



## Parent education changes lives

SCAN's *ABCs of Parenting* improves parenting attitudes shown to be related to child abuse and neglect. A recent program evaluation found strong reductions in participants' high risk attitudes regarding parental expectations, empathy, harsh punishment, and appropriate parent-child roles.

### The Need

The Centers for Disease Control's landmark study found dramatic evidence that adverse childhood experiences (ACEs – child abuse, neglect, and exposure to domestic violence) are common, destructive, and have effects that often last a lifetime. In fact, it led the researchers to conclude that ACEs are **"the most important determinant of the health and well-being of our nation."**<sup>1</sup>

Child abuse and neglect is a major societal issue. In addition to the high physical, psychological, and emotional costs child abuse has on children and parent-child relationships, involvement in the child welfare system also extracts a significant societal cost - estimated at \$104 billion per year.<sup>2</sup> Long-term, children who are abused are more likely to experience low self-esteem, depression or other mental illness, drug/alcohol dependence, teen pregnancy, homelessness, chronic unemployment, and involvement with the criminal justice system. Abused children are also more likely to abuse their own children when they become parents themselves.

To prevent child abuse and neglect, SCAN offers a series of classes in both English and Spanish using the Nurturing Parenting Program® curriculum called the ABCs of Parenting that helps families learn about child development, establishing routines for regular family activities, effective discipline, handling stress and building family cohesion.

## SCAN's short 8-week program clearly reduces the probability of child abuse among participants by improving parental attitudes.

A recent program evaluation of SCAN's *ABCs of Parenting* classes by an external evaluator<sup>3</sup> found significant reductions in high risk attitudes on four of the five constructs tested:

Parenting Attitude	Changes from pre-program % to post-program %		
	High Risk Change	Medium Risk Change	Low Risk Change
<i>Expectations</i>	18% to 9%	74% to 58%	8% to 33%
<i>Empathy</i>	20% to 13%	56% to 51%	25% to 36%
<i>Punishment</i>	6% to 4%	61% to 46%	33% to 50%
<i>Parent-Child Roles</i>	14% to 9%	64% to 38%	23% to 54%

By program end, less than 15% percent of participants had a high risk of child abuse or neglect based on any of these four constructs. The effects were equal for mandated and voluntary participants; Spanish and English speakers; and men and women.

### The Results

<sup>1</sup> Felitti, V. J., & Anda, R. F. (1997.)The Adverse Childhood Experiences (ACE) Study. Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/ace/index.htm>

<sup>2</sup> <http://www.childrendefense.org/policy-priorities/child-welfare/about.html>

<sup>3</sup> The ABCs of Parenting evaluation data analysis was conducted by Allison Hyra, Ph.D., of Hyra Consulting.

Since these results are in line with other evaluations of the Nurturing Parenting Program, we can expect that SCAN parents will retain these lower risk attitudes,<sup>4</sup> better understand appropriate expectations based on their child's developmental stage<sup>5</sup> and be less likely to have a substantiated case of child maltreatment.<sup>6</sup> Additionally, evaluations suggest that the children of SCAN participants should become more self-aware, and better differentiate parent/child roles.<sup>7</sup>

## Costs & Impact

The CDC has calculated that the costs of just one year of child abuse and neglect in this country total more than \$124 billion. Thus, prevention efforts that reduce child abuse address long-standing community problems and give children a brighter future while cost-effectively saving society the expenses associated with the negative consequences of abuse.

## Your Support

**The cost to provide SCAN's 8-week ABCs of Parenting series for 15 – 20 parents, including childcare, in a community partner's space, convenient to participants and facilitated by a trained parent educator is around \$12,500. This is about \$1,000 per participating family.**

SCAN receives support for the Parent Education Program from foundations, individuals and local businesses, as well as special events including the *Toast to Hope* gala held every fall.

Thank you for supporting SCAN's efforts to strengthen parents, support families, and brighten tomorrow for children in our community!

## About SCAN

Stop Child Abuse Now (SCAN) of Northern Virginia was founded in 1988 by a group of citizens concerned about the rise of child abuse and neglect. SCAN is a non-profit organization serving the Northern Virginia area. Its mission is to promote the well-being of children, improve parent-child relations and prevent child abuse and neglect by:

- Educating the community about the scope, nature and consequences of child abuse and neglect and the importance of positive, nurturing parenting;
- Providing direct parent education; and
- Advocating for children in the community, the legislature and the courts.

SCAN is a regional affiliate of Prevent Child Abuse Virginia, the state chapter of Prevent Child Abuse America, and is a member of the National Court Appointed Special Advocate (CASA) Association.

Please visit SCAN's website at [www.scanva.org](http://www.scanva.org) to learn more.

<sup>4</sup> <http://nurturingparenting.com/images/cmsfiles/ojdp.pdf>

<sup>5</sup> *ibid.*

<sup>6</sup> <http://nurturingparenting.com/images/cmsfiles/nppfullarticle52810forinternaluse2.pdf>

<sup>7</sup> <http://nurturingparenting.com/images/cmsfiles/ojdp.pdf>