

# Arizona

# Nurturing Parenting Program (NPP)

An Overview for External Partners



# A Vision of System Change

1. Individualized to family needs, culture, and readiness for change
2. Designed for target populations and desired outcomes
3. Delivered with continuity through transitions from in-home to out-of-home to reunification
4. Coordinated with other family-serving agencies, so that service plans are feasible for the family to achieve
5. Delivered by staff with expertise in assessment and behavioral change; separated from, but complimenting DCS expertise in safety assessment and planning
6. Congruent with Arizona's safety assessment and Protective Factors Assessment models
7. Consistent across DCS contracted providers and in all regions of the State
8. Evidence-based

**Individualized Relevant Engaging Coordinated Consistent Effective**



# DCS is revolutionizing a service array so that;

- Parents have a greater likelihood of meeting conditions for return, making positive behavioral changes, enhancing protective capacities, and strengthening protective factors,
- Children are more likely to reside safely at home with a parent
- Arizona's entry rate per 1,000 children is reduced, children who enter care have higher rates of reunification, and length of stay in out-of-home is shorter-without an increase in re-report or re-entry rates



# Current and Future State - Service Array

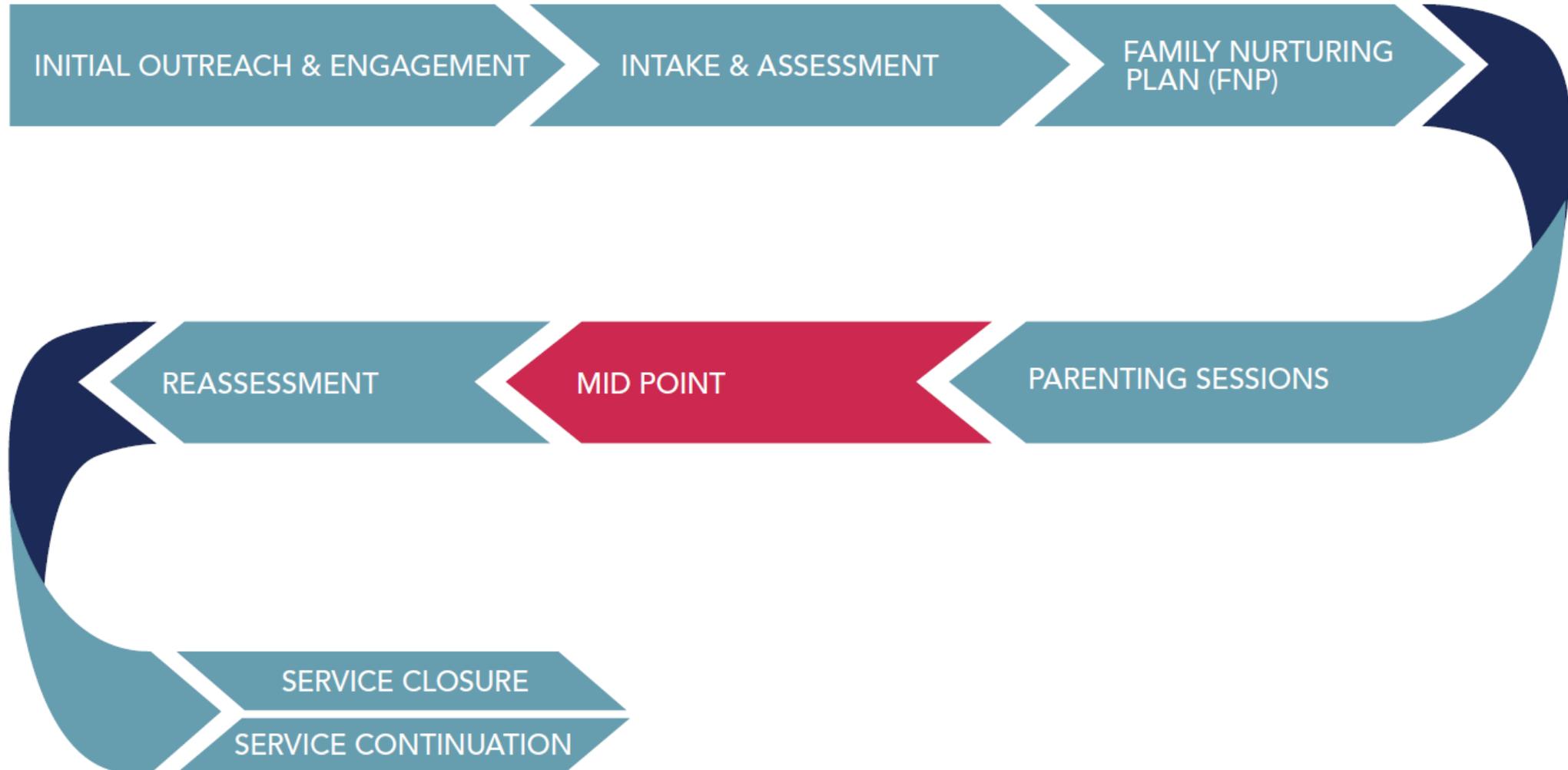
*Implementation of FC will occur in phases, to best meet our families' needs. See the Service Transition FAQ to learn what phase the Department is currently in.*

