.com/IA/incredible-years_ncu-smart-start_5-08.pdf.

Administering Agency: Prevent Child Abuse North Carolina; The North Carolina Partnership for Children, Inc.

Contact: Sarah Currier, scurrier@preventchildabusenc.org, or Donna White, dwhite@ncsmartstart.org.

North Carolina Parents as Teachers

Website: <http://www.ncpat.org/>

Services: Parents as Teachers (PAT) is a voluntary family education and support program provides the information, support services, and encouragement parents need to help their children optimally develop during the crucial early years of life. The program provides personal/home visits by certified parent educators, parent group meetings, development and health screenings, and linkages and referrals to community networks and resources.

Appendix B Evidence-Based Home Visiting, Family Strengthening, and Parenting Skills Programs Supported by the State and Other Partners in North Carolina

Location: County-level, 61 Counties, 89 PAT programs. Alamance, Anson, Beaufort, Bladen, Brunswick, Buncombe, Burke, Cabarrus, Catawba, Cherokee, Chowan, Clay, Cleveland, Columbus, Craven, Cumberland, Currituck, Dare, Davidson, Davie, Duplin, Durham, Edgecombe, Forsyth, Gaston, Granville, Greene, Guilford, Harnett, Haywood, Henderson, Hertford, Hoke, Iredell, Jackson, Johnston, Lee, Lenoir, Lincoln, Macon, Mecklenburg, Nash, Onslow, Orange, Pasquotank, Person, Pitt, Randolph, Richmond, Rockingham, Rowan, Rutherford, Sampson, Scotland, Stanly, Surry, Swain, Union, Wake, Watauga, Wilson

Target Population: The PAT model focuses on children from birth to kindergarten entry.

Number Served: Do not have data.

Financing: State, federal and private funds including Smart Start funds, Head Start, Even Start, local public school systems, other early childhood programs, and other local, private, state, and federal funds.

Evaluation: A collection of peer-reviewed articles for the PAT program can be found online at: http://www.parentsasteachers.org/images/stories/documents/Research_bibliography_06_2010.pdf. Additionally, SRI International, a third-party research institute, conducted an evaluation of the PAT program in Winston-Salem.

Administering Agency: Parents as Teachers National Center, Inc.

Evaluation: NC self-assessment evaluation NC PAT, Source: www.ncpat.org/. National Evaluation on PAT, Source: http://www.parentsasteachers.org/images/stories/documents/Research_Quality_Booklet.pdf.

Contacts: Donna White, NCPC, dwhite@ncsmartstart.org or Robin Roberts, 919-571-8092 (ext. 15), ncarolinapat@aol.com

Nurse Family Partnership

Website: <http://www.nursefamilypartnership.org/locations/North-Carolina>

Services: Nurse Family Partnership (NFP) is a home visitation program aims to improve health, well-being, and self-sufficiency of low-income, first-time parents and their children. The program pairs first-time, low-income mothers with registered nurses throughout their pregnancy and until the baby turns two. Through guided evidence-based practices, participating mothers learn how to transform their own lives and their babies' lives by making better health, education and life choices.

Location: County-level, 15 counties: Buncombe, Cleveland, Columbus, Edgecombe, Guilford, Halifax, Hertford, Mecklenburg, Northampton, Pitt, Robeson, Rutherford, Polk, McDowell, and Wake.

Target Population: First-time, low income (at or below 200% of the federal poverty level) women. Women enter the program by the 28th week of pregnancy.

Evidence-Based Home Visiting, Family Strengthening, and Parenting Skills Programs Supported by the State and Other Partners in North Carolina

Number Served: Do not have data.

Financing: State, federal and private funds including The Duke Endowment, Kate B. Reynolds Charitable Trust, Blue Cross and Blue Shield of North Carolina Foundation, North Carolina Department of Health and Human Services-Division of Public Health, North Carolina Partnership for Children, Inc.

Evaluation: “North Carolina Nurse-Family Partnership: Evidence-Based Nurse Home Visitation Program and Health Care Reform,” Source: <http://www.preventchildabusenc.org/wp-content/uploads/2009/05/Evidence-Based-Home-Visitation-Program-and-Health-Care-Reform.pdf> and “Early Childhood Interventions: Proven Results, Future Promise,” 2005, Source: <http://www.rand.org/pubs/monographs/MG34>.

Administering Agency: North Carolina Division of Public Health

Contact: Laura Louison, 919-707-5601, laura.louison@dhhs.nc.gov

Strengthening Families Program

Website: <http://www.strengtheningfamiliesprogram.org/>

Services: Provides a family and parent strengthening program that meets once a week for fourteen weeks. The program combines science-based child life-skill building, parenting-skill training, and family life-skill education in order to improve child’s social/life skills and a family’s functioning. The program allows for families to develop their own support groups. Families and support groups may receive booster sessions from the staff as necessary.

Location: County-level, 8 Counties and 1 Boundary: Orange, Surry, Yadkin, Cherokee, Clay, Wake, Swain, Graham, and the Qualla Boundary.

Target Population: High-risk families, whose children may be at-risk of drug abuse or social/emotional/and/or educational developmental delays. The high-risk intervention lasts for 14 weeks for the age groups: 3-5, 6-11, and 12-16.

Number Served: Do not have data.

Financing: State funds.

Evaluation: According to several internal evaluations, SFP graduates report the following outcomes: improved parenting skills and family relationships, improved academic success; and decreased substance abuse, aggression and emotional programs in the children. Source: <http://www.ncpic.net/2009/sa2-strengthening-families-program-sfp/>.

Administering Agency: North Carolina Division of Mental Health, Substance Abuse Services, and Developmental Disabilities

Contacts: Dr. Henry Whiteside, Lutra Group, hwhiteside@lutrargroup.com

Appendix B Evidence-Based Home Visiting, Family Strengthening, and Parenting Skills Programs Supported by the State and Other Partners in North Carolina

Triple P

Website: <http://www.triplep.net/>

Services: Triple P is a multi-level parenting and family intervention program that aims to prevent severe emotional, behavioral, and developmental problems in children by promoting positive and nurturing relationships between parent and child. By increasing parents' sense of competence in their parenting abilities, parents improve their communication and reduce parenting stress. Additionally, the program provides parents with primary care provider advice and discussion on children's developmental and behavioral issues. The program has five intervention levels of increasing intensity, including the following: (1) universal media campaign that targets all parents in a community and involves social marketing and health promotion, (2) offers primary care providers advice and discussion to parents on children's developmental and behavioral issues, (3) targets children with mild to moderate behavior difficulties and includes active skills training for parents, (4) provides an intensive 10-session individual or 8-session group parent training program for children with more severe behavioral difficulties, (5) "Enhanced Triple P" is offered to families that complete a level four Triple P intervention.

Location: County-level, 8 Counties: Davidson, Pitt, Alamance, Alleghany, Ashe, Cabarrus, Madison, and Watauga counties. Additionally, implementation of Triple P is planned for select communities in northeastern North Carolina as part of the Race to the Top–Early Learning Challenge Grant.

Target Population: Available to all parents with children ages 0-5, but geared towards parents and their children who are at-risk for child maltreatment.

Financing: State and Federal funds, see Chapter 3 for more information.

Evaluation: A national, internal evaluation of the program illustrates the population-level benefits and feasibility of the program, Source: <http://www.triplep-america.com/documents/Prinz%20et%20al%202009%20Prev%20Science.pdf>.

Contact: Marshall Tyson, 919-707-5640