

## REPORT FOR PARENTS ANONYMOUS® OF MARYLAND (MD11)

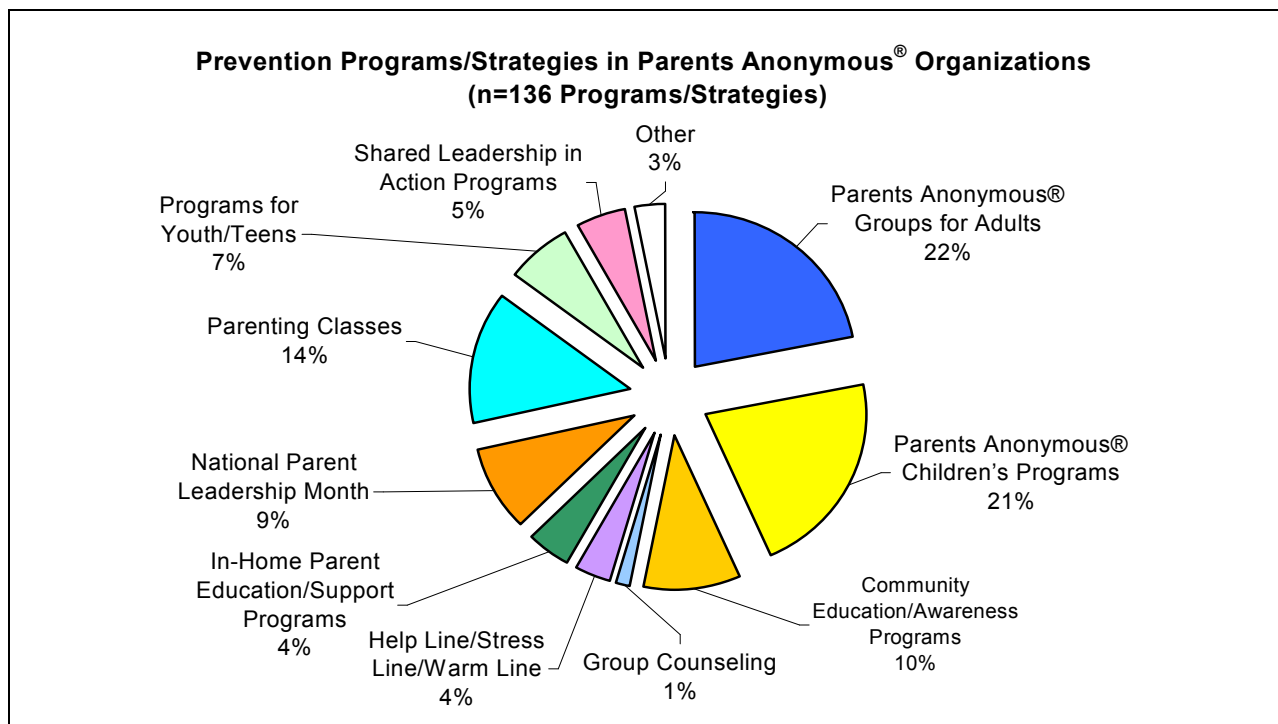
### INTRODUCTION

As part of the CDC BECAUSE Kids Count! Project (Building and Enhancing Community Alliances United for Safety and Empowerment), an Inventory of Parents Anonymous® child maltreatment programs/strategies was conducted in the Summer and Fall of 2005. The overall goal of the Project is to develop a National Child Abuse Prevention Plan. Thirty of 30 accredited Parents Anonymous® Inc. organizations and their 190 affiliates responded to the Inventory and described at least two programs/strategies related to child maltreatment prevention that they had utilized in Fiscal Year 2005 (10/1/04-9/30/05). When descriptions of similar strategies were grouped together, 10 main types emerged from the 136 described in the Inventory data from all Parents Anonymous® organizations:

- Parents Anonymous® Groups for Adults
- Parents Anonymous® Children's Programs
- Community Education/Awareness Programs
- Group Counseling
- Help Line/Stress Line/Warm Line
- In-Home Parent Education/Support Programs
- National Parent Leadership Month
- Parenting Classes
- Programs for Youth/Teens
- Shared Leadership in Action Programs

Four "other" strategies were also identified:

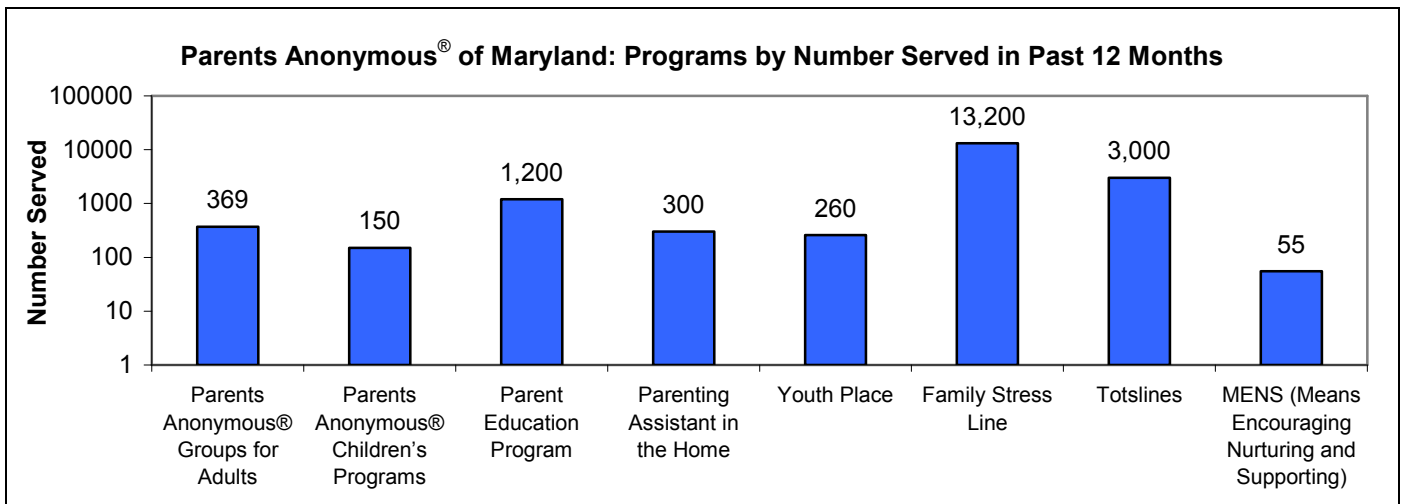
- Grant Making
- Homeworks Program
- Parent-to-Parent Mentoring for Parents with Children with Disabilities
- Visitation and Safe Exchanges for Children



## PROGRAMS/STRATEGIES REPORTED BY PARENTS ANONYMOUS® OF MARYLAND

Parents Anonymous® of Maryland reported the following child maltreatment prevention programs/strategies, by type:

- Parents Anonymous® Groups for Adults
- Parents Anonymous® Children’s Programs
- Parent Education Program (Parenting Classes)
- Parenting Assistant in the Home (In-Home Parent Education/Support Programs)
- Youth Place (Programs for Youth/Teens)
- Family Stress Line (Help Line/Stress Line/Warm Line)
- Totslines (Hot Line/Stress Line/Warm Line)
- MENS (Group Counseling)



### PROGRAM/STRATEGY DESCRIPTIONS

**Notes:**

- The report for each program or strategy follows the format of the Inventory Tool: Program/Strategy Description, Population Served, Investment and Resources, and Program/Strategy Effectiveness.
- Text in *italics* reflects wording from the Inventory Tool.
- Text in quotation marks represents quotations from the Inventory data for this Parents Anonymous® organization.

**PROGRAM 1**

**PARENTS ANONYMOUS® ADULT MUTUAL SUPPORT GROUPS,  
ALSO CALLED “PARENTS ANONYMOUS® GROUPS”**

***Program Description***

This program has been utilized by Parents Anonymous® of Maryland for *two years or more*. They reported that this program is known to be successful because it is a *widely recognized best practice or process, promising practice, or emerging practice in the literature*; they have had *success with this program in the past*; and it came recommended by an individual or organization that they respected.

The Parents Anonymous<sup>®</sup> Adult Mutual Support Group program was selected over other programs and strategies because *the national organization (Parents Anonymous<sup>®</sup> Inc.) required it, it fit the organization's strategic plan, funding became available, it was culturally appropriate, and it was evidence based.*

