



Using Parenting Wisely In the Field

Mary Rosenthal and the Southern Nevada Area Health Education in Las Vegas, Nevada are using Parenting Wisely Spanish Language Version for parents and teens to prevent teen pregnancy. Mary received a four-year grant from the US Office of Pregnancy

Prevention.

Mary has been using Parenting Wisely in a high risk area of the city where teen pregnancy rates are 10%. She and her staff serve a largely Latino population, and they have developed Spanish supplements to accompany the

Spanish Parenting Wisely CD and videos. These supplements are used in groups and can be taped to walls to summarize important points during the group sessions. Pending the evaluation of the program, these materials will be made available to other Parenting Wisely users working with Hispanic parents.

Mary's staff uses a highly successful "Tupperware party" approach for group sessions in parent's homes. Not only do they serve food at each session, but they bring a gift basket to encourage attendance which is typically high. Mary says that families react enthusiastically to the program.

Susie Stone is sharing Parenting Wisely with parent participation preschools in her

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Parenting Wisely: American Teen Upgrade

We have substantially revised the American Teen version of Parenting Wisely. The content has not changed (video, text) but the appearance of the program now follows the highly popular format of the UK versions of Parenting Wisely (UK Teen, Young Children, and Foster and Residential Care).

The upgrade costs \$659 for purchase of the complete

kit. Previous purchasers of the Parenting Wisely CD-ROM kit can swap their current CD-ROM of PW for this new upgrade at a cost of \$199 per CD (quantity discounts apply) including shipping. Note that the new upgrade is write-protected and comes with a dongle which can move to any computer or laptop to allow agencies flexibility in moving the program to various sites.

Features of the New Version of Parenting Wisely: American Teen

- A new video Introduction depicts parents of each major ethnic group (Hispanic, Caucasian, African, Indian, and Native American) speaking about the challenges of raising teens.
- New on-screen narrators, a Caucasian father, and Hispanic mother replace Paul Reece, the grey-haired Caucasian in the current version.
- Users can control the video with pause, rewind, and fast forward buttons, and expand the video to full screen as well.
- The computer tutorial is reorganized to provide even easier and more intuitive navigation for novice computer users.
- As parents in the video scenes demonstrate the various parenting skills taught in the program, those skills are labeled with text below the screen while the video plays. (This feature will help users recognize and label the skills being demonstrated and should make it easier for parents to recall and reproduce these skills in their home).
- User's location in the program is always displayed.
- Glossary is always available form a pull-down menu.
- Text is more consistent with spoken narration.
- Program tracking of user responses is better organized for easier compliance monitoring, reports, or data collection.
- Additional shortcuts now allow the administrator to quickly move through all parts of the program.

Using Parenting Wisely Reduces Provider Burnout, and Improves Job Satisfaction

Robert Pushak has trained dozens of practitioners in leading groups of parents using Parenting Wisely. Dr. Don Gordon joined Bob in presenting a two-day workshop in Penticton, B.C. January 2004. Over 20 practitioners working with Parenting Wisely attended and were very enthusiastic about their experiences, and felt much more effective with families than they had felt in using traditional approaches. These practitioners appreciated the versatility of the Parenting Wisely program; having parents use it alone, in groups or during several sessions with a clinician. The empowerment that these practitioners reported led Bob to conduct a survey of 24 practitioners in British Columbia

in March of 2004. The results of the survey follow:

- Using Parenting Wisely increased the effectiveness of their work (100%)
- Using Parenting Wisely increased work satisfaction (100%)
- Using Parenting Wisely decreased the risk of provider burnout (86%)
- Using Parenting Wisely was more effective than using other evidence-based programs (90%)
- Using of Parenting Wisely increased provider interest in other evidence-based programs (83%)
- Those who used Parenting Wisely for over a year showed highest work satisfaction and effectiveness ratings

Revised Group Curricula Available

Robert Pushak from British Columbia has developed, field tested, and revised group curricula for three Parenting Wisely programs: UK Teen, Young Children, and Foster and Residential Care. These 97 page curricula give detailed instructions for leading groups of parents for 10-11 sessions while using the PW CDs (one scenario per session). Parent handouts can be duplicated. The curricula can

be implemented without training, but Bob is available for training and ongoing supervision if desired. Bob's data comparing group vs. individual administrations show a significant additional benefit for the group administration, with gains lasting a year after use. Contact us for a copy of these curricula (\$20 each) or to schedule a staff training session.

Combining Parenting Wisely with Children in the Middle

For children of divorce, improving their parents' parenting skills will insulate them from the harmful effects of divorce. When parents use the Children in the Middle program to learn to avoid putting children in the middle of their conflicts, then follow up with Parenting Wisely, they are using two

Model Programs that will very likely have a reliable positive impact.

If you are interested in conducting a good evaluation of these two programs in combined usage, please contact us and we may be able to donate the programs to you.

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area. She reports: *"I know it works because my kids were lucky enough to have a teacher who went for training and brought the program back to the school my kids attended. Thank you for making it available right now in my life."*

Pat McGowan, who runs the family therapy program at Gateway Community Services, Cascade County Regional Youth Detention Center, Great Falls, Montana, says: *"I am passionate about the Parenting Wisely program! In all my years of experience working with high risk kids, including those with chemical dependency issues, I am most impressed with Parenting Wisely because it causes positive change so quickly compared to other approaches."*

Several practitioners in British Columbia, Canada have used Parenting Wisely with aboriginal families and say it is well received.



SAMSHA Model Program



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