

## Appendix 6.2

### Programs and models from Australia and Overseas

This is not an exhaustive list of programs and approaches for children, young people and their families. It does, however provide examples of a range of programs from universal through to tertiary with a focus on community, family or individual parent or child.

| Program                                   | Country | Target Group                        | Target Base    | Program Elements  | Evidence Base   |
|---|---------|-------------------------------------|----------------|---|---|
| SNAICC Resource Service (SRS)             | AU      | Aboriginal families                 | All            | The SNAICC Resource Service provides information about a range of programs and initiatives for Aboriginal children, young people and their families.  | Various   |
| Promising Practices Profiles website      | AU      | All                                 | All            | The Communities and Families Clearinghouse Australia (hosted by the Australian Institute of Families Studies) website provides details of a range of promising programs and approaches implemented across Australia.  | Various   |
| Windale: Alcazar community Centre Program | AU      | All members of Community in Windale | Community Home | Parenting Classes, introduction of preschool age children to schools, social groups for isolated mothers, Implementation of Health services & community nursing, Increased Scholastic opportunities. School accessible housing. Farther involvement in child schooling. Nutritional program. Street lighting, welcome to our town landmark. | Case Study  |
| Ord Valley Aboriginal Health Service FASD | AU      | Aboriginal community members        | Community      | Education and resources regarding Foetal Alcohol Spectrum Disorder including a DVD and posters in community settings. It has conducted surveys and interviews with 63 pregnant Indigenous clients seen at the health service, and educated approximately 600 local young Indigenous men and women about the dangers of FASD.                |   |
| Aboriginal Fathers resources              | AU      | Aboriginal men                      | All            | Resources for working with Aboriginal fathers in a range of settings  | Young Aboriginal Fathers Project has researched the needs and perspectives of Aboriginal fathers. |

| Program   | Country | Target Group                    | Target Base                            | Program Elements   | Evidence Base   |
|---|---------|---------------------------------|--|--|---|
| Hey Dad!<br>Program for<br>Dads, Uncles<br>and Pops             | AU      | Aboriginal men                  | All                                    | Manualised program which is strengths based and designed to build community capacity. Delivered as a weekly program, workshop or weekend program. Has been delivered in a range of settings including prisons.   | Observational study – acceptability and perceived changes |
| Our Journey to Respect  | AU      | Aboriginal young people and men | Community                              | Includes a series of modules relating to the role young men play in their communities, including respect for Elders and for others in the community  |   |
| Family Wellbeing  | AU      | Aboriginal family members       | Community                              | Developed by members of the Stolen Generation in South Australia this program looks at different areas of family functioning.  | Case Study  |
| Enhancing Wellbeing: Yingana Project, Oenpelli, and Arnam Land. | AU      | All Community members           | Community Home                         | T- Shirt incorporating traditional painting. Art reinforcing the story of creation Mother. Educational posters on child nurturing. Book writing telling Yingana project story. Power point presentation. Development of animated CD ROM telling story of Creation Mother. Developing strong, sustained collaborative relationships across the community. | Case Study  |
| Kid-friendly Macarthur (NAPCAN)                                 | AU      | 8-18                            | Schools<br>Groups<br>Services          | Series of paintings reflecting children's priority values and needs. Children's vision of how they wanted their community to look in 100 years was the project. Relationships became the focus in 4 areas: Respect, Multiculturalism, Services, & Friendly Spaces.   | Case Study  |
| NAPCAN's five step plan for a child-friendly Australia.         | AU      | 0-18                            | Homes<br>Schools<br>Groups<br>Services | 1, Ask Children to create their own vision of a child friendly community.<br>2 Develop a simple plan of action working with children.<br>3 Form a group of local partners and other key stakeholders.<br>4 Begin the child friendly journey.<br>5 Involve NAPCAN   | Case Study  |

