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 program 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.
OBJECTIVES

STATEWIDE by 2020

- All Oregon parents will have access to high quality, proven programs
- All Oregon communities will be served by a regional parenting "Hub"
- Parenting education will be a community norm
- Parents will expand their knowledge about child development, build parenting skills, and strengthen parent-child relationships -- resulting in enhanced children's health, development, and school readiness
PARENTING HUBS

Build capacity and infrastructure to support parenting education

Lead collaborative efforts to coordinate parenting education resources in the region

Direct public awareness activities and campaigns

Deliver evidence-based programs for parents
PROGRAMMING
GRANTS

- Expand access to parenting education in regions without a Hub
- Develop and expand partnership with the health care community
OPEC Grantees strive to use parenting education best practices:

- Schedule a time that fits family schedules
- Choose accessible locations (schools; community centers)
- Offer transportation & meals
- Provide child care (with developmentally appropriate activities for children)
- Make parenting education opportunities free/low cost
ENSURING UNIVERSAL ACCESS TO PARENTING EDUCATION

- Teen Parents
- Adoptive or Foster Parents
- Immigrant & Refuge Families
- Parents of Children with Special Needs
- Fathers
- Grandparents
PROVIDING HIGH-QUALITY PROVEN PROGRAMS

- A majority of programming funds support evidence-based and culturally responsive parenting education series.
- Funding also supports: family workshops and activities, other programming efforts, coordination, and more.
- OPEC grantees: ensure educators are trained in curricula, meet curricula fidelity guidelines, and conduct ongoing evaluation.
OPEC grantees promote the use of evidence-based curricula...

- A program based on research and theory, that may not have been tested for its effectiveness

- A program based on research and theory that has been tested for its effectiveness
...as well as **culturally-responsive** and **culturally-specific** curricula

- Programs that have been adapted to include examples related to a specific culture or population
- Programs that have been developed within a specific context or with the needs of a specific population in mind
EXAMPLES OF EVIDENCE-BASED AND CULTURALLY-RESPONSIVE CURRICULUM

Abriendo Puertas  
The Incredible Years  
Nuturing Parenting  
Parents as Teachers  
Parenting Wisely  
Make Parenting a Pleasure  
Parenting from the Inside Out

Parenting Now!  
Active Parenting Now  
Together We Can  
Strengthening Families
IMPROVING ACCESS

7,744
New families reached through home visits

8,813
Parents reached through OPEC funded multi-session evidence-based series

11,887
Parents participated in non-OPEC funded series hosted through the collaboratives

45,098
Parents reached through workshops

229,677
Participants in parent support activities

219,146
Participants in family activities
**DEMOGRAPHICS**

- **69% Women**
- **24% Men**
  *7% did not specify*

- **63% Parenting with a partner**
- **24% Parenting alone**
  *13% did not specify*

- **$62% of the families in low income households**
BUILDING LOCAL CAPACITY

- 2,202 facilitators trained by OPEC grantees

- $22.6 million in funding and in-kind resources leveraged

2010-2017
PARENTS REPORT

- Increased confidence in their ability to parent effectively and discipline positively
- Increased understanding of age appropriate behavior
- Better stress management
- More effective communication
- Increased patience
PARENTS REPORT

THEIR CHILDREN

- Displayed an increase in concern for others
- Were more willing to follow limits & rules
- Showed improvement in getting along with others
- Had fewer meltdowns and temper tantrums
What do OPEC parents have to say?

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

I FEEL LIKE A PARENT.

I've learned how to be a dad.

The bond between us has increased 10-fold.

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.

I'm more patient with my kids.

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.
**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
RESEARCH & EVALUATION

Oregon State University leads OPEC’s ongoing research and evaluation efforts by:

- Conducting ongoing evaluation
- Exploring new directions in research
- Aligning systems and metrics with community partners
- Evaluating what works and for whom

Oregon State University
Hallie E. Ford Center
LOOKING TO THE FUTURE: CHALLENGES

- Decreasing stigmas and increasing awareness
- Recruitment and retention of families
  - Are we providing families with what they want/need?
  - Reaching diverse populations; rural communities
- Longer-term sustainability of parenting education system
LOOKING TO THE FUTURE: OPPORTUNITIES

- Partnerships with other systems
  - Health care
  - Early learning Hubs
  - Department of Human Services
  - Corrections
- Public policy and advocacy
THANK YOU!

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