

Linking Research and Program: Parent engagement strategies and other resources from DASH

Bridging the Gaps: Eliminating Disparities in
Teen Pregnancy and Sexual Health
June 4-6, 2014

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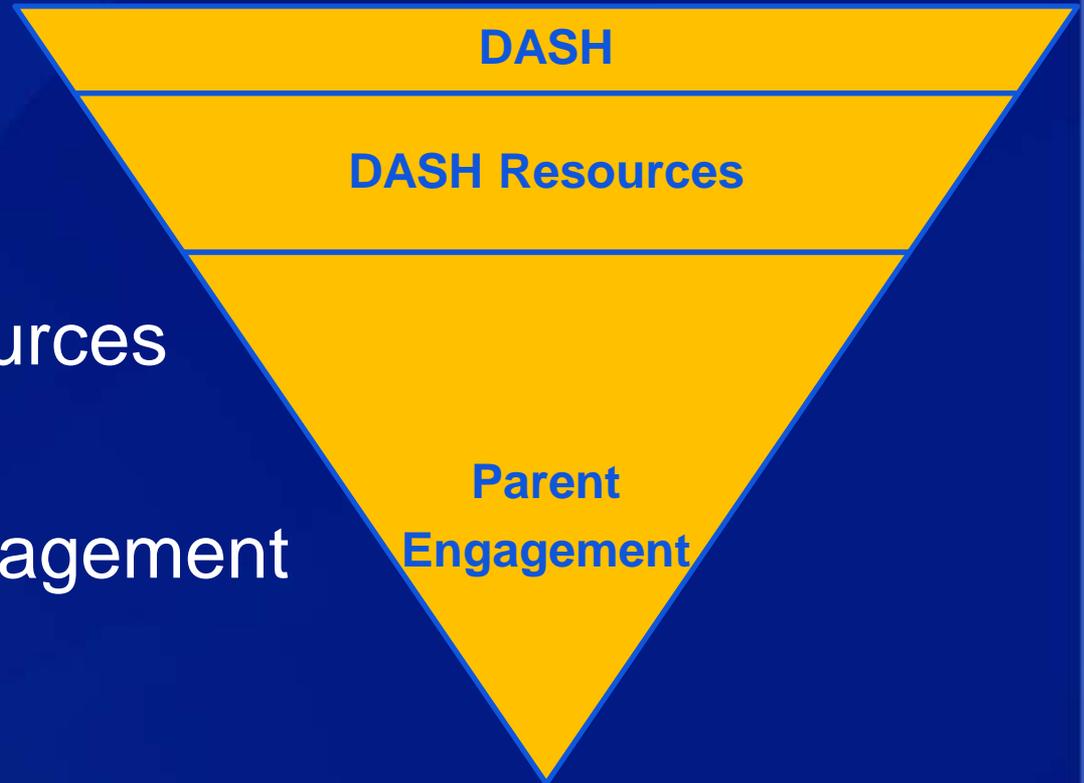
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Workshop Objectives

- ❑ Describe DASH's mission, structure and program and the link between research and program
- ❑ Describe DASH resources and explain how they support HIV/STD/pregnancy prevention efforts
- ❑ Discuss the aspects of parent engagement and specific activities to engage parents in HIV/STD/pregnancy prevention

Overview

- ❑ Part I: DASH
- ❑ Part II: DASH resources
- ❑ Part III: Parent engagement strategies



Who is in the room?

Raise your hand if you work primarily in/with:

- Schools
- Health clinics
- Community-based organizations
- Local and state health departments
- State agency partners
- Others?

PART I: DASH OVERVIEW

www.cdc.gov/healthyyouth

DASH Mission and Guiding Principles

- ❑ **Mission:** To prevent HIV, other STDs, and teen pregnancy and promote lifelong health among youth

- ❑ **Guiding Principles:**
 - Population-based, integrated approach
 - Strong focus on reaching youth through schools
 - Emphasis on addressing social determinants

Goals of Funded Program

□ Primary:

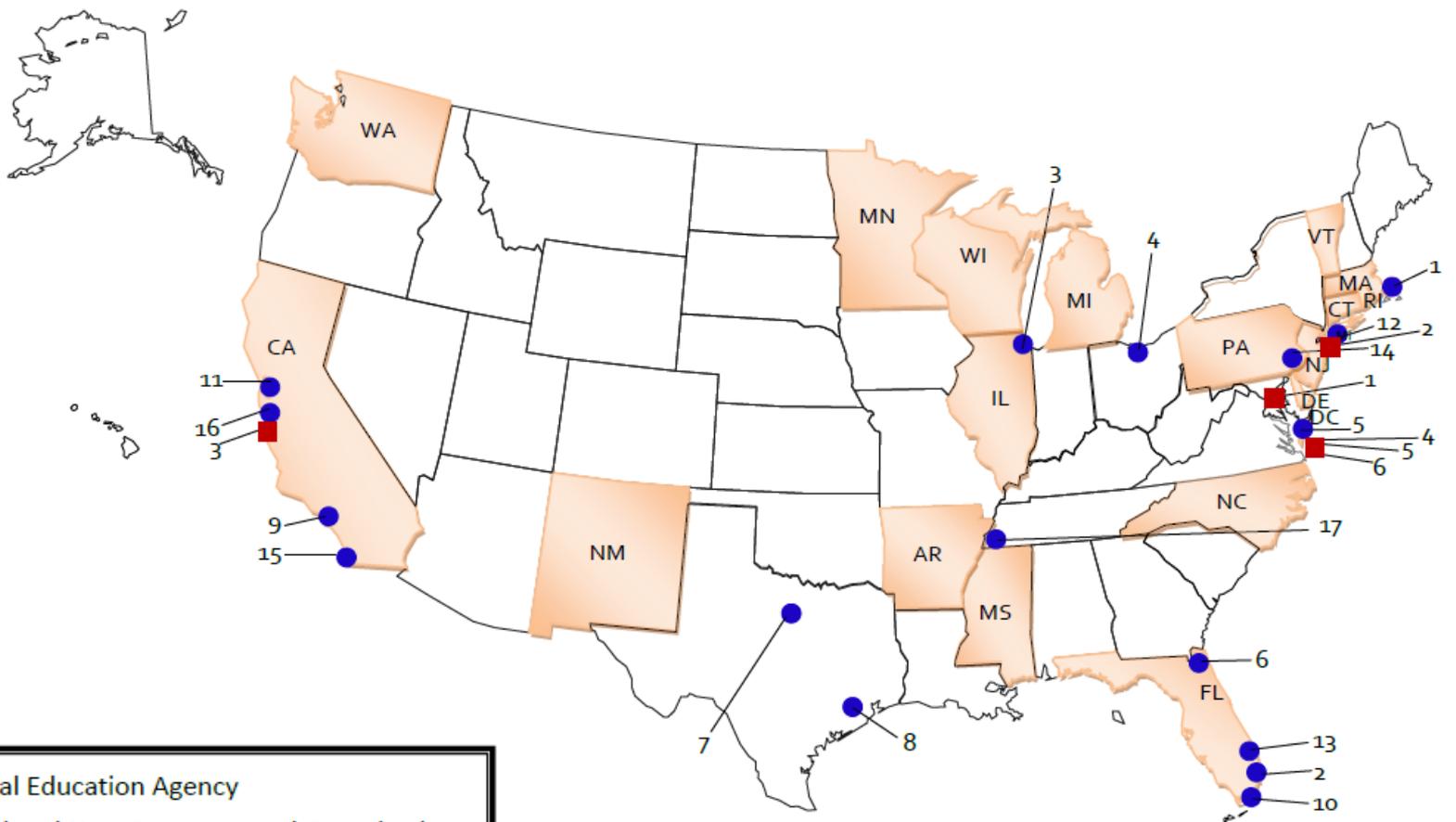
- Reduce HIV infection and other STDs among adolescents
- Reduce disparities in HIV infection and other STDs among adolescents

□ Secondary:

- Reduce pregnancy among adolescents

Funded Partners

Division of Adolescent and School Health
Funded 1308 HIV Partners August 1, 2013 – July 31, 2018



- Local Education Agency
- National Non-Governmental Organization
- State Education Agency

<http://www.cdc.gov/healthyyouth/partners/funded/capacitybldg.htm>
<http://www.cdc.gov/healthyyouth/partners/funded/hiv.htm>

