



Overview of Evidence-Based Programs or Treatment for Children 1-5 in North Carolina

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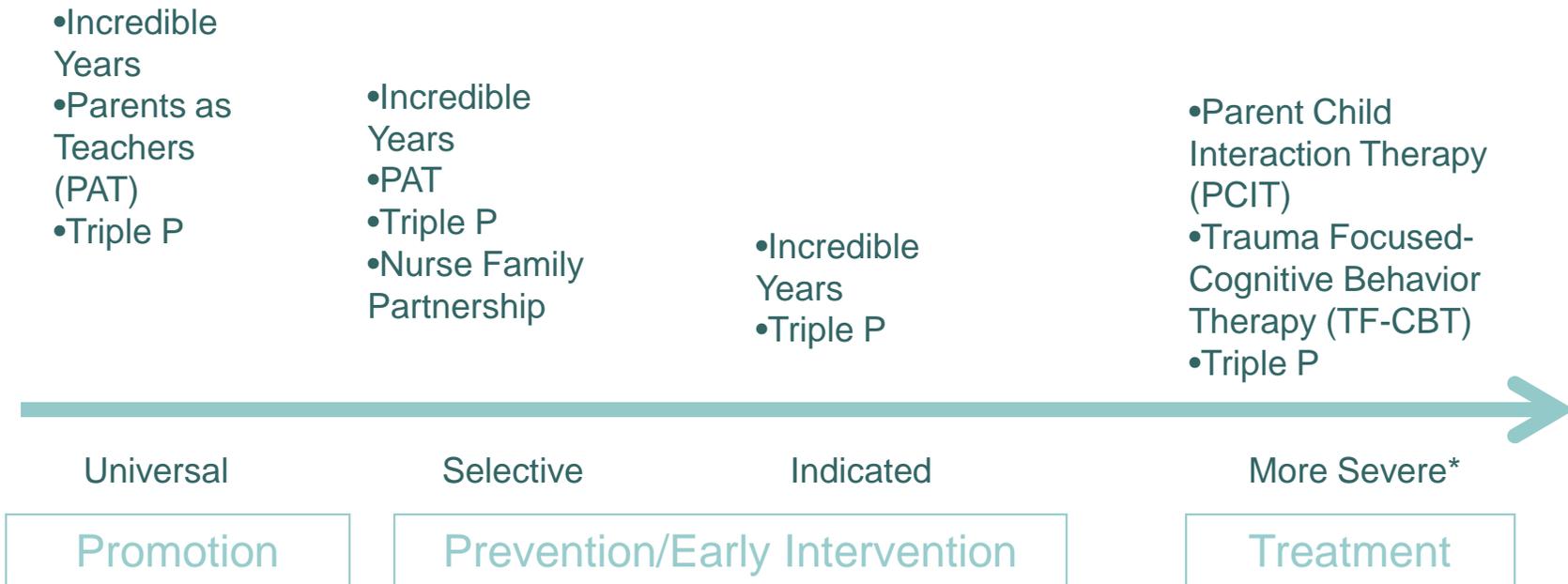
North Carolina Institute of Medicine

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Evidence-Based Programs or Treatment for Children 1-5



Underlying need for screening, triage, referral and assessment system

*Evidence-based treatment varies based on the underlying diagnoses

Disclaimer: There are other evidence-based programs/treatments. We have not included all of them in this presentation. We have included the ones highlighted at the September 2011 meeting as evidence-based programs/treatments being used in North Carolina.





