

RESOURCES IN PARENT EDUCATION: GROUP CURRICULA

The following chart lists selected curricula for group parenting education: stand alone curricula, sets of curricula (e.g., for varying ages of children), and multi-audience programs that include parenting education. The chart includes:

- Program Title and Source for additional descriptive and ordering information
- Audience for whom it is designed and Intended Outcomes
- A very brief description, "Features, Format, Languages"
- Cost information as of 2008-2009
- Whether evaluation tools are available with the program, and
- Whether the program is cited on evidence-based-practice websites (see below).

Additions and corrections are welcome; contact Christine Deyss, cdeyss@preventchildabuseny.org, or Judy Richards, Judy.Richards@ocfs.state.ny.us.

Evidence-Based Web Citation This section of the chart refers to the following organizations' reviews of evaluative research and consequent ratings of program effectiveness. Rating scales and definitions of effectiveness vary among the websites. Not being cited on one or more of these websites does not mean that a program is not effective, but relates to the availability and quality of evaluative research on the program.

- **Center for Study and Prevention of Violence Blueprints for Violence Prevention (BVP)**
<http://www.colorado.edu/cspv/blueprints/modelprograms.html>

Blueprints programs meet rigorous tests of effectiveness in the field. Several important criteria are considered when reviewing program effectiveness; three are given greater weight: evidence of deterrent effect with a strong research design, sustained effect, and multiple site replication. Blueprints **Model** programs must meet all three of these criteria; **Promising** programs must meet only the first criterion.

- **California Evidence Based Clearinghouse for Child Welfare (CEBC)**
<http://www.cachildwelfareclearinghouse.org>

Provides access to information about selected child welfare related programs. Research for each program is reviewed and rated on a scale of 1 to 5, a lower rating indicates a greater amount of research support, i.e., 1 = well supported, 2 = supported, 3 = promising, 4 = evidence fails to demonstrate effect, 5 = concerning practice.

- **Office of Juvenile Justice And Delinquency Prevention (OJJDP) Model Programs Guide**
http://www2.dsgonline.com/mpg/program_types_definitions.aspx

Evidence ratings are based on the evaluation literature of the programs and include: **Exemplary**, when implemented with a high degree of fidelity, robust empirical findings based on a reputable conceptual framework and experimental evaluation design. **Effective**, when implemented with sufficient fidelity, adequate empirical findings based on a sound conceptual framework and a quasi-experimental evaluation design. **Promising**, when implemented with minimal fidelity, promising empirical findings based on a reasonable conceptual framework and a limited evaluation design.

- **Promising Practices Network (PPN)** <http://www.promisingpractices.net>

Offers research-based information on what works to improve the lives of children and families. "Programs that work" include: **Proven**: At least one outcome is changed by 20%, 0.25 standard deviations, statistically significant at the 5% level; randomized-control trial (experimental design) or some quasi-experimental designs, sample size exceeding 30; evaluation documentation publicly available. **Promising**: At least one outcome is changed by more than 1%, significant at 10% level; comparison group but may exhibit some weakness; evaluation documentation publicly available. **Screened**: Have not undergone a full review by PPN, but evidence of their effectiveness has been reviewed by one or more credible organizations that apply similar evidence criteria.

- **SAMHSA (Substance Abuse and Mental Health Services Administration) National Registry of Evidence-based Programs and Practices (NREPP)** <http://www.nrepp.samhsa.gov>

A searchable online registry of mental health and substance abuse interventions that have been reviewed and rated by independent reviewers, to assist in identifying mental and/or substance use prevention and treatment approaches that have been scientifically tested and that can be readily disseminated to the field. Intervention (program) descriptions include outcomes and quality of research ratings, on a 0-4 scale.

