

Proud Parenting Grant Program

Local Evaluation Plan

Submitted by:
Family Paths, Inc.

Prepared by:
Julianne Rositas, MPA, MSEd

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January 1, 2022 – December 31, 2024

Project Background

Family Paths has provided mental health and family support services for 50 years in Alameda County. In 1980, after a five-year field study Family Paths launched its evidence based informed Positive Parenting Education Program for parents with children 0-17 years old. In 2015 Family Paths became the first Agency in Alameda County to provide Abriendo Puertas/Opening Doors (APOD) Parent Education Program, the first Evidence Based Parent Education Program designed for and by Latino Families with children 0-5 years old. Since launching APOD Family Paths has adapted and provided the program in five languages (English, Spanish, Cantonese, Mandarin, & Vietnamese) trained and certified 33 APOD facilitators across Alameda County, is recognized as an APOD train-the-trainer institute and has adapted the curriculum to the online platform. In 2017 with a grant from the Greater Good Science Center at University of California at Berkeley (UCB) Family Paths developed an evidence based informed fatherhood curriculum, *Fatherhood and Co-parenting: Beyond Conflict*. The curriculum is guided by character values, *empathy, purpose, reliability, and gratitude* and is designed to increase confidence & enhance Dads co-parenting experience. Family Paths has a long history providing parent education programs to Alameda County families. It is this long history coupled with the knowledge, skills and abilities acquired over the years that were motivating factors for responding to the RFP discussed below.

In June 2021 Family Paths, Inc. responded to the Request for Proposals (RFP) for the Proud Parenting Grant Program (PPGP) from the State of California Board of State and Community Corrections (BSCC). The grant was intended to fund projects that support young parents 25 years old or younger who are or were involved in the juvenile and child welfare system. This grant program assists participants and their children by supporting evidence-based approaches that increase parenting knowledge, supports positive parent-child interactions, and improves co-parenting relationships. In addition, the grant helps to provide community linkages and encourages family-centered activities to strengthen generational bonding. Family Paths, Inc. was awarded one of nine grants. The award amount was three hundred thousand, covering a three-year period between January 1, 2022, and June 30, 2025. With this grant Family Paths will implement a new project, the Young Parent Education Program (YPEP), a strength based and trauma informed parent education program that utilizes evidence-based curriculum and activities designed to empower young parents to make healthy choices, to be nurturing parents, build positive parent-child attachment, and to be positive role models for their children. The need for this program, program activities and curriculum, the goals, and objectives, along with the overall approach to the work are described below.

The final decision to implement the YPEP project emerged after reaching out to several community-based organizations, including Beyond Emancipation, Fred Finch Youth and Family Services, and government agencies that provide services to foster and cross over youth, including Alameda Behavioral Health, Alameda County Probation

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Department, Alameda County Social Services, and Children and Family Services. While these agencies and CBOs provide resources and support services to this population, currently, there are no evidence-based parent education programs in Alameda County specifically targeting the probation/crossover youth population. As a result, with the endorsement of these CBOs and government agencies, the YPEP project was launched to close a gap in services for Alameda County young and expecting parents who are on probation or are crossover youth 25 years and under. While the projects target population is young African American and Latinx parents and expecting parent who are probation/crossover youth and are 25 years (at the time of enrollment) or younger, all parents in Alameda County who meet the age requirement and probation/crossover youth criterion are welcome to participate.

The YPEP project will use evidence-based curriculum developed by the Nurturing Parenting Program® (NPP) The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. Participants will attend 16 weekly online group sessions each lasting 2 ½ hours. To encourage and motivate participants to complete the 16-week program participants will receive a \$100 incentive after every four sessions they attend. In addition, Families will receive five individual 60–90-minute coaching sessions with the Peer Mentor to assist with knowledge integration, skill development, linkages to needed community resources and to facilitate parent-child bonding activities. Eligible participants can enroll in the program at any time during a 16-week series and make up the classes missed in a subsequent series. Participants also receive ongoing support between sessions (as needed) from Family Paths 24-hour Parenting Stress Helpline. Participants can call or text the helpline as needed or sign-up to receive regularly scheduled check in calls or texts from a Parent Support Counselor.

Eligibility for the YPEP project is as follows:

- Parents and expecting parents who are 25 and under at the time of enrollment and who are currently or have been involved in juvenile systems and/or who are considered crossover youth within the child welfare system are eligible for the YPEP project.
- Priority will be given to individuals referred by Beyond Emancipation, Fred Finch Youth and Family Services, and Alameda County Children and Family Services'. However, the program is available to all young or expecting parents who meet the age and probation/crossover youth requirement.

At the time of this Local Evaluation Plan Parent Educators assigned to facilitate the curriculum have completed the Nurturing Parenting Practitioner Certification training. The program manager who is responsible for implementing, managing, and monitoring the YPEP project also completed the training to gain insight on the implementation process and fidelity management, become familiar with the curriculum and activities and key strategies for facilitating the sessions. We are also in the process of recruiting and hiring a part-time Peer Mentor, purchasing the curriculum and participant incentives.

