**Parenting Inside Out (PIO)**

**TARGET AUDIENCE**
This program is delivered to parents who are incarcerated and are legally allowed to have contact with their children, who are 3 to 11 years old, and intends to impact the family.

**SUMMARY**
Parenting Inside Out® (PIO), a community-based program, is based on the Parent Management Training (PMT) framework; enhances participants’ cognitive-behavioral skills; and is designed to strengthen the parent-child relationship and the parent-caregiver relationship, improve positive parenting, promote parenting efficacy while ameliorating parenting stress and depression, lower recidivism rates, and encourage positive child adjustment.

**EVIDENCE**
An internal evaluation using a randomized controlled trial design found significant intervention effects. Specifically, parents in the intervention group experienced greater reductions in stress and depression and greater improvements in positive parent-child interactions than the control group from baseline to posttest. Baseline by condition interaction effects for parental reports of depression, the likelihood of being actively involved in their child's life 6 months after being released from prison, and the ease with which they get along with their child's caregiver suggest that, for those three outcomes, PIO is particularly effective for those most in need of the program. Sustained effects were not assessed.

**COMPONENTS**
PIO employs and adapts the PMT framework to address needs of incarcerated parents. This program is delivered in small groups and focuses on the following topics:

- Support parent-child communication;
- Utilize positive reinforcement, monitoring, problem-solving, and non-violent discipline techniques;
- Communicate and cooperate with caregivers and other adults;
- Engage in healthy decision-making processes concerning the selection of romantic partners;
- Understand adult and child development, health, and safety;
- Read and play with children;
- Maintain positive contact with children while in prison through phone calls, writing letters, and prison visits;
- Regulate emotions; and
- Plan for transitions and family reintegration.

PIO content is delivered through the use of short presentations, video clips, role-playing activities, group discussions, in-class and out-of-class projects, and skills practice activities. PIO facilitators, referred to as coaches, meet with parents throughout the middle of the program to discuss their specific family situation and to determine if referrals to other resources are warranted.

**PREVIOUS USE**
PIO has been implemented in California, Illinois, Iowa, Kansas, Michigan, Oregon, Rhode Island, Virginia, and West Virginia and in Australia. It has served approximately 5,400 parents.

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# Parenting Inside Out (PIO)

## TRAINING

This program is facilitated by coaches who must have experience working with families, a bachelor's degree, and 3 years of clinical experience or some equivalent combination of education and clinical experience. Required training for the coaches includes a 12-hour webinar delivered over a 3-month period. Eight hours of training must be completed before facilitating PIO. Two hours of training is given 1 month after program implementation, and the final 2 hours of training is given a month after that. Costs associated with training can be obtained by contacting the developers using the information in the Contact section.

## CONSIDERATIONS

Considerations for implementing PIO include gaining prison administrative support and buy-in, locating qualified individuals to be trained as coaches, recruiting and retaining participants, understanding funding for facilitator training and program implementation may be needed and could be expensive, determining the best time to hold the sessions, and finding space to hold 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 PIO, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

PIO consists of 36, 2 1/2-hour sessions delivered 3 times a week for 12 weeks. Other versions of the program exist and include a 60-hour prison program, a 40-hour community program, and a 20-hour jail program.

Implementation costs can be obtained by contacting the program developers using the information in the Contact section.

## EVALUATION PLAN

To move the PIO program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least 6 months from program completion.

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 Mindy Clark by phone 1-503-351-0164, email mindy@childrensjusticealliance.org, or visit www.parentinginsideout.org

## SOURCE