	Prior Service Array	New Service Array
Family preservation and reunification programs	Building Resilient Families In-Home Moderate In-Home Intensive Family Reunification Teams	Family Connections (FC) (July 2021)
Curriculum-based parenting skills training	Parent Aide skill sessions	Nurturing Parenting Program (NPP) (July 2021)
Intensive in-home support for families with substance exposed newborns	SENSE	Updated SENSE (July 2021)
Substance use disorder assessment, treatment, recovery maintenance	AZ Families FIRST	Updated AZ Families FIRST (February 2021)
Mental health services	Behavioral health system DCS contracted services	Behavioral health system Improved DCS contracted services (Fall 2021)
Supervised Parenting Time	Parent Aide (PA) Supervised Visits Only (SVO) Therapeutic Visitation	Supervised Visits Only Clinically Supervised Parenting Time (January 2021)



# NPP Process

## NURTURING PARENTING PROGRAM (NPP)



# Elements of NPP

Program Element	Timeframe	Deliverable (Programmatic Report)
Service Level	One time per week for two hours, over a maximum of 120 days (17 weeks) Continuations: 90 day intervals	Weekly Progress Reports
Initial Outreach	Telephone call within two (2) business day of referral receipt	Weekly Progress Report (if contact made) Service Closure Summary (if unable to make contact)
Intake	In-person within five (5) business days of referral receipt	Weekly Progress Report Release of Information
Assessment	At the intake meeting (unless completed by Family Connections program)	
Family Nurturing Plan	Within first session, held within 72 hours of the intake meeting	Family Nurturing Plan
Parenting Sessions	First session within 72 hours of the intake meeting, weekly thereafter	Weekly Progress Report Family Nurturing Journal
Continued Service	Two weeks prior to the end of the service request end date	NPP Reassessment Summary
Service Closure	Within 10 business days of service request end date	Service Closure Summary
Service Level	One time per week for two hours, over a maximum of 120 days (17 weeks) Continuations: 90 day intervals	Weekly Progress Reports



# Target Families

- Families whose DCS case will close following investigation
- Families receiving in-home case management with no impending danger *and* no risk of emergency removal of a child if services are not effective
- Families receiving in-home or ongoing case management with impending danger *and* safety plan, or risk of emergency removal of a child if services are not effective
- Families receiving ongoing case management with a child in out-of-home care



# Eligibility Criteria

The FFA-investigation has been completed, with sufficient information collection to make an impending danger decision.

At least one child age birth to 18 resides in the home; or a parent in the home has parenting time (visitation) with a child.

At least one parent is able and available to participate in NPP, and does not currently have any of the following restrictions on participation:

- No contact order between the parent/caregiver and the child
- Impairment requiring stabilization or improvement before the parent could benefit from NPP (i.e. active psychosis, physical illness requiring hospitalization or residential care, pervasive substance use impacting reality orientation)
- Institutionalized or incarcerated

The DCS Specialist and family have discussed the family's strengths and needs, and the family has verbally agreed to meet with an NPP Practitioner to learn about the program and services.

The DCS Specialist and DCS Supervisor have concluded one or more family members has a behavioral change goal that can be achieved by improving in one or more NPP constructs, and there are no available and accessible community programs that would provide the family an equivalent service.



# NPP Parenting Constructs

## Appropriate Expectations

- Ages and stages
- Separate parent self-esteem from child's performance

## Empathy

- Ability to recognize, understand and honor the needs, feelings, individual viewpoints and preferences of others

## Non-Violent Discipline

- Discipline not punishment

## Appropriate Family Roles

- Healthy gratification from children
- Adults take care of children and children pursue their own development

## Child's Power and Independence

- Obedience breeds powerlessness, inadequacy, rebelliousness, compliance to all, followers not leaders