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1-2-3 Magic Parenting <i>(used also by parents for self-education)</i> ParentMagic, Inc. 800-635-8301 www.parentmagic.com	Parents and caregivers of children ages 2-12. Improve child cooperation and behavior; reduce parental stress, hostility and depression.	<ul style="list-style-type: none"> ○ Offers practical, easy-to-use discipline techniques to help parents deal with problem behaviors and behavioral disorders. ○ Focuses on changing or eliminating negative parenting behavior, such as parental nagging, yelling, hitting, and critical or hostile comments, by providing simple, clear and positive strategies, such as timeout, rewards, and other practical suggestions. ○ Materials include leader's guide, DVDs, powerpoint CD, transparencies, masters for participants' booklets for take-home materials, evaluation forms, and other resources. 	\$295 - 495 for Leader's Presentation Packages. Training is not required.	Yes	CEBC: Supported
The 5 Essentials Of Successful Parenting Various vendors, e.g.: http://cambridge.films.com/id/5779/The_5_Essentials_of_Successful_Parenting.htm http://www.sociallearning.com/catalog/items/DVD6178.html	Parents of children to age 5 Increased positive parent involvement and nurturing parent-child relationships.	<ul style="list-style-type: none"> ○ Designed for parenting education groups, addressing needs that are unique to parents with young children. ○ 5-part video series for parenting education classes, available in DVD or VHS; facilitator's guide and handouts are included. ○ Topics include: love and stability, time together, inspire and challenge, positive discipline, and safety and health. ○ (Jennie Mose Family Resource Center uses in conjunction with "Peaceful Parents" listed below.) 	\$325 Training is not required	No	
Active Parenting Now 800-825-0600 http://www.activeparenting.com/xapn.htm	Parents of children ages 5-12 Increase child cooperation, responsibility and self-esteem; reduce power struggles.	<ul style="list-style-type: none"> ○ 6 Basic Programs: Children 5-12, Teens, Self esteem, Dealing with loss, Divorce, Active Parenting Today (children 5-12) in Spanish. ○ Video-based, with leader's guide, participant's guide, powerpoint presentation. ○ Six 2-hour sessions, weekly or monthly. ○ Covers encouragement, building the child's self-esteem, and creating a relationship with the child based upon active listening, honest communication, and problem solving, and using natural and logical consequences to reduce unacceptable behaviors. ○ Available in Spanish. 	\$200- \$600 per kit depending on program Training available, not required	Yes	SAMSHA: 3.1 – 3.2
Children in the Middle Center for Divorce Education 740-594-2526 www.divorce-education.com/children.htm	Parents with divorce conflicts Improved communication skills, reduced conflict, less litigation.	<ul style="list-style-type: none"> ○ The program aims at reducing parental conflict, loyalty pressures, and communication problems that can place significant stress of children. ○ One or two 90-120 minutes classroom sessions (for parents only) that can be tailored to meet specific needs; part I focuses on adults issues & part II on child's issues. ○ Specific parenting skills are taught, with a focus on communication skills as a way of reducing the familial conflict experienced by children. ○ Video, parents' guidebook, children's guidebook, leader's guide. ○ Available in Spanish. 	\$290 video kit, 20 parent & 20 child books No training required	Yes	OJJDP: Promising PPN: Screened SAMSHA: 2.0 - 2.4

