

The Early Learning Challenge in North Carolina

NC Institute of Medicine
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NC Division of Public Health



NC Early Childhood Advisory Council



Acknowledgements:
Ann Bryan: Former ED, ECAC
Sara van Driel: Triple P America

Early Learning Challenge (ELC) Grant Program

- **Significant and far-reaching new federal initiative**
- **Joint program**
 - US Dept. of Health and Human Services
 - US Dept. of Education
- **37 applicants; 9 states selected, including NC**
- **NC's award: \$69,991,121.00**
- **4-year grants—Jan. 1, 2012–Dec. 31, 2015**
- **Precise and prescriptive guidelines and scoring rubric**



ELC Focus

- Bold action to improve early learning and development
- Supports states that demonstrate “commitment and capacity to build a statewide system that raises the quality of early learning and development programs so that all children receive the support they need to enter kindergarten ready to succeed.”



North Carolina's Response

- **Saw extraordinary opportunity to build upon history of pioneering and model work in the field**
 - Smart Start
 - NC Pre-K
 - Star rating system
 - Pediatric developmental screening
- **Envisioned potential to create a transformative system of services to help assure that every child has the chance to come to school ready to succeed**
- **Determined to set forth bold plan for dramatic progress**
- **Placed emphasis on**
 - Long-term capacity building
 - One-time investments for ongoing benefit



NC's Agenda: Ready for Success

- Build on achievements
- Overarching goal:
Each and every child ready for success in school and life
- Focus on
 - outcomes
 - shared accountability
- Supported by integrated data system with information that is
 - timely
 - useful for planning
- Using carefully selected tools and strategies to reach desired results



NC's Agenda: Ready for Success (cont'd)

- **Grounded in research-based knowledge**
 - child development
 - effective implementation practices
- **Comprehensive system of services**
 - early learning and development
 - health care and social-emotional development
 - family strengthening
- **Begin at the beginning, assuring infants and toddlers have best possible start**
- **Provide access to a continuum of appropriate and high-quality services through early years**
- **Coordinated by Early Childhood Advisory Council**



NC's Plan: Four Areas of Focus

- Strengthen the state's early childhood system and build its capacity to foster positive outcomes for young children
- Enhance the quality of programs to serve young children and their families and improve access to high-quality programs
- Strengthen the early childhood workforce to increase staff and system effectiveness and sustain change
- Target high-intensity supports and community infrastructure-building efforts to turn around poor outcomes for young children in the state's highest-need counties



NC's Plan: Transformation Zone Strategy

- Focus intensive effort in selected high-need counties in northeastern North Carolina
- Provide comprehensive set of services and supports offered when and where needed
- Help achieve dramatically improved outcomes for all young children
- Lessons learned through concentrated approach used to
 - hone early childhood strategies
 - improve outcomes for young children across the state



NC's Plan: Major Projects

- **Strengthening the system and building capacity to foster positive child outcomes**
 - Early Learning and Development (ELD) Standards
 - Integrated data system
 - K-3 assessment
 - Local leadership collaborative
- **Enhancing the quality of programs and promoting access to high-quality programs**
 - QRIS revision
 - Supports for new QRIS participants
 - Supports for attaining a higher-rated license
 - Child care health consultant supports
 - Family engagement
 - Expansion of developmental screening and referral



NC's Plan: Major Projects (cont.)

- **Strengthening the early childhood workforce**
 - **Multiple strategies for education**
 - Community College Innovation Fund
 - Online master's degree for leadership and management
 - T.E.A.C.H. for previously unserved staff (i.e., home visitors)
 - **Ongoing professional development**
 - Trainers' guide
 - Training sessions on standards and assessment
 - Regional support for coaches, mentors, and technical assistance providers
 - Director Leadership Institute



NC's Plan: Major Projects (cont.)