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In addition, we are currently in ongoing collaboration with referral partners – Beyond Emancipation, Fred Finch, and Children and Family Services to develop a streamlined referral process that is user friendly yet captures all the necessary information. Since participation in the YPEP project is voluntary, a complicated referral process could discourage participant enrollment. In our proposal we statement that in collaboration with referral partners we would create a referral process involving a referral form to be completed with participant information, then securely scanned to Family Paths staff to complete enrollment. Once a referral is entered into the Sales force database it would be sent to the Parent Education program manager who then expedites the referral to the appropriate instructor. And for non-partner agencies who learn about our program, referrals would be made through Family Paths' 24-hour Parenting Stress Helpline. After further consideration and discussion, thus far, the recommendation is that all participants referred or self-referred call Family Paths Parenting Stress Helpline to enroll in the project, which is the process for enrollment for all other Family Paths parenting programs. Once this standardized referral process is finalized, the Young Parent Education Program (YPEP) will be added to the Sales force database as a Parent Education Option and enrollment will be completed in real time – at the time of the referral.

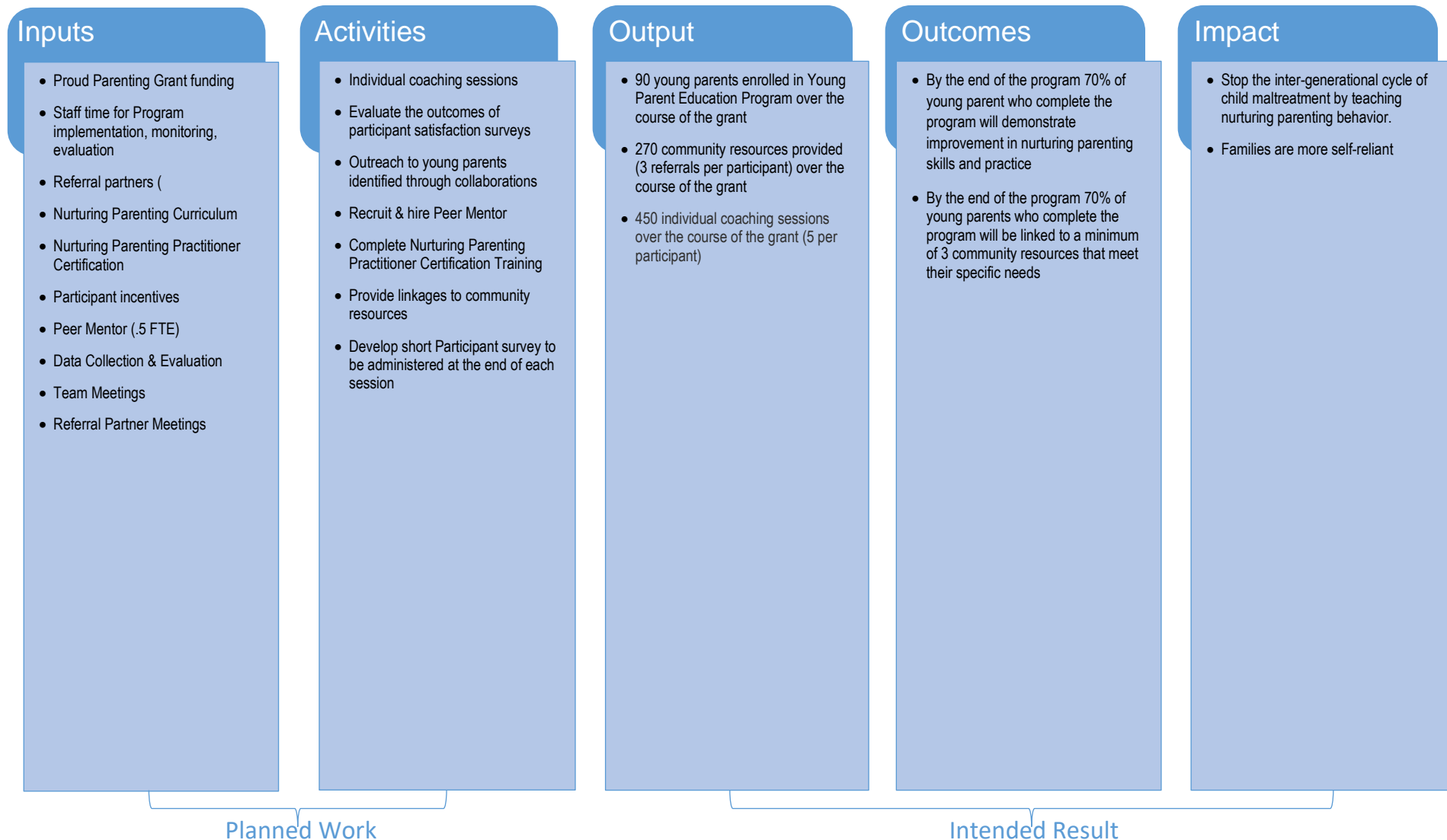
The YPEP project seeks to accomplish the following Goals and objectives:

1. Goal: Stopping the inter-generational cycle of child maltreatment by teaching positive parenting behavior.
 - a. 70% of young parent will demonstrate improvement in nurturing parenting skills and practice as measured by the Pre/Post Adult-Adolescent Parenting Inventory (AAPI-2.1)
2. Goal: To connect families to community resources to strengthen family self-reliance
 - a. 70% of young parents will be linked to a minimum of 3 community resources that meet their specific needs as measured by the Pre/Post Protective Factors Survey & Case Plan.

Project Logic Model

Goal 1: Stop the inter-generational cycle of child maltreatment by teaching nurturing parenting behavior.

Goal 2: To connect families to community resources to strengthen family self-reliance.



Process Evaluation Method and Design

YPEP process evaluation method and design will utilize both qualitative and quantitative data analysis tools, primarily utilizing referral records, tracking tools, and data retrieved from the Salesforce database. Program surveys will include process questions to collect data on each youth's experience. Qualitative data will be collected through Peer Mentor notes, key staff program meetings, referral partner meetings, and feedback from individuals providing referrals, and participants on ease of navigation of the process and experience during program engagement. These results will inform accomplishment of identified activities, quality improvement; fidelity compliance; target audience reached; and how external factors influenced program delivery.

The implementation of the YPEP program will be monitored and determined effective by the YPEP team utilizing strategies that include mechanisms to immediately address any gaps and adjustments needed. Strategies include:

- Weekly team meetings: Once a week the team will meet to share observations in response to three questions: What went well in the session? What didn't go so well, and how can we improve it next time? This information will be used to determine necessary adjustments to subsequent sessions.
- Monthly Referral Partner meetings: These meetings will be used to discuss the ease of the referral process, the challenges, or barriers in engaging participants for referral, and to share any feedback from participants who completed the referral process to identify strategies for process improvements.
- Participant Satisfaction: At the end of each session participants will complete a short survey. The survey will reveal the level of satisfaction, perceived value, perceived clarity of the information as delivered, and degree to which the session met needs or expectations. This data will provide Immediate understanding of issues that may impact participant satisfaction, likelihood of returning, and areas to fine tune. (Questions for this short survey are currently being determined)
- Quarterly review and monitoring of all data collection process for the quarterly data reports. Gathering data from referral and case notes, review of participant evaluation data collected through program specific pre-post surveys, to determine if desired outcomes are being achieved.

Outcome Evaluation Method and Design

The outcome evaluation will utilize the following method and design to assess if the intended objectives have been reached.

Objective 1: 70% of young parent who complete the program will demonstrate improvement in nurturing parenting skills and practice.

- **Pre/Post Adult-Adolescent Parenting Inventory (AAPI-2.1):** The AAPI-2.1 is a self-reporting 40 question inventory that measures parental behaviors and is used to assess the risk of child abuse and neglect. This assessment tool measures parent and child rearing behavior and beliefs in five areas (subscales): a) Expectations of children; b) parental empathy; c) use of corporal punishment; d) parent-child family roles; e) children's power and independence. Respondents take an average 10 to 15 minutes to complete the inventory. The AAPI-2.1 has an assessed fifth grade reading level. Parents who are unable or have difficulty reading the items can have the items read to them. Responses to the AAPI-2.1 are entered into the data management system administered by assessingparenting.com then displayed on a parent profile displaying scores in each of the five areas. The data are plotted on the profile using sten scores as the unit of measurement. Sten scores are "standard ten scores" that are built for a normal distribution. Responses to the AAPI-2.1 for each of the areas are categorized as Low Risk, Moderate Risk or High Risk for Child Maltreatment. Responses to the AAPI are compared to a set of established norms for adult parents and non-parents and adolescent parents and non-parents. Norms convert raw scores for easy comparison to abusive and non-abusive parenting attitudes and beliefs. Participants will complete the Pre AAPI with Peer Mentor prior to attending their first class. The Post AAPI-2.1 will be administered upon exiting the program.

Objective 2: 70% of young parents who complete the program will be linked to a minimum of 3 community resources that meet their specific needs.

- **Pre/Post Protective Factors Survey 2nd Edition (PFS 2):** The PFS is a pre-post evaluation tool for use with parents receiving child maltreatment prevention services. It is a self-administered survey that measures protective factors in five areas: family functioning/resiliency, social support, concrete support, nurturing and attachment, and knowledge of parenting/child development. The Per/PFS 2 will be completed with the Peer Mentor prior to attending their first class. The results of the Pre/PFS-2 will be used to assist the participant working with the Peer Mentor to develop a case plan for linkages to resources to enhance protective factors where needed. The Post/PFS-2 will be administered upon exiting the program.

The data collected from these tools are entered into an excel workbook. Pre and Post data are analyzed to determine if program objectives are accomplished. At the time of this report the frequency of this process is to be determined.