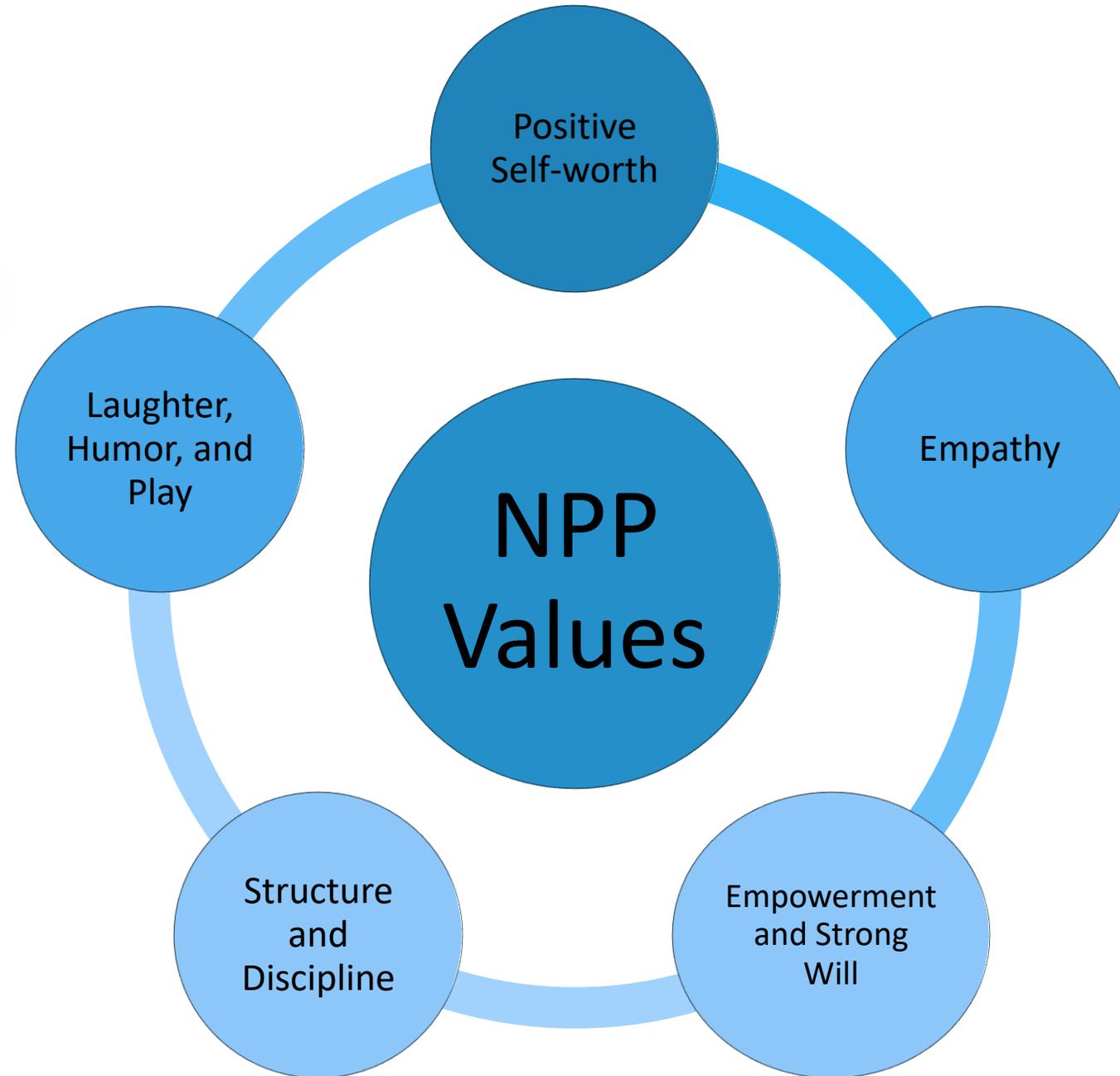
# NPP is a curriculum-based parenting skills education and coaching program

- Nurturing and non-nurturing attitudes and behaviors are not instinctual, but are learned
- Family-centered, trauma-informed
- Improves parenting in relation to:
  - Expectations of Children
  - Parental Empathy towards Children's Needs
  - Non-violent Discipline
  - Parent-Child Family Roles
  - Children's Power and Independence





Nurturing Parenting®  
*Established 1983*



# Nurturing

- The ability to care for and foster growth in us and others
- Build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices
- Teach parents to have a loving connection to their children
- Opportunities to practice behaviors with their children, complete homework to retain the information
- Nurturing lessons based on the needs of the family after completing the three assessment tools and the Family Nurturing Plan



# NPP will teach parents how to:

- Handle feelings
- Communicate needs
- Be empathic
- Take charge of one's own behavior
- Have warm interactions and fun with others
- Establish nurturing routines for regular family affairs such as bed and mealtimes
- Handle stress and anger
- Gain a sense of personal power and positive self-esteem
- Give and receive healthy touch, and
- Replace hitting and yelling with more effective discipline techniques



# NPP Programs and Workbooks in Arizona

## Nurturing Skills for Families Program (core program):

- Nurturing Skills for Families
- Easy Reader Parent Handbook (simplified version that can be utilized for parents that have difficulty reading or have cognitive delays)

