

Promoting Family Well-being and Preventing Child Maltreatment: What Works?



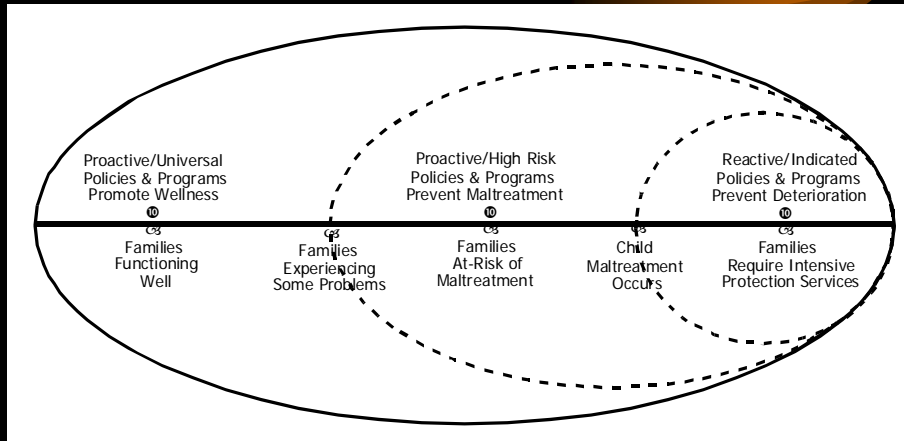
**Geoffrey Nelson, Department of Psychology
Wilfrid Laurier University
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Promoting Family Well-being and Preventing Child Maltreatment: Four Key Dimensions

- **Promotion-prevention-early intervention continuum**
- **Focusing the intervention at different ecological levels**
- **Length and intensity of intervention**
- **Value-based partnerships**

Cette présentation a été effectuée le 14 novembre 2005, au cours de la journée « La violence familiale dans la vie des enfants : connaître, comprendre, prévenir » dans le cadre des Journées annuelles de santé publique (JASP) 2005. L'ensemble des présentations est disponible sur le site Web des JASP, à l'adresse <http://www.inspq.qc.ca/jasp/archives/>.

Dimension # 1 -Promotion— Prevention— Early Intervention Continuum



Meta-analysis

- A quantitative literature review / research synthesis
- The main statistic that used in meta-analysis is called an effect size
- Meta-analysis is also used to examine moderators of effect size

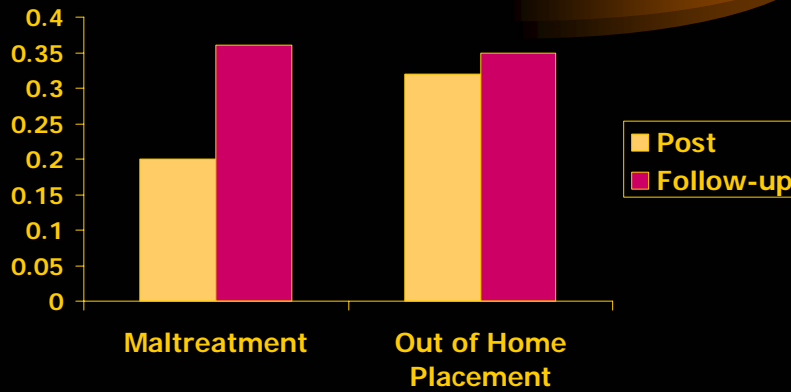
Effect Sizes

- To examine outcomes of interventions, the mean of control or comparison group is subtracted from the mean of the intervention group and divided by the pooled SD
- An effect size of 1 means that those in the intervention group score 1 SD higher than those in the control group
- .2 = small effect, .5 = medium effect, .8 = large effect

