

Parenting Inside Out®

Parenting Inside Out (PIO) is an **evidence-based**, cognitive-behavioral parenting skills training program based on the Oregon Social Learning Center's *Parent Management Training* program for at risk families, which appears on numerous national-level best practice lists. *PIO* was the subject of a five year, \$2.1 million, randomized controlled study (RCT) of 359 incarcerated mothers and fathers (41% racial minority) funded by the National Institute of Mental Health. The study followed parents during their final year of incarceration and for three years after they released from prison. Among the results we found were the following:

- At one year post release, *PIO* participants had a 60% reduction in rearrest when compared to the control group.
- At one year post release, *PIO* participants had a 91% reduction in self-reported criminal behavior when compared to the control group.
- At one year post release, *PIO* participants had a 66% reduction in self-reported substance abuse when compared to the control group.
- During incarceration, the *PIO* group reported significantly more Positive Parent-Child Contact and had a higher score on the Parent Ease of Relationship with Caregiver measurement at the end of their *PIO* class than did the control group.
- After release from prison, *PIO* fathers used significantly more positive reinforcement with their children than did non-*PIO* fathers and *PIO* participants reported less use of poor discipline practices.
- Following the *PIO* class, parents were more likely to play an active role with their child than they did prior to taking *PIO*.

Eddy, J. M., Martinez, C. R., & Burraston, B. (2011). A randomized controlled trial of a parent management training program for incarcerated parents: Proximal impacts. In J. Poehlmann & J. M. Eddy (Eds.). *Relationship processes and resilience in children with incarcerated parents*. Monograph submitted for publication.

In the recently released Pew Center on the States study of recidivism across the county Oregon has the lowest recidivism rate of the 41 states who submitted data to the Pew Center. One of the reasons cited for Oregon's success is its use of evidence-based programs. *PIO* is one of the evidence-based programs that have been in use during the time Oregon saw its recidivism rate decrease.

PIO addresses the unique situation and issues of criminal justice and systems involved (substance abuse, child welfare) parents and has been successfully implemented in both men's and women's prisons, in county jails and in several community programs in Oregon, California, Kansas, Pennsylvania and Rhode Island. United States Attorney General Eric Holder specifically cited *PIO* as a program producing positive outcomes in a speech he gave at the Fatherhood Forum in December 2009.

In a study published in the *Journal of Substance Abuse Treatment* in 2007 ("The National Criminal Justice Treatment Practices Survey"), Faye Taxman of George Mason University shared her research on 400 programs used with criminal justice involved persons. She found the

following elements were shared by all programs that achieve consistent results with this population:

- Are cognitive-behavioral based
- Are 6 to 12 months in duration
- Have a manualized curriculum
- Are taught by skilled staff
- Include 1) motivation to change, 2) social and interpersonal skills, and 3) develop natural supports (family, community)
- Use reinforcers

We were very excited to see these results as they validate the structure and content of the *Parenting Inside Out* program. *PIO* meets five of the six criteria (does not meet duration criterion) and many organizations have started ongoing parent support groups that extend the duration of learning and practice of the behaviors and skills taught in the class.

Parenting Inside Out is the only evidence-based program developed specifically for systems involved parents and it consistently produces positive outcomes for both parents and children.

**For further information and price quotes, please contact
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<http://www.parentinginsideout.org/>**