Focus of Funded Program

- ❑ School-based surveillance

- ❑ School-based HIV/STD prevention
 - Approach A: Exemplary sexual health education
 - Approach B: Key sexual health services for students and staff
 - Approach C: Safe and supportive environments
 - Approach D: Policy

- ❑ Capacity building assistance for school-based HIV/STD prevention

- ❑ School-centered HIV/STD prevention among Black and Hispanic/Latino YMSM

PART II: RESEARCH TRANSLATION

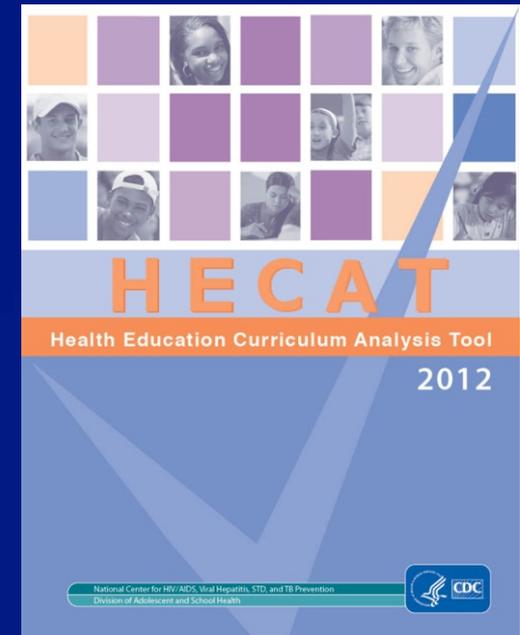
What is research translation?



The sequence of events from discovery of new or existing knowledge to its adoption/adaptation and use in practice settings, including dissemination, implementation and diffusion

Health Education Curriculum Analysis Tool (HECAT)

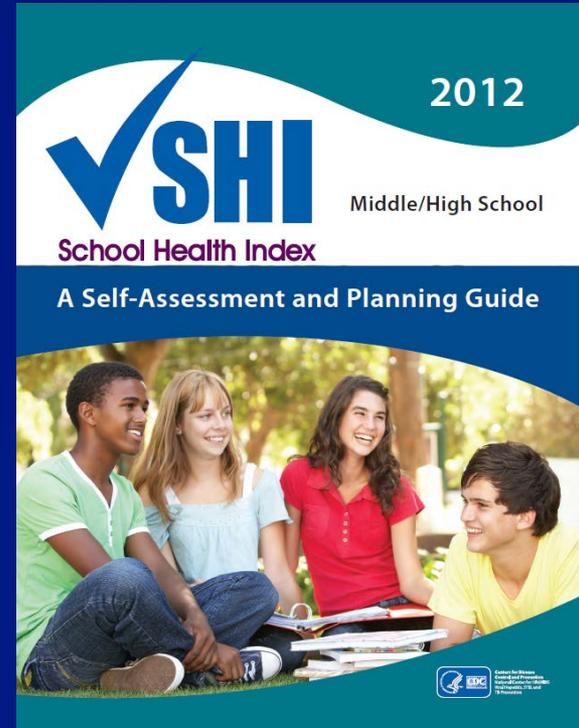
- ❑ Contains guidance, tools, and resources for a school district to carry out analysis of health education curricula
- ❑ Reflects characteristics of effective curricula
- ❑ Aligns with current national health education standards



http://www.cdc.gov/healthyyouth/HECAT/index.htm?s_cid=tw_eh443

School Health Index (SHI)

- ❑ Helps schools:
 - Identify strengths and weaknesses
 - Develop an action plan
 - Engage teachers, parents, students and community
- ❑ Sexual health content recently added
- ❑ Cross-cutting content on family and community involvement and health services revised



<http://www.cdc.gov/healthyyouth/SHI/>

School Connectedness

Strategies to increase students' connections to school such as:

- ❑ Use effective classroom management
- ❑ Provide students with the academic, emotional, and social skills
- ❑ Provide professional development for teachers



**SCHOOL
CONNECTEDNESS**



Information for Teachers
and Other School Staff

Fostering School Connectedness

Improving Student Health and Academic Achievement

Schools that most succeeded in their school when they believe that the skills and skills students at school not only need about how well they are learning, but also want about their as individuals. Young people who feel connected to school are more likely to succeed academically and make healthy choices.

