

Parenting Interventions

Christopher J. Mehus, PhD

Department of Pediatrics

School of Nursing



UNIVERSITY OF MINNESOTA

Driven to DiscoverSM

Overview

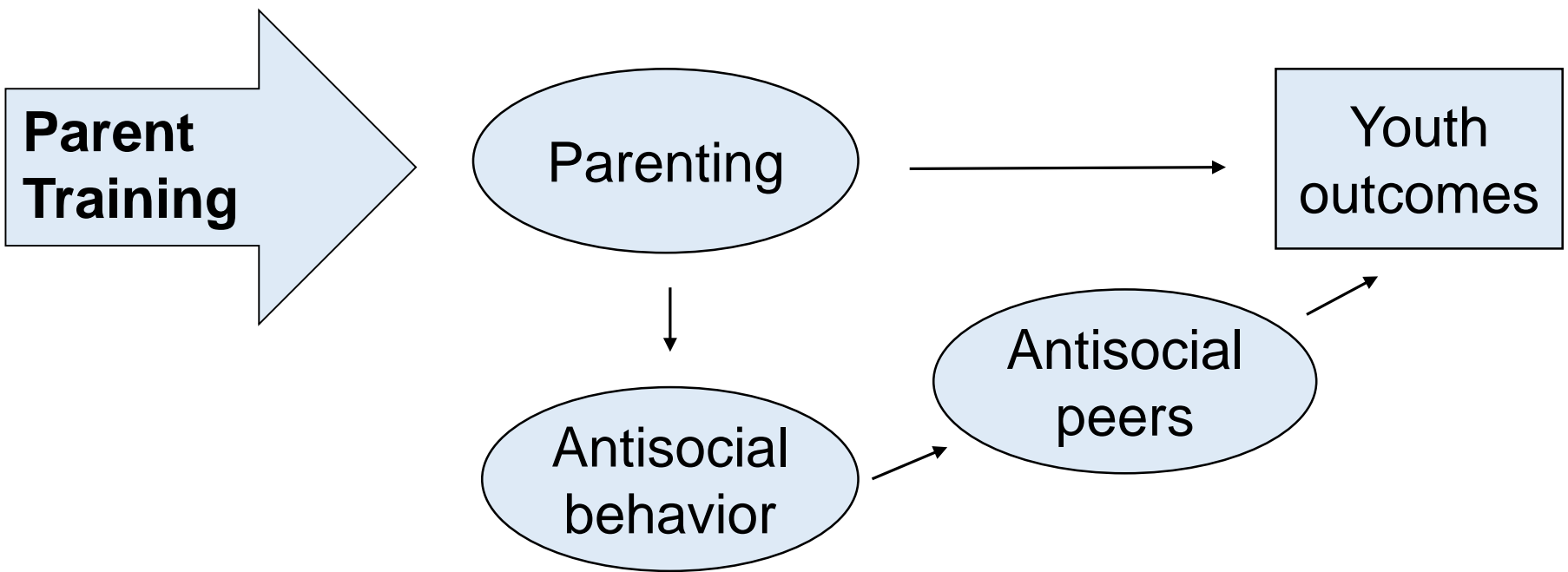
- What makes a program evidence-based?
- Evidence and long term results
- Cultural and community applicability
- How change happens



Positive parenting promotes...

- Prosocial behavior
- Prosocial peer groups
- Academic success
- Less risk-taking
- Physical health
- Mental health





Family-focused prevention can influence this whole cascade





www.BlueprintsPrograms.com

Blueprints

FOR HEALTHY YOUTH DEVELOPMENT

- ABOUT US
- ASSESS NEEDS
- BLUEPRINTS CRITERIA
- VIEW ALL PROGRAMS
- PROGRAM SEARCH
- NOMINATE PROGRAM
- RESOURCES



BLUEPRINTS: YOUR RESOURCE FOR HEALTHY YOUTH DEVELOPMENT PROGRAMS

FIRST TIME HERE?
TRY OUR STEP-BY-STEP SEARCH APPROACH

GET STARTED >>

There are links to cost-benefit analyses (if available) in the overview of individual interventions

DEVELOPMENT

LEARN MORE ABOUT BLUEPRINTS
VIEW VIDEOS



- Family Foundations (0-2)
- Nurse-Family Partnership (0-2)
- Family Check-up (Toddler; 0-2)
- Triple P System (0-11)
- Incredible Years – Parent (3-11)
- GenerationPMTO (3-18)
- Parent-Child Interaction Therapy (PCIT; 3-11)
- New Beginnings (For children of divorce; 5-18)
- Strong African American Families Program (5-11)
- Strengthening Families (10-14)
- EFFEKT (12-14)
- Familias Unidas Preventive Intervention (12-18)
- Guiding Good Choices (12-14)
- Positive Family Support – Family Check-up (12-14)
- Functional Family Therapy (FFT; 12-18)
- Multisystemic Therapy – Problem Sexual Behavior (MST-PSB; 12-18)

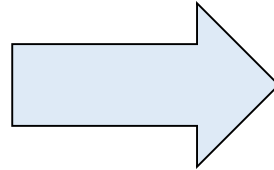
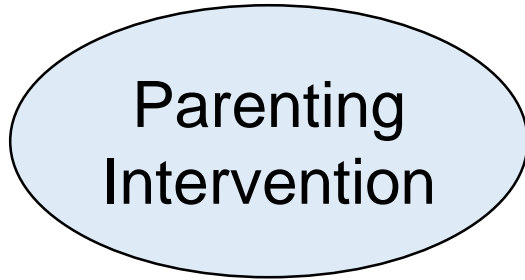


What is evidence based?

