



WCPCAN Identified Home Visiting and Parent Education Models

	Program	Target Population	Age Range of Children	Service Intensity/ Duration	Program-Identified Outcomes	Identifying Characteristics/ Differences Between Models	Approx. Cost/ Family/ Year	Notes	For More Program Information
Home Visiting Models									
High Intensity, High Frequency, Long Duration	Nurse Family Partnership	First-time, low-income mothers	Early pregnancy through age 2 (families must enroll in early pregnancy)	Home visits occurring weekly to monthly by public health nurses for approximately 3 years.	<ul style="list-style-type: none"> Improved prenatal health Fewer childhood injuries Fewer subsequent pregnancies Increased intervals between births Increased maternal employment Improved school readiness 	<ul style="list-style-type: none"> Visits must be completed by a public health nurse. Focus on health outcomes. Families cannot have any other children (First-time mothers only). Implemented by local public health districts 	\$5,000	WCPCAN Research Advisory Group identified as having the "Best Support"***	http://www.nursefamilypartnership.org
Moderate - High Intensity, Moderate - High Frequency, Long Duration	Parents As Teachers	Universal	Pregnancy through age 5	Home visits weekly to monthly by trained paraprofessionals from pregnancy through age five. Families can enroll at any time during this period.	<ul style="list-style-type: none"> Increase parent knowledge of early childhood development and improve parenting practices Provide early detection of developmental delays and health issues Prevent child abuse and neglect Increase children's school readiness 	<ul style="list-style-type: none"> Implemented by school districts and non-profit entities. Flexible model depending on who is implementing and population being served. 	\$2,000	WCPCAN Research Advisory Group identified as a "Promising Practice"***	http://www.parentsasteachers.org
Low Intensity, High Frequency, Moderate Duration	Parent-Child Home Program	At-risk parents (single, low-income, teen parents, multiple risk factor families, etc.)	16 mo. through age 4, but typically 2 and 3 year olds are the target	Home visits twice weekly for ½ an hour each visit for two years (23 weeks is minimum amount of weeks that constitute a program year).	<ul style="list-style-type: none"> Early Literacy Increased school readiness 	<ul style="list-style-type: none"> Home visitor brings a book or educational toy once a week for families to keep and model interaction with the item. 	\$2,400	Not yet reviewed by WCPCAN Research Advisory Group	http://www.parent-child.org
Moderate Intensity, Moderate Frequency, Long Duration	Home Instruction for Parents of Preschool Youngsters (HIPPY)	Universal	Ages 3 through 5	Bi-weekly home visits and bi-weekly group meetings for two to three years.	<ul style="list-style-type: none"> Early Literacy School Readiness Parent Involvement 	<ul style="list-style-type: none"> Home visitors are members of the participating communities and are also parents in the program. Visitors are supervised by a professional coordinator. 	\$1,250	Not yet reviewed by WCPCAN Research Advisory Group	http://www.hippyusa.org
High Intensity, High Frequency, Long Duration	Parenting Partnership (Local Example of Intensive Home Visiting Program)	At-risk parents of medically fragile infants	Discharge from the Neo-natal Intensive Care Unit (after birth) to age 3.	Home visits weekly by a trained Masters Level Therapist. A nurse partners on early visits.	<ul style="list-style-type: none"> Improved Child Health and Development Prevention of Child Maltreatment Healthy Parent-Child Attachment 	<ul style="list-style-type: none"> Intensive home visitation to a very focused at-risk population utilizing the Steps to Enjoyable Effective Parenting Curriculum (STEEP). 	\$6,000	WCPCAN Research Advisory Group identified as a "Promising Practice"***	
High - Moderate Intensity, High - Moderate Frequency, Long Duration	Healthy Families America - New York	At-risk families identified by Family Stress Checklist and Kempe Assessment	Enrollment before child reached 3 months of age continuing up to age 5.	Weekly home visits by trained paraprofessionals during at least the first six months of the child's life with intensity decreasing based on family need.	<ul style="list-style-type: none"> Support positive parent-child bonding and relationships Promote optimal child health and development Enhance parental self-sufficiency Prevent child abuse and neglect 	<ul style="list-style-type: none"> Visits are done by trained family support workers. 	\$3,500	Not yet reviewed by WCPCAN Research Advisory Group	www.healthyfamiliesamerica.org
Low Intensity, Moderate Frequency & Duration	Parent Aide Program	Families at risk for child abuse and neglect	Birth through school age	Weekly home visits for up to one year	<ul style="list-style-type: none"> Prevent child abuse and neglect 	<ul style="list-style-type: none"> Parent aides are professionally trained volunteers who become a friend and role model to parents. 	\$3,000	Not yet reviewed by WCPCAN Research Advisory Group	
Moderate Intensity, High Frequency, Long Duration	Early Head Start (Home-Based Option)	Low income families	Pregnancy through age 3	Weekly home visits and bi-weekly group socializations	<ul style="list-style-type: none"> Improved social competence of children Healthy child development 	<ul style="list-style-type: none"> Federally funded 	\$10,500	Not yet reviewed by WCPCAN Research Advisory Group	www.ehsnrc.org