All school staff, including teachers, principals, counselors, social workers, nurses, aides, librarians, assistants, cafeteria personnel, and others, can have an important and positive impact on students' lives. The best, technical, behavioral, and emotional support they give students can help shape lives and stay healthy. The best advice available for fostering school connectedness and creating a more welcoming and supportive school environment for all students.

Why is school connectedness important for your students?

School connectedness is an important factor in both health and learning. Students who feel connected to their school are:

- More likely to attend school regularly, stay in school longer, and have higher grades and test results.
- Less likely to smoke cigarettes, drink alcohol, or have sexual intercourse.
- Less likely to carry weapons, become involved in violence, or get involved in dangerous activities such as drinking and driving or not wearing seat belts.
- Less likely to have emotional problems, suffer from learning disabilities, or experience school dropout or attrition.



G PROTECTIVE



Positive Parenting Practices

By engaging in positive parenting, parents can help their adolescent make healthy choices.

Parenting Practice Topic	Protective Factor Focus
Parental monitoring	Learn ways parents can use effective monitoring practices to help their teen make healthy decisions and avoid risky behaviors
Fathers' influence	Learn ways fathers can help their teen avoid sexual risk behaviors
Parents' influence on lesbian, gay, or bisexual teens	Learn ways parents can promote positive health outcomes for their lesbian, gay, or bisexual teen

Monitoring Your Teen's Activities: What Parents and Families Should Know



The teen years are a time of rapid growth, exploration, and risk taking. Taking risks provides young people the opportunity to test their skills and abilities and discover who they are. But, some risks—such as smoking, using drugs, drinking and driving, and having unprotected sex—can have harmful and long-lasting effects on a teen's health and well-being.

Parents are a powerful influence in the lives of their teens. When parents make a habit of knowing about their teens—what they are doing, who they are with, and where they are and setting clear expectations for behavior with regular check-ins to be sure these expectations are being met—they can reduce their teens' risks for injury, pregnancy, and drug, alcohol, and cigarette use. These parents are **monitoring** their teens' activities and behavior.

To learn more about how parents can better monitor their teens, CDC sponsored a panel of leading academic researchers in the field of parental monitoring. The findings from this expert panel led to the development of a book entitled, *Parental Monitoring of Adolescents: Current Perspectives for Researchers and Practitioners*. The following information reflects key findings and recommendations from this book.

What is parental monitoring?

Parental monitoring includes 1) the expectations parents have for their teen's behavior; 2) the actions parents take to keep track of their teen; and 3) the ways parents respond when their teen breaks the rules.

You are using parental monitoring when you ask your teen:

- Where will you be?
 - Whom will you be with?
 - When will you be home?
- You are also monitoring when you:
- Check in with your teen by phone.
 - Get to know his or her friends and their parents.
 - Talk with your teen about how he or she spends time or whether he or she is making safe choices.
 - Set and enforce rules for your teen's behavior by clearly explaining the rules and consequences and following through with appropriate consequences when the rules are broken.

Sexual Reproductive, STD, and TB Prevention
 Adolescent and Young Adult Health



PART III: PARENT ENGAGEMENT

Overview

- ❑ Summary of research on parents and adolescent sexual and reproductive health
- ❑ Introduction to parent engagement in school health
- ❑ Parent engagement framework
 - Connect
 - Engage
 - Sustain

What do we mean by 'parent'?

Those adults who serve as the primary caregivers of a child's basic needs, which may include:

- Biological parents
- Biological relatives such as grandparents, aunts, uncles, and siblings
- Non-biologically related adults such as adoptive, foster, or step parents

