



# Community Based Child Abuse Prevention Programs (CBCAP) in Alabama: A Study of Program Outcomes

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## Introduction

Funding received from CBCAP by the Alabama Department of Child Abuse and Neglect Prevention (ADCANP) was competitively awarded to 15 programs in Alabama to provide services to families through 3 types of programs:

1. Home Visiting / Parent Education
2. Respite Care
3. Youth-focused



## Home Visiting / Parent Education

Eight programs provided parent education through hospital visits, group education, and home visits to 766 individuals. Home visiting/parent education programs focus on enhancing parent resilience and knowledge of parenting and child development and improving social and emotional competence of children and social connections or concrete supports.

77% women; 23% men; 53% White/European-American; 42% Black/African-American; and 5% selected "other"



## Respite Care

Four programs funded respite care services and provided parenting information for parents ( $N = 278$ ) of special needs children. One of the main aims of these programs is to provide temporary childcare relief for parents of special needs children.

87% women; 16% men; 59% White/European-American; 38% Black/African-American; and 3% selected "other"



## Youth Programs

Several community agencies provided youth focused programs serving two groups of youth; 3<sup>rd</sup> through 5<sup>th</sup> graders and 6<sup>th</sup> through 12<sup>th</sup> graders. The services offered consisted of school-based, after school care, and non-school-based services ( $N = 13,430$ ).

51% girls; 49% boys; 45% White/European-American; 38% Black/African-American; and 17% selected "other"



## Evaluation Methods

Surveys measured participants' perceptions of changes from pre-program to post-program on indicators of the Five Protective Factors identified in the Strengthening Families™ Framework:

1. Parent Resilience
2. Knowledge of Parenting and Child Development
3. Social and Emotional Competence of Children
4. Social Connections
5. Concrete Supports in Times of Need

Paired-sample  $t$ -tests were used to assess statistically significant improvements in measured outcomes.

## Results – Home Visiting / Parent Education Programs

Paired sample  $t$ -tests revealed statistically significant ( $p < .001$ ) improvements in **7 targeted outcomes**. Calculated Cohen's  $d$  effect sizes ranged from .98-1.33 ( $M = 1.22$ ), indicating large effects.

Visual depictions show percentages of participants reporting changes related to the protective factors pre- and post-program participation.

## Results – Respite Care

Paired sample  $t$ -tests revealed statistically significant ( $p < .001$ ) improvements in **4 targeted outcomes**. Calculated Cohen's  $d$  effect sizes ranged from .97-1.30 ( $M = 1.15$ ), indicating large effects.

Visual depictions show percentages of participants reporting changes related to the protective factors pre- and post-program participation.

## Results – Youth Programs 3<sup>rd</sup>-5<sup>th</sup>

Paired sample  $t$ -tests revealed statistically significant ( $p < .001$ ) improvements in **6 targeted outcomes**. Calculated Cohen's  $d$  effect sizes ranged from .41-.89 ( $M = .60$ ), indicating moderate to large effects.

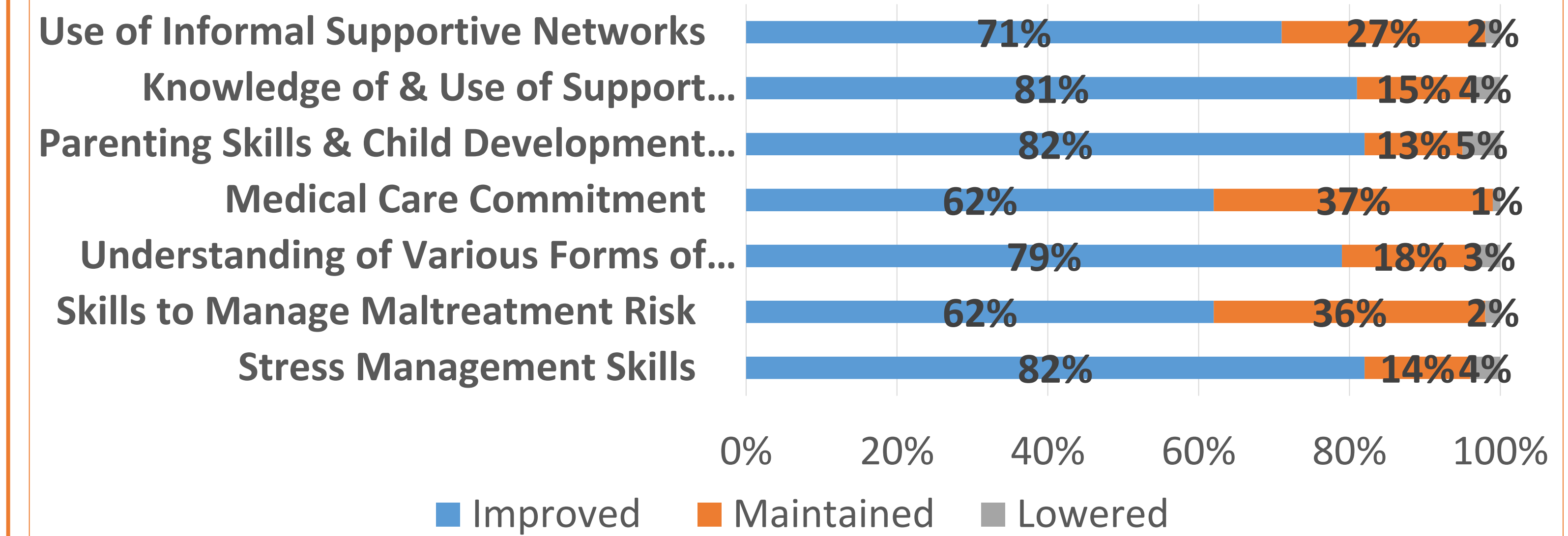
Visual depictions show percentages of participants reporting changes related to the protective factors pre- and post-program participation.