Incredible Years (IY)

- Incredible Years has multiple components for parents, teachers and children
- In North Carolina the basic parenting program is being used.
 - IY being used at the prevention level
 - **Target Population:** Parents or caregivers with children ages 2 to 5 years who have demonstrated aggressive and behavioral problems in early childhood classrooms and at home; and may be expelled from their preschool.
- IY has components that target promotion and intervention as well but they are not being used in North Carolina



Incredible Years (IY)

- The IY Basic Parent Training Program is an evidence-based, 14-week parenting skills course that strengthens families by building parents' skills and promoting children's cognitive, social, and emotional skills.
 - Parents learn the very basics of parenting: effective discipline, how to give praise and set limits, how to play with their children, and how to deal with challenging behaviors

● ● ● | Incredible Years (IY)

- Outcomes (related to mental health, social, and emotional development)
 - Parents: increase in positive and nurturing parenting, reduction in harsh and negative parenting





Incredible Years (IY)

- **Location:** County-level, 16 Counties (SFY2012): Alamance, Chatham, Durham, Orange, Surry, Yadkin, Brunswick, Nash, Edgecombe, Cherokee, Clay, Guilford, Rockingham, Robeson, Transylvania and Wayne.
- **Administering Organizations:** Prevent Child Abuse North Carolina and The North Carolina Partnership for Children, Inc.
- **Program Taught By:** Master's level or above, or background in child development with experience working with children and families



Incredible Years



- **Financing**
 - NC DSS, NC DPH, Smart Start, Duke Endowment, Duke Energy Foundation
- **Program Costs**
 - ~\$1500 per location for books and other materials
 - ~\$2500 per family
 - Two or three staff required per location



Parents as Teachers (PAT)

- PAT is a parenting education and family support program
- PAT is a promotion program (universal), however, being used in NC at the prevention level due to funding limitations
 - **Target Population:** NC funding is directed towards families with greatest need
- PAT is intended to be a multiple year program
 - PAT is being implemented in a variety of ways in NC
 - Try to serve families for at least two years; some programs serve families for only one



Parents as Teachers (PAT)

- PAT has multiple components
 - Home visiting
 - At least one per month by a parent educator
 - Screening
 - At least one child screening per year
 - Assess cognitive, language, and socio-emotional development as well as motor skills
 - Assess overall health, vision, and hearing
 - Group meetings
 - Once a month led by parent educator
 - Parents learn parenting skills and basics of child development
 - Connect with other parents
 - Resource network
 - Link parents to community resources

Note: Most NCPAT locations provide all 4 components (affiliates) but some are just using the curriculum for group meetings



● ● ● | Parents as Teachers (PAT)

- **Outcomes** (related to mental health, social, and emotional development)
 - Parents: more knowledgeable about child development and parenting; display more positive interaction with their children; fewer cases of abuse and neglect
 - Children: less likely to need remedial education; more advanced than peers in cognitive abilities and social development



Parents as Teachers (PAT)

- **Location:** County-level, 61 Counties, 89 PAT programs.
Alamance, Anson, Beaufort, Bladen, Brunswick, Buncombe, Burke, Cabarrus, Catawba, Cherokee, Chowan, Clay, Cleveland, Columbus, Craven, Cumberland, Currituck, Dare, Davidson, Davie, Duplin, Durham, Edgecombe, Forsyth, Gaston, Granville, Greene, Guilford, Harnett, Haywood, Henderson, Hertford, Hoke, Iredell, Jackson, Johnston, Lee, Lenoir, Lincoln, Macon, Mecklenburg, Nash, Onslow, Orange, Pasquotank, Person, Pitt, Randolph, Richmond, Rockingham, Rowan, Rutherford, Sampson, Scotland, Stanly, Surry, Swain, Union, Wake, Watauga, Wilson
- **Administering Agency:**
Parents as Teachers National Center, Inc.



● ● ● | Parents as Teachers (PAT)

- Program Offered By: varies by location
 - Cooperative extension, adolescent parenting programs, public schools, health department, faith-based, local partnerships, Early Head Start, Head Start
- Program Taught By:
 - Parent educators have various backgrounds—early childhood certification, social workers, health educators, parents
 - strongly suggest minimum of BA degree
 - if not BA degree then supervised by someone with BA



Parents as Teachers (PAT)

○ Financing

- Smart Start funds, Head Start, Even Start, local public school system, other early childhood programs, and other local, private, state, and federal funds.