- **Targeting high-intensity supports and community infrastructure in high-need counties**
 - Screening and referral services
 - Family strengthening programs
 - High-quality ELD programs for infants and toddlers
 - Specialized support for ELD programs for children's health, challenging behaviors, and infant-toddler care and education



NC's Implementation Strategy

- **Lead Agency: Early Childhood Advisory Council—**responsible for overall coordination and specific projects
- **Participating State Agencies—**responsible for specific projects:
 - Division of Child Development and Early Education
 - Division of Public Health
 - Department of Public Instruction, Office of Early Learning
- **Contracts and MOUs with other state and local agencies and organizations, such as NC Partnership for Children**



Early Childhood Advisory Council projects

- **ELC grant management and implementation support (\$6,708,213)**
 - Evaluation of the Transformation Zone initiative (\$1,000,000)
 - Technical assistance reserve (\$400,000)
 - Includes Transformation Zone state-level support
- **Early childhood integrated data system (ECIDS) (\$8,894,351)**



ECAC projects (cont'd)

- **Professional development capacity building (\$75,000)**
 - Professional Development Council (\$25,000)
 - Development of an online Master's degree (\$50,000)
- **Partnership initiatives (\$10,043,872)**
 - Transformation zone capacity building (\$3,324,657)
 - Leadership collaborative (\$2,009,010)
 - Faith-based child care engagement (\$47,007)
 - Assuring Better Health and Child Outcomes (\$2,545,778)
 - Child care health consultants (\$2,117,420)



Division of Child Development and Early Education projects

- **Promoting participation in revised QRIS (\$1,641,779)**
 - Incentives to improve the work environment (bonuses for 4 and 5-star programs)(\$750,000)
 - Support for programs to join QRIS (\$814,000)
 - Task force on licensing (\$25,000)
- **QRIS program quality measure development (\$798,155)**
- **Increasing access to high-quality programs (\$4,430,200)**
 - Support 1 & 2 star programs to earn higher rating (\$1,000,000)
 - Increase access to high quality infant-toddler care (\$2,777,442)
 - Early childhood workforce study (\$600,000)
- **QRIS validation study (\$2,445,779)**



DCDEE projects (cont'd)

- **Enhanced professional development (\$5,248,319)**
 - Course on using an instructional assessment (\$22,801)
 - Course on coaching, mentoring, and TA (\$81,200)
 - Child Care Resource & Referral enhanced professional development (\$4,734,340)
 - Healthy social behavior specialist (\$280,000)
- **Early learning and development standards (\$308,779)**
- **Certification and licensure (\$1,926,194)**
 - B-K teacher licensure support (\$800,000)
 - Educator efficacy endorsement & certification (\$625,000)



DCDEE projects (cont'd)

- **Teacher education: access and articulation (\$645,779)**
 - Community college accreditation (\$200,000)
 - Community college innovation fund (\$393,000)
- **Compensation and retention (\$7,249,779)**
 - WAGE\$ (\$4,000,000)
 - T.E.A.C.H.[®] Scholarships (\$3,197,000)
- **Cultural competence support (\$1,012,779)**
- **Early childhood director leadership institute (\$802,879)**



Office of Early Learning projects

- **K-3 assessment (\$9,769,801)**
 - K-3 assessment (\$8,769,801)
 - Using data to improve classroom instruction (\$1,000,000)
- **Family engagement (\$2,000,000)**



Office of Early Learning projects

- **K-3 assessment (\$9,769,801)**
 - K-3 assessment (\$8,769,801)
 - Using data to improve classroom instruction (\$1,000,000)
- **Family engagement (\$2,000,000)**



Division of Public Health projects

- **Family strengthening (\$5,989,460)**
 - NorthEast Connects (\$1,716,523)
 - Triple P (Positive Parenting Program) (\$3,952,369)



NC's Plan: Transformation Zone Strategy

- **Focus intensive effort in selected high-need counties in northeastern North Carolina**
- **Increase capacity for effective collaboration and implementation to gain desired and sustainable results**
- **Provide comprehensive set of services and supports offered when and where needed—existing services and selected additional services**



NC's Plan: Transformation Zone Strategy

- **Help achieve dramatically improved outcomes for all young children**
- **Lessons learned through concentrated approach used to**
 - **hone early childhood strategies**
 - **improve outcomes for young children across the state**