Parents Anonymous<sup>®</sup> Adult Mutual Support Groups **primarily** address the issue of child abuse or neglect **before** it occurs. The program helps prevent child abuse and neglect “by diminishing the impact of risk factors of child abuse and neglect while increasing the resiliency of parents in their parenting role. Parents build on their strengths, increase their ability to deal with stress, and expand their support networks within their own communities.” *Key activities* were described as “an ongoing weekly group for adults in a parenting role that meets 1½ to 2 hours at the same location, day and time. Each adult group is co-facilitated by a Parent Group Leader and a professionally trained Group Facilitator.” Parents Anonymous<sup>®</sup> Adult Mutual Support Groups are *ongoing*. The Level of Social Ecological Model addressed is **Individual**—*child abuse and neglect prevention takes place through addressing individual knowledge, attitudes, skills, or behaviors about child abuse and neglect.*

### **Population Served**

The population served was described as “Any adult in a parenting role (e.g., natural parents, step parents, foster parents, grandparents, aunts, older siblings, etc.)” The focus of this program is “*Everyone, regardless of any experience with child abuse or neglect.*” This program served 369 people over the past 12 months.

### **Investment and Resources**

*Investment of Staff.* Investment of staff in this program was 2.5 FTE, representing 7% of the Total Agency FTE.

*Investment of Financial Resources.* The program's annual budget was \$25,000, representing 2% of the Total Agency budget.

*Investment of Volunteers.* The program utilized 12 Volunteers, representing 6% of the Total Agency Volunteers.

*All Agency Resources Devoted to This Program.* The estimated percentage of All Agency Resources (e.g., staff time, money, in-kind contribution) devoted to this program was 3%.

### **Program Effectiveness**

The organization knows that the way they have implemented the program is effective in preventing child abuse and neglect because they *have evaluated the program, they have received positive feedback from participants, and based on previous experience.* The *program evaluation* was described as follows: “Two studies demonstrate the effectiveness of this program in reducing parenting stressors and improving protective factors such as parenting competencies, social support, problem solving strategies, and providing a nurturing environment. In addition, we have implemented local evaluation offering parent leaders parent satisfaction surveys twice a year.” *Effectiveness through previous experience* was described as follows: “This program has been implemented for over 35 years nationwide.”

This program is *based on a best practice model.* Knowledge that the model was followed comes from *regular survey of consumers regarding services received,* described as follows: “We collect parent satisfaction surveys twice a year and we conduct site visits regularly on 100% of our adult groups to assure that they are meeting the Parents Anonymous<sup>®</sup> established benchmarks and standards.” Knowledge that the model was followed also comes from *regular survey of providers regarding services provided,* described as follows: “We regularly interact with providers to ensure quality services are provided. We participate in bi-annual structured interviews (teleconferences called Building Capacity for All!).”

## PROGRAM 2 PARENTS ANONYMOUS<sup>®</sup> CHILDREN'S PROGRAMS

### ***Program Description***

This program has been utilized by Parents Anonymous<sup>®</sup> of Maryland for *two years or more*. They reported that this program is known to be successful because it is *an adaptation of or based upon best practice or process, promising practice, or emerging practice in the literature*; they have *had success with this program in the past*; and it *came recommended by an individual or organization that they respected*.

The Parents Anonymous<sup>®</sup> Children's Program was selected over other programs and strategies because *the national organization (Parents Anonymous<sup>®</sup> Inc.) required it, it fit the organization's strategic plan, funding became available, it was culturally appropriate, and it was evidence based*.

Parents Anonymous<sup>®</sup> Children's Programs ***primarily*** address the issue of child abuse or neglect ***before*** it occurs. The program helps prevent child abuse and neglect because "while parents attend the adult group, their children participate in a weekly 1½ or 2 hour Children's Program [based on the timeframe of the Adult Group]. The Children's Program is based on the California Health Education Standards. The focus of the program is to increase self esteem, interpersonal relations, and problem-solving and to improve the resiliency of children and youth." *Key activities* were described as "Children and youth engage in a variety of group activities based on a standards-based health education curriculum that stimulates their social and emotional development." Parents Anonymous<sup>®</sup> Children's Programs are *ongoing*. The Level of Social Ecological Model addressed is ***Individual***—*child abuse and neglect prevention takes place through addressing individual knowledge, attitudes, skills, or behaviors about child abuse and neglect*.

### ***Population Served***

The population served was described as "Infants, children and adolescents." The focus of this program is "*Everyone, regardless of any experience with child abuse or neglect*." This program served 150 children and youth over the past 12 months.

### ***Investment and Resources***

*Investment of Staff.* Investment of staff in this program was 1.0 FTE, representing 3% of the Total Agency FTE.

*Investment of Financial Resources.* The program's annual budget was \$20,000, representing 1% of the Total Agency budget.

*Investment of Volunteers.* The program utilized 6 Volunteers, representing 3% of the Total Agency Volunteers.

*All Agency Resources Devoted to This Program.* The estimated percentage of All Agency Resources (e.g., staff time, money, in-kind contribution) devoted to this program was 2%.

### ***Program Effectiveness***

The organization knows that the way they have implemented the program is effective in preventing child abuse and neglect because they *have evaluated the program, they have received positive feedback from participants, and based on previous experience*. Program evaluation was described as follows: "We have implemented local outcome evaluation utilizing assessment portfolios, consumer satisfaction surveys, and a parent inventory for reporting changes in attitudes and behaviors of their children and youth."

This program is *based on a best practice model*. Knowledge that the model was followed comes from *regular survey of consumers regarding services received*, described as follows: "We implement a site visit protocol that measures Children's Programs against the Parents Anonymous<sup>®</sup> established benchmarks and standards." In addition, knowledge that the model was followed comes

from *regular survey of providers regarding services provided*, described as follows: “We provide interviews and intensive Technical Assistance to providers on a regular basis.” Also, the organization noted that *they plan to assess the program, but it is too soon*.

### **PROGRAM 3 PARENT EDUCATION PROGRAM**

#### ***Program Description***

This program is based on the “Positive Parenting, Parents Under Stress” model and has been utilized by Parents Anonymous<sup>®</sup> of Maryland for *two years or more*. They reported that this program is known to be successful because it is a *widely recognized best practice or process, promising practice, or emerging practice in the literature*; it is an *adaptation of or is based upon a best practice, promising practice, or emerging practice in literature*; they have had success with this program in the past; and it came recommended by an individual or organization that they respected.

This Parent Education Program was selected over other programs and strategies because *it fit the organization’s strategic plan, funding became available, it was culturally appropriate, and it was evidence based*.

The Parent Education Program *primarily* addresses the issue of child abuse or neglect *after* it occurs. The program helps prevent child abuse and neglect because it “Strengthens parents’ skills and reduces family violence and trauma to children.” The *key activities* were described as “curriculum-based parent skills building classes.” Program duration is “6 or 12 weeks.” The Level of Social Ecological Model addressed is **Individual**—*child abuse and neglect prevention takes place through addressing individual knowledge, attitudes, skills, or behaviors about child abuse and neglect*.

#### ***Population Served***

The population served was described as “Parents with high risk of child abuse.” The focus of this program is “*People who are more likely to experience or commit child abuse or neglect*.” This program served 1,200 people over the past 12 months.

#### ***Investment and Resources***

*Investment of Staff.* Investment of staff in this program was 5.5 FTE, representing 16% of the Total Agency FTE.

*Investment of Financial Resources.* The program’s annual budget was \$140,000, representing 8% of the Total Agency budget.

*Investment of Volunteers.* The program utilized 15 Volunteers, representing 8% of the Total Agency Volunteers.

*All Agency Resources Devoted to This Program.* The estimated percentage of All Agency Resources (e.g., staff time, money, in-kind contribution) devoted to this program was 8%.

#### ***Program Effectiveness***

The organization knows that the way they have implemented the program is effective in preventing child abuse and neglect because they *have evaluated the program, they have received positive feedback from participants, and based on previous experience*. Program evaluation was described as follows: “Pre and post client satisfaction survey at the sixth week and at the end of the program. A PhD analyzes the data and makes recommendations.” They also reported that their belief in the program’s effectiveness is based on the observation that “Our clients recommend our program to other people.”

This program is *based on a best practice model*. Knowledge that the model was followed comes from *regular survey of consumers regarding services received*, described as follows: “Pre

and post client satisfaction survey at the sixth week and at the end of the program.” In addition, *belief that the model is followed is also based on previous experience*, described as: “The program manager regularly monitors the program and has meetings with the providers.” Also, the organization noted that “They plan to have evaluations for providers.”

## **PROGRAM 4 PARENTING ASSISTANT IN THE HOME**

### ***Program Description***

This program is based on the “Family Functional Therapy and Parent Aid Model” and has been utilized by Parents Anonymous® of Maryland for *two years or more*. They reported that this program is known to be successful because it is a *widely recognized best practice or process, promising practice, or emerging practice in the literature*; it is an *adaptation of or is based upon a best practice, promising practice, or emerging practice in literature*; and they have *had success with this program in the past*.

This program was selected over other programs and strategies because *it fits the organization’s strategic plan, funding became available, it was culturally appropriate, and it was evidence based*.

The Parenting Assistant in the Home Program *primarily* addresses the issue of child abuse or neglect *after* it occurs. The program helps prevent child abuse and neglect because it “Improves family function and bonding and teaches parenting skills with curriculum.” The *key activities* were described as “Assessment, in-home coaching, referral to appropriate long-term community resources, advocacy, and direct teaching (curriculum).” Program duration is “6 months to 1 year.” The Level of Social Ecological Model addressed is *Interpersonal Relationships—child abuse and neglect prevention takes place through addressing interpersonal relationships, such as family or peer-to-peer interactions*.

### ***Population Served***

The population served was described as “High-risk families.” The focus of this program is “*People who have experienced or committed child abuse or neglect*.” This program served 300 people over the past 12 months.

### ***Investment and Resources***

*Investment of Staff.* Investment of staff in this program was 5.0 FTE, representing 14% of the Total Agency FTE.

*Investment of Financial Resources.* The program’s annual budget was \$200,000, representing 11% of the Total Agency budget.

*Investment of Volunteers.* The program utilized 10 Volunteers, representing 5% of the Total Agency Volunteers.

*All Agency Resources Devoted to This Program.* The estimated percentage of All Agency Resources (e.g., staff time, money, in-kind contribution) devoted to this program was 12%.

### ***Program Effectiveness***

The organization knows that the way they have implemented the program is effective in preventing child abuse and neglect because they *have evaluated the program, they have received positive feedback from participants, and based on previous experience*. Program evaluation was described as follows: “Pre and post evaluation every 3 months. A PhD is analyzing the data.” They also reported that their belief in the program’s effectiveness is based on the observation that “Social service agencies continue referring parents to our program.”

This program is *based on a best practice model*. Knowledge that the model was followed comes from *regular survey of consumers regarding services received*, described as follows: “Pre

and post evaluation every 3 months.” In addition, *belief that the model is followed is based on previous experience*, described as: “We have weekly supervision for this program. We have case review.”

## **PROGRAM 5 YOUTH PLACE**

### ***Program Description***

This program is based on the “Out of School Program” model and has been utilized by Parents Anonymous<sup>®</sup> of Maryland for *two years or more*. They reported that this program is known to be successful because it is a *widely recognized best practice or process, promising practice, or emerging practice in the literature*; it is an *adaptation of or is based upon a best practice, promising practice, or emerging practice in literature*; they have *had success with this program in the past*; and it *came recommended by an individual or organization that they respect*.

This program was selected over other programs and strategies because *it fit the organization’s strategic plan, funding became available, it was culturally appropriate, and it was evidence based*.

The Youth Place program *primarily* addresses the issue of child abuse or neglect *before* it occurs. The program helps prevent child abuse and neglect because it “Teaches life skills, conflict resolution, relationship and interpersonal skills, resiliency, leadership, and anger management.” The *key activities* were described as “Career training, workshops, hands-on activities, substance abuse prevention, and pregnancy prevention awareness.” Program duration is “school year/40 weeks; kids can come back after one year.” The Level of Social Ecological Model addressed is **Community**—*child abuse and neglect prevention takes place through addressing community tolerance of child abuse or neglect, or promotion of community development*.

### ***Population Served***

The population served was described as “Urban at-risk teens.” The focus of this program is “*Everyone, regardless of any experience with child abuse or neglect*.” This program served 260 people over the past 12 months.

### ***Investment and Resources***

*Investment of Staff.* Investment of staff in this program was 2.0 FTE, representing 6% of the Total Agency FTE.

*Investment of Financial Resources.* The program’s annual budget was \$120,000, representing 7% of the Total Agency budget.

*Investment of Volunteers.* The program utilized 6 Volunteers, representing 3% of the Total Agency Volunteers.

*All Agency Resources Devoted to This Program.* The estimated percentage of All Agency Resources (e.g., staff time, money, in-kind contribution) devoted to this program was 5%.

### ***Program Effectiveness***

The organization knows that the way they have implemented the program is effective in preventing child abuse and neglect because they *have evaluated the program, they have received positive feedback from participants, and based on previous experience*. Program evaluation was described as follows: “Pre and post evaluation twice a year. We also have quarterly monitoring visits by our funders. We have monthly supervision by the Program Director.” They also reported that their belief in the program’s effectiveness is based on the observation that “Kids who attended this program brought in new kids.”