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<p>Common Sense Parenting <i>(used also by parents for self-education)</i></p> <p>Boys Town Press 800-545-5711 http://www.parenting.org/catalog/index.asp</p>	<p>Parents of children ages 6-16</p> <p>Decrease in child behavior problems and improved family satisfaction</p>	<ul style="list-style-type: none"> ○ Aimed at enhancing the role of parents as teachers, using effective discipline, clear communication, effective praise, proactive teaching and corrective teaching. It teaches parents to teach self-control to their children and learn ways to stay calm themselves. ○ Includes parenting book, videotapes - 2 VHS/DVD videos and parent's activity book. ○ Trainer's kit includes all the materials needed to conduct parenting classes. ○ Six- eight 2 hour sessions, weekly. ○ Books also available for parents of toddlers and preschoolers and for teens. ○ Available in Spanish, some materials in Russian. 	<p>\$699-video set & trainer resources</p> <p>Training at Boys Town or on site</p>	No	
<p>Confident Parenting</p> <p>Center for the Improvement of Child Caring 818-753-1054 http://www.ciccparenting.org/TrioNationalModel.aspx</p>	<p>Parents of children ages 2-12</p> <p>Improved parent skills, effectiveness and parent-child interactions.</p>	<ul style="list-style-type: none"> ○ 4 Basic Programs emphasize positive parent role modeling, reinforcement and logical consequences . ○ Short lectures, demonstration, discussion, and role playing of skills, homework and behavior change projects. ○ Includes books, videos and instructor kits. ○ Program consists of ten-twelve 2-hour weekly sessions; separate topics can be presented in one-session parent meetings. ○ Evaluation research information on website. ○ Spanish adaptation, Los Niños Bien Educados Programs. 	<p>\$242 leader's kit, additional materials available</p> <p>Instructor training \$975, includes kit, or arrange at site</p>	No	
<p>Creating Lasting Family Connections</p> <p>Resilient Futures Networks, LLC 502-897-1111 http://copes.org/products.php</p>	<p>Youth ages 9-17 and their parents</p> <p>Reduce teen alcohol and other drug use; increase family resiliency and community connections.</p>	<ul style="list-style-type: none"> ○ For youth and their parents to improve social skills, refusal skills, alcohol and drug knowledge, understanding of healthy beliefs and risk factors, through increased self-awareness, expression of feelings, communication, and self-disclosure. ○ 6 training modules, 5-6 weeks, 2.5 hour sessions. Materials include curricula, participants' notebooks, posters and custom evaluation kit. ○ Can be implemented flexibly in different settings, community-based, school-based, and partial implementation for parents or youth without the other. ○ Content also focuses on reducing violence and uncontrolled behavior as well as inappropriate sexual behavior and the transmission of STDs. ○ Available in Spanish. 	<p>\$1,600 for all curricula, participants' notebooks, posters and evaluation kit.</p> <p>Training highly recommended, not required</p>	Yes	<p>OJJDP: Effective</p> <p>PPN: Promising</p>
<p>Discipline is Not a Dirty Word <i>(also parent self-education)</i></p> <p>Cornell Cooperative Extension</p> <p>Parent Handbook download: http://ecommons.library.cornell.edu/handle/1813/3711 Facilitator Manual download: http://www.parenting.cit.cornell.edu/pp_DINADW.html</p>	<p>Anyone who lives and/or works with children</p> <p>Improved discipline and anger-management skills.</p>	<ul style="list-style-type: none"> ○ A handbook for those who live or work with children to use as a practical resource as well as a guidebook for leading classes or seminars. ○ Seven principles of discipline designed to help families through difficult times, for example: "do" rather than "don't" statements, safe limits, changing the environment. ○ Practice episodes demonstrate how the principles can be translated into action. ○ Easy for parents to understand and relate to appropriate for varying levels of literacy. 	<p>Free download of handbook</p> <p>No training needed</p>	No	