Research Framework

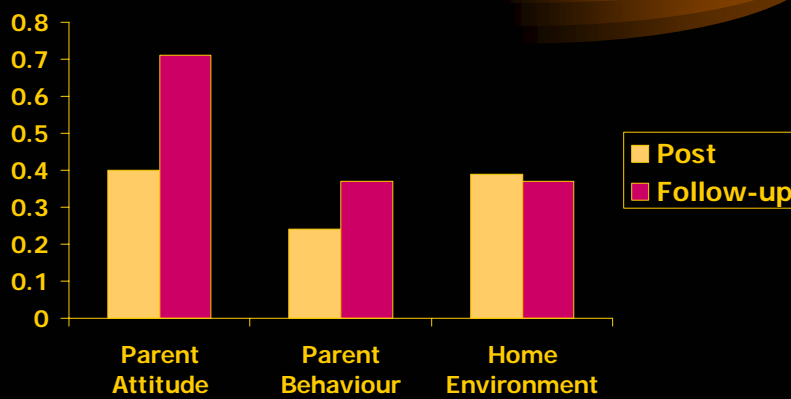
Timing	Type of program	Outcomes measured	Program characteristics
Proactive	<ul style="list-style-type: none"> • Home visiting (n=23) • Multi-component (n=6) • Mutual aid (n=3) • Media (n=2) 	<ul style="list-style-type: none"> • Out-of-home placement rates • Maltreatment 	<ul style="list-style-type: none"> • Ecological framework • Empowerment/strengths focus
Reactive	<ul style="list-style-type: none"> • Intensive family preservation (IFPS, n=10) • Multi-component (n=5) • Mutual aid (n=2) • Parent training (n=5) 	<ul style="list-style-type: none"> • Parent attitude • Parent behaviour • Home environment 	<ul style="list-style-type: none"> • Duration/intensity • Social support and concrete support

Effect Sizes for Programs on Child Maltreatment Outcomes at Post Intervention and Follow-up



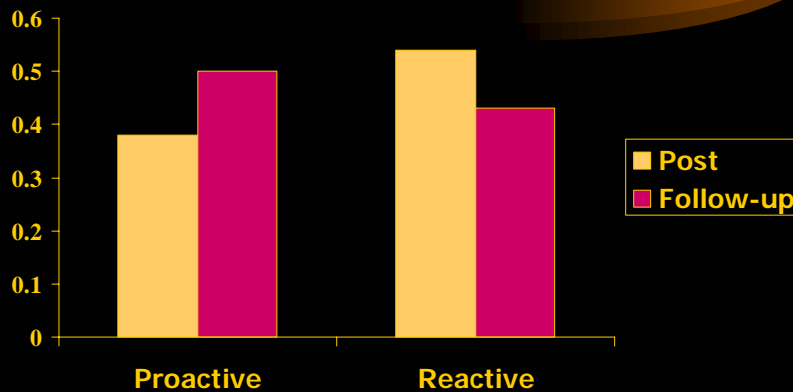
Source: MacLeod & Nelson (2000)

Effect Sizes for Programs on Family Well-being Outcomes at Post Intervention and Follow-up



Source: MacLeod & Nelson (2000)

Effect Sizes for Proactive and Reactive Interventions on Family Outcomes at Post Intervention and Follow-up

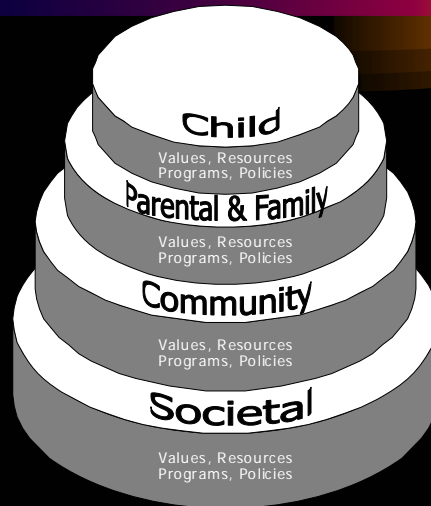


Source: MacLeod & Nelson (2000)

Recent Review of the Effectiveness of Interventions with Children Who Have Been Maltreated (Dufour & Chamberland, 2003)

- Overall, a number of different types of interventions have been found to lead improvement on different outcome measures
- However, the reviewers noted the relative lack of follow-up studies of these interventions
- Follow-up studies of interventions for families of maltreated children have not always yielded positive findings

Dimension #2 - Ecological View of Family Wellness



All Ecological Levels Should be Emphasized

- **Child and family wellness is multiply determined**
- **Holistic focus on all levels of analysis**
- **Everyone has a stake in the promotion of family wellness**

