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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- The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
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

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

http://www.cdc.gov/healthyyouth/protective/connectedness.htm
Positive Parenting Practices

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

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

http://www.cdc.gov/healthyyouth/protective/positiveparenting/index.htm
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

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

Academic Achievement

Health Behaviors
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?

http://www.cdc.gov/healthyyouth/adolescenthealth/parent_engagement.htm
Make a positive connection with parents

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

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

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<thead>
<tr>
<th>Program</th>
<th>Parenting Practice Addressed</th>
<th>Setting</th>
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<tbody>
<tr>
<td>Parents Matter</td>
<td>General communication</td>
<td>Community-based program</td>
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<td>Parent-child communication about sex</td>
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<td></td>
<td>Parental monitoring</td>
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<td>Positive reinforcement</td>
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<tr>
<td>Families Talking Together (Linking Lives)</td>
<td>General communication</td>
<td>Pediatric clinics</td>
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<td></td>
<td>Parent-child communication about sex</td>
<td>Schools</td>
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<td></td>
<td>Parental monitoring</td>
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<tr>
<td>Talking Parents, Healthy Teens</td>
<td>Communication (about sex and general)</td>
<td>Work-site based program</td>
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<td></td>
<td>Parental monitoring</td>
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<td>Parental involvement</td>
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</table>
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/healthyyouth/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?

http://www.cdc.gov/healthyyouth/adolescenthealth/parent_engagement.htm
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/healthyyouth/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
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 improve student learning, development, and health of children and adolescents. Studies have shown that parent engagement can promote positive education and health behaviors among children and adolescents. School climate and health among students have been shown to be more successful when parents are involved.

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

Information for Parents and Families

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.

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.
- Better school attendance.
- Lower dropout rates.
- Fewer disciplinary problems.

What is parent engagement in schools?

Parent engagement in schools involves:

- Communication: Regular contact and dialogue between parents and school staff.
- Collaboration: Working together to set goals and strategies for student success.
- Coordination: Organizing and planning school activities.
- Conflict resolution: Resolving issues constructively.
- Cultural sensitivity: Understanding and valuing cultural diversity.

Children’s school lives are essential to supporting children’s success in the classroom and their well-being. Parent engagement in schools is defined as parents and school staff working together to improve student learning, development, and health of children and adolescents. Studies have shown that parent engagement can promote positive education and health behaviors among children and adolescents. School climate and health among students have been shown to be more successful when parents are involved, guidance for teachers and other school staff to increase parent engagement in school health.
Linking Research and Program

Research

Program
Thank You!

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References

Questions and Additional Discussion