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<p>Effective Black Parenting Program</p> <p>Center for the Improvement of Child Caring</p> <p>800-325-CICC http://www.ciccparenting.org/TrioNationalModel.aspx</p>	<p>African-American families of children ages 2-12</p> <p>Strong families and confident, healthy children. Prevention of child abuse, juvenile delinquency, drug abuse, school failure.</p>	<ul style="list-style-type: none"> ○ Adaptation of <i>Confident Parenting</i> focuses on learning parenting skills within the framework of the values, history, and contemporary culture of the African-American community. Incorporates elements of parents as models and teachers; the child characteristics of high self-esteem, self-discipline, pride in identity, and life goals. ○ Includes Parent Handbook, training video, DVD on recruitment and marketing. ○ 15 weekly 3-hour sessions, for groups of 15-30 parents. ○ A one-day seminar version is available for large groups of parents. ○ Evaluation research information on website. 	<p>\$413 instructor kit</p> <p>Instructor training \$975, includes kit, or arrange at site.</p>	Yes	
<p>Every Person Influences Children (EPIC) Pathways to Parenting</p> <p>EPIC</p> <p>716-332-4100 http://www.epicforchildren.org</p>	<p>Parents of children ages 0 – teens.</p> <p>Responsible and academically successful children.</p>	<ul style="list-style-type: none"> ○ A community-based continuum of programming to engage parents, children, teachers, and community members to develop parenting skills, parent advocacy, and education. ○ Several workshop series for parents of newborns through young adolescent to develop parenting skills, advocacy and leadership: Ready, Set, Read / Ready, Set, Parent! / Parenting Infants & Toddlers / Parenting Young Children / Parenting Young Adolescents / Parenting Just for Teens / Parents as Advocates / At-Risk Parenting. ○ EPIC trains people as per diem trainers who are paid a stipend to provide training in the various programs, and licenses and trains agencies to implement their program. ○ Workshops for teachers, community members, and youth also available. 	<p>Materials provided with training, licensing. Contact EPIC</p>	No	
<p>Family Talk</p> <p>Family Resource Centers of Crestwood Children's Center</p> <p>585-436-0370 ext. 303 email: rkraus@hillside.com www.hillside.com</p>	<p>Parents of children ages 0-12</p> <p>Increased comfort and competence with sexuality related questions.</p>	<ul style="list-style-type: none"> ○ Intended for parents of young children and teen parents being the primary sexuality educators of their children: talk with children about their bodies and sexuality; determine age appropriate information; know the body and reproduction; communicate the standards for sexual behavior for children. ○ Materials and handouts for parents, training manual for facilitators. ○ Suggested as four consecutive weekly sessions. ○ Available in Spanish. 	<p>\$900</p> <p>12-hour training is advisable</p>	Yes	
<p>Guiding Good Choices</p> <p>Channing Bete Company</p> <p>877-896-8532 http://www.channing-bete.com/prevention-programs/guiding-good-choices/</p>	<p>Parents of children ages 9-14</p> <p>Prevent substance abuse among teens.</p>	<ul style="list-style-type: none"> ○ A parent education support format, typically five 2-hour sessions. ○ Based on the social development model, that strong bonding to positive influences reduces problem behaviors such as delinquency and substance abuse. Teaches parents effective family management and communication skills before their children reach adolescence. ○ Materials include leader's guide, workshop videos, family guide, CDs for powerpoint presentations and handouts, evaluation tools. ○ Available in Spanish. 	<p>\$839 for instructor kit, \$1079 with 25 family guides</p> <p>Training available, no required</p>	Yes	<p>BVP: Promising</p> <p>OJJDP: Exemplary</p> <p>PPN: Proven</p> <p>SAMSHA: 2.6 – 3.1</p>

