

Central Ohio Regional Prevention Council

Quarterly Evaluation Report of Child Maltreatment Prevention Activities

SFY 2024 Q2

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Key Highlights

- With support of the Council, the evaluation team has suspended including survey results in quarterly reports.
- This report focuses on interview results, which we separated all results by Triple P Modality. Despite our best efforts, we were unable to engage any of the three Triple P Level 4 Teen Participants who agreed to share their contact information.
- Level 3 participants were satisfied with the program and appreciated the interactive nature of the sessions.
- Level 4 (0-12) participants also found the program to be very helpful. However, some asked for more targeted information for single parents and families who are co-parenting.

How do families experience Triple P?

In January and February of 2024, research assistants from the University of Michigan contacted parents who agreed to have their contact information shared with the research team. From the original list of 170 names of participants from Quarter 2, there were 68 unique individuals who we had not contacted during the Quarter 1 interviews. Three research assistants called and texted all 68 individuals on the list. Seven participants (three from Level 3) consented to participate in interviews, for a response rate of approximately 10%. In this quarter, we heard from many parents that they were unable to participate without being compensated for their time, in the form of a financial incentive. If a greater representation of families is desired, CORPC may want to consider adding incentives for participation, if allowable by the funder.

Level 3

Overview

There were three participants involved with Level 3 that participated in interviews, participants reported that the sessions covered the following topics:

- Behavioral issues while parenting
- Managing oneself while dealing with children
- Sleep and bedtime habits
- Strategies for dealing with disobedience

Participants reported covering the following topics in their most recent session:

- Removing distractions from children's environments
- Children's bedtime habits
- Reviewing the Triple P methods and workbooks
- Reviewing behavior logs
- Obtaining compliance from children
- Getting ready for school
- Getting ready for bed
- Helping children get rid of antisocial behavior

Participants reported finding out about the program through:

- Child's school
- Imagination Library emails

Participants reported wanting to see advertisements for Triple P at:

- Their local library
- Daughter's dance school

Participation

Participants reported the following being reasons for wanting to participate in the program:

- Wanting to help their children deal with sleep regressions due to caretaker's recent separation from partner
- Disobedience topic offered by the program seeming appropriate for their home situation
- Wanting to learn more about parenting in general and learning new skills

Two participants didn't have any hesitations before participating, the remaining participant reported the following reasons for hesitating in participating:

- The title of the class ("Dealing with disobedience") made them hesitant to participate as they don't believe that their child is disobedient

Two of the participants reported that the program was held at a time and location convenient for them, with one saying that their session was virtual. One participant reported the following in terms of session scheduling:

- Program was held at a time that was little difficult for them due to it being around their children's bedtime

All participants reported that the location of their sessions was convenient for them.

Participants reported learning about the following at sessions:

- Checking one's emotions as a parent while interacting with their children
- Not repeating themselves too many times
- Learning that children might act out in order to gain attention from parents
- Sleep skills for children
- Changing one's language to emphasize urgency while parenting
- Changing language to be more positive, such as using compliments and encouragement
- Helping children create daily routines and enjoyable activities for recreational time

All participants reported that the length of their sessions was adequate.

Program Strengths

Participants reported being satisfied with the following:

- The printed and mailed materials
- Well-rounded view of different approaches to sleep
- Instructor keeping things simple and listening to all the parents' opinions
- Instructor engaging with the parents by inviting them to share experiences
- Videos displayed at session
- Scenarios and examples talked about at session

Participants reported the following as being the strongest points of the program:

- Program was very interactive
- Provided a space for parents to engage in dialogue with each other

Participants reported the following as being the most interesting/helpful:

- The behavior logs
- Specific topic of sleep
- Knowledge of behaviors and the reasons behind them
- Vocabulary and language to use with children

Participants reported the following as being the most important things that they learned in session:

- Learning the ability to anticipate different behaviors from children
- Staying calm while parenting
- Parent-to-parent dialogue
- The opportunity to talk through different parenting strategies at session

