

EVALUATION OF THE IMPACT OF ICDP IN THE US

From the report by Kimberly, Executive director CCWF

The Changing Children's Worlds Foundation (CCWF) addresses the issue of "failure to thrive" in a 2-generational social context with the International Child Development Programme.

CCWF serves children/youth and parents/caregivers, to implement and strengthen empathy-based behaviors, communications and interactions into their daily lives. We partner with educators, administrators, mental health professionals and community leaders to train them/staffs as community-based facilitators of learning/support groups using our evidence-based psycho-social curriculum to strengthen protective adult-child relationships.

EVALUATION STUDY

The impact of the "Best Start" ICDP programme was evaluated on a subset of 635 parents / caregivers. This subset studied participation of 360 (64%) Female and 199 (36%) Male participants. Of these, 274 (55%) participants were Hispanic/Latino, 109 (21.7%) were White, 91 (18.1%) were Black, and 18 (3.6%) were of two or more "races."

Further, 303 (60%) of the participants were Married/Living with Partner, 138 (27.4%) were Single, and 60 (11.9%) were Separated/Divorced.

Participants' education included 202 (41.6%) with High School Diploma; 135 (27.8%) with Some College, 82 (16.9%) with No Formal Education, and 52 (10.7%) with a Bachelor's/4-year Degree.

Regarding Participant Employment Status, 169 (35.4%) participants were Full-Time employees, 109 (22.7%) were At-Home, 63 (13.2%) were Part-Time employees, and 78 (16.4%) were Unemployed.

On Individual Income, 117 (31.3%) were at \$0-5,000 a year; 85 (22.7%) at \$20,001-40,000; 57 (15.2%) made \$10,000-20,000; 54 (14.4%) made \$5,001-10,000; and 46 (12.3%) made \$40,001-80,000.

EVALUATION RESULTS

Based on 635 Best Start caregivers who completed both pre- and post-evaluation questionnaires, significant evaluation results are found in almost all metrics considered.

With Tool to measure Parental Self-Efficacy (TOPSE), all areas (Emotion & Affection, Play and Enjoyment, Empathy & Understanding, Control, Discipline, Setting Boundaries, Pressures, Self-Acceptance, Learning & Knowledge, Resilience & Hope) show highly significant increase in self-report scores, as do scores overall (p-value < 0.001).

Caregivers show a highly significant increase in understanding and use of ICDP 8 guidelines (within Emotional, Comprehension and Regulation Dialogues, p-value < 0.001 for all). They report improvement in health/quality of life after programme completion (p-value < 0.001 for both).

In the Strengths & Difficulties Questionnaire, parents report significant improvement in their perceptions of child's behaviours in all areas surveyed (Emotional Issues, Conduct Problems, Hyperactivity, Peer Interactions, Prosocial Behaviors). This suggests that the Best Start focus on empathy between parent and child may improve the child's wellbeing, or promote a more positive parent outlook and focus on child's positive behaviours.

There is a highly significant decrease in parental Psychological Aggression (p-value < 0.001); Physical Assault (p-value = 0.025) using the Parent-Child Conflict Tactics Scale, suggesting the programme promotes healthy, less harmful parent-child interactions.

HIGHLIGHTS - Parents with All Abilities (all disabilities)

So many parents, here is the story of one:

Belinda was referred to us in 2021, by the Assoc. for Individual Development, the year CCWF received a \$5,000 Northwestern Univ. seed grant for one year of conversations with a parent population we had not yet served, parents with disabilities. We aimed to learn from these parents, and providers of people with disabilities, so we could design a programme to best support their diverse needs. This mission began when another mom, Anne-with 14 disabilities (2 sons) contacted us to volunteer (2020). Anne loved her first parenting programme and became trained as a facilitator. She facilitated our very first virtual parenting programme for Parents of All Abilities (special needs). It was a strong success. However, Anne is currently in intensive medical care.

Belinda has 2 daughters (1 and 8 yrs.), and participated in the weekly Parents of All Abilities programme (2021-22). She walks with a cane, through the pain, and is currently undergoing cancer treatment. Belinda became a parent advisor, took our "Best Start" Facilitator training in Winter 2021-22, and now facilitates with a CCWF staff member, our Exceptional Families programme (child welfare families for whom she is an advocate). Further, she is back in school to finish a college degree.