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<p>The Incredible Years: Parents and Children Series</p> <p>888-506-3562 www.incredibleyears.com</p>	<p>Parents of children ages 0 -12</p> <p>Increase parent competencies. Reduce conduct problems and increase social, emotional, and academic competence in children.</p>	<ul style="list-style-type: none"> ○ A set of developmentally based curricula designed as intervention and prevention for parents, teachers and children especially to deal with children diagnosed with conduct disorders; recently adapted for all parents. (Different materials by children's ages.) ○ Parents learn, discuss and practice positive parenting strategies and skills, focusing on: modeling of problem solving and discipline strategies, positive communication. ○ Includes videos as prompts for discussion, supplemental book for parents, home assignments; audio-tapes in Spanish. ○ 4 to 14 weekly 2-3 hour sessions, depending on the program and age of the children. ○ Emphasizes close coordination with the school to help with children's misbehavior. ○ Available in Spanish. 	<p>Tapes \$1000-1300, leader's manual \$150</p> <p>Training required: on-site training for group \$1500-2,000 (Cost-planning on website)</p>	Yes	<p>BVP: Model</p> <p>CEBC: well-supported</p> <p>OJJDP: Exemplary</p> <p>PPN: Proven</p> <p>SAMSHA: 3.6 – 3.7</p>
<p>Los Niños Bien Educados</p> <p>Center for the Improvement of Child Caring</p> <p>800-325-CICC http://www.ciccparenting.org</p>	<p>Latino parents of children ages 0-12</p> <p>Improved parent skills, effectiveness and parent-child interactions.</p>	<ul style="list-style-type: none"> ○ Teaches parenting skills from a Latino cultural frame of reference, using Latino proverbs, and is respectful of the traditions and customs of Latino families and sensitive to adjustments needed to acculturate to life in our society. ○ 12 3-hour sessions, covering: culturally-specific parenting strategies, general parenting strategies, basic parenting skills, special program topics. ○ Instructor's manual, parent handbooks, transparencies, other resources. ○ In Spanish or English. 	<p>\$415 instructor kit, \$19 parent book</p> <p>Instructor training \$975, includes kit, or arrange at site.</p>	Yes	
<p>Love and Logic</p> <p>The Love and Logic Institute</p> <p>800-588-5644 http://www.loveandlogic.com/teach.html</p>	<p>Parents of children ages 0- teens</p> <p>Parents' respectful and healthy relationships with children.</p>	<ul style="list-style-type: none"> ○ Several curricula: Early Childhood, Toddlers: Teens, Grandparenting. ○ Principles include: raising and teaching children in ways that build strong and positive communication and relationships with them, preserving the child's self-concept and teaching the child to solve their own problems. ○ Six- eight group sessions, with "how to's" for working with children that put parents and teachers back in control, and teaches children to be responsible. ○ Materials include instructional videos, CDs, Facilitator's Guide, Parents Handbooks. ○ Available in Spanish. 	<p>\$730 for facilitator kit, incl. 10 parent books</p> <p>Training conferences available, not required</p>	No	
<p>Nurturing Parent Programs</p> <p>Family Development Resources</p> <p>800-688-5822 http://www.nurturingparenting.com</p>	<p>At-risk families with children ages 0-18</p> <p>Stop the generational cycle of child abuse; reduce juvenile delinquency, alcohol abuse, and teen pregnancies.</p>	<ul style="list-style-type: none"> ○ Several curricula designed to meet the specific needs of families with children of various ages, and at different level of prevention, primary and secondary, and treatment, building nurturing skills as an alternative to abusive parenting. ○ Curricula include lesson guides, DVDs, parent handbooks, assessment inventories. ○ Group-based for parents and children, home-based, or a combination of the two. Group sessions run from 2-3 hours once a week for 12-45 weeks. ○ Sessions nurture self-awareness, positive self esteem, and empathy; healthy emotional and physical development; awareness of roles and developmental expectations; skills in family communications and awareness of needs. ○ Adapted for Hmong, military, Hispanic, African-American, foster and adoptive parents; families in alcohol treatment; parents with special learning needs; and families with children with health challenges. Available in Spanish. 	<p>Depending on program \$900-\$1,925, may order pieces</p> <p>Training recommended, \$250- \$300, or arrange at site</p>	Yes	<p>CEBC: Promising</p>