## Results – Youth Programs 6<sup>th</sup>-12<sup>th</sup>

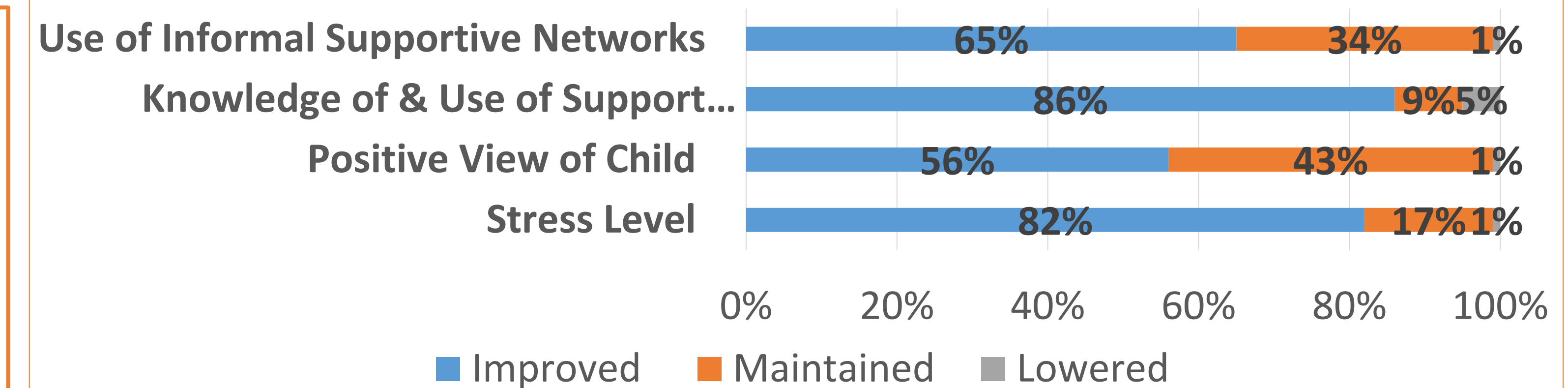
Paired sample  $t$ -tests revealed statistically significant ( $p < .001$ ) improvements in **7 targeted outcomes**. Calculated Cohen's  $d$  effect sizes ranged from .51- 1.03 ( $M = .75$ ), indicating moderate to large effects.

Visual depictions show percentages of participants reporting changes related to the protective factors pre- and post-program participation.

