

# PROGRAM PROFILE TEMPLATE FOR: Active Parenting 4th Edition/Active Parenting of Teens March 2017 version

*\*Fields marked with an asterisk are required*

## Program Details

### Contact Information—FOR SNAPSHOT

Program Developer Contact Information	Dissemination/Implementation Contact Information
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### Other Program Details—FOR SNAPSHOT

Program Type*	Implementation/Dissemination Materials
<input checked="" type="checkbox"/> Mental health promotion <input type="checkbox"/> Mental health treatment <input checked="" type="checkbox"/> Substance use disorder prevention <input type="checkbox"/> Substance use disorder treatment <input type="checkbox"/> Co-occurring disorders	<input checked="" type="checkbox"/> Implementation materials available <input checked="" type="checkbox"/> Dissemination materials available

### Demographics and Geography for Studies Reviewed—FOR SNAPSHOT

Age Category*	Gender*	Race/Ethnicity*	Geographical Setting	Delivery Setting*
<input type="checkbox"/> 0-5 <input type="checkbox"/> 6-12 <input type="checkbox"/> 13-17 <input type="checkbox"/> 18-25 <input checked="" type="checkbox"/> 26-55 <input type="checkbox"/> 55+ <input type="checkbox"/> Information not provided	<input checked="" type="checkbox"/> Male <input checked="" type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/> Information not provided	<input type="checkbox"/> American Indian/Alaska Native <input checked="" type="checkbox"/> Asian/Pacific Islander <input checked="" type="checkbox"/> Black <input checked="" type="checkbox"/> Hispanic <input checked="" type="checkbox"/> White <input type="checkbox"/> Other <input type="checkbox"/> Information not provided	<input checked="" type="checkbox"/> Urban <input checked="" type="checkbox"/> Suburban <input checked="" type="checkbox"/> Rural and/or frontier <input type="checkbox"/> Tribal <input type="checkbox"/> Non-US <input type="checkbox"/> Information not provided	<input type="checkbox"/> Correctional setting <input type="checkbox"/> Court <input type="checkbox"/> Home <input type="checkbox"/> Hospital/medical center <input type="checkbox"/> Mental health treatment center <input type="checkbox"/> Outpatient facility <input type="checkbox"/> Residential facility <input type="checkbox"/> School/classroom <input type="checkbox"/> Substance abuse treatment center <input type="checkbox"/> University <input type="checkbox"/> Workplace <input checked="" type="checkbox"/> Other (include computer/internet-based programs here, if they don't clearly fit elsewhere) <input type="checkbox"/> Information not provided

## Additional Information

### Special Populations (either target of program, or majority of population in one reviewed study) **-FOR SNAPSHOT**

- Co-occurring disorders
- Couples
- Families
- Homeless or runaway
- Immigrant/refugee
- In-home language use (other than English)
- Justice-involved adults
- Justice-involved youth
- Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) ITS (Intersexual)
- Low-income
- Military or veteran
- Non-English speaking
- Older adults
- Populations affected by Serious Mental Illness (SMI)
- Populations affected by Emotional Disturbance (ED)
- Suicidal
- Transition-aged youth
- Tribal or American Indian or Alaska Native
- Victims of trauma or violence
- Youth in or transitioning out of foster care

### Program Components\* **-FOR SNAPSHOT**

#### Prevention/Promotion/Treatment:

- Academic skills enhancement
- Drug or alcohol education
- Family support
- Media literacy or education
- Media campaign
- Parent management training
- Social skills/life skills training
- Stress management
- Youth mentoring
- Other

#### Treatment:

- Behavior modification or management
- Case management
- Cognitive-behavioral treatment
- Crisis services
- Family counseling or therapy
- Group counseling or therapy
- Home visiting
- Individual counseling or therapy
- Medication management
- Motivational Interviewing
- Wraparound
- Other

#### Other:

- Community mobilization or advocacy
- Diversion
- Occupational therapy
- Peer support
- Re-entry
- Vocational or job training
- Other

## Program Description\*

Active Parenting 4th Edition and Active Parenting of Teens are video-based, parenting education programs that target parents of children between the ages of 5 and 12 and parents of middle-school-age teens and older, respectively. The programs seek to improve parent–child relations, child well-being and behavior, and the mental health of parents and children. The programs also aim to reduce high-risk behaviors, including the use of tobacco, alcohol, and other drugs, reckless sexuality, and violence. Active Parenting of Teens includes prevention content tailored to teen populations, including drugs, sexuality, and violence.