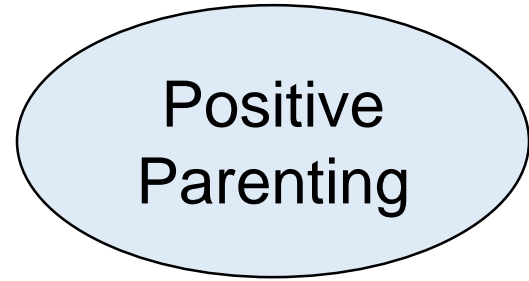
- Randomization and control (e.g., RCTs)
- Multiple studies
- Studies run by someone other than the developer



A



B



Positive parenting promotes...

- Prosocial behavior
- Prosocial peer groups
- Academic success
- Less risk-taking
- Physical health
- Mental health





Growing effect sizes



Effective in many cultures



Cost-effective



Raising Cooperative Kids

Proven Practices for a
Connected, Happy Family

Marion Forgatch, PhD, Gerald Patterson, PhD,
and Tim Friend



Change =

Content + Process

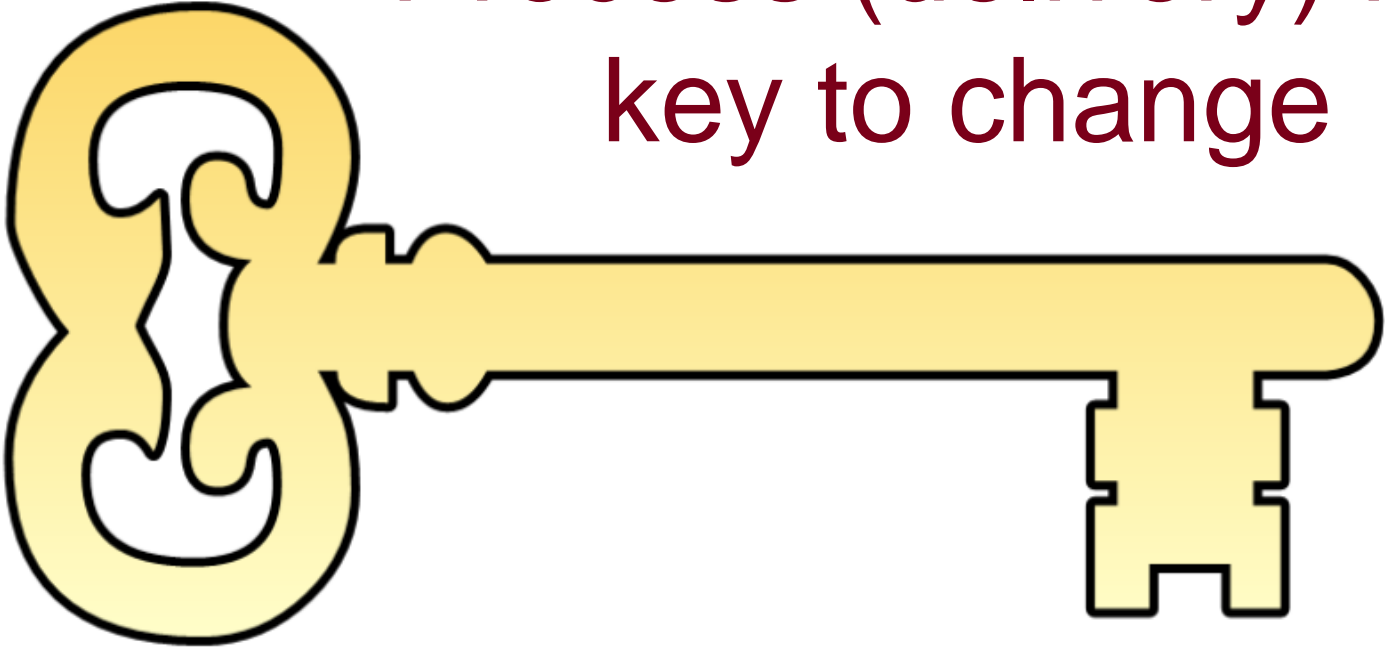


Resistance to change

Often elicited by
Confronting and *Teaching*



Process (delivery) is a
key to change





UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

Chris Mehus: CJMehus@umn.edu