NC's Transformation Zone

- 17 northeastern Tier 1 counties eligible
- After exploration and RFA process, 4 counties selected:
 - Beaufort
 - Bertie
 - Chowan
 - Hyde



NC's Transformation Zone

Three streams of work in Northeast

- Statewide projects
- Transformation Zone projects and activities (4 counties)
- Additional work in 15 surrounding counties
 - 13 counties which were eligible through the grant
 - Nash and Pitt--closely linked to those 13 counties; home to many services

Among additional services in TZ are Northeast Connects, supports in child care settings—and Triple P



Why a Triple P Expansion?

- Triple P—the Positive Parenting Program— is a strong, evidence-based model for family strengthening
- State is strongly supporting the introduction and extension of Triple P throughout NC
- Synergy in having a wide geographic area fully trained and engaged with Triple P
- Additional funding available through ECAC provides opportunity to offer Triple P to other counties





Triple P – Positive Parenting Program

Extracted from presentation by Rita Bostick and Sara van Driel



Public Health Approach

- Unit of interest is the population rather than the individual
- Aim is to change population prevalence rates (i.e., decrease rates of heart disease, increase vehicle motor safety, or reduce child maltreatment rates)
- Requires a multi-faceted strategy aimed at impacting and entire population.
 - Media and awareness
 - Educating professionals/paraprofessionals about intervention
 - Early detection and intervention



What is Triple P?

- A coordinated system of programs
- Multi-level programs of increasing intensity
- All developmental periods, infancy to adolescence
- A public health model of parent education and support



What is Triple P?

- Aim is to:
- Promote children's healthy development
 - Prevent children's social, emotional and behavioral problems
 - Prevent child maltreatment
 - Strengthen parenting at a population level
 - Destigmatize seeking information and support
- 30+ years of research



Principles of Positive Parenting

- Ensuring a safe, interesting environment
- Creating a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent



What outcomes can you expect using Triple P?

- The evidence consistently shows impact on:
 - Increasing positive parenting
 - Reduced coercive parenting
 - Lower social, emotional and behavior problems
 - Improved parent-child relations
 - Decreased parent stress



US Triple P System Population Trial

- Prevention of child/family problems
- Standardized prevention rates per 100,000 children 0-8 yrs.
 - **240** fewer out of home placements/year
 - **60** fewer hospitalizations/ER visits for child maltreatment injuries/year
 - **688** fewer substantiated child abuse cases/year



Who can benefit from Triple P?

- Parents facing everyday challenges in parenting
- Families at risk of developing behavioral or emotional problems
- Families who already present with problems
- Parents of children with developmental disabilities
- Parents at risk for child maltreatment
- Parents across SES strata and across cultures



Key flexibilities of the Triple P approach...

- Use of strength-based self-regulatory framework
- Parents determine the goals
- Practitioners use examples that are relevant to the family
- A menu of parenting strategies
- Practitioner helps the parent to make informed choices



Five Levels of Triple P Intervention

Intensity of Intervention

5. Enhanced Pathways/Lifestyle/Transitions

Behavioral family interventions

4. Standard/Group/Self-Directed/Online Triple P

Broad focus parenting skills training

3. Primary Care/Discussion Groups

Narrow focus parenting skills training

2. Seminars/Brief Primary Care

Information/advice for a specific parenting concern

1. Universal Triple P/Stay Positive

Media-based parenting information campaign

Breadth of Intervention



Triple P and culturally diverse populations

- Evaluations have been conducted...
 - in many culturally, racially and linguistically diverse contexts
 - with many different family types (e.g., two-parent, single-parent, and stepparent) and with diverse socio-economic status groups.
- Partial availability of parent resources in at least 16 languages



Triple P and culturally diverse populations

- Studies show parents across cultures share many of the same approaches in raising children
- Practitioners report high client satisfaction and acceptability in all populations
- 60,000+ training places in 24 counties



Implementation Considerations- Who and Where?