The programs use a model of parenting that combines cognitive–behavioral theory with an understanding of the role of emotion, brain development in children, and methods to enhance academic success. The programs consist of six, 2-hour small group sessions that teach parents skills for nonviolent discipline, communication, family enrichment, encouragement, and other best-parenting practices. They also teach parents to use logical consequences and other positive discipline skills to reduce irresponsible and unacceptable behaviors. Session titles are 1) The Active Parent, 2) Cooperation and Communication, 3) Responsibility and Discipline, 4) Building Courage and Self-Esteem, 5) Understanding and Redirecting Misbehavior, and 6) Active Parenting for School Success.

Both programs use a multimodal learning system that includes brief video vignettes, PowerPoint presentations, a Parent’s Guide, and/or a Parent’s Workbook, experiential activities such as role play and skills practice, a Leader’s Guide, and leader-facilitated group discussions to present and reinforce core program concepts. Participants receive a certificate after completing the program. The programs are designed to be flexible, and leaders may modify the number of sessions per course as well as the length of each session.

## Program Versions

Other available versions of this program include: Active Parenting: First Five Years; Active Parenting in Stepfamilies; and Active Parenting of Teens: Families in Action.

## Program Summary\*

- These are video-based, parenting education programs that target parents of children between the ages of 5 and 12 and parents of middle-school-age teens and older, respectively.
- This program was rated **promising** for improving social competence; for improving parenting practices; and for improving knowledge, attitudes, and beliefs about parenting.

## Evaluation Findings by Outcome

### Outcome #1: Social Competence

Outcome Tags	For Snapshot
Evidence Rating* 	<input type="checkbox"/> Effective <input checked="" type="checkbox"/> Promising <input type="checkbox"/> Ineffective
Effect Size*	.86
Lower Confidence Limit*	.61
Upper Confidence Limit*	.99
For Profile Text	
Program Effects Across All Studies*	<p>This program is <b>promising</b> for improving social competence. The review of the program yielded sufficient evidence of a favorable effect.</p> <p>Based on two studies and two measures, the average effect size for social competence is .86 (95% CI: .61, .99).</p> <p><a href="#">Click here</a> to find out what other programs have found about the average effect sizes for this outcome.</p>

<b>Key Study Findings*</b>	There was a statistically significant improvement, from pretest to posttest, in parent observations of child behavior among parents of elementary-school-age children in the intervention group, but not among those in the comparison group. No statistically significant change from pretest to posttest was found for parents of preteens and teens in either group. Statistical testing for comparisons of pretest to posttest change between intervention and comparison groups was not reported (Foley, 2006).
<b>Measures Used*</b>	Foley (2006): Active Parenting Now Survey; Active Parenting of Teens Survey
<b>Additional Details</b>	None provided.

## Outcome #2: Parenting Practices

<b>Outcome Tags</b>	<b>For Snapshot</b>
<b>Evidence Rating*</b> 	<input type="checkbox"/> Effective <input checked="" type="checkbox"/> Promising <input type="checkbox"/> Ineffective
<b>Effect Size*</b>	1.03
<b>Lower Confidence Limit*</b>	.77
<b>Upper Confidence Limit*</b>	1.16
<b>For Profile Text</b>	
<b>Program Effects Across All Studies*</b>	<p>This program is <b>promising</b> for improving parenting practices. The review of the program yielded sufficient evidence of a favorable effect.</p> <p>Based on two studies and two measures, the average effect size for parenting practices is 1.03 (95% CI: .77, 1.16).</p> <p><a href="#">Click here</a> to find out what other programs have found about the average effect sizes for this outcome.</p>
<b>Key Study Findings*</b>	There was a statistically significant improvement, from pretest to posttest, in self-reported parenting behaviors among parents of preteens and teens in the intervention group, but not among those in the comparison group. No statistically significant change from pretest to posttest was found for parents of elementary-school-age children in either group. Statistical testing for comparisons of pretest to posttest change between intervention and comparison groups was not reported (Foley, 2006).
<b>Measures Used*</b>	Foley (2006): Active Parenting Now Survey; Active Parenting of Teens Survey
<b>Additional Details</b>	None provided.