Parental Influences on Sexual Health

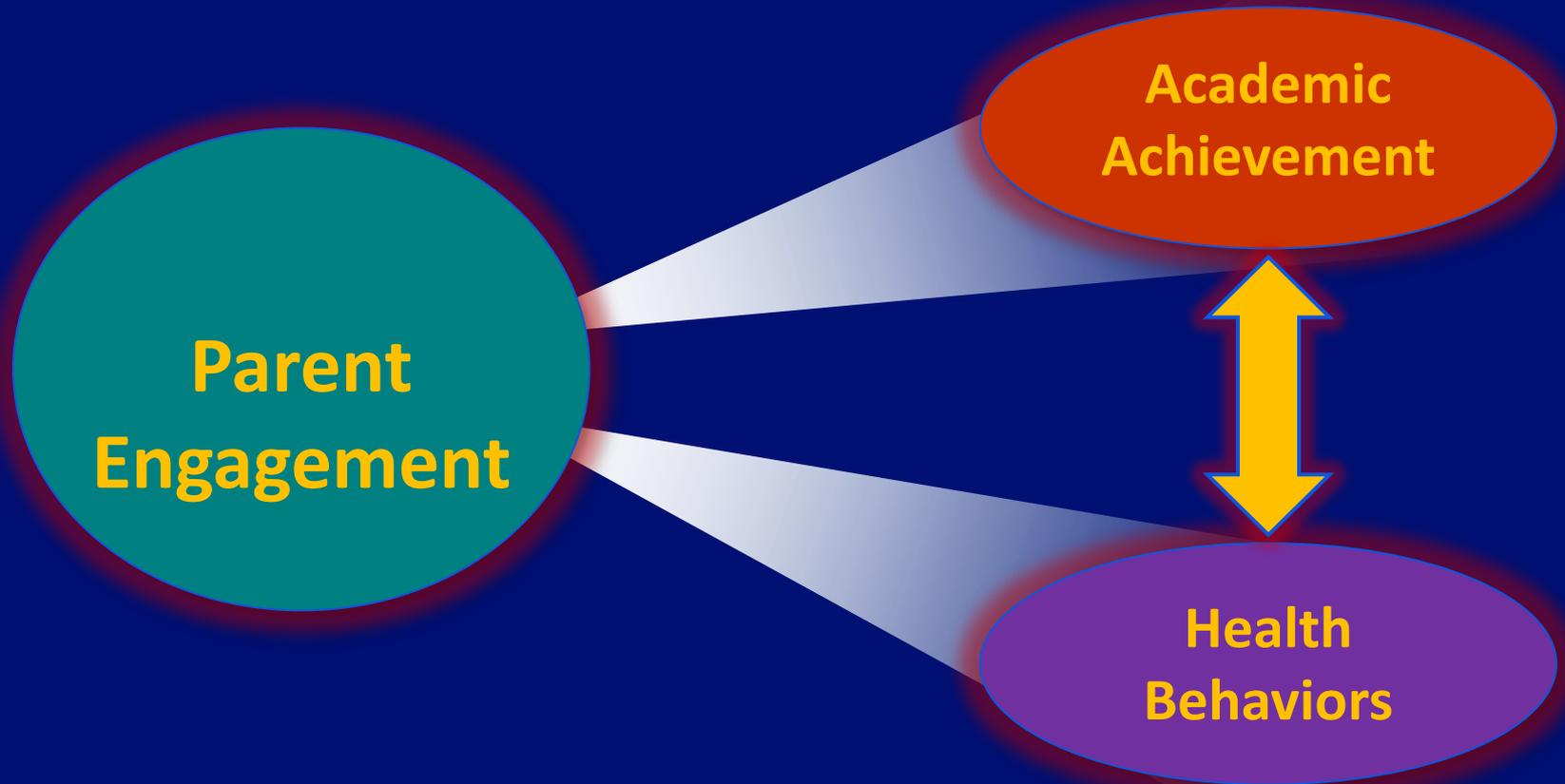


- ❑ Family structure (Young 1991; Santelli 2000)
- ❑ Parental values, attitudes and expectations about sex (Parkes 2011)
- ❑ Parental monitoring (Markham 2010)
- ❑ Parent-adolescent communication generally and about sex (Markham 2010)
- ❑ Parent-adolescent connectedness (Markham 2010)

How important is parents' influence?

- ❑ Those adolescents with low levels of parental monitoring are 2.5 times more likely to become pregnant (Crosby 2002)
- ❑ Those adolescents with more parental communication about sex are more likely to use condoms (Romer 1999)
- ❑ Those adolescents with parents involved in their education are more likely to use contraception in young adulthood (Frisco 2005)

Parent Engagement, Academics, and Health: Important Links



Parent Engagement in School

...is defined as parents and school staff working together to support and improve the learning, development, and health of children and adolescents

What do we mean by engagement?

Bi-directional relationship between...

☐ Parents ↔ Frontline field staff

☐ Parents ↔ Parents

☐ Parents ↔ Teens

Additional Intervention Venues

Parent engagement in...