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Parent Effectiveness Training (PET) Thomas Gordon Training 800-628-1197 www.gordontraining.com/parentingclass.html	Parents of children ages 0- teens Child self-discipline and self-control; families working together and participating in rule- setting.	<ul style="list-style-type: none"> ○ Focuses on communication, decision-making and conflict resolution skills to build and maintain an effective relationship with a child. ○ Discussion, practice and application of exercise with a commitment to learn the communication skills. ○ 24 hours of instruction in this program; e.g., 8 three-hour sessions or 2 four-hour sessions. ○ Available in Spanish and 14 other languages. 	Instructor certification required, \$2,200- 1 week session, includes trainer materials	No	
Parenting a Second Time Around (PASTA) Cornell Cooperative Extension For Information: CCE Orange Co: 845-344-1234. Also see: www.parenting.cit.cornell.edu/pp_pasta.html Order: 800-666-2211, orderbook@cupserv.org	Grandparents or other parenting relatives Confidence in grandparents and relative caregivers	<ul style="list-style-type: none"> ○ Each workshop is planned for a two-hour block of time. ○ Topics include: child development, discipline and guidance, caring for yourself as a caregiver, rebuilding a family, living with teens, legal issues, advocacy. ○ Introduces community resources, discusses sensitive issues and encourages grandparents to take an active role in accessing legal, medical, social and educational services. ○ Leader's manual contains outlines for eight workshops, with handouts and supplementary materials, including evaluation tools. 	\$55 for group leader's manual No training is required	Yes	
Parenting Journey The Family Center 413-663-6593 http://www.thefamilycenterinc.org/events_information.htm	Parents of children 0- teens Increased self- awareness and self- care, parenting skills, nurturing family relationships.	<ul style="list-style-type: none"> ○ Experiential curriculum geared towards parents who have not had the kind of upbringing that serves as a resource and provides emotional sustenance in their relationships with their children. ○ Focus on promoting attitudes that enhance good parenting: respect, helping each other, listening empathetically, and being curious, emphasizing the parent as a person rather than focusing on child behavior and development. ○ 12 education and support sessions involve experiential exercises and activities. 	Facilitator training \$500- \$650 in major cities, contact info on website	Yes	
Parenting Skills Workshop Series Cornell Cooperative Extension Tompkins Co. 607-272-2292 www.cce.tompkins.org Also see http://ecommons.library.cornell.edu/handle/1813/3498 Evaluation information at http://www.parenting.cit.cornell.edu/pp_psws.html	Parents of children ages 0- teens, of varying literacy levels Enhanced parenting skills and parent- child relationships.	<ul style="list-style-type: none"> ○ For parents who benefit from a hands-on learning format rather than text-based teaching approaches, for any level of literacy. ○ Works well with parents mandated to attend and voluntary participants. ○ Based on themes consistent with STEP (Systematic Training and Effective Parenting) and PET (Parent Effectiveness Training). ○ 8 weeks of 2-hour workshops: participants learn new skills in a format that emphasizes action in "real" situations; facilitators provide feedback and technical assistance in using the skills during practicing time when participants talk about and work on situations they are struggling with in the present. ○ Materials include trainer's manual, handouts, posters, certificates of achievement. 	Parent educator's manual \$13.95 Training is recommended; contact: Nancy Potter, CCE Tompkins, np20@cornell.edu	Yes	

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Parenting Through Change Implementation Sciences International 541-485-2711 marionf@oslc.org http://www.isii.net/	Separated mothers with elementary school children. Healthy child adjustment, prevention of behavioral and emotional problems.	<ul style="list-style-type: none"> ○ Provides recently separated single mothers with group sessions to learn effective parenting practices including skill encouragement, limit setting, problem-solving, monitoring, and positive involvement. ○ 14 weekly group sessions, presenting topics in an integrated, step-by-step approach typically introduced in one or more sessions, then reviewed and revisited throughout the remainder of the program. ○ Available in Spanish. 	Contact organization for Cost of materials and training. Training is required.	Yes	SAMSHA: 3.4 – 3.8
Parenting Wisely <i>(used also by parents for self-education)</i> FamilyWorks, Inc. 866-234-WISE www.parentingwisely.com	Parents of children ages 3 -18 Increased parenting skills, problem solving and family unity; reduced problem behaviors.	<ul style="list-style-type: none"> ○ A parenting skills education system for individual or group education: Basic, Young Children, American Teens, Urban Teenagers, Foster and Residential Care. ○ In CD-ROM or online formats, DVD/VHS is also available, service provider's guide, parent handbooks, brochures, referral cards, floppy disk with evaluation forms. ○ One staff can deliver the program; even low literacy parents can use it without assistance. ○ Topics cover communication skills, problem solving skills, speaking respectfully, assertive discipline, reinforcement, chore compliance, homework compliance, supervising children hanging out with peers who are a bad influence, step-family problems, single parents issues, violence, and others. ○ Available in Spanish. 	\$599 for CD- ROM; video- tape set \$199 with CD, \$299 for others. Training is not required; self- administered program.	Yes	CEBC: Promising OJJDP: Promising PPN: Screened SAMSHA: 2.7 – 2.8
Parents Apart Cornell Cooperative Extension Tompkins Co. 607-272-2292 ext. 243 www.ccetompkins.org/ParentsAp art/index.htm	Divorcing and separating parents Improve child coping during parents' separation and divorce.	<ul style="list-style-type: none"> ○ Workshops meet for a total of 6 hours (e.g., 2 weekday evenings) with local psychologists, family therapists, social workers, lawyers, and mediators. ○ Examples of topics: how children react to their parents' separation/divorce, what parents can do to help their children adjust, how to keep children out of the middle of their parents' conflict, how to parent after separation and divorce, listening skills, avoiding common pitfalls, understanding mediation and legal processes, and discussing legal resources available to help families. ○ Available in Spanish. 	Training available, call CCE Tompkins County	Yes	
Peaceful Parents... Peaceful Kids Jennie Mose Family Resource Center, Addison, NY Contact Karen Sweeney 607-359-3839 ksweeney@addisoncsd.org	Parents of school age children Enhanced parenting skills.	<ul style="list-style-type: none"> ○ A 4-week program based on Dr. William Glasser's Choice Theory, including a parent and a child component. Covers topics for parents to understand behavior and why we do what we do, communication, the "deadly habits" we practice and discipline, which involves problem solving, consequences, and self-discipline. ○ Focuses on teaching parents to look at themselves as leaders; provides flexibility and opportunity for parents to have self-evaluation and personal accountability. 	Curriculum available without cost, upon consultation with JM FRC	No	

