Parenting Inside Out

ABOUT PARENTING INSIDE OUT

Raising a child can be overwhelming. Parenting Inside Out (PIO) is an evidence-based program that addresses the unique challenges that face criminal-justice-involved parents and their children. In a classroom setting, facilitators lead students through a cognitive-behavioral parent-management skills course to help each parent develop a parenting plan specific to the needs of their family.

Created by scientists, policy makers, and practitioners, PIO is based on extensive research and practice. It is derived from the Parent Management Training (PMT) curriculum, which appears on the American Psychological Association, US Department of Health and Human Services, Office of Victims of Crime, and US Department of Justice best-practice lists. PIO is the highest-rated, evidence-based parenting program for criminal-justice-involved parents and the curriculum of choice for corrections and community programs across the U.S.

FEATURES

Features of Parenting Inside Out include:

- Adult Learning Theory. PIO is grounded in adult learning theory and is designed for the adult learner.
- Learner-Centered Design. Throughout the program, coach and learner collaborate in setting goals and the methods for reaching those goals.
- Outcomes-Based Instructional Design (OBID). OBID's focus is on problem-centered, real-life adult roles because adult students are interested in solving problems that relate to day-to-day life.

For more information, contact us at 503-977-6399 or info@childrensjusticealliance.org.
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THE RESEARCH SAYS IT ALL

PIO is the highest-rated parenting program for incarcerated and criminal-justice-involved parents on the National Registry of Evidence-Based Programs and Practices (NREPP). PIO was the subject of a five-year, $2.1 million, randomized controlled study (RCT) of 359 incarcerated mothers and fathers funded by the National Institute of Mental Health. The study, the largest ever done on a parenting program for this population, followed parents during their final year of incarceration and for one year after they released from prison. The study yielded the following results:

- At one year post release, PIO participants had a 26% (men) to 48% (women) reduction in rearrest when compared to the control group.
- At one year post release, PIO participants had a 95% reduction in self-reported criminal behavior when compared to the control group.
- At one year post release, PIO participants had a 66% reduction in self-reported substance abuse when compared to the control group.
- PIO participants had significantly higher positive prison attitude scores following their PIO class, than did the control group, and moderately higher prison attitude scores six months post release.
- During incarceration, the PIO group reported significantly more Positive Parent-Child Contact, had a higher score on the Parent Ease of Relationship with Caregiver measurement at the end of their PIO class, and received more total family visits than did the control group.
- After release from prison, PIO fathers used significantly more positive reinforcement with their children than did non-PIO fathers and PIO participants reported less use of poor discipline practices than did the control group.

There are three versions of the PIO curriculum: Prison, Jail, and Community. Each version teaches parents a way of navigating life that uses healthy, pro-social skills to interact with children, partners, co-parents, officials, friends, and family. Participants learn to celebrate the uniqueness of each person and invite others into caring, respectful relationships. With PIO training, criminal-justice-involved adults can become better parents and role models in their children's lives.

AMY'S STORY

Amy served two terms in prison. She has two children, both of whom had been raised by her mother. In a parent panel prior to her release, Amy shared her experience with the Parenting Inside Out program.

"Parenting Inside Out helped me rebuild my family relationships, not just relationships with my children. I hated my mother, who is my children's caregiver; she has taken care of my children since they were born and I was never really their mother. She wouldn't bring my kids to see me. Parenting Inside Out gave me the skills to communicate with her and also the understanding of how to be a parent. Now, my mom is my best friend and she brings my kids to see me all the time. My son is in the Early Head Start program. I spend two mornings a week in his class. I write to his teacher about his education and how he is doing. I never would have known how to do that before I took PIO. I didn't know how to be my children's champion and advocate.

"I had no confidence in myself. In PIO I accomplished something each week. Those little successes gave me the confidence to keep going; I was willing to try something bigger. Now I am part of my children's lives. I am their mom. When I go home my mom will still be important to my children, but she will be able to be their grandmother, not their substitute mom. They will have both of us."

Amy is now successfully parenting her children in the community.

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