Focusing the Intervention

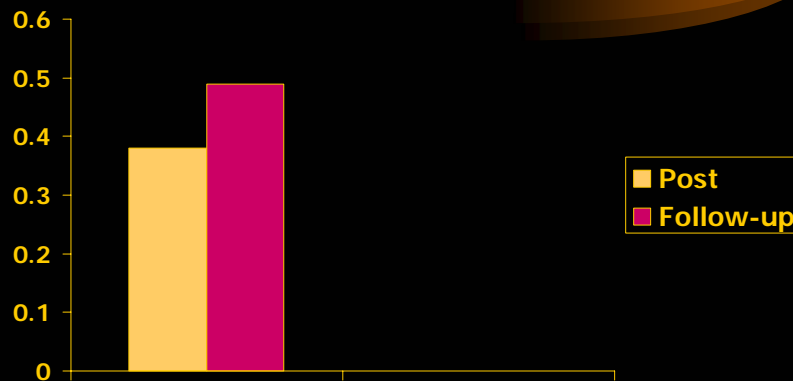
- Family/parent support programs - home visitation (Olds Prenatal/Early Infancy project, Hawaii Healthy Start, etc.)
- Combined preschool/school and family/parent support programs – Chicago Child-Parent Centers, Better Beginnings, Better Futures
- Community-wide media campaigns
- Social policies

Focusing the Intervention

Olds Prenatal/Early Infancy project – 3 randomized controlled trials

- Elmira trial – impacts on child maltreatment for highest risk group 2 years after the beginning of the intervention; differences between the intervention and control groups were reported at a 15-year follow-up (Olds et al., 1986; Olds et al., 1997)
- Memphis trial – lower rates of hospital visits for injuries or ingestions 2 years after the intervention started (Kitzman et al., 1997)
- Denver trial – comparing nurse home visitors and paraprofessional visitors, a number of positive impacts were noted for both intervention groups on several outcomes 4 years after the intervention had started, but not rates of child maltreatment (Olds et al., 2004)

Effect Sizes for Home Visitation Programs on Family Outcomes at Post Intervention and Follow-up



Source: MacLeod & Nelson (2000)

Focusing the Intervention

- Since the MacLeod and Nelson (2000) review, there have been several randomized controlled evaluations of home visitation on child maltreatment and other outcomes, including one of Hawaii Healthy Start which uses paraprofessional home visitors (Duggan et al., 2004), Manitoba's Baby First program, modeled after Hawaii Healthy Start (Santos, 2005), and one in Australia which uses nurse home visitors (Fraser, Armstrong, Morris, & Dadds, 2000)
- None of these studies reported preventive impacts on child maltreatment or other positive family well-being outcomes
- Subsequent reviews of the literature and commentaries (Daro, 2004; Santos, 2005; Zercher & Spiker, 2004) have suggested that the impacts of home visitation programs are varied and modest overall

Multi-component Programs - CPC

- Chicago Child-Parent Center program provides several programs for low-income children beginning at age 3 (Reynolds & Robertson, 2003)
- Programs include home visitation, parent resource centers, parenting skills training, vocational training, social support, preschool education, continued educational assistance to children up to 2nd or 3rd grade
- More than 1400 children in CPCs or comparison group

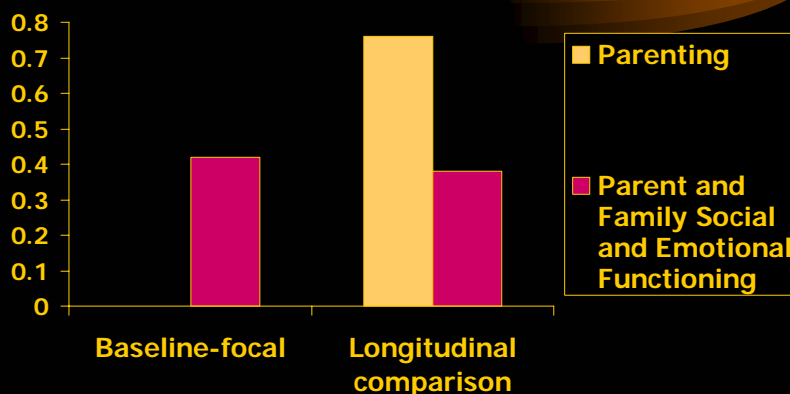
Multi-component Programs - CPC

- Examination of court petitions for child maltreatment by age 17 showed significantly lower rate of child maltreatment in the CPC group (5%) than the comparison group (10.5%)
- Parental involvement in school and school mobility were significant mediators of prevention effects

