EVIDENCE-BASED PARENTS ANONYMOUS® PROGRAM:

Empowering Families and Communities

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Commission to Eliminate Child Abuse and Neglect Fatalities Meeting in San Antonio, Texas

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WHAT DO WE KNOW? PREVENTION WORKS

✓ NEEDS TO BE EVIDENCE AND COMMUNITY BASED

✓ NEEDS TO BUILD ON THE STRENGTHS OF FAMILIES AND BE CULTURALLY RESPONSIVE

✓ FUNDING FROM VARIOUS PARTNERS NEEDS TO AVAILABLE TO BRING PREVENTION TO SCALE... AND THE ANSWER IS

✓ Parents Anonymous® INC. IS READY, COMMITTED, AND CAPABLE OF EXPANDING AND BEING ACCOUNTABLE FOR POSITIVE OUTCOMES FOR FAMILIES ALL ACROSS AMERICA.....

- Parents Anonymous® WEEKLY SUPPORT GROUPS FOR PARENTS AND THEIR CHILDREN

- National Parent Helpline® 1-855-4A-PARENT
Evidence on Three Major Programs to Improve Well-Being, Prevent Child Abuse and Neglect and Ensure Parent Leadership:

- Parents Anonymous® Groups
- Shared Leadership® in Action
- National Certification of Parent Leaders

Asking for help is a sign of strength®

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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.
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
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.

We established the first ever *National Parent Leadership Certification for Parents and Staff*
Socio-Ecological Model of Change

Individual
Strategies designed to change an individual's attitudes, beliefs, and behaviors directly.

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.

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

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.
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
Parents Anonymous®
Program and National Parent
Helpline®

Parents Anonymous®
Adult Weekly Support Group

- Parent Group Leader
- 4 Principles & 13 Standards of Practice
- Group Facilitator

Parents Anonymous®
Children and Youth Weekly Support Group

- Children & Youth Program Workers
- 4 Principles & 7 Standard of Practice
- 7 Key Components of C&YP

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Parents Anonymous® Principles

• Parent Leadership

• Mutual Support

• Shared Leadership®

• Personal Growth

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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 AND LOW COST
✔ LONG-TERM POSITIVE CHANGE FOR PARENTS AND THEIR CHILDREN
The National Parent Helpline

• Launched February 1, 2011.
• Over 2,000 callers since opening.
• Average call length is 25.3 minutes.
• A toll free telephone service and website designed to build on the strengths of families.
• In English and Spanish.
• Empowerment of Parents and Caregivers.
• Website links to Facebook, Twitter, YouTube, and Email.
• Consistent promotion of 5 key protective factors.
National Parent Helpline® Enhances

- Family Strengthening
- Parental success
- School readiness and educational performance
- Mental health
- Healthy lifestyles
- Empowerment
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 Parents Improved 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.
New Research Results: 2014

Current Survey Data from Parents Anonymous® Parents Nationwide: using Mutual Support and Family Functioning Scales

Measures of Mutual Support (.965 Cronbach’s Alpha): Therapeutic intervention of giving and getting help explains statistically significant variation of the validated Family Functioning/Parental Resilience Scale (.45 R2) for 450 diverse Parents Anonymous® Parents.

Conclusion: More mutual support provided in Parents Anonymous® Groups significantly increases Family Functioning and Parental Resilience for Parents & Caregivers.
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
The chart below summaries the research evidence, outcomes and instruments on Parents Anonymous® Parent Partner, Peer Support Groups, and National Certification of Parent Leaders for PSS linked to each of the Five Protective Factors

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

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Caller Issues General Overview

• Most of the issues callers face are:
  – Parenting Issues
    • General Parenting Concern is Highest
    • Family Stability is second
  – Interpersonal Issues
    • Family (not spouse related) issues are Highest
    • Spouse/Partner problems come second
Aligning National Parent Helpline® to Protective Factors

- 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

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)
Ten Steps of Parent Leadership

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

STAFF  PARENTS

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Shared Leadership® in Action Program

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

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TRAINER'S MANUAL

SHARED LEADERSHIP IN ACTION

GUIDEBOOK FOR PARTICIPANTS

MANUAL DEL ENTRENADOR

LIDERAZGO COMPARTIDO EN ACCIÓN
ALIGNING WITH PROTECTIVE FACTORS

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

- Assessing readiness to engage in shared leadership® – identifying strengths and opportunities (Shared Leadership® Assessment Tool).
- Training and technical assistance to achieve meaningful shared leadership® (Shared Leadership® in Action Training Evaluation Tool).
- Evidence of community and societal level change (Leadership Practices and Behaviors Inventory).