- Wide variety of professionals/paraprofessionals:
 - MH rehab specialists, MH clinicians, nurses, physicians, social workers, guidance counselors, ministers, etc.
- Many different settings:
 - In-home services, MH clinics, primary care clinics, schools, natural community settings, faith-based organizations, family resource centers, child care centers, Head Start/Early Head Start
- Implementation planning involves matching practitioners skills, service setting, and intended outcomes



Implementation Considerations

- Create goals and multi-year plan
- Appoint coordinator(s) – agency, community, state
- Create stakeholder partnerships
- Educate stakeholders in the public health approach
- Use current work force across sectors
- Understand agency/organization infrastructures



Snapshot of Triple P Training

- Triple P Provider Training Courses are:
 - Skills-based
 - Set readings
 - 2-5 days in duration
- Training involves 4 components:
 - Training days*
 - Pre-accreditation support
 - Accreditation 8-12 post training*
 - Post-accreditation support



*** Required**

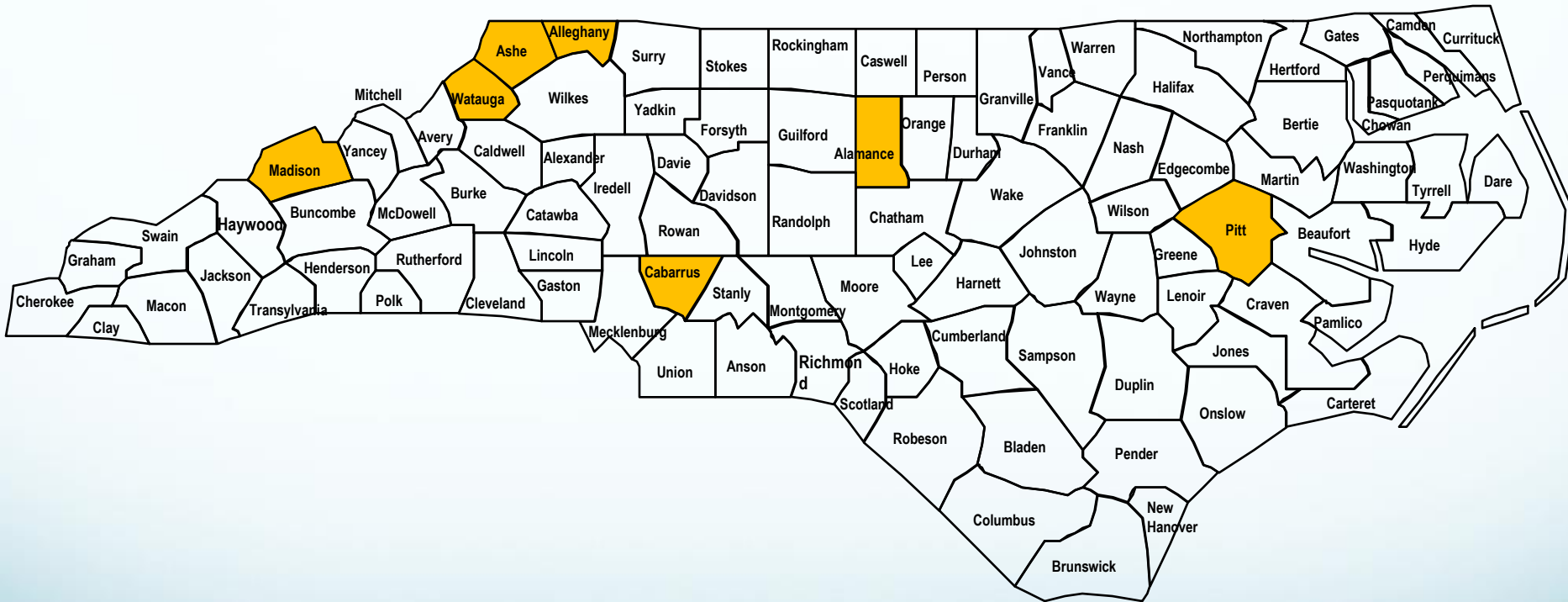


Triple P Implementation Resources

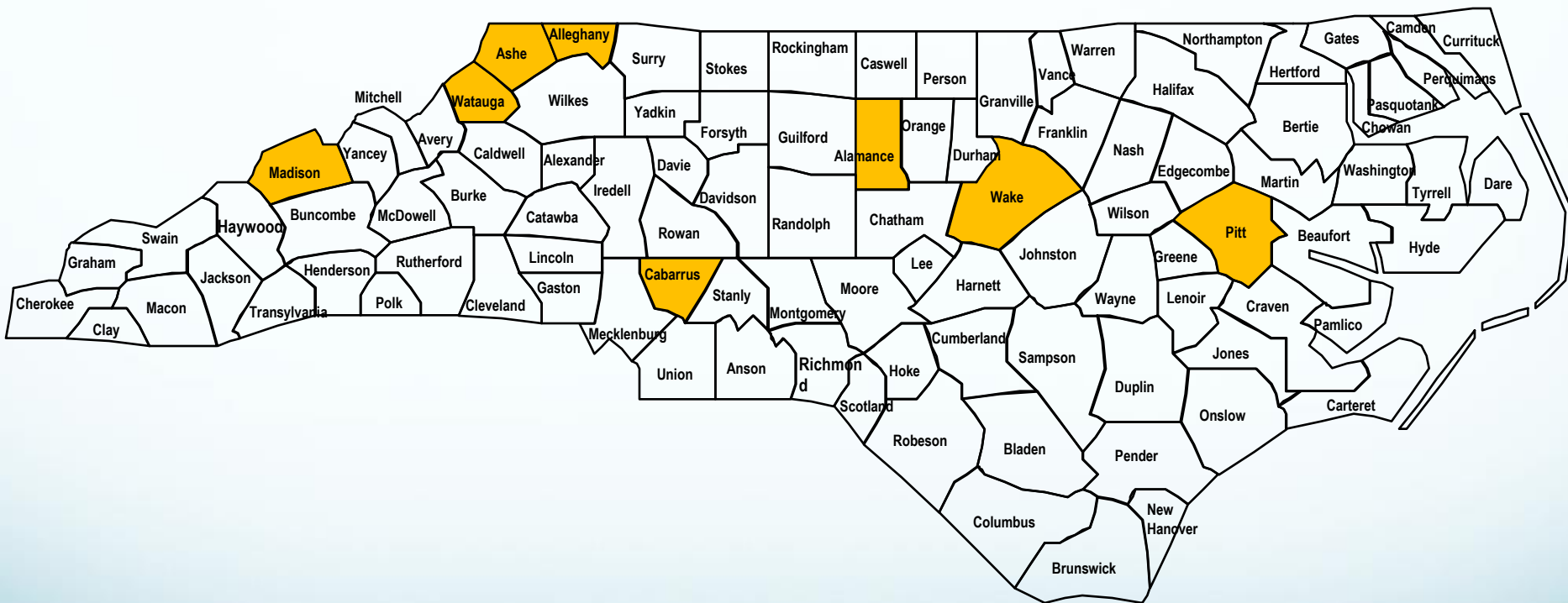
- Each Triple P intervention has associated parent resources to assist practitioners in delivery of the intervention
- Parent resources are purchased in addition to the training
- Example resources: Tip Sheets, parent workbooks, age-specific videos