| Program  | Country | Target Group   | Target Base                     | Program Elements   | Evidence Base  |
|--|---------|--|---------------------------------|--|--|
| Group Positive Parenting Program for Indigenous Families   | AU      | Indigenous Parents of children 1-13 and their children | Four QLD Community Health sites | Eight session program. 10-12 parents per session. 1x2 hour group overview. 4x2.5 hour group parenting training sessions. 2x40 min home-based sessions. 1 hour final group session.   | Randomised repeated measures design with a group comparison          |
| Through Black Eyes: A Handbook to protect children from the impact of family violence and child abuse (SNAICC, 2008) | AU      | Indigenous Families                                    | Home resource                   | Focus: Impacts of family violence on Children. Recognising child abuse and neglect. Reporting child protection matters. Resources and Services information.  |  |
| Enhancing knowledge and skills of D&A workers.   | AU      | Families with D & A parents.                           | D & A workers                   | Parenting Support Toolkit (Odyssey and the Parenting Research Centre), contains 3 booklets and a quick reference card: Identifies the needs of children and their parents whose parents are attending drug treatment. Resources and strategies to effectively respond to clients' parenting needs. Promotes better outcomes for clients.   |  |
| The Miller Early Childhood Sustained Home Visiting MESCH trial   | AU      | Families with infants in NSW area                      | Home visits                     | Early intervention; structured, sustained and intensive home visit conducted by child and family health Nurses.  | Randomised controlled trial: significantly effective.                |
| Family Home Visiting   | AU      | Mothers and infants 0-2 years                          | Home visits                     | Delivered from a platform of universal child and youth health nurse visits after the birth of a baby, this two year program is targeted at families with a range of characteristics including Aboriginality of the child, post-natal depression and others. It includes home visits to promote mother-infant interaction, monitor child development and provide other supports to the family. For Aboriginal families, specially trained child and youth health nurses work with Aboriginal Cultural Consultants to deliver the program. | Acceptability study. Quasi-experimental effectiveness study underway |

| Program                        | Country | Target Group   | Target Base                   | Program Elements   | Evidence Base  |
|--------------------------------|---------|--|-------------------------------|--|--|
| Intensive Family Based Service | AU      | Families with children in crisis and at imminent risk of removal | Home based                    | Based on the Homebuilders model this UnitingCare Burnside program includes intensive support and case management for families with staff available to families on a 24 hour basis, seven days a week over the 6-8 week intervention. Staff carry small caseloads (two families at a time) and work intensively with families, averaging 8-10 hours contact each week, although in the initial stages it can be as much as 20 hours per week. | Observational study  |
| Parents Under Pressure (PUP)   | AU      | At risk parents including drug using parents                     | Home visit                    | One on one program; therapist manual and parent workbook forms the basis of treatment. Module: Assessment. Goal setting. Parent self view. Managing emotions while under pressure. CBT and Mindfulness techniques are practiced by the therapist.  | Randomised Controlled trials   |
| Lets Start: Exploring Together | AU      | Pre school children and their parents                            | School based                  | Early Intervention Program: School readiness for preschool aged children and children with learning difficulties.  | Quasi-experimental design With observational. Pre and Post test limited by data. |
| Pathways to Prevention         | AU      | Pre-School and School age children                               | Pre-Schools, Schools and Home | Mobilising social resources to support children, families and their communities before problems emerge is more effective and cheaper than intervening when problems have become entrenched. Focus: Communication and social competence.  | Matched Comparison.  |
| Communities that Care          | AU      | Youth focussed   | Services                      | Provides services that empower community movement towards positive youth development through evidence based prevention strategies. Long-Term Development Program. This model identifies and addresses priority areas to promote healthy development before young people become involved in problem behaviours.   | Self Administered questionnaire-Survey format.                                   |