Parent Education and Skill Building Models (Group Based)									
Moderate Intensity, Moderate Duration	Parent Child Interaction Therapy	Families with children at risk for physical abuse or experiencing behavioral emotional problems	Ages 3 to 11	Approximately fifteen, one-hour sessions	<ul style="list-style-type: none"> Increase nurturing and secure parent-child relationship Increase in child's pro-social behavior and decrease negative behavior 	<ul style="list-style-type: none"> Parent coaching through a "bug in the ear". Establishing a home-based model. 	\$2,000	WCPCAN Research Advisory Group identified as having "Good Support"***	www.php.ufl.edu/~seyberg/
Low Intensity	The Incredible Years	Families with children with behavioral/emotional problems	Ages 2 to 8	Group-based, age specific curriculum utilizing 8-14 weekly two-hour group sessions	<ul style="list-style-type: none"> Increase parenting skills Increase interpersonal skills 	<ul style="list-style-type: none"> Primarily researched for children with conduct disorder but effective with broader range 	\$100 - \$1,000	WCPCAN Research Advisory Group identified as having "Good Support"***	www.incredibleyears.com/content.htm
High - Low Intensity depending on implementation	Circle of Security	Universal	Birth to age 5	A basic protocol that can be used in a variety of settings, from group sessions (20 weeks) to family therapy to home visitation	<ul style="list-style-type: none"> Increasing parent skills in observing parent/child interactions Increase capacity of the caregiver to recognize and sensitively respond to child's needs 	<ul style="list-style-type: none"> Developing a home-based model Attachment-based model Utilizes videotaped interactions between parents and children 	\$2,000-\$2,500	WCPCAN Research Advisory Group identified as a "Promising Practice"***	http://www.circleofsecurity.org
	Promoting First Relationships	Universal	Birth to age 3	Service providers use practical, effective strategies for promoting secure and healthy relationships between caregivers and young children in a variety of settings	<ul style="list-style-type: none"> Increase children's healthy social-emotional development Increase responsive, nurturing caregiver relationships 	<ul style="list-style-type: none"> A protocol that is often applied in home visitation models 	\$1000 (Costs may be higher with home visitation model)	WCPCAN Research Advisory Group identified as a "Promising Practice"***	www.son.washington.edu/centers/pfr
Low Intensity	Nurturing Parenting Program	Universal	All ages	Home-based: weekly 1 - 1 ½ half hour home visits, duration varies Group-based: Age specific curriculum utilizing 12-23 weekly 2 1/2 to 3 hour group sessions	<ul style="list-style-type: none"> Increase parenting skills 	<ul style="list-style-type: none"> Multiple curricula for specific populations (such as parents of teens, parents of children birth to five, etc.) 	\$100 - \$600	WCPCAN Research Advisory Group identified as a "Promising Practice"***	www.nurturingparenting.com
Low Intensity	Strengthening Multi-Ethnic Families	Ethnic and culturally diverse parents	Ages 3 to 18	Twelve 3-hour group sessions taught in consecutive weeks	<ul style="list-style-type: none"> Increase parent sense of competence Increase positive family/ parent/ child interactions Increase child self-esteem and self-discipline Increase child social competency skills Increase parental involvement in community activities 	<ul style="list-style-type: none"> Culturally appropriate model for diverse populations 	\$100 - \$600		http://casat.unr.edu/bestpractices/view.php?program=119
	Effective Black Parenting	African-American families	All ages	Fifteen 3-hour group sessions on a weekly or bi-weekly basis	<ul style="list-style-type: none"> Enhance quality of parent relationships with their children Increase parenting strategies and skills 	<ul style="list-style-type: none"> Culturally appropriate model for African-American families 	\$100 - \$600	WCPCAN Research Advisory Group identified as a "Promising Practice"***	www.ciccparenting.org/cicc_ebpp_1112.asp
	Los Niños Bien Educados	Spanish-speaking and Latino-origin parents	All ages	Twelve 3-hour group sessions on a weekly or bi-weekly basis	<ul style="list-style-type: none"> Enhance quality of parent relationships with their children Increase parenting strategies and skills 	<ul style="list-style-type: none"> Culturally appropriate model for Hispanic families 	\$100 - \$600	WCPCAN Research Advisory Group identified as a "Promising Practice"***	www.ciccparenting.org/LosNiñosBienEdDesc.aspx

** The WCPCAN Research Advisory Group identified three levels of evidence. "Best Support" indicates at least two between-group design experiments or a large single case experiment. "Good Support" indicates at least two experiments showing statistical significance against a wait-list, one between group experiment or a small series of single case experiments using a manual. "Promising Practice" indicates a practice that has a sound theoretical basis, a book or manual delineating protocol and substantial clinical-anecdotal literature indicating the practice's value with parenting behavior. For a full description of criteria or if you have other questions contact Kristen Rogers at: kristen@wcpcan.wa.gov.