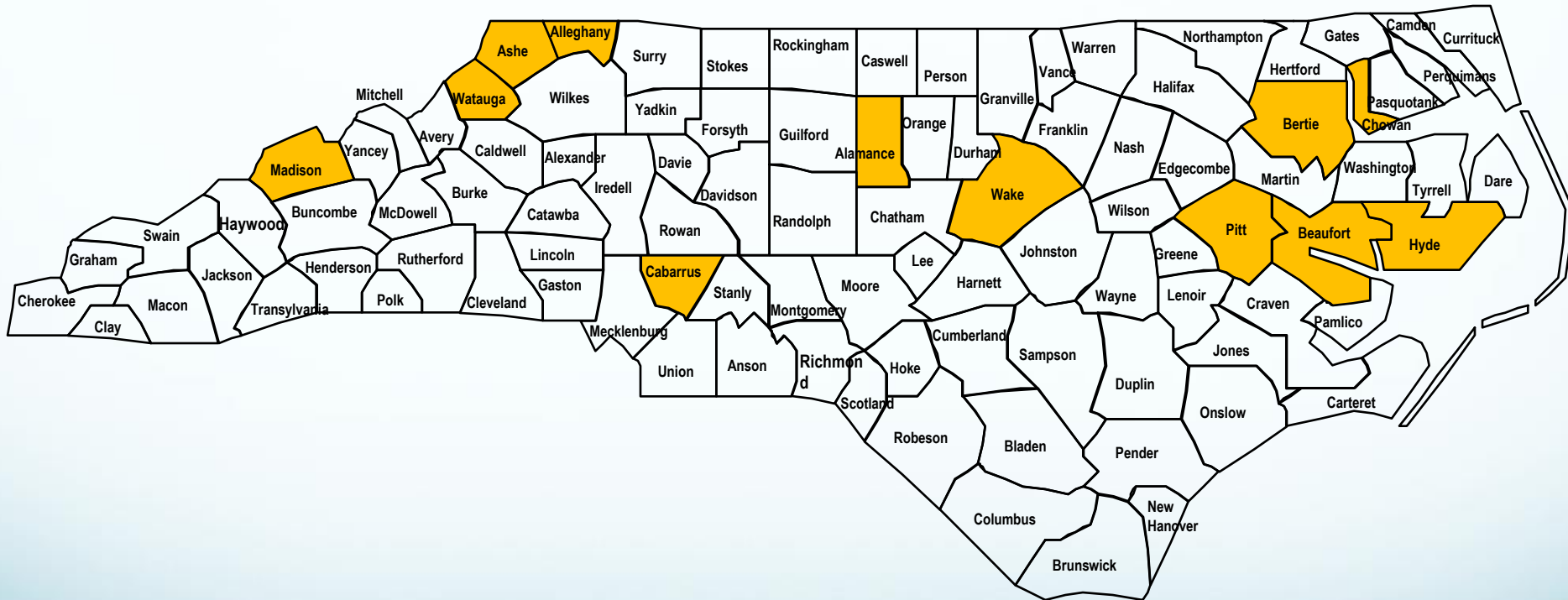
NC Triple P (Positive Parenting Program) Expansion March 2012 – Other Funded



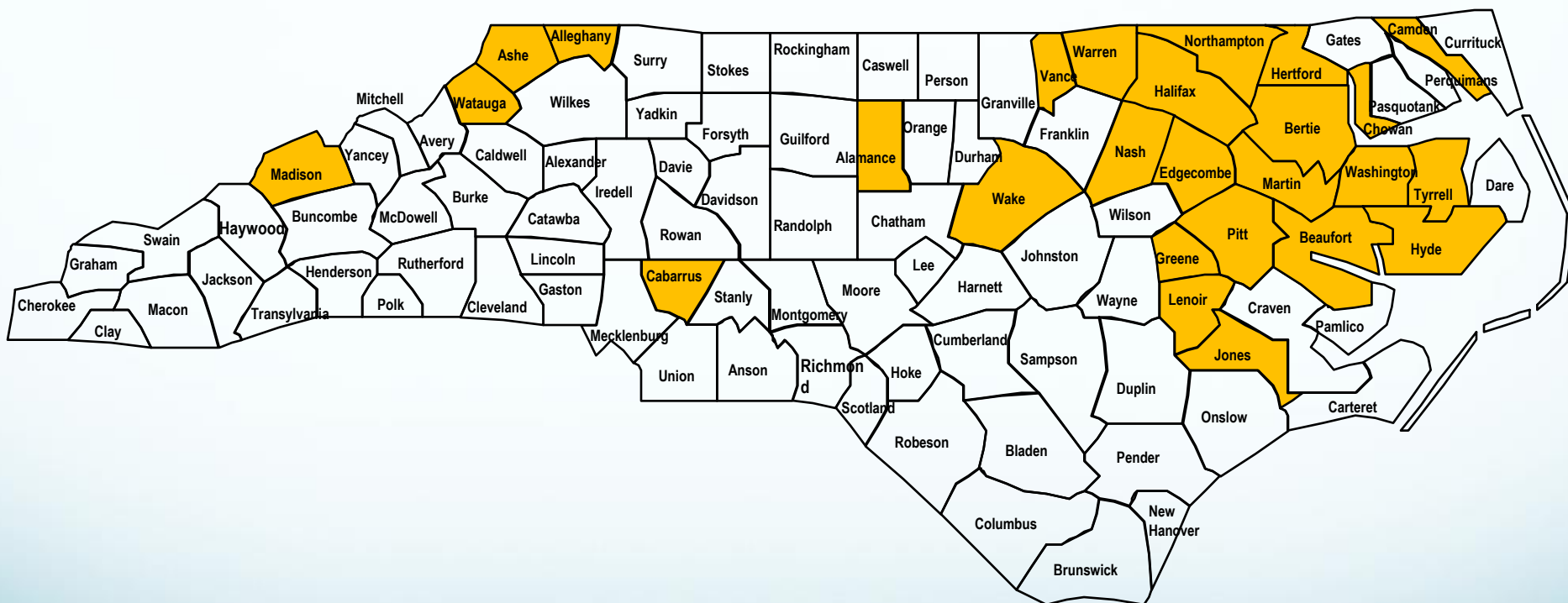
NC Triple P (Positive Parenting Program) Expansion March 2013 – Possible Rex Foundation