Multi-component Programs – BBBF

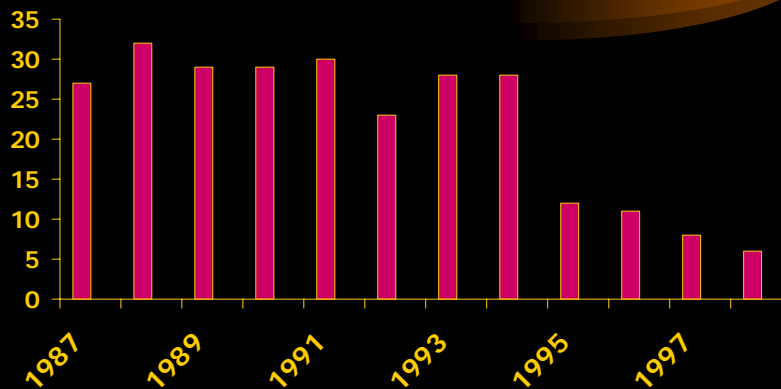
- Better Beginnings, Better Futures is a multi-component prevention program in 8 low-income Ontario communities (Peters et al., 2000)
- There are child-focused, family-focused, and community-focused programs in each community
- The program uses two types of comparison groups to evaluate prevention program effectiveness (a baseline-focal cohort comparison and a longitudinal comparison community design)

Effect Sizes for Parenting and Parent and Family Social and Emotional Outcomes at the Highfield Community Site



Source: Peters et al. (2002)

Impacts on Child Maltreatment: Number of Open CAS Cases in Highfield Community over Time



Source: Peters et al. (2002)

Community-wide Media Programs

Examples include:

- the Parents Magazine in Quebec (Laurendeau, Gagnon, Desjardins, Perreault, & Kishchuk, 1991)
- the universal Triple P Positive Parenting Program in Australia that uses print and electronic media (Sanders, Cann & Markie-Dadds, 2003) and which is now being implemented in South Carolina as well
- the Parenting the First Year newsletter in Wisconsin (Riley, 1997)

Community-wide Media Programs – Wisconsin Program

- Evaluation of the Parenting the First Year newsletter in Wisconsin (Riley, 1997) using a sample of over 1000 mothers with 14 month old infants
- Compared with those who did not receive the newsletter (the control group), those who received the newsletter had significantly lower rates of spanking or slapping their children
- Across the 40,000 families who received the newsletter, this adds up to the prevention of over 1 million instances of babies being struck

Social Policy Interventions

Can social policies prevent child maltreatment? The case of Sweden

- Physical punishment of children abolished in secondary schools in Sweden in 1928
- On July 1, 1979, Sweden enacted a law that outlawed corporal punishment of children (the first country to do so)
- These changes took place within a broader context supporting children's rights

Social Policy Interventions



- Sweden has a collectivist ideology
- Sweden's social policies emphasize prevention over intervention (Durrant & Olsen, 1997)
- A variety of family and parenting support programs have been put in place to reinforce this policy

Social Policy Interventions



- Rates of prosecution have not increased since the law was enacted (Durrant, 1999)
- Rates of out-of-home placements have steadily decreased since the law was enacted (Durrant, 1999)
- Rates of youth involvement in crime, alcohol and drug use, rape, and suicide have decreased (Durrant, 2000)
- Mothers' use of physical punishment has decreased substantially since the law was enacted (Durrant, 2000, 2003)

