PROMOTING HEALTHY BEGINNINGS
With Parenting Education
OVERVIEW

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What is a Coordinated Care Organization (CCO)?

A network of all types of health care providers (physical health care, addictions and mental health care and sometimes dental care providers) who have agreed to work together in their local communities to serve people who receive health care coverage under the Oregon Health Plan (Medicaid). CCOs are focused on prevention and helping people manage chronic conditions, like diabetes.\(^1\)
Coordinated Care Organizations in Oregon

- Focus on primary care and prevention
- Create networks of health care providers that serve children and families holistically by providing physical and social care (behavioral and mental health care)

Patient-Centered Team-Focused

Oregon.gov
90% OF OREGON HEALTH PLAN MEMBERS are served by CCO's
Social **Determinants** of Health

Factors that **impact** health

(physical and social determinants)

- Health starts in homes, schools, workplaces and communities
- Many of the social determinants of health are related to families and parenting
SOCIAL DETERMINANTS OF HEALTH

ECONOMIC STABILITY
- Poverty
- Food Security
- Employment
- Housing Stability

EDUCATION
- Graduation
- Higher Education
- Language & Literacy
- Early Childhood Education & Development

SOCIAL & COMMUNITY
- Incarceration
- Discrimination
- Social Cohesion
- Civic Participation

HEALTH & HEALTH CARE
- Access: Health Care
- Access: Primary Care
- Health Literacy

NEIGHBORHOOD & BUILT ENVIRONMENT
- Housing Quality
- Crime & Violence
- Environmental Conditions
- Access: Healthy Foods
ADVERSE CHILDHOOD EXPERIENCES (ACES)

PREVALENCE OF ACES IN OREGON

- 0 ACEs: 38% (n=1,754)
- 1 ACE: 23% (n=908)
- 2 ACEs: 13% (n=519)
- 3 ACEs: 10% (n=347)
- 4 ACEs: 7% (n=241)
- 5 ACEs: 9% (n=286)
ADVERSE CHILDHOOD EXPERIENCES (ACES)

THE IMPACT OF ACES

Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan
Recommendations to minimize the impact of ACES from the

Center for the Study of Social Policy Strategies

- Facilitate friendships and mutual support among parents
- Strengthen parenting skills, resources and education
- Value and support all parents through culturally competent practices
- Promote children’s social and emotional development
- Provide resources for family crisis
- Identify and respond to early warning signs of child abuse and neglect
Prevention starts with healthy beginnings for children
The role of parents in children's healthy beginnings: Promoting positive physical child outcomes

- Attending well-child visits
- Vaccinations/Immunizations
- Creating physically safe environments in the home
- Promoting positive health habits
The role of parents in children's healthy beginnings: Promoting positive social child outcomes

Parenting practices related to social-emotional wellbeing and secure parent-child relationships can

- Promote positive mental health
- Minimize stressors and teach coping strategies
- Minimize/eliminate the potential for abuse/neglect
Parenting skills are learned and can be practiced and improved. Through parenting education, parents learn tools/strategies that promote positive cognitive, social, and physical outcomes, such as:

- Secure parent-child relationships
- Positive social-emotional/mental health
- Healthy brain development
- Safe home environments
- And more
Parenting Education Comes in Many Forms

- Parenting Education Series
- Workshops (one-time or short series)
- Home Visiting
- Family Activities
- Family Support Building Opportunities
Participation in Parenting Education Programs and Home Visits is related to positive health outcomes for parents and children.

**Parenting Workshops & Classes**

- Improved maternal mental health outcomes (reduced depressive symptoms and anxiety, increased self-efficacy)
- Increased positive parenting behaviors
- Reduced child behavioral problems.

**Home Visits**

- Increased positive parenting behaviors
- Improved knowledge of child development
- Increased healthcare usage and well-child visit attendance
- More likely to be up-to-date on immunizations
- Fewer ER visits
- Reduced incidences of child abuse and neglect
OPEC is a partnership between four of Oregon's largest foundations and Oregon State University.
Mission

To support delivery of high quality parenting education programs and to support collaborative efforts to strengthen regional parenting education systems through coordination and planning.

Vision

All Oregon parents will have access to high quality, proven parenting education programs that support them in their critical role as their children's first and most important teachers.

All Oregon communities will be served by a network of strong parenting programs and a regional parenting education "Hub".

Oregon will be a national leader in professionalizing and normalizing parenting education.
OPEC IS A NATIONAL MODEL

- Fosters collaboration across agencies
- Scales parenting programs as 'widely and rapidly' as possible
- Promotes the use of evidence-based programs
- Supports and improves professional development
- Increases access to parenting resources
- Conducts research on parenting needs across diverse families
Makes them happier, healthier and more balanced as I have implemented parenting changes

- OPEC PARENT -
How Parenting Education Supports Health Outcomes For Families

- Parenting education is a mechanism through which health and well being is promoted for children and families.

- CCOs and other health care partners that have offered parenting education have seen families express increased comfort in accessing services provided by their health care providers, including increased knowledge of the importance of well-child visits.
How Parenting Education Supports Healthcare Staff

Parenting education provides CCOs and health care staff with an additional resource for families:

- Health care staff may benefit personally and professionally from access to parenting education information.
- Access to this information may ease the burden on staff who do not always have the time/strategies to share resources with families related to positive parenting outcomes from evidence-based curricula.
What do OPEC parents have to say?

I've had more confidence in parenting and more tools to use.

I FEEL LIKE A PARENT.
The bond between us has increased tenfold.

I've learned how to be a dad.

I'm more patient with my kids.

I am more mindful of my children's feelings and put myself in their shoes and think of how I'd like to be treated.

We talk and plan more as a family.

I'm more aware of my child's needs and more aware that I have to nurture myself and meet those needs.

I have been more engaged with my children, more aware of their different needs.
THANK YOU!

Brought to you by: Oregon Parenting Education Collaborative & The Hallie E. Ford Center for Healthy Children & Families.


6. Research studies supporting parenting education and health-related outcomes:


