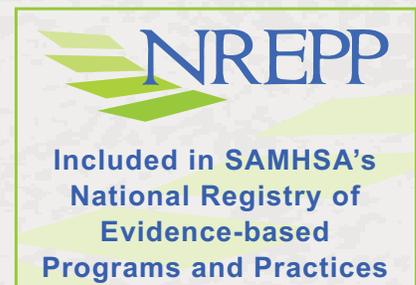




# Parenting Inside Out



## ABOUT PARENTING INSIDE OUT

Raising a child can be overwhelming. *Parenting Inside Out (PIO)* is an evidence-based program that addresses the unique challenges facing criminal-justice-involved parents and their children. In a classroom setting, parenting coaches lead students through a cognitive-behavioral parent management skills course to help each parent develop a parenting plan specific to the needs of their family.

With the leadership of the Oregon Department of Corrections, *PIO* was created by scientists, policy makers, and practitioners with input from incarcerated parents and their families throughout the development process. *PIO* is based on extensive research and practice. It is derived from the *Parent Management Training (PMT)* curriculum developed at the Oregon Social Learning Center, which appears on best-practice lists of the American Psychological Association, US Department of Health and Human Services, Office of Victims of Crime, and US Department of Justice. *PIO* is the only evidence-based parenting program specifically for criminal-justice-involved parents, and is the parenting curriculum of choice for corrections and community programs across the U.S.

## FEATURES

Features of *Parenting Inside Out* include:

- ▶ **Adult Learning Theory.** *PIO* is grounded in adult learning theory and is designed for the adult learner.
- ▶ **Learner-Centered Design.** Throughout the program, the parenting coach and learner collaborate in setting goals and developing strategies for reaching those goals.
- ▶ **Outcomes-Based Instructional Design (OBID).** OBID's focus is on problem-centered, real-life adult roles because adult students are interested in solving problems that relate to day-to-day life.

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## THE RESEARCH

*PIO* is the highest-rated parenting program for incarcerated and criminal-justice-involved parents listed on the National Registry of Evidence-Based Programs and Practices (NREPP). *PIO* was the subject of a five-year, \$2.1 million, randomized controlled study (RCT) of 359 incarcerated mothers and fathers funded by the National Institute of Mental Health (the Parent Child Study). The study, the largest ever done on a parenting program for this population, followed parents during their final year of incarceration and for one year after they released from prison. The study contrasted outcomes of parents assigned to receive *PIO* or to a services-as-usual control group and yielded the following results:

At one year post release, the *PIO* participants had a **34% reduction in post release arrests** compared to control group participants (men, 41%, women, 32%).

At one year post release, *PIO* participants had a **29% reduction in self-reported criminal behavior** when compared to controls. *PIO* participants were **1.5 times more likely to report no crimes post-release** than did the controls.

At six months post release, *PIO* participants were **1.6 times more likely to report no substance abuse** problems than controls.

*PIO* participants had **significantly lower depression scores** (on the CES-D) and higher positive prison attitude adjustment scores following their *PIO* class, than did the control group.

During incarceration, *PIO* participants reported **significantly more Positive Parent-Child Contact**, had a higher score on the Parent Ease of Relationship with Caregiver measurement at the end of their *PIO* class, and received more total family visits than did controls.

After release from prison, *PIO* fathers reported using **significantly more positive reinforcement** with their children than did fathers in the control group. Further, *PIO* participants reported **less use of poor/inconsistent discipline practices** than did control group participants.

There are three versions of the *PIO* curriculum: *Prison* (90-hour & 60-hour), *Community* (48-hour), and *Jail* (24-hour). Each version teaches parents a way of navigating life that uses healthy, pro-social skills to interact with children, partners, co-parents, officials, friends and family. With *PIO* training, criminal-justice-involved adults learn skills they can put into practice to become better parents and role models for their children.

## DISTRIBUTION

*Parenting Inside Out* is in use in 32 states, Australia and Canada, including 9 departments of corrections and multiple community and jail-based programs. It is in use in the following states:

- Alabama
- Arkansas
- Arizona
- California
- Colorado
- Delaware
- Florida
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Montana
- New Hampshire
- New York
- North Carolina
- Ohio
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island
- Tennessee
- Texas
- Virginia
- Washington
- West Virginia
- Wisconsin

## A PARENT'S STORY

"*Parenting Inside Out* helped me rebuild my family relationships, not just relationships with my children. I hated my mother, who is my children's caregiver; she has taken care of my children since they were born and I was never really their mother. She wouldn't bring my kids to see me. *Parenting Inside Out* gave me the skills to communicate with her and also the understanding of how to be a parent. Now, my mom is my best friend and she brings my kids to see me all the time.

"I had no confidence in myself. In *PIO* I accomplished something each week. Those little successes gave me the confidence to keep going; I was willing to try something bigger. Now I am part of my children's lives. I am their mom."