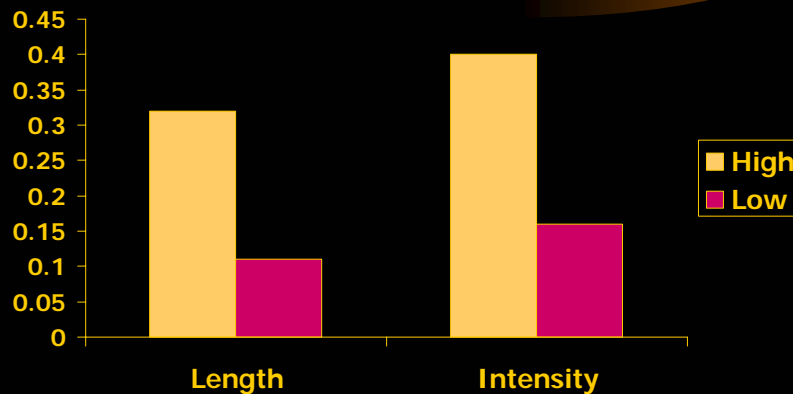
Social Policy Interventions

- The percentage of Swedish parents who agreed with the statement "A child has to be given corporal punishment from time to time" decreased from 42% in 1968 to 26% in 1981 (Durrant, 2003)
- Swedish mothers more likely than Canadian mother to have never used physical punishment with children – 55% of Swedish mothers vs. 30% of Canadian mothers (Durrant, Rose-Krasnor, & Broberg, 2003)
- 55% of Canadian mothers indicated that spanking is a "parental right if seen as necessary" compared with 21% of Swedish mothers (Durrant et al., 2003)

Dimension # 3 - Length and Intensity of the Intervention

- Length and intensity for parents
- Length and intensity for children

Effect Sizes for Preschool Interventions on Child and Family Outcomes at K-8 by Length and Intensity of the Intervention for Children



Source: Nelson, Westhues, & MacLeod (2002)

Length and Intensity of the Intervention

- In the Chicago Child-Parent Center (CPC) program evaluation, those children with 4-6 years of participation had a lower rate of child maltreatment (3.6%) vs. those with less extensive participation (6.9%) (Reynolds & Robertson, 2003)
- On the other hand, some very intensive home visitation programs, such as Hawaii Healthy Start have shown few impacts (Duggan et al., 1994)

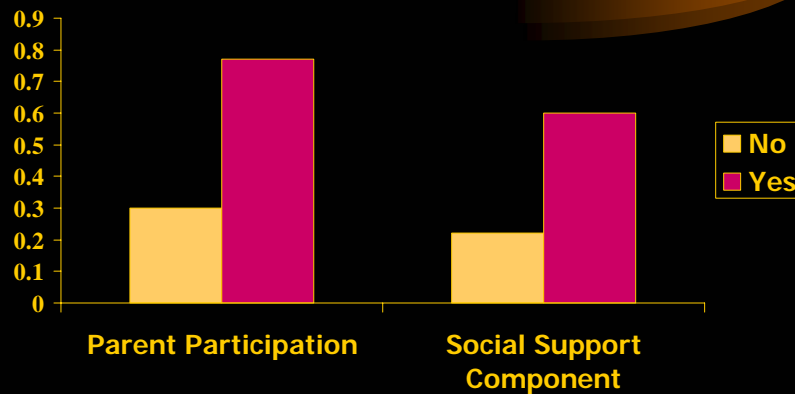
Dimension # 4 - Value-based Partnerships



What Is a Value-based Partnership?

- Most prevention programs are driven by professionals, the recipients of the programs have little voice (they are "research subjects" and "clients")
- Those that follow a community development approach are more likely to be driven by community members
- Value-based partnerships emphasize the values of resident participation, self-determination, collaboration with professionals, inclusion and diversity, health promotion, etc. - not exclusively top down or bottom up, but a blending of strengths and knowledge

Effect Sizes for Intensive Family Preservation Programs on Out of Home Placement Rates



Source: MacLeod & Nelson (2000)

Conclusion

- Is there evidence that family well-being can be promoted and that child maltreatment can be prevented? YES!
- What works to promote well-being and prevent child maltreatment?

There is evidence of four best practice dimensions (promotion programs that target multiple levels, are of long duration and intensity, and blend the strengths of professionals and community members) are quite important for promoting the well-being of families and preventing the maltreatment of children

Conclusion

- **Most interventions focus on the micro level of analysis (e.g., home visitation programs)**
- **More emphasis needs to be placed on the macro level of analysis (e.g., community-wide and social policy interventions)**

***Thank you for
your attention!***



Prilleltensky, I., Nelson, G., & Peirson, L. (Eds.). (2001). *Promoting family wellness and preventing child maltreatment: Fundamentals for thinking and action*. Toronto: University of Toronto Press.

Nelson, G., Pancer, S. M., Hayward, K., & Peters, R. DeV. (2005). *Partnerships for prevention: The story of the Highfield Community Enrichment Project (Better Beginnings, Better Futures)*. Toronto: University of Toronto Press.

*For further information
contact Geoff Nelson
gnelson@wlu.ca*

*[http://www.wlu.ca/
~wwwpsych/gnelson/](http://www.wlu.ca/~wwwpsych/gnelson/)*