Program areas for improvement

Participants reported being dissatisfied with the following aspects of the program:

- Not having enough information for older children
- Program being too basic and not introducing more strategies/information after they started sessions
- Videos not being clear enough
- Not having received sessions materials yet

- Not agreeing with everything said at session by instructors and other parents

Participants reported feeling like the following areas of the program could be improved upon:

- The quality of the videos
- The title of the program (“Dealing with disobedience”)
- Adding more information for older children
- Instructors and content not dismissing some parenting strategies that parents may agree with, such as time-outs

No participants reported any areas that they felt like should be removed from the program.

DEI considerations

All participants reported feeling comfortable and respected during their time in the program. When asked to elaborate, they gave the following reasons:

- Felt like an open environment where parents were actively participating
- Moderators and instructors were engaged with the parents
- Facilitators were nice and gave each participant space to express their own situation
- Everyone was able to respectfully interact with each other

All participants reported that the language used in the sessions was understandable, both from the materials and the instructors. Two participants reported that the parenting information was provided at the appropriate level for them, while one participant reported that the parenting information was provided at a level that was too easy for them.

Outcomes

Participants reported the following as benefits that they received from the program:

- Helping them communicate with their children
- Reinforced existing parenting knowledge
- Reminded them to keep their emotions in check while dealing with children
- Adjustments to their children’s bedtime routines

Participants reported that program had the biggest impact in the following areas of their lives:

- Children’s sleep patterns
- Awareness of how much they repeat themselves when interacting with their children
- Understanding that they have the power to influence situations involving their children
- Learning to re-emphasize the type of relationships that they want with their children, particularly in difficult situations

Only one participant reported feeling like there were any ways in which the program didn’t benefit them, and they gave the following explanation:

- Misalignment in the targeted age group, participant was looking for ways of dealing with “cognitive disobedience” in elementary-aged children such as arguing and talking back

Final impressions

Participants reported the following as being helpful information for anyone to know before participating in the program:

- Having more information about the program available to the public, participant only got a link to participate when emailing their representative and was looking for more information online

- Knowing what age group the sessions will be targeting is important
- Being open-minded will help
- Don't be afraid of what you see on the screen(?) (Maybe they're talking about the videos shown in session)

All participants reported being satisfied with their program experience, with two giving a rating of "very satisfied" and one saying "moderately satisfied."

Participants reported the following as parenting information that they'd like to see provided in their community:

- Bullying
- Encouraging selflessness as opposed to selfishness in children
- Conflicts at school
- Conflicts with friends
- How to help children go through parental divorce and separation
- How to cultivate different types of relationships with children as they grow up
- What to expect from children at different developmental stages

Level 4 (0-12)

Overview

There were four participants involved with Level 4 (0-12) that participated in interviews, participants reported that the sessions covered the following topics:

- Positive parenting techniques
- Exercises and in-person courses on parenting
- Discipline for children

Participants reported covering the following topics in their most recent session:

- Discipline for children
- Reward charts
- Factors (internal, genetic, and external) that can influence a child's behavior
- Setting boundaries and rules
- Bedtime routines
- Managing high-stress situations
- Structured reward systems for children
- Remembering to thank children
- Quiet time/time-outs

Participants reported finding out about the program through:

- Children's services
- Referral from behavioral therapist
- Children's school/preschool

Participants reported wanting to see advertisements for Triple P at:

- Their local schools
- Birth centers/Hospitals

Participation

Participants reported the following being reasons for wanting to participate in the program:

- Wanting advice on how to help their children improve their behavior

- Wanting to learn how to stay calm while interacting with their children
- Learning about different parenting strategies
- Wanting to see concrete examples of parenting techniques and situations
- Wanting to learn more about parenting experiences from other parents instead of just “parenting by the book”
- Being mandated to take the course due to children’s services taking their children away otherwise