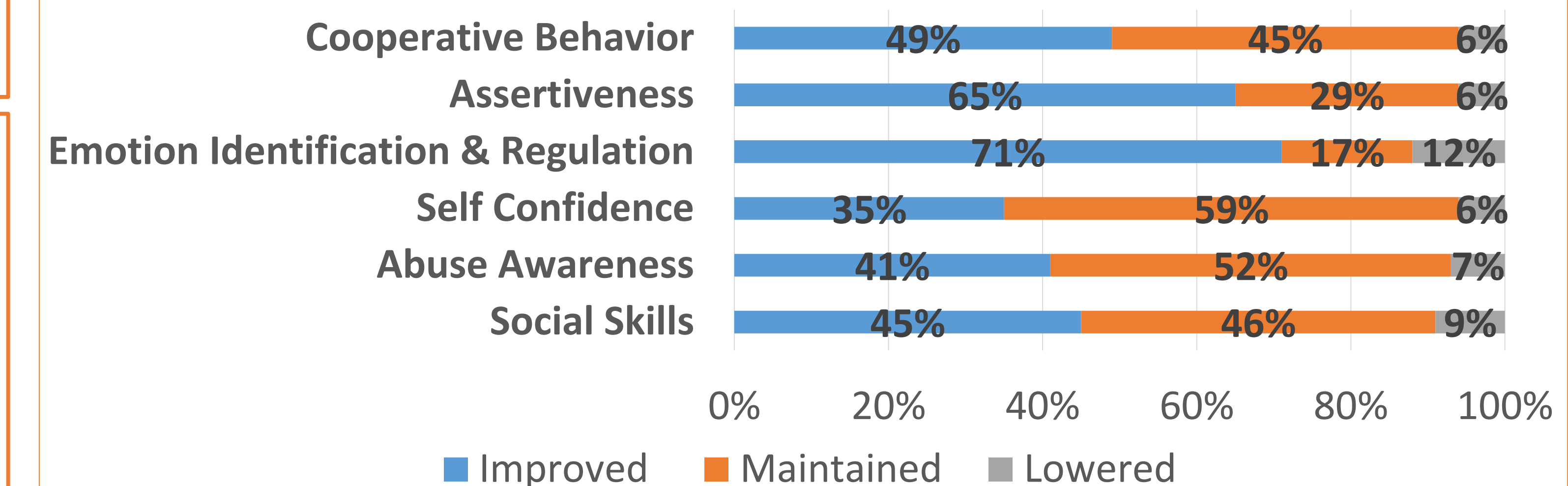
## Home Visiting & Parent Education



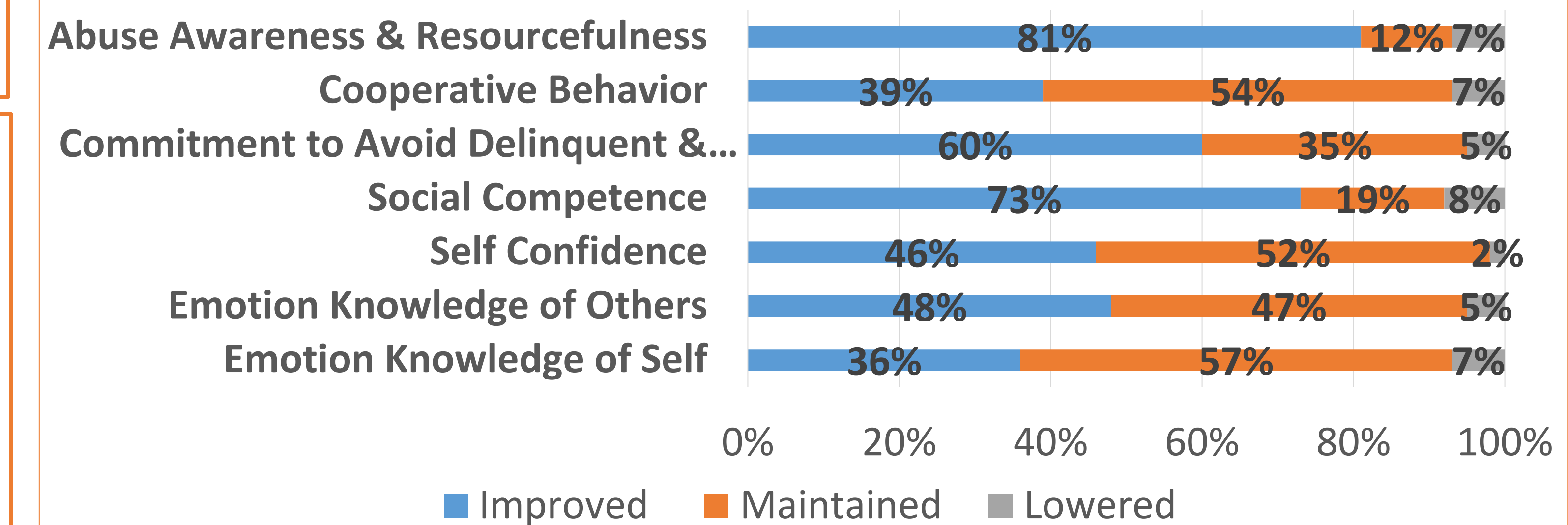
## Respite Care



## Youth Programs 3<sup>rd</sup> - 5<sup>th</sup> Grade



## Youth Programs 6<sup>th</sup> - 12<sup>th</sup>



## Discussion/Points of Interest

- Adult participants in CBCAP-sponsored programs in Alabama experienced improvements within the measures for both the adult Home Visiting and Parenting Education programs and the Respite Care programs. Both programs showed largest improvement in stress management levels.
- Youth participants in CBCAP-funded programs in Alabama experienced improved skills for emotion identification and regulation, abuse awareness, and resourcefulness.
- **These outcomes represent enhanced protection from the risk of child maltreatment and enhanced individual and family strengths.**