This program is *based on a best practice model*. Knowledge that the model was followed comes from *regular survey of consumers regarding services received*, described as follows: “Pre

and post evaluation twice a year.” In addition, knowledge that the model was followed comes from *regular survey of providers regarding services provided*, described as, “We did it for the first time this year. We gave surveys to people in workshops and supervisors.” *The belief that the model is followed is also based on previous experience*, described as: “We have after-school standards to meet and we have outside monitors.”

## **PROGRAM 6**

### **FAMILY STRESS LINE**

#### ***Program Description***

This program is based on the “Crisis Counseling, Information, Referral and Education” model and has been utilized by Parents Anonymous<sup>®</sup> of Maryland for *two years or more*. They reported that this program is known to be successful because it is a *widely recognized best practice or process, promising practice, or emerging practice in the literature*; it is an *adaptation of or is based upon a best practice, promising practice, or emerging practice in literature*; they have *had success with this program in the past*; and it *came recommended by an individual or organization that they respect*.

This program was selected over other programs and strategies because *it fit the organization’s strategic plan, funding became available, it was culturally appropriate, and it was evidence based*.

The Family Stress Line program ***primarily*** addresses the issue of child abuse or neglect ***before*** it occurs. The program helps prevent child abuse and neglect because “It is available to people in crisis 24 hours a day, 7 days a week.” The *key activities* were described as follows: “It is a hot line; Crisis Counseling, Information, Referral, and Education.” Program duration is *ongoing*. The Level of Social Ecological Model addressed is ***Community***—*child abuse and neglect prevention takes place through addressing community tolerance of child abuse or neglect, or promotion of community development*.

#### ***Population Served***

The population served was described as “Everyone.” The focus of this program is “*Everyone, regardless of any experience with child abuse or neglect.*” This program served 13,200 people over the past 12 months.

#### ***Investment and Resources***

*Investment of Staff.* Investment of staff in this program was 1.0 FTE, representing 3% of the Total Agency FTE.

*Investment of Financial Resources.* The program’s annual budget was \$100,000, representing 6% of the Total Agency budget.

*Investment of Volunteers.* The program utilized 40 Volunteers, representing 20% of the Total Agency Volunteers.

*All Agency Resources Devoted to This Program.* The estimated percentage of All Agency Resources (e.g., staff time, money, in-kind contribution) devoted to this program was 5%.

#### ***Program Effectiveness***

The organization knows that the way they have implemented the program is effective in preventing child abuse and neglect because they *have evaluated the program, they have received positive feedback from participants, and based on previous experience. Program evaluation* was described as follows: “We have a survey at the end of each call.” They also reported that their belief in the program’s effectiveness is based on the observation that “The number and length of calls has been increasing.”

This program is *based on a best practice model*. Knowledge that the model was followed comes from *regular survey of consumers regarding services received*, described as, “We have a survey at the end of each call.” The belief that the model is followed is also *based on previous experience*, described as: “The number and length of calls has been increasing. We also evaluate the nature of calls.” They also reported that “We have quarterly meetings involving open discussion with the people who answer the calls.”

## **PROGRAM 7 TOTSLINES**

### ***Program Description***

This program is based on the “Counseling, Education, and Referral” model and has been utilized by Parents Anonymous® of Maryland for *two years or more*. They reported that this program is known to be successful because it is a *widely recognized best practice or process, promising practice, or emerging practice in the literature*; they have *had success with this program in the past*; and it *came recommended by an individual or organization that they respect*.

This program was selected over other programs and strategies because *it fit the organization’s strategic plan, funding became available, it was culturally appropriate, and it was evidence based*.

The Totslines program *primarily* addresses the issue of child abuse or neglect *before* it occurs. The program helps prevent child abuse and neglect because “It teaches parenting skills. It is also part of a community partnership with other agencies for families with children under age 6.” The *key activities* were described as follows: “It is a warm line; Crisis Counseling, Information, Referral, and Education.” Program duration is “ongoing, 5 days a week, 4 hours a day.” The Level of Social Ecological Model addressed is **Community**—*child abuse and neglect prevention takes place through addressing community tolerance of child abuse or neglect, or promotion of community development*.

### ***Population Served***

The population served was described as “Everyone.” The focus of this program is “*Everyone, regardless of any experience with child abuse or neglect*.” This program served 3,000 people over the past 12 months.

### ***Investment and Resources***

*Investment of Staff.* Investment of staff in this program was 1.5 FTE, representing 4% of the Total Agency FTE.

*Investment of Financial Resources.* The program’s annual budget was \$85,000, representing 5% of the Total Agency budget.