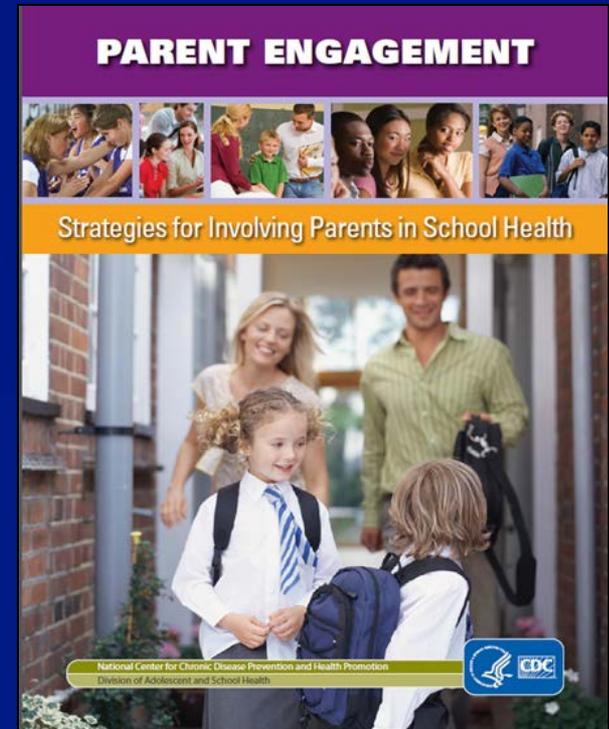
- ❑ Health clinics
- ❑ Local health departments
- ❑ Community based organizations
- ❑ After school settings
- ❑ Home

Others?

Strategies for Involving Parents in School Health



- ❑ Identifies specific strategies schools can take to increase parent engagement in school health
- ❑ Discusses three aspects of parent engagement
 - **connecting** with parents
 - **engaging** parents in school health activities
 - **sustaining** parent engagement in school health

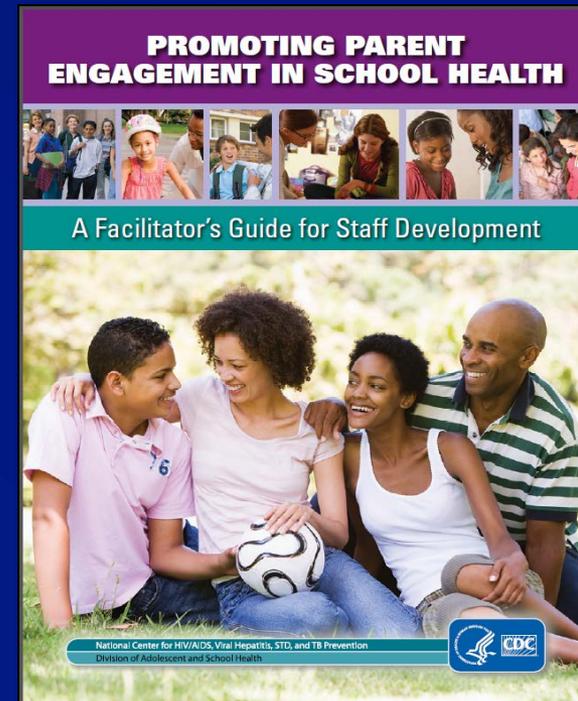


http://www.cdc.gov/healthyyouth/adolescenthealth/parent_engagement.htm

Promoting Parent Engagement in School Health: A Facilitator's Guide

Uses for this guide:

- ❑ Make the program available to school staff
- ❑ Adapt the program as needed
- ❑ Offer staff continuing education units as an incentive for participating in the program during non-work hours
- ❑ Provide the program to school board, parents, community partners



http://www.cdc.gov/healthyyouth/adolescenthealth/parent_engagement.htm

What are three essential aspects of parent engagement?



Make a positive connection with parents



What is needed to **CONNECT** with parents?

