TARGET AUDIENCE

This program is delivered to parents who are divorced and have children who are 3 to 18 years old and is intended to impact parents and their children.

SUMMARY

New Beginnings Program (NBP), a family- and community-based preventive intervention program, is designed to improve parent-child relationships, strengthen parenting skills, and enhance children's competence and coping skills following divorce.

EVIDENCE

Two randomized controlled trials (RCT) have been conducted on NBP. Both trials had initial positive outcomes on child's externalizing behaviors, mother-child relationship quality, and maternal effective discipline when compared to control; however, there was no significant effect on child's internalizing behaviors. In a 6-year follow-up of the second RCT, positive program effects were found for those who were at greater risk for developing later problems at baseline on the following: adolescent's externalizing behaviors; symptoms of mental disorder; alcohol, marijuana, and other drug use; educational expectations; and job aspirations as compared to control. In a 15-year follow-up, NBP had significant effects on young adult's internalizing disorders and, in males only, on substance-related disorders and drug use. Females in NBP reported greater alcohol use in the past month compared to controls; however, the amount reported by participants was noted by authors to not likely be of clinical significance.

COMPONENTS

NBP is delivered in weekly group and individual sessions. Parents and therapists work on skill acquisition in four main components:

- Mother-child relationship quality – Increase positive family activities and quality one-on-one time, provide positive attention for being good, and enhance listening skills;
- Effective discipline – Provide clear, consistent, and appropriate expectations; monitor misbehavior and consequences; and use consistent discipline;
- Father-child contact – Remove obstacles to visitation and raise awareness of the importance of the father-child relationship; and
- Inter-parental conflict – Improve anger management skills and listening skills.

Sessions include a brief lecture, skill demonstration, skill practice, and homework assignments. In addition, participants discuss challenges and successes they experienced while trying to implement the skills at home.

PREVIOUS USE

NBP was created in 1988 and has been delivered at eight sites, including organizations in Arizona and Indiana and in the Netherlands.
New Beginnings Program (NBP)

TRAINING

Sessions are facilitated by mental health professionals with at least a master's degree. Training is required and is conducted at the Prevention Center at Arizona State University or on-site. The cost of an initial, 3-day training followed by weekly, online training starts at $12,000 for 8 or fewer leaders. Weekly, small-group training and supervision is also held by video conference. After a leader delivers his or her first session, his or her supervisor and program developers decide whether the leader needs to have additional supervision or can proceed to become certified as an independent leader. Additional costs include travel and lodging for trainers if training is held on-site or costs for trainees if training is held in Arizona. If held in Arizona, a training room will need to be rented, and this could cost $500 to $600. Please contact Dr. Wolchik using details in the Contact section for more information on training and costs.

CONSIDERATIONS

Considerations for implementing this program include obtaining funds for training costs, licensing, and program materials; acquiring parent buy-in; obtaining group leaders with adequate education/experience; and providing childcare, if needed, to allow parents to attend all sessions.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing NBP, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The program consists of 10-weekly, 2-hour group sessions and two individual 1-hour phone sessions.

Required implementation materials include a leader manual, DVDs for group sessions, and a set of 10 parent workbooks, which cost $900. Licensing costs for leaders ranges from $1,425 to $1,825 per leader.

EVALUATION PLAN

To move NBP to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu
You may also contact Sharlene Wolchik, Ph.D., by phone 1-480-727-6123 or email sharlene.wolchik@asu.edu, contact Michele Porter, Ph.D., by phone 1-480-727-6139 or email michele.porter@asu.edu, or visit https://reachinstitute.asu.edu/contact

SOURCE


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