



# Program Safecare & incredible years /Best Practice /NO PUNISH

Authors:

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## Title: Program Safecare & incredible years

**COUNTRY/REGION:** SPAIN. País Vasco (Guipúzcoa)

**ENTITY:** Services of children protection. Agreement of collaboration University of País Vasco and Donostia city.

### **LINK/CONTACT FOR MORE INFORMATION:**

<http://psychosocial-intervention.elsevier.es/24/11/2016>.

Psychosocial intervention. 24(2015)105-120

### **DESCRIPTION OF THE GOOD PRACTICE:**

**Target group:** Intervention with negligent families or in risk of neglect with children under 5 years old (Safecare).

Therapeutic program of group for families with children between 4 and 8 years old with behaviour problems, whose parents have significant hindrances for their management.

**Objectives:** Safecare is a program based on evidence, in the educational character at home, targeted to families where there is one or more possible situations of lack of child protection.

To implement a program with scientific evidence which supports new models of intervention in their community services.

It has a preventive rehabilitation character, in cases of families with earlier age children.

The programs are primarily based on the provision of home visits and psychological treatment

The intervention in the cases of abuse of greater severity, are prolonged in the time.

Intervention in cases of maltreatment of greater gravity, are prolonged in time.

**Intervention structure:** It is developed in "education-modeling" of sessions led to out by a social educator from family, where their job is with parents and children about certain skills of parenting.

The family participation, it is made through an inclusion criterion:

- Child age: From 0 to 5 years old.

The child lives at his / her family home, and the intervention objective is the family preservation.

Present presence or risk of physical or emotional neglect with the child.

The family voluntarily accepts the intervention.

**Methodology:**

1 Home Visits and psychological treatment.



2. Stage of training material. Scientifically Structured and proven. Safe care program and Incredible Years. Acquired the National Safecare Training and Research Center NS-TRC and The Incredible Year Inc.

3. Family home interventions.

The Educator uses a structured manual in 3 modules, which is taught in its entirety during of the program: healthcare, home safety module and interaction module parents / children

4. Therapeutic groups of children from 5 to 8 years old from highly neglected families.

**Costs related:** The program budget for year 2014 was of 2.00.000 of euros.

Cost of the contract signed with the entity NSTRC and The incredible Years INC. Was 38.000 euros: (1 seminar of orientation initial, 2 seminars classroom of training and supervision and accreditation of 6 family educators and two coaches, sessions on-line of supervision, materials and documentation required for the implementation of the program).

**Further information:**

[http://psychosocial-intervention.elsevier.es/es/implantacion-piloto-dos-programas-basados/articulo/S1132055915000216/#.WK2Gpm81\\_IU](http://psychosocial-intervention.elsevier.es/es/implantacion-piloto-dos-programas-basados/articulo/S1132055915000216/#.WK2Gpm81_IU)

**Resources available:** The implementation and maintenance of the program requires a total of: 4/5 therapists and 25 family educators.

The training process consisted in:

1 Initial seminary of orientation.

Face-to-face seminars to training and supervision and accreditation, involving 6 family educators and 2 coaches.

On – line sessions of supervision.

Materials and documentation required for the implementation of the program.

Have been attended 521 families in the year 2012.

630 families were attended in 2013.

In 2014, are attended 678 families.

## DIMENSIONS:

Please make the cross if the good practice meets the proposed items. Also, try to expand the information in each section.



# 1. EVIDENCE OF POSITIVE AND/OR PROMISING RESULTS IN ORDER TO ELIMINATE CORPORAL PUNISHMENT

## Training/Education

The program increases the use of positive disciplinary methods for parents and educators/teachers:

- Promoting the positive parenting (promoting positive relationships, care and development the child's capacities, offering recognition and guidance to the child, establishing limits that allow the full development of the child).
- Offering alternative educational strategies to corporal punishment, that promotes democratic family educational model.
- The program promotes to caregivers, the knowledge and skills for protect the children.
- The program promotes a positive dynamic and healthy family relationships.

## Promotes protection

- The program will focus attention on children to understand their worries and circumstances.
- The program works on emotional education as a protective factor for violent behavior.

## Empowerment

- The practice provides skills for children, promote their resilience and resources to deal with situations of violence.
- The practice promotes and improves parental skills such as: behavior of control and emotional self-regulation.

## Living environment approach

- The program has references to the real living environment of parents and children (social environment, living environment, etc.).
- The program takes into account, cultural differences in the intervention.

## