Formulating a Best Practice Statement for a Prison Parenting Program: A Program Evaluation Project

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Objectives

1. Discuss the Healthy People 2020 goals of positive parenting.
2. Describe the role of nursing in a prison parenting program.
3. Understand the importance of an evidence base for a prison parenting program.
The family and home can have a profound effect on whether children experience violence

40% of adolescents have been exposed to family violence

Effects of child maltreatment can lead to: future violence tendencies, victimization, substance abuse, risky sexual behavior and compromised relationships

Healthy People 2020
Background

Since 2002, the United States has had the highest incarceration rate in the world (707 adults/ 100,000 population)
Incarceration Facts by State

Number of Prisoners per 100,000 residents

- ≤ 250
- 251 – 350
- 351 – 450
- 451 – 550
- 551 – 650
- ≥ 651
National Rates

Incarceration rate of inmates incarcerated under state and federal jurisdiction per 100,000 population 1925-2013
Massachusetts Rates

- The total jurisdiction population was 10,813 (Jan. 2015)

- The overall recidivism rate for inmates released in 2010 over the span of 3 years was 39%

- White 4,152 (42.9%), Black 2,732 (28.3%), Hispanic 2,516 (26.0%), Asian 132 (1.4%), American Indian/Alaskan Native 50 (0.5%), Other 88 (0.9%).
Problem

- Crime rates have decreased by about 25 percent from 1988 to 2008

- Violent crime and property crime have declined since the early 1990s

- The U.S. has experienced a surge in its prison population, quadrupling since 1980, partially as a result of mandatory sentencing that came about during the "War on Drugs"

- And...
2.7 Million children in the US under the age of 18 have a parent in prison or jail
Honors Thesis

- **Phase 1:** Review of literature
  - Positive Parenting Program (Triple P),
  - Parent Management Training-Oregon Model (PMTO)
  - Parenting Inside Out

- **Phase II:** Field work
  - Attend the existing parenting program at the Hampshire Sheriff’s Office (HSO) 1 yr.
  - Evaluate the program relative to Best Practices
  - Apply Best Practice Statement to create a list of recommendations for improvements to the program
Parenting Inside Out®

Communication, problem solving, monitoring, positive reinforcement and non-violent discipline techniques
PIO Features

- Is outcomes-based
- Is learner-centered
- Uses social learning theory to teach cooperation
- Uses problem solving in the context of learning parenting skills
- Helps parents promote healthy child adjustment, prevent child problem behavior, and interrupt the cycle of intergenerational criminality

(http://www.parentinginsideout.org/)
Best Practice from Literature

Evidence Basis: Standardized, Consistent, Demonstrate Results

Training: Sustainable, ongoing resources, separate roles

Curriculum: Adaptable and include positive parenting techniques, emotional communication skills, plan for the future

Format and Milieu: Meet 2-3 times per week for 10-15 weeks, use interactive activities, be open and respectful.

Adult Learning Theory: Self-reflective and experiential

Children: Should be involved in learning

Resources: Post-release resources for ongoing support
Field Work - Parenting Programs at HSO

10 Parenting Classes

- Small group (6-10)
- One hour weekly sessions for 16+ weeks
- Pedagogical teaching method-Led by Community Outreach Coordinator and a Case Worker.

10 “Connecting With Your Child” (CWYC) Program

- Monthly evening program
- Education-based themes
Determining Quality

- What does the patient say?
  - Journaling

- Assess program elements
  - Immersion

- Compare to literature

- Analyze findings
  - debrief

National Quality Forum, 2013
Program Evaluation

Steps

Engage Stakeholders

Ensure use and share lessons learned

Justify conclusions

Gather credible evidence

Describe the program

Focus the evaluation design

Standards

Utility
Feasibility
Propriety
Accuracy

MMWR (1999) 48, RR-11
What came up?

- Evaluate journals
  - Reflection-debriefing
  - Expert discussion
  - Peer discussion
  - Wordle
Recommendations

10. Adopt evidence-based program

10. Keep records to expand knowledge base

10. Create a sustainable training system

10. Make group meetings more frequent

10. Utilize Adult-Learning-Theory over pedagogy

10. Expand CWYC program
Next Step

- Use this information to support a grant funded research project
- Test the PIO in a county jail setting
- Evaluate its efficacy across regional jails