○ Program Costs

- Parent educator training ~\$900 per educator for 5-day training
- ~\$2500 per family (includes all program costs including curriculum, salaries, etc) if implemented with fidelity and receiving technical assistance (program with 5 parent educators working with 120 families)





Triple P- Positive Parenting Program

- Triple P has multiple components for communities, parents and families
- The program has six intervention levels of increasing intensity, which are the following:
 - (1) universal media campaign that targets all parents in a community and involves social marketing and health promotion
 - (2) available to all parents, offers primary care providers advice and discussion to parents on children's developmental and behavioral issues (e.g. bedtime problems, toilet training)
 - (3) targets parents of children with mild to moderate, discrete behavior difficulties (e.g. tantrums, fighting, whining) and includes brief consultation and active skills training
 - (4) targets parents seeking intensive parent training to deal with children with more severe behavioral difficulties (e.g. ADHD, aggressive behavior, conduct disorder, oppositional defiant disorder)
 - (5) "Enhanced Triple P" is offered to families with child behavior problems related to family dysfunction (e.g. depression, stress, relationship conflict)
 - (6) Pathways Triple P is for parents at risk of maltreating their children



Triple P- Positive Parenting Program

- Triple P in NC
 - Fairgrove Family Resource Center in Davidson County is offering Group Triple P (Level 4)



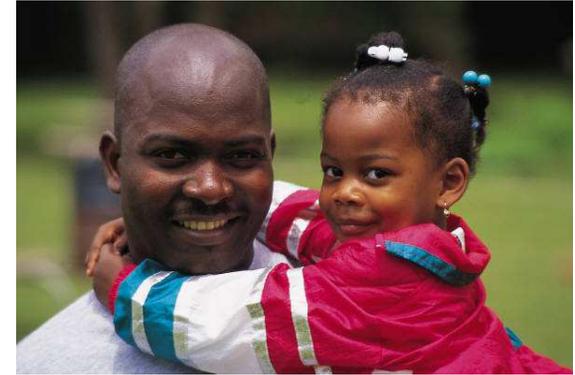


Triple P- Positive Parenting Program

- Outcomes (related to mental health, social, and emotional development)
 - Parents: Increase in positive parenting; reduction in parental stress, depression, anger; reduction in maltreatment;
 - Children: Fewer behavior and emotional problems



Triple P- Positive Parenting Program



- **Location:** Davidson County
- **Administering Organizations:**
Fairgrove Family Resource Center, Inc
- **Financing**
- **Program Costs**
 - Level 1 costs vary with extent of media campaign
 - Levels 2 and higher: Typically implemented by individual practitioners with post-secondary education qualifications, ~\$7000 for provider training



Nurse Family Partnership (NFP)

- Nurse Family Partnership is a nurse home visiting program with visits occurring over the first two years of the child's life. Topics covered in visits include: maternal health, environmental health, maternal role, family and friends, service utilization, family planning, and education and livelihood
- NFP can be used as a promotion program (available to all) but is used in NC at the prevention level
 - **Target Population:** Expectant, first-time, low-income mothers



Nurse Family Partnership (NFP)

- Outcomes (related to mental health, social, and emotional development)
 - Parents:
 - Improves prenatal care, quality of parenting
 - Improves economic self-sufficiency
 - Reduction in child abuse and neglect
 - Children: reduction in behavioral and intellectual problems





Nurse Family Partnership (NFP)

- **Location:** 15 counties: Buncombe, Cleveland, Guilford, Mecklenburg, Pitt, Robeson, Rutherford, Polk, McDowell, and Wake, Columbus, Edgecombe, Halifax, Hertford, and Northampton
- **Administering Organizations:** North Carolina Division of Public Health





Nurse Family Partnership (NFP)

- **Financing**

- State, federal and Private funds: Duke Endowment, Kate B. Reynolds Charitable Trust, Blue Cross and Blue Shield of North Carolina Foundation, North Carolina Department of Health and Human Services- Division of Public Health, North Carolina Partnership for Children, Inc., and Smart Start

- **Program Costs**

- 4 days of intensive training followed by two 2 day trainings
- 4 nurse home visitors and a ½ time supervisor and ½ time administrator typically serve 100 families
- ~\$5000 per family per year



Parent-Child Interaction Therapy (PCIT)