## Outcome #3: Knowledge, Attitudes, and Beliefs About Parenting

<b>Outcome Tags</b>	<b>For Snapshot</b>
<b>Evidence Rating*</b> 	<input type="checkbox"/> Effective <input checked="" type="checkbox"/> Promising <input type="checkbox"/> Ineffective
<b>Effect Size*</b>	.64
<b>Lower Confidence Limit*</b>	.38
<b>Upper Confidence Limit*</b>	.77
<b>For Profile Text</b>	
<b>Program Effects Across All Studies*</b>	<p>This program is <b>promising</b> for improving knowledge, attitudes, and beliefs about parenting. The review of the program yielded sufficient evidence of a favorable effect.</p> <p>Based on two studies and two measures, the average effect size for knowledge, attitudes, and beliefs about parenting is .64 (95% CI: .38, .77).</p> <p><a href="#">Click here</a> to find out what other programs have found about the average effect sizes for this outcome.</p>
<b>Key Study Findings*</b>	There was a statistically significant improvement, from pretest to posttest, in parenting attitudes and beliefs among parents of elementary-school-age children in the intervention group but not among parents in the comparison group. No statistically significant between-group difference in parenting knowledge and attitudes was found for parents of

	preteens or teens in either group. Differences between the intervention and comparison groups were not reported (Foley, 2006).
<b>Measures Used*</b>	Foley (2006): Active Parenting Now Survey; Active Parenting of Teens Survey
<b>Additional Details</b>	None provided.

## Study Evaluation Methodology

### Study: Foley (2006)

<b>Study Tag</b>	
<b>Study Design Tag*</b>	<input type="checkbox"/> RCT, well-executed <input checked="" type="checkbox"/> QED with intact groups/Compromised RCT <input type="checkbox"/> QED without intact group
<b>For Profile Text</b>	
<b>Study Design Narrative*</b>	<p>Two studies were described in this article. The first involved parents participating in Active Parenting Now (a previous edition of Active Parenting 4th Edition for parents of elementary-school-age children). This group was compared with parents on a wait-list to receive the intervention at study completion.</p> <p>The second involved parents participating in Active Parenting of Teens (for parents of preteens and teens). This group was also compared with parents in a wait-list group.</p>
<b>Sample Description*</b>	<p>Study participants included a total of 323 parents who had registered for parent education classes.</p> <p>The sample for the study of Active Parenting Now consisted of 224 parents of elementary-school-age children, with 175 in the intervention group and 49 in the comparison group.</p> <p>The sample for the study of Active Parenting of Teens consisted of 99 parents of preteens or teens, with 62 in the intervention group and 37 in the comparison group.</p> <p>Most parents were female (70%) and white (75%), followed by 12% Latino, 5% black, 3.5% Asian, and 3% other. Between-group comparisons at baseline were not reported.</p>

## References

<b>Studies Reviewed*</b>
Foley, Y. C. (2006). <i>Active Parenting Now and Active Parenting of Teens: An evaluation of two parenting programs</i> . Unpublished manuscript.
<b>Supplemental and Cited Documents</b>
None provided.
<b>Other Studies</b>
Fashimpar, G. A. (2000). Problems of parenting: Solutions of science. <i>Journal of Family Social Work</i> , 5(2), 67–80.

## Resources for Dissemination and Implementation

### Implementation/Training and Technical Assistance Information

Originally published as Active Parenting in 1983, Active Parenting 4th Edition was published in 2014. According to the program supplier, over 30,000 sites have implemented the program since its initial publication, and active implementation includes sites in all 50 states as well as internationally.

Active Parenting of Teens was published in 1990 and is currently in its 3rd edition. According to the program supplier, over 15,000 sites have implemented the program since its initial publication, and active implementation includes sites in all 50 states as well as in various foreign countries.