Two participants didn’t have any hesitations before participating, the remaining participant reported the following reasons for hesitating in participating:

- The time commitment required for the program
- Scheduling of program sessions during dinnertime
- Inability to take care of children while attending sessions

Two of the participants reported that the program was held at a time and location convenient for them, with one saying that their session was virtual. The other two participants also said that the location was convenient for them, but reported the following in terms of session scheduling:

- Program was held at a time that was little difficult for them due to it being around their children’s bedtime, wanted it to be afterwards
- Program was held during their dinnertime so it was difficult to be in a breakout room while trying to feed their children

Participants reported learning about the following at sessions:

- Implementing time-out strategies without being too harsh on their children
- Interacting with and having pre-playtime with their children
- Taking care of oneself as a parent
- Implementing household rules
- Observing the occurrence of behaviors
- Breaking down their children’s behaviors
- Being cognizant of how they respond to their children’s behaviors
- Learning about different tools to help their children

All the participants reported that the length of their sessions was adequate.

Program Strengths

Participants reported being satisfied with the following:

- The instructors and their knowledge of the program
- The tactics and techniques taught at the program
- The booklet provided by the program, they could go back and review what they learned
- Video examples provided at sessions
- Different parents who shared the same experiences and gave concrete examples of parenting situations
- Behavioral charts and the explanations of the charts provided by instructors
- Books and website links provided through the sessions

Participants reported the following as being the strongest points of the program:

- The speaker at sessions who seemed very knowledgeable and experienced

Participants reported the following as being the most interesting/helpful:

- The reward charts

- Learning how to help their children when it comes to learning or discipline
- The instructor having the parents reflect on their current relationships with their children

Participants reported the following as being the most important things that they learned in session:

- Focusing on why children behave the way that they do
- Learning about how to not control their children but to work with them to help them achieve what the parents want of them
- Being given concrete examples of how to go about specific high-stress situations

Program areas for improvement

Participants reported being dissatisfied with the following aspects of the program:

- The scheduling/timing of the sessions
- Program should put more emphasis on co-parenting
- Not having more specific resources for single-parents

Participants reported feeling like the following areas of the program could be improved upon:

- Videos should be more accessible and be able to be watched by parents after session for review
- Creating more resources for separated parents or single parents
- Creating more external resources for parents who don't have support systems in place

No participants reported any areas that they felt like should be removed from the program.

DEI considerations

All the participants reported feeling comfortable and respected during their time in the program. When asked to elaborate, they gave the following reasons:

- Feeling welcomed by an instructor that they had known previously from their child's school
- Having an environment where parents felt free to share their experiences and offer opinions without being judged

All the participants reported that the language used in the sessions was understandable, both from the materials and the instructors. All the participants reported that the parenting information was provided at the right level for them, not too easy and not too hard.

Outcomes

Participants reported the following as benefits that they received from the program:

- Successful implementation of some of the strategies that they learned from the program and consequent behavioral changes from their children
- Having the concrete examples from sessions to work off of when encountering difficult parenting situations
- Following up with consequences when they want their children to do something
- Having strategies ready for high-stress situations at home
- Helping them understand better/more effective ways of disciplining their children

One participant reported that the program was of help to them, yet they still had not seen their children due to them having a restraining order.

Participants reported that program had the biggest impact in the following areas of their lives:

- The parents' general relationship with their children
- The way that they deal with their youngest child
- Offering alternative approaches to disciplining their children

- Staying calm when disciplining their children

None of the participants reported feeling like there were any ways in which the program didn't benefit them.

Final impressions

Participants reported the following as being helpful information for anyone to know before participating in the program:

- The availability and scheduling of the sessions

All participants reported being satisfied with their program experience.

Participants reported the following as parenting information that they'd like to see provided in their community:

- Parenting techniques for children with disabilities
- Parenting information regarding school-readiness and IEP's
- Resources for children with chronic illnesses
- Helping children get ready for school