

parenting **inside** out™

Breaking the Cycle

- 63% of federal inmates and 52% of state inmates have at least one child under the age of 18 years, impacting more than 1.7 million children (U.S. DOJ, 2008).
- Between 1991 and 2007, parents held in state and federal prisons increased by 79%. Children of incarcerated parents increased by 80% (U.S. DOJ, 2008).
- Children of incarcerated parents face more cumulative risk factors than do their peers without an incarcerated parent, which increases the likelihood they will become incarcerated themselves.

of Inter-generational Criminality

"Parental criminality, arrests, and incarceration each predict serious and violent child delinquency. ... Parental incarceration is related to a variety of adverse child outcomes, including emotional or psychological problems and school difficulties."

Dr. Mark Eddy, Ph.D.
Oregon Social Learning Center

and Recidivism

"PIO started a cycle of success for me. Having confidence makes a real difference. When I get out this time I will be ready to be a parent and a role model for my kids."

Parent



Sarah's Story

Sarah (not her real name) is serving her second term in prison. She has two children, both of whom have been raised by her mother. Sarah is due for release in the next six months. In a recent parent panel Sarah shared her experience with the Parenting Inside Out program.

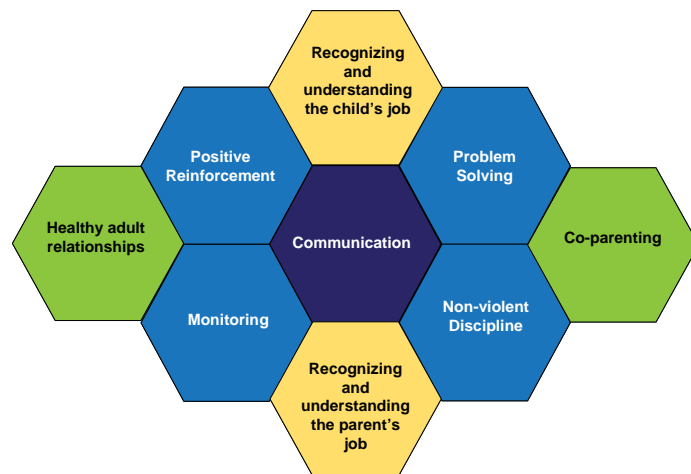
PIO helped me rebuild my family relationships, not just relationships with my children. I hated my mother, who is my children's caregiver. She has taken care of my children since they were born and I was never really their mother. She wouldn't bring my kids to see me. PIO gave me the skills to communicate with her and also the understanding of how to be a parent. Now my mom is my best friend and she brings my kids to see me all the time. My son is in the Early Head Start program. I spend two mornings a week in his class. I write to his teacher about his education and how he is doing. I never would have known how to do that before I took PIO. I didn't know how to be my children's champion and advocate.

I had no confidence in myself. In PIO I accomplished something each week. Those little successes gave me the confidence to keep going; I was willing to try something bigger. Now I am part of my children's lives. I am their mom. When I go home my mom will still be important to my children, but she will be able to be their grandmother, not their substitute mom. They will have both of us.

The Parenting Inside Out Curriculum

Parenting Inside Out (PIO) is a cognitive-behavioral parent management skills training program created for incarcerated parents through a six-year collaboration of scientists, policy makers, practitioners, and instructional designers. Both the information in the program and the way that information is presented were informed by knowledge derived from research and practice.

At the core of Parenting Inside Out is the Parent Management Training (PMT) curriculum, which appears on the "best practice" lists of: the American Psychological Assoc., the US Department of Health & Human Services, and the Office of Victims of Crime, the US Department of Justice. PMT includes communication, problem solving, monitoring, positive reinforcement and non-violent discipline techniques. Researchers built upon the PMT curriculum to make it effective within the context and restrictions of parents and families involved in the justice system. In addition to the scientists, practitioners and curriculum designers who contributed to PIO, inmates and their families were extensively interviewed to ensure the program addressed the real needs and issues they experience.



PIO is an outcomes-based program focused on helping parents promote healthy child adjustment, preventing child problem behavior, and interrupting the cycle of inter-generational criminality. In PIO parents develop both parenting and citizenship behaviors they can use in the rest-of-life, helping them guide their children toward positive, constructive adult lives.

PIO consists of classroom time involving learner-centered interactive skill building in Parent Management Training that is ultimately individualized to each parent's family. Parenting Coaches facilitate role-play practice, work individually with parents to create plans for child visits, are available to offer immediate coaching and guidance at child-centered events, and provide inmates

feedback and problem solving after their visits or phone calls with the child or the child's caregiver. Participants focus on the completion of three major projects: 1) development of a family mission statement, 2) construction of a creative project that is a reflection of the inmate's family to be given to the child at the PIO graduation ceremony, and 3) creation of a family action plan detailing how the inmate will apply parenting skills during incarceration and upon release.

PIO is a way of navigating life that uses healthy, pro-social skills to interact with children, partners, co-parents, officials, friends and family. PIO values the uniqueness of each person and invites others into caring, respectful relationships. With PIO training, incarcerated parents can be good parents and positive role models in their children's lives.

There are three versions of the PIO curriculum: Prison, Jail, and Community. Each was developed to meet the specific needs of people parenting in these very different situations and to accommodate differences among the teaching environments. The Prison and Community versions of the curriculum offer more hours of instruction than the Jail version. The Jail version is appropriate when the parent will be incarcerated for only a short time.

Research Base

At the time PIO was developed, no research-based parent education programs designed specifically for incarcerated parents existed. However, a variety of research-based parenting programs had been developed for at-risk populations, and several of the most prominent of these were developed by researchers and clinicians at the Oregon Social Learning Center (OSLC) in Eugene, Oregon.

The content and process of these programs were adapted to create the first draft of PIO and are at the core of the current version of the program. The most notable influences on this aspect of PIO were the *Parent Management Training* (PMT) program by Dr. Gerald R. Patterson and Dr. John B. Reid and colleagues; the *Multidimensional Treatment Foster Care* (MTFC) parent program by Dr. Patricia Chamberlain and colleagues; the *Adolescent Treatment Program* (ATP) parent program by Dr. Thomas J. Dishion and Dr. Kate Kavanagh and colleagues; the *Linking the Interests of Families and Teachers* (LIFT) parent program by Dr. Reid and colleagues; and the *Parenting Through Change* program by Dr. Marion Forgatch and colleagues. Outcomes for each of these programs have been examined within the context of at least one randomized controlled trial, and each program has been found to positively impact both parents and children. Each of these programs is on one or more of the "best practice" lists for family based interventions assembled in recent years by various U.S. government agencies and private foundations. Outcomes due to PIO are currently being examined in a randomized controlled trial funded by the National Institute of Mental Health. Results from this study of over 350 men and women inmates, their children, and their children's caregivers will be available in early 2009.



"It is the first time any program has had the ability to change the culture of a facility. It allowed staff to engage with offenders differently and offenders to use the skills - all the skills are transferable - to problem solve and communicate in a different way with staff and with each other."

Lory Humbert
Assistant Superintendent



Parenting Coach Training

The Parenting Inside Out curriculum was designed and written based on the proven Parent Management Training program, and upon research into the needs and issues of incarcerated parents. It delivers the best results when it is taught as designed. Children's Justice Alliance (CJA) provides training for all parenting coaches, and for the lead coaches who supervise them, to ensure they are well prepared to deliver the curriculum as designed.

In addition to the initial training, CJA provides a private, web-based forum for all trained PIO coaches. In this ongoing forum, coaches can seek advice from peers across the country and from trainers. Quarterly web-based conferences are available to trained coaches in which new information is shared and questions or problems can be addressed.

We are committed to the success of parents and the coaches who serve them. We will continue to seek and provide information and training to improve outcomes for incarcerated parents and their families.

For more information contact:

Children's Justice Alliance
503.977.6399 or

877.252.4994

www.parentinginsideout.org

www.childrensjusticealliance.org

Instructional Base

Most research-based parent training programs have been developed by scientist-practitioners with training in clinical psychology or a closely related field. PIO was developed by scientist-practitioners in close partnership not only with practitioners working in the field, but also with professionals with specific training and experience in instructional design and curriculum development.

Adult Learning Theory. Parenting Inside Out is grounded in adult learning theory and is designed specifically for the adult learner. PIO focuses on real-life, problem-oriented topics, skills training, and cooperative learning processes in which adult learners are encouraged to share and receive from the rich pool of knowledge and experiences each learner brings to the classroom. These processes include large and small group discussions of case studies, critical incident analysis, role-play practice, team projects, and collaborative peer review.

Learner-Centered. PIO employs a learner-centered design. This means that throughout the program, the parent educator, or "coach," and learner collaborate in the development of learning goals and methods for attaining those goals. A collaborative mode of instruction reduces attrition, lowers learner resistance, and increases motivation, communication, and transfer of learning. Researchers have found that a learner-centered teaching style is more effective in raising achievement levels than an educator-center teaching style, regardless of the subject area being taught.

Outcomes-Based Instructional Design. Outcomes-based models of instruction, as opposed to content-based or competency-based models, focus on problem-centered, real-life adult roles rather than factual knowledge or discrete skills learning. PIO utilizes an outcomes-based design because adult learners tend to be most interested in solving problems that relate to day-to-day life. The learning activities of PIO are designed to enhance functioning within the real-life community roles of pro-social parent, employee, citizen, and life-long learner.