Both programs are designed to be administered by a range of providers, including individuals (mental health professionals) or agencies (school systems, social service agencies, other agencies supporting children and families). Small groups should include one group leader and between 10 and 20 parents. However, some leaders prefer to co-lead groups, and some leaders have administered the program to as many as 60 to 70 parents. The programs may also be used for home visitation with one professional and one parent. Online versions of these programs are also available and can be provided by a local agency or organization for parents to access.

No specific educational background or licensure is required to provide the programs; however, most leaders have at least a bachelor's degree and often a master's degree. Training to provide the programs is not required by the program supplier; however, it is recommended. Training is available in a variety of formats, including online self-study, Webinars, or in-person trainings. In-person training is available through a 1- or 2-day Leader Training Workshop (LTW) and 3-day Training of Trainers (TOT) workshops. One-day Webinar LTWs are also offered throughout the year, and a self-study online LTW is available at any time. The program supplier, Active Parenting Publishers, is approved by the National Board of Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 5192, and offers continuing education credits.

Ongoing consultation and technical assistance is available upon request. Course evaluation measures are available for free on the program website.

The Active Parenting 4th Edition program kit includes the Leader's Guide for preparing a program and implementing each of the six sessions, 50 video vignettes, a Parent's Guide and a Parent's Workbook, and dissemination materials. Active Parenting 4th Edition is available in the following three formats: 1) videos on DVD and PowerPoint slides on CD; 2) videos embedded in the PowerPoint presentation on a flash drive; and 3) digital version, which can be downloaded and played through an app on computers or mobile devices. The digital version also includes a Leader's Guide with all slides and videos. Parent's Workbooks and Parent's Guides are available in both paper and electronic versions for any of the three formats.

Many training options and program materials are also available in Spanish.

## Dissemination Information

Each Active Parenting 4th Edition and Active Parenting of Teens program kit includes materials to assist providers with dissemination. These include a reproducible course announcement flyer; two posters; and a free listing of courses in the "Parents" section of the program supplier's website. Additional dissemination materials are available free of charge on the website and include a booklet entitled "How to Start and Promote a Parenting Education Group;" a sample webpage; downloadable content that providers can add to their own websites, including the video "Why Take an Active Parenting Course?"; four sample video vignettes from the program, program logos, and a graphic for social media sites. The program supplier website also includes a range of other resources, including an overview of program information, a parenting style quiz, an online shop, and videos that are viewable online.

## Summary Table of RFDI Materials

Description of item	Required or optional	Cost	Where obtained (e.g., URL, from program supplier)
<b>Implementation Information</b>			
Active Parenting 4th Edition program kit; Available in print or digital versions; cost varies depending upon version selected; Also available in Spanish; English DVDs are closed-captioned; Intended for use by course leaders delivering the	Required	\$499	Contact program supplier: Michael Popkin <a href="mailto:docpop@activeparenting.com">docpop@activeparenting.com</a>

program to parents			
Active Parenting of Teens program kit; Available in print or digital versions; cost varies depending upon version selected; Also available in Spanish; English DVDs are closed-captioned; Intended course leaders delivering the program to parents	Required	\$449	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Active Parenting 4th Edition Leader's Guide; Available as a spiral bound printed book or ebook; Intended for group leaders; Included in the program kit or available to purchase separately; Also available in Spanish	Required	\$34.95	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Active Parenting of Teens Leader's Guide; Available as a spiral bound printed book; Intended for group leaders; Included in the program kit or available to purchase separately;	Required	\$29.95	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Active Parenting 4th Edition Parent's Guide; Available as a printed book or ebook; Intended for group leaders and parents; One copy included in the program kit or available to purchase separately (packaged with Parent's Workbook); Also available in Spanish	Required	\$19.95	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Active Parenting of Teens Parent's Guide; Available as a printed book; Intended for group leaders and parents; One copy included in the program kit or available to purchase separately (packaged with Parent's Workbook); Also available in Spanish	Required	\$14.95	
Active Parenting 4th Edition Parent's Workbook; Available as a printed book or ebook; Intended for group leaders and parents One copy included in the program kit or available to purchase separately (packaged with Parent's Guide); Also available in Spanish	Required	\$19.95	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Active Parenting 4th Edition 50 brief video vignettes (170 minutes of video total); Available in DVD format, embedded in PowerPoint presentations (provided on a flash drive), or included in the Digital Edition Leader's Guide; Included in program kit, not sold separately; Also available in Spanish	Required	Included in program kit	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Active Parenting of Teens 50 brief video vignettes (150 minutes of video total); Available in DVD format or embedded in PowerPoint presentations (provided on a flash drive); Included in program kit, not sold separately; Also available in Spanish	Required	Included in program kit	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Active Parenting 4th Edition PowerPoint Presentations;	Optional	\$50	<a href="http://www.activeparenting.com">www.activeparenting.com</a>

