TARGET AUDIENCE
This program is delivered to parents who have children who are birth to 18 years old and is intended to impact the entire family.

SUMMARY
Systematic Training for Effective Parenting (STEP), a skills-based parent training program, is designed to nurture family communication, help parents promote self-efficacy in children, and encourage parents to teach children to learn from the consequences of their actions.

EVIDENCE
Short-term examinations of STEP, using randomized controlled trials and quasi-experimental designs, have shown mixed results. For parents with children who are receiving mental health services, the STEP program may positively influence family functioning outcomes, such as general functioning, problem-solving, communication, affective responsiveness, and behavioral control and may influence treatment results, such as graduation from treatment program and time spent in active treatment. When parents are abusive or potentially abusive, STEP may lead to better child behaviors and less potential for abuse. However, results are mixed within the general population regarding program effects on parent attitudes, child behavior, child psychosocial outcomes, and family functioning. Strong replications of results and assessments of long-term outcomes are needed.

COMPONENTS
STEP advocates a family involved approach to parenting. Four versions of STEP are available.

- Early Childhood STEP targets parents of children 0 to 6;
- STEP targets parents of children 6 to 12;
- STEP/TEEN targets parents of teenagers; and
- STEP Spanish targets Spanish speaking parents of children ages 6 to 12.

One program facilitator delivers STEP sessions. Role-plays, exercises, discussions, and video segments are utilized during sessions to demonstrate effective and ineffective interactions between parents and children. Sessions present topics on how to offer encouragement instead of praise, use positive listening, communicate ideas and feelings, conduct family meetings, build self-esteem in children, employ multiple parenting behaviors, implement natural and logical consequences, and create child accountability.

PREVIOUS USE
The STEP program began in 1976 and has been implemented in schools, agencies, churches, and mental health treatment facilities in the United States, Australia, Canada, Germany, Ireland, Mexico, New Zealand, the Philippines, Romania, and South Korea.
Systematic Training for Effective Parenting (STEP)

TRAINING
Facilitators should be in a helping profession (e.g., counselors, social workers). Training is not required to implement the STEP program. A leader's resource guide is provided to facilitators, which includes detailed guidelines for every STEP session. However, 1-day workshops are available. Cost of the workshop varies and depends on number of registrants, STEP Kit preference, and date of registration. You may visit www.steppublishers.com/workshops-and-leaders for additional information.

CONSIDERATIONS
Considerations for implementing this program include securing program facilitators, obtaining program space, and retaining participants.

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

TIME
Weekly, 90-minute sessions are held for 8 to 9 weeks.

COST
Each STEP kit costs $345 and includes a leader's resource guide, parent's handbook, two DVDs, and publicity posters. Additional information on program cost and how to purchase STEP programs are available on the program website www.steppublishers.com/catalog

EVALUATION PLAN
To move the STEP 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 six 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 STEP Publishers, LLC, by mail 21 Commerce Parkway, Suite 104, Fredericksburg, VA 22406, phone or fax 1-800-720-1286, or visit www.steppublishers.com/contact

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