- ❑ Have a clear vision and mission statement that includes parent engagement
- ❑ Create a welcoming and trusting environment
- ❑ Provide staff development on how to engage parents
- ❑ Ask parents what they want and need
- ❑ Have a well-planned program for parent engagement as appropriate

Discussion: CONNECT

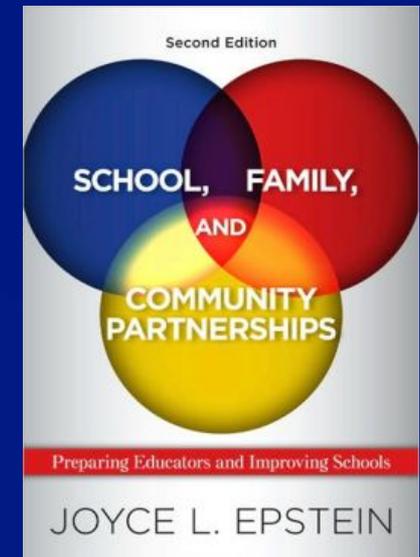
- ❑ Think about the venues where you work.
 - What aspects make the environment welcoming to parents?
 - What aspects make it not welcoming?
- ❑ Please write your thoughts on an index card
- ❑ Please discuss in small groups with others nearby in small groups

Provide a variety of activities to fully engage parents



How can organizations ENGAGE parents?

- ❑ Provide parenting support
- ❑ Communicate with parents
- ❑ Provide a variety of volunteer opportunities
- ❑ Support learning at home
- ❑ Encourage parents to be part of decision making
- ❑ Collaborate with the community



How can organizations ENGAGE parents?

- ❑ Provide parenting support
 - Provide parents with seminars, workshops, and information on HIV/STD and teen pregnancy prevention

- ❑ Communicate with parents
 - Provide parents with information about the prevention curriculum that will be implemented and offer opportunities for parents to ask questions

How can organizations ENGAGE parents?

- ❑ Provide a variety of volunteer opportunities
 - Involve parents as trainers or parent liaisons for HIV/STD/teen pregnancy prevention efforts

- ❑ Support learning at home
 - Implement prevention programs that involve home assignments with parents

How can organizations ENGAGE parents?

- ❑ Encourage parents to be part of decision making (as appropriate)
 - Involve parents in decisions when developing prevention policies and/or activities

- ❑ Collaborate with the community
 - Create a system that links families to community health and social service resources, activities, and events

Programs that Engage Parents



- ❑ Youth-centered programs
- ❑ Joint youth-parent centered programs
- ❑ Parent (family)-centered programs

Parent-centered Programs

Program	Parenting Practice Addressed	Setting
Parents Matter	<ul style="list-style-type: none"> - General communication - Parent-child communication about sex - Parental monitoring - Positive reinforcement 	<ul style="list-style-type: none"> - Community-based program
Families Talking Together (Linking Lives)	<ul style="list-style-type: none"> - General communication - Parent-child communication about sex - Parental monitoring 	<ul style="list-style-type: none"> - Pediatric clinics - Schools
Talking Parents, Healthy Teens	<ul style="list-style-type: none"> - Communication (about sex and general) - Parental monitoring - Parental involvement 	<ul style="list-style-type: none"> - Work-site based program

Discussion: ENGAGE

- ❑ Identify ONE idea of how your organization is/can engage parents through ONE type of involvement
- ❑ Please write the type of involvement and specific idea on an index card
- ❑ We'll discuss your ideas in small groups

6 Types of Involvement:

- Provide parenting support
- Communicate with parents
- Provide a variety of volunteer opportunities
- Support learning at home
- Encourage parents to be part of decision making
- Collaborate with the community

Work with parents to sustain engagement by addressing challenges



http://www.cdc.gov/healthyouth/adolescenthealth/parent_engagement.htm

How can organizations SUSTAIN parent engagement?

- ❑ Appoint a dedicated team or committee that oversees parent engagement
- ❑ Identify challenges that keep parents from being connected and engaged
- ❑ Work with parents to tailor events and activities to address these challenges

What are challenges to sustaining parent engagement?

- ❑ Parents are unable to attend meetings/ activities because of scheduled conflicts
- ❑ Parents cannot attend meetings/activities due to lack of transportation
- ❑ Parents are uncomfortable at meetings/activities
- ❑ Parents do not fully comprehend health information provided at meetings/activities
- ❑ Staff are not experienced or trained to work with parents

Discussion: SUSTAIN

- ❑ Identify one challenge listed for which you can think of a strategy/practice/approach to overcome that challenge
- ❑ Please write the challenge and solution on an index card
- ❑ Find a partner and share your challenge and solution

Possible Challenges:

- Parents are unable to attend because of scheduled conflicts
- Parents cannot attend due to lack of transportation
- Parents are uncomfortable at meetings/activities
- Parents do not fully comprehend health information
- Staff are not experienced or trained to work with parents

What are three essential aspects of parent engagement?