88 slides plus optional 50 video-embedded slides; Available in CD format, to download as digital files, provided on a flash drive, or included in the Digital Edition Leader's Guide; Also available in Spanish; Included in the program kit or available to purchase separately (without video)			
Active Parenting of Teens PowerPoint Presentations; 140 slides plus optional 50 video-embedded slides; Available in CD format, to download as digital files, provided on a flash drive, or included in the Digital Edition Leader's Guide; Also available in Spanish; Included in the program kit or available to purchase separately (without video)	Optional	\$50	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
1-day Leader Training Workshop; Administered via the Internet; Approximately 7 hours to complete; Cost includes one Parent's Guide and one Leader's Guide; 7 Continuing Education credits; Available in Spanish upon group request	Optional	\$179	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Self-study Online Leader Training Workshop; Administered via the Active Parenting digital app; Cost includes 1 Parent's Guide and 1 Leader's Guide; 27 Continuing Education credits; Complete in approximately 25 to 30 hours over 2 months	Optional	\$170	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
1-day (7 hour), in-person Leader Training workshop; Conducted at the implementing agency's site or at a hotel; Also available in Spanish; Cost includes one Parent's Guide and one Leader's Guide; seven continuing education credits; Group discounts may be available	Optional	\$170	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
3-day, in-person Training of Trainers; Intended for experienced leaders and supervisors; Held in Decatur, Georgia, or at the implementing agency's site	Optional	\$549 to \$649	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
<b>Dissemination Information</b>			
Course announcement flyer; Customizable flyer is intended for parents; Also available in Spanish; Hard copy in kit or free to download	Optional	Free	<a href="http://www.activeparenting.com/AP4_promotion">www.activeparenting.com/AP4_promotion</a>  <a href="http://www.activeparenting.com/product/Active_Parenting_of_Teens_Flyer/Teen_program_kit">http://www.activeparenting.com/product/Active_Parenting_of_Teens_Flyer/Teen_program_kit</a>
Active Parenting Website; Includes program information, online store, listings of upcoming parent workshops	Optional	Free	<a href="http://www.activeparenting.com">www.activeparenting.com</a>
Parent and leader testimonials available to view online; Targeted at parents;	Optional	Free	<a href="http://www.activeparenting.com">www.activeparenting.com</a>

Also available in Spanish			
3-minute video featuring parent and leader testimonials; Available to stream online; Targeted at parents	Optional	Free	<a href="https://vimeo.com/112323065">https://vimeo.com/112323065</a>
Booklet: How to Start and Promote a Parenting Education Group; Intended for parents	Optional	Free	<a href="http://www.activeparenting.com/How_to_Start_Guide">http://www.activeparenting.com/How_to_Start_Guide</a>
Sample video from program; Intended for parents and group leaders; Also available in Spanish	Optional	Free	<a href="https://www.youtube.com/user/ActiveParenting">https://www.youtube.com/user/ActiveParenting</a> or <a href="https://vimeo.com/activeparenting">https://vimeo.com/activeparenting</a>
Social Media graphic; Intended for group leaders and agencies to promote the program through social media sites, including Facebook	Optional	Free	<a href="http://www.activeparenting.com/AP4_promotion">http://www.activeparenting.com/AP4_promotion</a>

\*Date profile completed: 3/17/2017