*Investment of Volunteers.* The program utilized no Volunteers.

*All Agency Resources Devoted to This Program.* The estimated percentage of All Agency Resources (e.g., staff time, money, in-kind contribution) devoted to this program was 3%.

### ***Program Effectiveness***

The organization knows that the way they have implemented the program is effective in preventing child abuse and neglect because they *have evaluated the program, they have received positive feedback from participants, and based on previous experience*. Program evaluation was described as follows: “Survey at the end of the phone call.” They also reported that their belief in the program’s effectiveness is based on the observation that “We have a high volume of repeat callers.”

This program is *based on a best practice model*. Knowledge that the model was followed comes from *regular survey of consumers regarding services received*, described as, “Survey at the

end of the phone call.” *The belief that the model is followed is also based on previous experience, described as: “We have a monthly team meeting with the people who answer the calls.”*

## **PROGRAM 8**

### **MENS – MEANS ENCOURAGING NURTURING AND SUPPORTING**

#### ***Program Description***

This program is based on the “Means Encouraging Nurturing and Supporting” model and has been utilized by Parents Anonymous® of Maryland (MD11) for *two years or more*. They reported that this program is known to be successful because it is a *widely recognized best practice or process, promising practice, or emerging practice in the literature*; it is an *adaptation of or is based upon a best practice, promising practice, or emerging practice in literature*; they have *had success with this program in the past*; and it *came recommended by an individual or organization that they respect*.

This program was selected over other programs and strategies because *it fit the organization’s strategic plan, funding became available, it was culturally appropriate, and it was evidence based*.

The MENS program *primarily* addresses the issue of child abuse or neglect *after* it occurs. The program helps prevent child abuse and neglect because “It supports fathers in their role and teaches relationship and parenting skills.” The *key activities* were described as follows: “Support groups, case management, advocacy, counseling, workshops.” Program duration is “13 weeks or 6 months.” The Level of Social Ecological Model addressed is ***Interpersonal Relationships***—*child abuse and neglect prevention takes place through addressing interpersonal relationships such as family or peer-to-peer interactions*.

#### ***Population Served***

The population served was described as “High-risk fathers.” The focus of this program is “*People who have experienced or committed child abuse or neglect*.” This program served 55 people over the past 12 months.

#### ***Investment and Resources***

*Investment of Staff.* Investment of staff in this program was 1.0 FTE, representing 3% of the Total Agency FTE.

*Investment of Financial Resources.* The program’s annual budget was \$65,000, representing 4% of the Total Agency budget.

*Investment of Volunteers.* The program utilized no Volunteers.