- PCIT is an intervention for
 - Parents with children with disruptive behavior disorders, ADHD, separation anxiety
 - Parents who have a history of abusing their children and children who have suffered abuse/neglect
 - Children with chronic medical conditions, intellectual and developmental disabilities, speech and language disorders





Parent-Child Interaction Therapy (PCIT)

- PCIT teaches parents specific skills that enable them to
 - Establish nurturing, secure relationships with their children
 - Promote positive behavior while discouraging negative behavior
- Therapy includes
 - Clinical behavior therapy with parents
 - Play therapy with parent and child interacting and a therapist coaching the parent
- One hour a week until parents have mastered behaviors and rate child's behavior within normal range



Parent-Child Interaction Therapy (PCIT)

- Outcomes (related to mental health, social, and emotional development)
 - Parents: decrease in parental stress; positive parenting behaviors; decrease in use of inappropriate parenting techniques
 - Children: decreases in child behavior problems





Parent-Child Interaction Therapy (PCIT)

- **Location:** Training being done around the state
- **Administering Organizations:**
 - The Duke Endowment, the Duke Evidence-based Practice Implementation Center and the Center for Child and Family Health have developed a learning collaborative to disseminate PCIT in North and South Carolina
- **Treatment Provided By:** Individual therapists with at least a master's degree



Parent-Child Interaction Therapy (PCIT)

- **Financing**

- The Duke Endowment has funded a learning collaborative in North and South Carolina to help train providers on PCIT

- **Program Costs**

- Extensive training required including: 40 hours face-to-face training, advanced live training, case experience, skill review
- ~\$3000-4000 per therapist

Trauma Focused-Cognitive Behavior Therapy (TF-CBT)

- PCIT is an intervention for
 - Children who have experienced trauma- PTSD symptoms, depression, behavior problems, and other difficulties related to traumatic life experiences
 - Parents of children who have experienced trauma





Trauma Focused-Cognitive Behavior Therapy (TF-CBT)

- TF-CBT Therapy includes
 - Psychoeducation and parenting skills, Relaxation skills, Affect expression and regulation skills, Cognitive coping skills and processing, Trauma narrative, In vivo exposure (when needed), Conjoint parent-child sessions, and Enhancing safety and future development
 - 12-16 sessions of individual and parent-child therapy
 - Can be done effectively even if no parent is available to participate in treatment



Trauma Focused-Cognitive Behavior Therapy (TF-CBT)

- **Outcomes** (related to mental health, social, and emotional development)
 - **Parents:**
 - Improves parenting practice
 - Enhances ability to support their children
 - Reduces depression
 - **Children:**
 - Reduces: depression, anxiety, behavior problems, sexualized behavior, trauma related shame
 - Improves: interpersonal trust and social competence



Trauma Focused-Cognitive Behavior Therapy (TF-CBT)

- **Location:** There is at least one therapist trained in TF-CBT in 88 counties in North Carolina
- **Administering Organizations:**
 - NC Child Treatment Program is training therapists in 28 NE NC counties
- **Treatment Provided By:** Individual therapists with at least a master's degree



Trauma Focused-Cognitive Behavior Therapy (TF-CBT)

○ **Financing**

- TF-CBT is usually covered by Medicaid and private insurers for enrollees meeting eligibility requirements
- The Duke Endowment; Kate B. Reynolds Charitable Trust; NC Governor's Crime Commission; the NC DSS; and NC DMHDDSAS have helped fund provider training

○ **Program Costs**

- Free initial online training
- Live training recommended for optimal implementation
- Full Day Training
 - Individual \$100-300
 - Agency/Group Training ~\$3000

- Ongoing consultation over the phone is additional cost





Final Thoughts

- This is not a conclusive list. There are other evidence-based/promising programs/treatments being used in North Carolina
- This list does include the evidence-based prevention and promotion programs that we could identify that are being implemented in North Carolina
- This list does not include all evidence-based treatments being used in NC
 - Child Parent Psychotherapy (CPP) and Attachment and Biobehavioral Catch-up (ABC) are examples of other e-b/pp treatments being used in NC