## Specialty Programs:

- Families in Substance Abuse Treatment and Recovery
- Nurturing Fathers Program
- Nurturing Parenting for African American Families

## Supplemental Lessons:

- LGBTQ Supplemental Lesson Guide
- Native American Supplemental Lesson Guide



# Referral Process

- When the family is participating in another DCS contracted service program (such as Family Connections or Arizona Families F.I.R.S.T.) and the program's assessment indicates the family should be referred to NPP, the DCS contracted provider's recommendation should be communicated to the assigned DCS Specialist.
- The DCS Specialist will submit a service request through Guardian with the necessary documents, if services are approved.



# Initial Outreach

- If the telephone contact is unsuccessful, the NPP Practitioner will make an unannounced in-person visit to the home within 5 days.
- If unsuccessful the NPP Practitioner will then:
  - Make a minimum of 1 telephone call per day and 3 in-person outreach attempts over the next three days
  - Prepare a letter to leave at the home
  - Notify the DCSS and potentially can request assistance



# Intake Meeting

- The intake meeting should occur in the families home, unless approved by DCS for another location
- The intake meeting is an opportunity to connect and engage the family in NPP services
- During the intake meeting, the NPP Practitioner will:
  - Explore the family's understanding of why they were referred to NPP;
  - Introduce how NPP works;
  - Gather information about the family's involvement with other services;
  - Review the reason for DCS involvement;
  - Discuss confidentiality issues and obtain a signed ROI
  - Complete the Intake Packet and NPP assessment instruments;
  - Schedule a mid-point session and develop a schedule of home visits.



# NPP Assessment Instruments

During the Intake, the NPP Practitioner will have the family complete the three assessment instruments; if not already completed by the FCC.

The three assessment instruments are:

- NSCS: Nurturing Skills Competency Scale
- AAPI-2: Adult Adolescent Parenting Inventory
- PARTI: Parenting Attitudes about Raising Teens Inventory



# Family Nurturing Plan

- The Family Nurturing Plan is completed with the family during the first parenting session
- The Plan determines the parenting constructs and competencies that will be the focus of the services, utilizing the results of the assessment instruments and other sources of information.



# Parenting Sessions

- 1 hour of parenting support that includes education (coaching) and nurturing activity preparation, 30 minutes with parent only
- 30 minutes of parent-child observation to include nurturing activity where parent can apply learning from parenting support/education
- 30 minutes of parent only debriefing to occur after observation; within no more than 4 hours (can occur virtually)

The NPP Practitioner shall observe, monitor, and assess the parenting skills, and provide needs-specific coaching adapted to the parents' needs.

Scheduling of sessions should not cause the cancellation or delay of parenting time for children in out-of-home care.



# A Working Partnership: Points of Collaboration

- NPP Referral
  - Information sharing, specific workbooks that the family potentially can benefit from
- NPP Practitioner's Weekly Progress Reports
  - Shared with the DCS Specialist each week
  - The NPP Practitioner documents all weekly contacts with the family, including parenting sessions
- Parenting Sessions
  - DCS must approve virtual parenting sessions
  - DCS is responsible for determining the location of where the parent-child observation will occur
- Reassessment of Services
  - The NPP Practitioner and DCS discuss the families progress and if services should continue or close.



# Service Delivery

- Week 1 shall include initial outreach and intake meeting with the family
- Weeks 2-8 and 10-16 shall include weekly parent sessions with the family
- Week 9 shall be conducted as the mid-point meeting with the family
- Week 17 shall be conducted as the service closure meeting with the family



# Reassessment of Services

- The NPP Practitioner must assess all progress and behavior changes to identify an overall level of achievement, utilizing Outcome Evaluation Methods.
- The NPP Practitioner will complete the Reassessment Summary.
- When evaluating change, there are five levels or progress:
  - Change/UBSMART goal achieved
  - Substantial change
  - Some change
  - Minimal or no change
  - Risk or safety issue worsening



# Service Continuation

NPP services may continue in 90 day increments when there has not been sufficient behavioral change related to the reason for DCS involvement, family members are attending appointments and actively participating in NPP services, and either:

- the family has not completed the lessons by the end of the service authorization period; or
- the NPP assessment indicates the parent would benefit from additional lessons.



# NPP Service Closure

When sufficient change has occurred to adequately reduce risk and/or eliminate danger, the program will end.

## Service Closure Types:

- Services Completed
- No contact
- Declined Services:
- Disengagement from Services
- Moved Outside of Geographic Service Area
- No Longer Eligible
- Unable to Participate

The Practitioner completes a Service Closure Summary and a Family Resource Plan with the family

