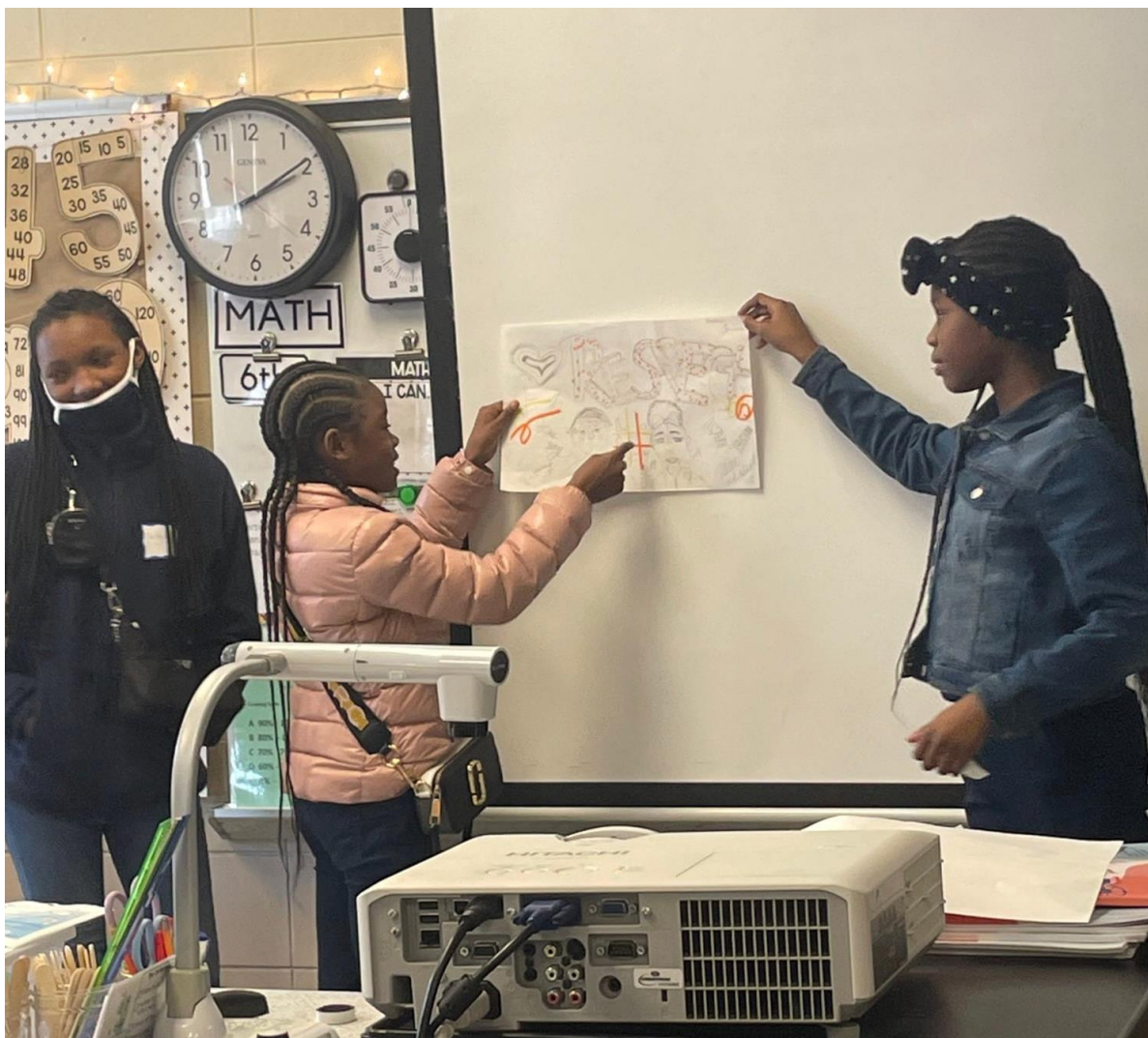


## ICDP REPORT FROM USA FOR YEAR 2022

The Changing Children's Worlds Foundation (CCWF, ICDP-USA) had a challenging but successful year in 2022. Three years of COVID-19 had deeply impacted many of the families and communities that CCWF serves, reducing capacity of partner institutions to offer our programs, and of families to be able to engage and sustain participation. However, where parents did engage - the program provided powerful support and measurable results. During 2020-2022, when many schools, mental health/social service agencies and community organizations shut down their parent support programs, CCWF offered Best Start Parenting programs virtually to Child Welfare-involved parents, and in-person in Jail Detention settings.



Despite the serious challenges to families during 2020-22 challenges of COVID, the "Best Start for Families" parent outcomes were even stronger during this period. This demonstrates the importance of this Parenting Program to combat the struggles that Justice-Involved families experience - in the best and worst of times. Despite the adverse effects COVID-19 has had on psychological, emotional, and physical well-being of adults and children, our analysis shows that Best Start

psycho-social programs are extremely effective in several key areas of supporting emotional and psychological health.

- Building Resilience and Hope is a key strength of the Best start program. COVID challenged parents even more, and our findings show that we continue to have significant, and slightly higher improvements than in previous years.
- Dramatic increase in the program effectiveness post COVID in the areas of Empathy & Understanding, Handling Pressures, Learning & Knowledge, Resilience & Hope, Self Acceptance, and Play & Enjoyment. For example, the ability to handle external pressures shows an almost 90% increase from before COVID.
- Positive emotional communications and interactions (Emotional Dialogue) improved even more dramatically since 2020 than before COVID -- a 488% increase! This positive emotional outcome is especially noteworthy since building positive parent/child relationships is such an important protective factor for children.
- Supporting parents to help their children learn and build their confidence. This area increased over 100% since before COVID.
- \* Significantly helping parents gain capacity and model self-control - supporting their children to self-regulate and respond to positive discipline. We see a 40% increase in this area since COVID.