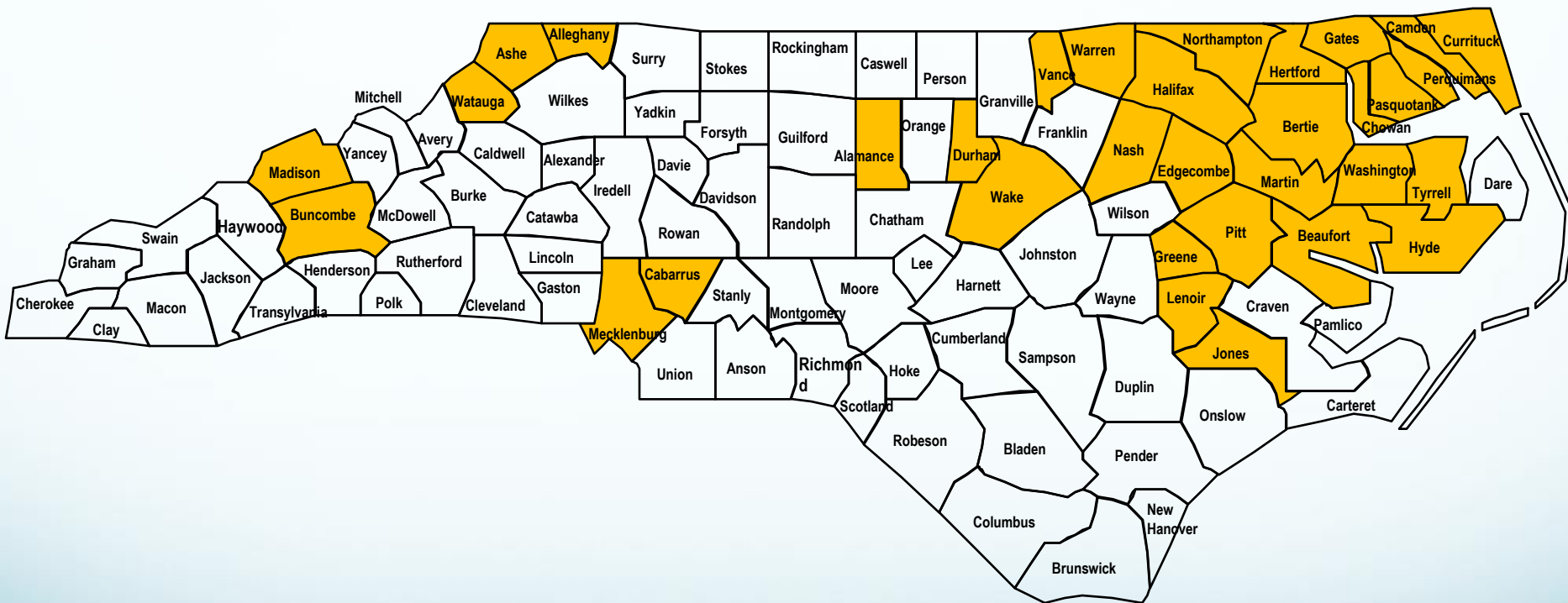
NC Triple P (Positive Parenting Program) Expansion March 2013 – Early Learning Challenge (Transformation Zone)



