Monitoring Fidelity in OPEC Parenting Education Class Series
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 OPEC?

- 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

<table>
<thead>
<tr>
<th>Curriculum</th>
<th>Least # of sessions for OPEC funded series</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abriendo Puertas</td>
<td>10</td>
</tr>
<tr>
<td>Active Parenting Now (4th Edition)</td>
<td>6</td>
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<tr>
<td>Make Parenting a Pleasure</td>
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<td>Nurturing Parenting</td>
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<td>Nurturing Parenting ABCs</td>
<td>12</td>
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<tr>
<td>Parenting Now!</td>
<td>7</td>
</tr>
<tr>
<td>The Incredible Years</td>
<td>12</td>
</tr>
</tbody>
</table>
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?


- 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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