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Smart Steps Cornell Cooperative Extension Jefferson Co. 315-788-8450 Ext.224 http://counties.cce.cornell.edu/jefferson/	Stepparents and their children ages 6-16 Strengthened families with stepparents, partnering couples.	<ul style="list-style-type: none"> ○ Research-based program that provides practical information for stepparents and partnering couples, with a focus on building family strengths and sound, practical information. ○ Six week program, 2-hour sessions held concurrently for the parents and children with a family activity at the end of the session. Adult and child group facilitators provide interactive learning opportunities for the entire family. 	\$80 for curriculum; \$105 for curriculum plus supplemental video (Man of the House & Stepmom)	No	
Strengthening Families Program 801-581-7718 / 583-4601 www.strengtheningfamiliesprogram.org	Parents or caretakers with children ages 3- 16 Increase resilience and reduce risk factors for children	<ul style="list-style-type: none"> ○ Designed for substance abusers, now widely used with any at-risk parents, this program is based on behavioral and cognitive skills training. ○ Includes parenting skills, children's life skills, and family life skills. ○ 14 2-hour sessions: first hour for parents and children separately, then together. ○ Content covered includes: academic achievement, antisocial/aggressive behavior, social and emotional learning, booster sessions, parent-child interactions, parent training, and skills development. ○ Modified for African American, Asian/Pacific Islander, Hispanic and American Indian families, rural families and families with early teens. 	\$450 CD master set of materials to reproduce Training required, \$3,650 two- day training for up to 35, includes one master set	Yes	BVP: Promising OJJDP: Exemplary PPN: Screened SAMSHA: 3.1
Systematic Training for Effective Parenting (STEP) STEP Publishers 800-720-1286 www.steppublishers.com	Parents of children ages 0- teens Improved skills and relationships with children.	<ul style="list-style-type: none"> ○ Four basic programs: Early Childhood (birth -6), Children 6-10, Teens, STEP Programs in Spanish. ○ Seven sessions, designed for parenting groups, materials include videos, parent's handbooks, and leader's resource guide and video with tips on leading a parent group. ○ Topics include: understanding yourself and your child, beliefs and feelings, encouragement, communication, discipline, self-esteem, cooperation, problem solving, family meetings, and other topics. ○ Available in Spanish. 	\$345 for the kit; additional parent books @ \$13 - \$17 No training required	Yes	CEBC: Promising