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PARENTS ANONYMOUS® INC. PROVIDES:

- ORGANIZATIONAL READINESS ASSESSMENT TOOL: ADMINISTRATION & ANALYSIS

- LEADERSHIP PRACTICES & BEHAVIOR INVENTORY: ADMINISTRATION & ANALYSIS

- SHARED LEADERSHIP® OUTCOMES: DEVELOPMENT & ASSESSMENT

- COACHING, GUIDED PRACTICE AND TECHNICAL ASSISTANCE

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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
DAKOTAH HICKLE’S PERSONAL JOURNEY

Good Morning. I am honored to share my personal journey of help, support, strength and hope. My name is Dakotah Hickle and I have been blessed with three beautiful daughters, Justice, who is 5, Jasmine, who is 3, and Jewel, who is 2. Over the past 3 ½ years, I took control of my life and made a commitment to transform myself to be the best mom I can be thanks to evidence-based Parents Anonymous® weekly support groups.

Reality came knocking on December 2, 2010 when I got arrested and starting serving time for drug possession, was charged with child endangerment and my kids were put in foster care. I was shaken to my core and realized I had to change because my kids needed and deserved a caring and nurturing mom. I knew my life was spiraling out of control: I was addicted and couldn’t stop. I knew the harm I was causing my children but felt so guilty that I did more drugs to cover up the pain.
My heart ached so much for my 2 daughters and then I found out I was pregnant with a third child while in jail and began my sobriety on December 23, 2010. Hopelessness and guilt overwhelmed me for putting my babies directly in harm’s way. I prayed every day for God to give me a second chance. On February 3, 2011, I was released on 7 years’ probation but was ordered to inpatient drug treatment. I was successful because I was committed to dealing with all my demons so that I could change my life forever for the sake of 2 little girls who were in foster care and my unborn daughter.

When I moved back to San Angelo with my new born daughter Jewel, I knew I needed help and luckily I began attending the Parents Anonymous® support group in my hometown every week for the next 7 months. When I went into my first Parents Anonymous® meeting, I felt so scared and deeply ashamed but through mutual support I reached out to other parents in the group, received much in return and worked hard to create positive changes in myself. I felt welcomed, encouraged and was not alone anymore because people believed in my ability to be a loving and nurturing parent.
I shared my fears, challenges, and successes and began creating new solutions that worked for me and my kids. Also I call the National Parent Helpline® to reach out, address parenting issues and know that I am never alone.

My entire family supported me. During these trying times, my Mom became sober and my greatest joy was she was able to see me blossom into the parent I always wanted to be before she passed away in 2013. Because of my experience in Parents Anonymous®, I built on my strengths, developed resiliency and the confidence to grow and change as an adult, mother and community leader.

I will never forget the glorious day that I worked so hard for finally came: April 13, 2012 when my two oldest daughters came home permanently. We were re-united as a family and all attended Parents Anonymous® Groups to help with the transition and allow my girls to deal with their anger towards me and get used to the new Mom I had become. United with their father, we have built a solid foundation for our loving and nurtured family.
Parents Anonymous® provided me with unwavering support, the opportunity to grow as a Parent Leader and I made amends to my children. Today I remodel houses to support my family, have attended college studying international business, am bi-lingual in Spanish, active in my church and want to make a career helping other parents like myself to prevent abuse and neglect, personal suffering and ultimately child fatalities. I share my story to put a human face on this subject; I am one of thousands of other Parents Anonymous® Parent Leaders who have turned their lives around by ensuring better outcomes for their families. It is my sincere hope to inspire others to seek help and support early and that this Commission will advocate for prevention resources to support Parents Anonymous® Programs and the National Parent Helpline®.
Contact Us

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