| Program   | Country    | Target Group  | Target Base                                | Program Elements  | Evidence Base   |
|---|------------|---|--|---|---|
| Signposts for Building Better Behaviour                               | AU         | Parents of children with intellectual disabilities aged 3-15 years                | Home                                       | Signposts help families develop strategies to prevent difficult behaviour, encourage appropriate behaviour and to teach children new skills. Signposts, in group and individual face-to-face mode, consists of a minimum of six sessions of 2-2½ hours duration,  | Randomised controlled trial   |
| Newpin  | AU         | Parents and young children  | Community Centre                           | NEWPIN is a preventative, early intervention program, offering intensive work with families facing potential or actual child-protection issues. The award-winning program combines peer support, quality early education and personal development that is structured and therapeutic. NEWPIN centres are based in local communities and offer safe and supportive environments. | Observational studies   |
| Healthy Start   | AU         | Parents with learning difficulties who have young children                        | Home based                                 | Includes training and support in two manualised evidenced based parenting programs: Parenting Young Children and Healthy and Safe, designed to support parents with learning difficulties in the early years of their child's life.   | Pre and post test effectiveness studies   |
| WHO/Unicef Care for Development Program and Train the Trainer Program | World wide | Isolated communities Crèche staff, carers of 0-6 children, child support workers, | All settings                               | Quality of early attachment, care and stimulation importance in early brain development. Practical application of parent/child stimulation strategies for children 0-6.<br><br>Training for child care staff in remote communities including practical application on the importance of stimulation on the most plastic stage (0-6) of development in the child's brain.        | Sub-Saharan Africa quantitative study revealed stimulation had larger effect than nutrition on brain development. |
| Triple P  | World wide | Parents and their children<br><br>Individual, groups or self directed format.     | Home based, Schools, clinics, Communities. | Multi level system of parent and family support. Sessions last up to 1 hour. Large program delivery mode including Counselling, Video's and tip sheets. Strong focus on training of practitioners.  | Over 30 Randomised Controlled Trials. Significant results supporting effectiveness of program.                    |

| Program   | Country     | Target Group  | Target Base               | Program Elements  | Evidence Base   |
|---|-------------|---|---------------------------|---|---|
| Durham Family Initiative  | USA         | High risk families  | Community                 | Strategies fall into four main areas: Improving local interagency cooperation; increase social capital through outreach workers and community engagement initiatives; develops and tests innovative service models with high risk families/those already involved with child protection; reforms county and state policies.   | Matched comparison communities pre and post test  |
| Bringing the Green Book to Life: A Resource Guide for Communities (Guide) | USA         | Women who have experienced domestic violence, Perpetrators of the violence and their Children | Homes, Services           | Premise; children can be better protected by offering battered mothers appropriate services and protection.<br><br>Interventions to remove perpetrators from their households and promote accountability.<br><br>Education; being a victim of domestic violence does not equate to neglectful parenting.<br><br>Outcome; separating battered women from their children should be a last resort. |   |
| Effective Intervention in Domestic Violence & Child                       | USA         | Domestic violence victims and perpetrators including men, women and children.                 | Homes, Services           | National Council publication addressing family violence, courts and communities.<br><br>Recommendations:<br>Collaboration needed between domestic violence organisations. Juvenile courts to develop new responses and to monitor the effectiveness of community programs. Increase training. Develop screening and assessment procedures for workers.  |   |
| Florida Infant & Young Child Mental Health Pilot Project                  | Florida USA | Children under the age of 3   | Mental Health facilities. | Research based dyadic therapy services: Parent / Child Psychotherapy. Behaviour based strategies, play and verbal interpretations of these behaviours. Therapeutic work to address: Discipline. Reciprocal play and conflicts. Therapeutic strategies: "Speaking for Baby" and Counselling intervention for mothers with depression.  | Pre and post test: Ages and Stages questionnaire. Beck Depression Inventory-2. Child Development Centre Paediatric Intake. Parent-Child relationship Scale and Manual. Parenting Stress Inventory-Short Form. |