Our Best Start for Justice-Involved Families report (also with general family program results) is available upon request.

CCWF continues to use a weekly series of 10 to 12 one-hour to 1.5 hour sessions using our Caregiver Handbook, and providing parents with children 5-12 years old with our Children's SEL Activity Booklet as well.

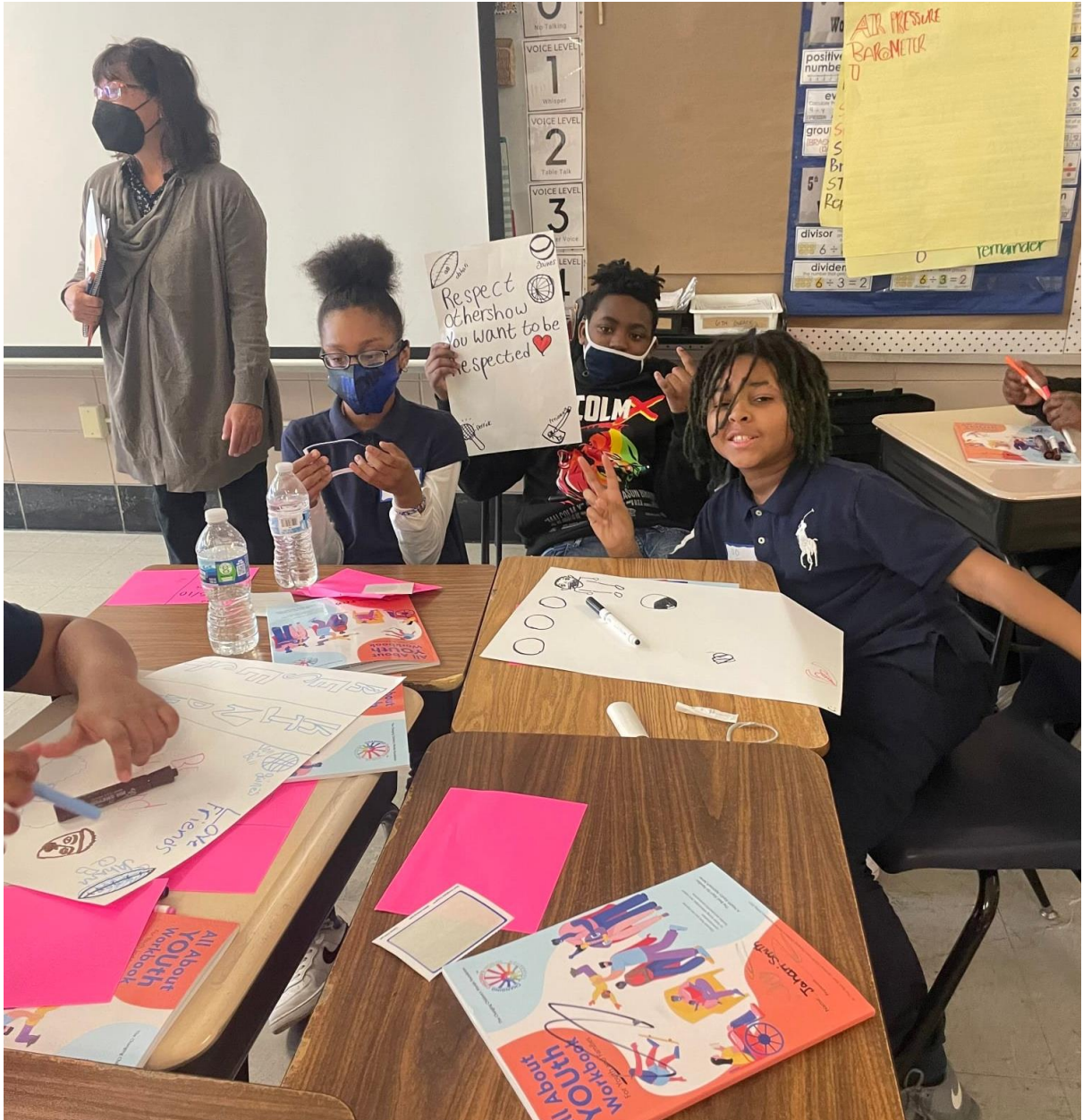
### **2022 Best Start/ICDP-USA Statistics:**

Number of 2022 Parents/Caregivers in Parent Learning Groups/Coaching = 187  
[Year-to-Date 2,116]

Number of 2022 Children served = 419 (direct/indirect via Parents/Professionals)  
[Year-to-Date 5,626, conservative estimate]

Number of 2022 Professionals/University Students Trained = 95 [Year-to-Date 775].

In 2018-19, the Changing Children's Worlds Foundation developed a "Best Start-All About YOUth" curriculum to support students and young adults (12-24 years). It is based on positive Youth Development/Agency + Empathy/SEL Relationship Skills (ICDP), with a foundation of Restorative Practice. Since 2021, this program has increasingly been requested by schools for students in 5th-8th grades, as well as high schools and community organization summer programs. The "All About YOUth" program shows evidence of significant improvements in many areas. The most significant improvement was seen in the area of understanding and using restorative practice towards healthy relationships. There were also significant improvements in the ability to identify and seek concrete supports, followed by youth resilience, social connections, strengths and difficulties, and cognitive and social-emotional competence. From the Youth Thrive assessment, an initiative of CSSP (Center for the Study of Social Policy), AAY participants also showed statistically significant improvements in the knowledge of adolescent development.



In fact, the pandemic also raised awareness of the mental health as well as physical health challenges being faced by parents, youth, and increasingly - younger children - which has resulted in a stronger start for CCWF and ICDP-USA in 2023.

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