NC Triple P (Positive Parenting Program) Expansion March 2013 – ELC Tier One Counties



NC Triple P (Positive Parenting Program) Expansion March 2013 – Title V





NorthEast Connects (NEC)



NEC: Model

- Replication of the Durham Connects home visiting model
– Center for Child and Family Health
- Short-term, community-based nurse home visiting model
- Ensures that high-need families are screened and referred/enrolled in services that meet their needs
- Depending on need, up to 7 home visits by three months of age
- First visit is ideally completed in the hospital prior to birth discharge



*** Required**

NEC: TZ Implementation

- One nurse supervisor
- Four nurse home visitors
- Administrative support for data collection and other administrative functions
- Implementation support through CCFH
- NEC Program Coordinator (DPH)



*** Required**

NEC: Implementation

- Serve approx 600 families per year
- Inexpensive: approx \$700 per family



*** Required**

Level 1: Universal Triple P

- A media strategy to reach out to families, normalize the concept of seeking help, and make them aware of Triple P assistance
 - Television and Radio clips
 - Parenting articles and other print resources
- Stay Positive – a tailored communications campaign
 - Website with syndicated and local content to generate referrals or publicize events
 - Brochures, flyers, posters, etc.



Level 2 – Selected Triple P

- A “light touch” intervention approach – brief help for parents coping well but seeking information of 1-2 common concerns
- Brief Primary Care – 1-2 brief (20 minutes), individual face-to-face and /or phone contacts
- Selected Seminars – 1.5-2 hour seminars for large groups of parents



Level 3 – Primary Care Triple P and Discussion Groups

- Primary Care
 - Brief, flexible parent consultation targeting families of children w/mild to moderate behavioral difficulties
 - Typically provided to parents in 4 individual sessions (15-20 minutes in duration)
 - Includes active skills training for parents



Level 3 – Primary Care Triple P and Discussion Groups

- Discussion Groups
 - Presentation of tips for parents around a common concern (e.g., disobedience, going shopping with a pre-schooler)
 - Delivered in one 2-hour session to small groups of parents (8-12)
 - Parents develop their own tailored plan for future management of the concern
 - Possible follow-up with parents via telephone



Level 4 – Standard and Group Triple P

- A moderately intensive parent program for moderate to severe behavioral or emotional difficulties
- Can also be used as a primary prevention strategy to promote positive development
- Delivered to parents as either an individual or group intervention
 - Standard – 10 individual sessions
 - Group – 8 sessions (5 sessions of 2 hours, and 3 individual phone consultations for each participating family)



Level 5 – Enhanced Triple P

- An intensive individually-tailored program (3-11 sessions) for families with child behavioral problems and family dysfunction
- Used in combination with either Standard or Group Triple P
- Primary program modules:
 - Coping skills (stress management)
 - Partner Support



Level 5 – Pathways Triple P

- 4-session intensive intervention strategy for parents at risk of child maltreatment
- Used in combination with either Standard or Group Triple P
- Addresses parental anger and parent explanations for their children's behavior
- Primary program modules:
 - Avoiding Parent Traps (attributional biases)
 - Coping with Anger (anger management)



NC's Goals

**Dramatically improved
outcomes for North Carolina's
young children**

**A stronger and more
competitive economy for
North Carolina**



Questions?