What are some next steps?

- ❑ Review DASH resources on parent engagement in schools and consider how they can apply to your work
- ❑ Build the capacity of teachers and other school staff to promote parent engagement
- ❑ Develop a plan for parent engagement
 - Incorporate activities into an existing plan
 - Develop a new plan
- ❑ Share your successes with others

Selected Parent Engagement Resources

- ❑ CDC's Parent Engagement Web page
http://www.cdc.gov/healthyouth/adolescenthealth/parent_engagement.htm

- ❑ U.S. Department of Education
 - Parent Involvement Information
www.ed.gov/parents/academic/help/partnership.html
 - Parental Information and Resource Centers
www.nationalpirc.org

- ❑ Office of Population Affairs/RTI International's Assessment of Parent Involvement Strategies in Program Serving Adolescents
<http://www.hhs.gov/opa/pdfs/parent-involvement-final-report.pdf>

PARENT ENGAGEMENT:

Strategies for Involving Parents in School Health



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

PARENT ENGAGEMENT



Strategies for Involving Parents in School Health



PROMOTING PARENT ENGAGEMENT IN SCHOOL HEALTH



A Facilitator's Guide for Staff Development



PROMOTING PARENT ENGAGEMENT: Improving Student Health and Academic Achievement

Information for Teachers and Other School Staff

PROMOTING PARENT ENGAGEMENT: Improving Student Health and Academic Achievement

Information for School Districts and School Administrators

Parent engagement in schools is defined as parents and school staff working together to support children's success in the classroom and their health, development, and health of children and adolescents. Studies have shown that parent engagement in schools can promote positive education and health behaviors among children and adolescents. School engagement and health among students have been shown to be more successful when parents are involved. This guide provides guidance for teachers and other school staff to increase parent engagement in school health.

Ways to Engage in Your Child's School to Support Student Health and Learning

Information for Parents and Families

Why is it important for parents to be engaged in their child's school?

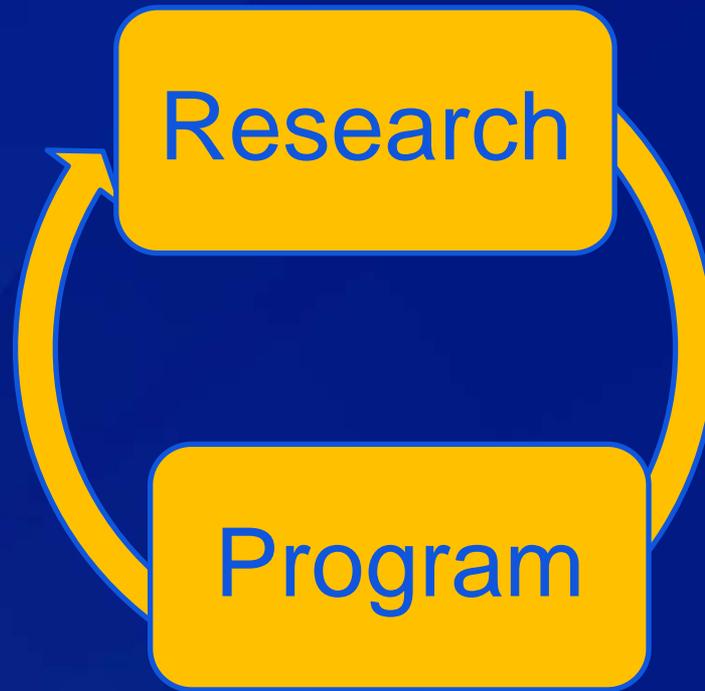
Parent engagement in schools contributes to students' health and learning. Studies have shown that students who have parents engaged in their school lives are more likely to have:

- Higher grades and test scores.

As a parent, you want your child to do well in school. You also want your child to be healthy and avoid behaviors that are risky or harmful. Through your guidance and support, you can have great influence on your child's health and learning. One way you can show your support is by being involved in your child's school. Research shows that when parents and school staff work together, students are healthier and more successful in school.



Linking Research and Program



Thank You!

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Questions and Additional Discussion

