

College of Public Health and Human Sciences

# Monitoring Fidelity in OPEC Parenting Education Class Series



Oregon State  
University

# What does Evidence-based Mean?

- Demonstrated efficacy through randomized control trials
- Peer reviewed evaluations
- Reviewed by field experts
- Endorsed by a federal agency or research organization

# Why Does it Matter?

- More likely to produce positive results
- Reduces the possibility of negative or unintended effects
- Provide guidelines for proper implementation based on empirical evidence and evaluation

# OPEC Evaluation

- Parents who attended evidence-based curricula series reported a **24% greater increase** in their **children's skills** compared to parents who attended non-evidence-based curricula series.

# Where can lists of evidence-based curricula be found?

- Office of Juvenile Justice and Delinquency Prevention
- U.S. Department of Health and Human Services  
Substance Abuse and Mental Health Services National  
Registry of Evidence-based Programs & Practices  
(NREPP)
- U.S. Department of Health and Human Services  
Administration for Children & Families---Home Visiting  
Evidence of Effectiveness

# Which curricula are most often used by OPEEC?

- *The Incredible Years*
- *Make Parenting A Pleasure*
- *Parenting Now!*
- *Parenting Wisely*
- *Nurturing Parenting*
- *Parents as Teachers*
- *Abriendo Puertas*
- *Active Parenting Now*

# What does implementing with fidelity mean?

- The degree to which the program curriculum is implemented as it was intended (and tested) by developers.

# Why is it important to implement with fidelity?

- More likely to have the same effects as the original program design
- Greater parent engagement
- Higher attendance
- Improvements in parenting practices



# Key Components in Maintaining Program Fidelity

- Program Integrity Maintenance
- Program Duration and Exposure
- Staffing & Quality Delivery
- Parent Engagement
- Program Differentiation

# Program Integrity Maintenance

Can curricula be modified and still be implemented with fidelity?

**Yes and No**

# Acceptable Adaptations

- **Changing language**—translation and/or modifying vocabulary
- **Replacing images** to show youth and families that look like target audience
- **Replacing cultural references**
- **Modifying some aspects of activities** such as physical contact
- **Adding relevant, evidence-based content** to make the program more appealing to participants

# Risky or Unacceptable Adaptations

- Reducing the number of sessions
- Reducing the length of sessions or length of participant involvement
- Lowering the level of participant engagement
- Eliminating key messages or skills to be learned
- Removing key topics
- Changing theoretical approach
- Using staff or volunteers who are not trained or qualified
- Using fewer staff members than recommended

# Program Duration & Exposure

<b>Curriculum</b>	<b>Least # of sessions for OPEC funded series</b>
<i>Abriendo Puertas</i>	10
<i>Active Parenting Now (4<sup>th</sup> Edition)</i>	6
<i>Make Parenting a Pleasure</i>	10
<i>Nurturing Parenting</i>	12
<i>Nurturing Parenting ABCs</i>	7
<i>Parenting Now!</i>	7
<i>The Incredible Years</i>	12

## **What if there is no evidence-based program for a specific group, population, or need?**

- OPEC supports the use of evidence-based curricula as well as culturally-responsive and culturally-specific curricula that have demonstrated promise.

# What does it mean for a program to be culturally-responsive or culturally specific?

**Culturally responsive:** Programs that have been adapted to include examples related to a specific culture or population.

**Culturally-specific:** Programs that have been developed within a specific context or with the needs of a specific population in mind.

# How can OPEC grantees monitor the fidelity of curriculum implementation?

*How to Rate Fidelity to Best Practices in Parenting Education User Guide (RMC Research) available on OPEC website.*

- Parenting Educator Competencies
- Professional Development
- Service Delivery
- Curriculum Characteristics and Content
- Organizational Management and Capacity
- Ongoing Assessment and Quality Improvement



# Staffing & Quality Delivery

- Trained in the curriculum by the vendor
- Post-training support
- # of staff required
- Organization and high quality delivery
- Soft skills
- Matching facilitator-participant ethnicity
- Familiarity with the community being served

For additional questions related to OPEC and maintaining fidelity in parenting education programs

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