| Program  | Country | Target Group                             | Target Base   | Program Elements  | Evidence Base   |
|--|---------|--|---|---|---|
| The Assuring Better Child Health and Development Initiative.       | USA     | Low income families and their Children.  | Clinical Practice Settings  | Expanding service delivery to children at risk of social or emotional development delays: Development and implementation of screening tools.  | Repeated measures Questionnaire design for screening. Unsubstantiated follow up measurement after referral. |
| Circle of Security: Families and Centres Empowered Together        | USA     | Head Start/ Early Head start families    | Head Start Centres  | Group instruction. Video of caregiver/child interactions<br>Circle of Security 20 week group, parent educational and psychotherapeutic intervention.  | Quasi-experimental, pre and post design. No comparison group.   |
| Family Connections   | USA     | At risk families with children aged 5-11 | Community   | Develop implement and evaluate the effectiveness of early intervention programs.  | Experimental pre and post design with a comparison group  |
| Fathers and Children Together                                      | USA     | Incarcerated Fathers                     | Minimum Security Prison   | Parental Education base: Classroom instruction Father/ Child visitation. Family outreach.   |   |
| Free pops  | USA     | Children 6-14                            | High risk community schools, after school and summer school program | Community outreach, Recreational activities Skill based lessons.<br>Educational, self esteem promotion. Healthy family's relationship education.  |   |
| Homes for the Homeless Family Crisis Nurseries New York, New York. | USA     | Homeless Families                        | Homeless Shelters/ service centres.                                 | Respite care for children in times of crisis to prevent neglect and child abuse. Education support for Parents  |   |
| HUI Makuakane Honolulu, Hawaii                                     | USA     | Fathers                                  | Home visits   | Crisis counselling, Group and family recreation.  |   |
| Parenting Partnership Tacoma Washington.                           | USA     | Families of medically fragile infants    | In home   | Based on STEEP program service model to meet the needs of fragile infants living in families with a history of abuse. Provide weekly home visits by clinician to enhance parenting skills. Nurse accompanies the clinician for first 2 weeks for medical care advice. |   |

| Program   | Country | Target Group  | Target Base  | Program Elements   | Evidence Base |
|---|---------|---|--|--|---------------|
| Parents Encouraging Parents                       | USA     | Parents   | Online.<br>Phone /Email consultations.<br>Home visits. | Web Based live Parenting Classes. Interactive parenting classes. Parents here the lecture, receive Power-point, resource material with questions about parenting answered live on line. Parenting consultations are also offered via phone, email or in home visitation.   |               |
| Healthy Families Arizona                          | USA     | At risk families with newborns.                     | Home visits, links provided to services.               | Coordinated with Hospitals to identify mothers giving birth with multiple risk factors for child abuse or neglect. Weekly home visits at start of program gradually decreasing to quarterly visits, depending on the needs of the family. Service can extend up to 5 years. Extra attention placed on engaging Fathers.  |               |
| Sacramento Crisis Nursery                         | USA     | At risk families with children from birth to age 5. | Nursery and child care centre                          | Providing residential respite care for children from birth to 5 years. Providing education and child interaction in a safe environment. Children's needs are the main focus of this service from nutrition, health needs to education.   |               |
| From Darkness to Light Charleston, South Carolina | USA     | General Adult public                                | Television, Radio and print ads.                       | Public awareness and information program, shifting the responsibility of child protection from the child to the adult.. Increasing awareness of signs and situational climates for child sexual abuse and how to respond. Follow up Hotline is promoted through media outlets for referral to local resources. Development of training for educators of child abuse education. |               |
| Fussy Baby Program Pontiac, Michigan              | USA     | Children Birth To 3 with regulatory disorder        | Home Visitation  | Weekly home visits from Infant Mental Health Specialists providing comprehensive assessment and family service plan. Multi disciplinary team is constructed including medical, mental health, and educational [professionals].   |               |