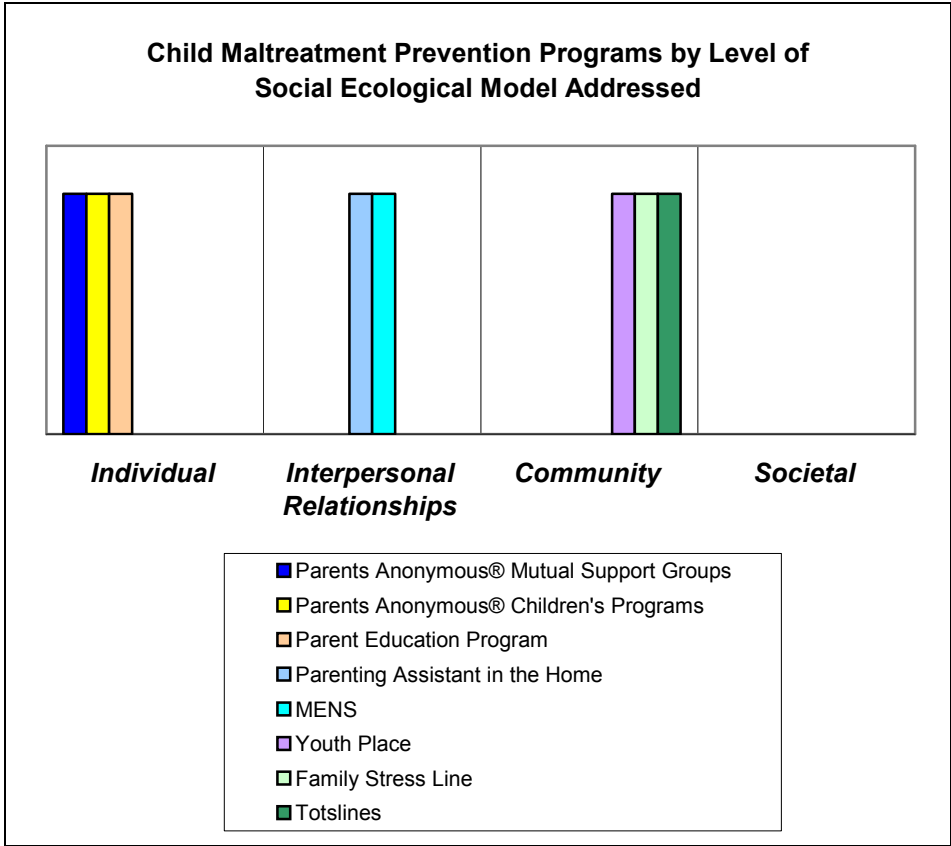
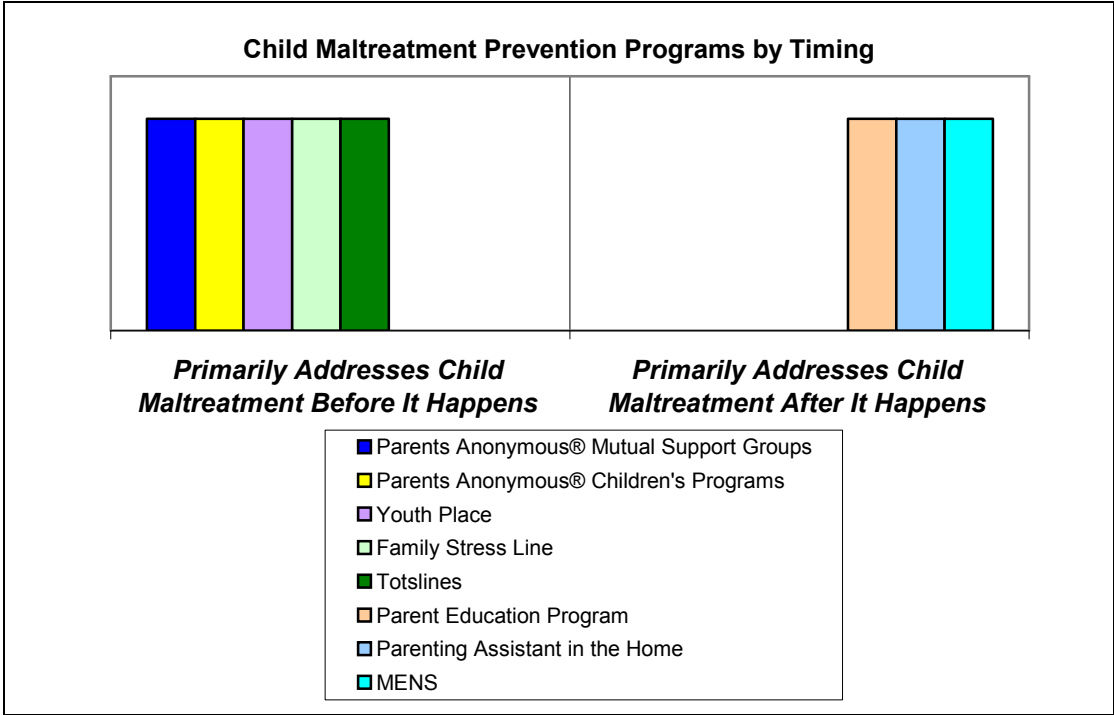
*All Agency Resources Devoted to This Program.* The estimated percentage of All Agency Resources (e.g., staff time, money, in-kind contribution) devoted to this program was 3%.

#### ***Program Effectiveness***

The organization knows that the way they have implemented the program is effective in preventing child abuse and neglect because they *have evaluated the program, they have received positive feedback from participants, and based on previous experience*. Program evaluation was described as follows: “Pre and post evaluation, every three months.” Previous experience was described as “Our observation and on feedback from our referral sources (local social service agencies and courts).”

This program is *based on a best practice model*. Knowledge that the model was followed comes from *regular survey of consumers regarding services received*, described as, “Pre and post evaluation, every three months.” *The belief that the model is followed is also based on previous experience*, described as: “We follow the national curriculum for our program. We are also monitored by our funder.” In addition, they noted that “We have a clinical consultant who monitors the program and we have monthly supervision meetings for feedback.”

**PARENTS ANONYMOUS® OF MARYLAND  
SUMMARY TABLES**



**Parents Anonymous® of Maryland - Comparison Program Information**

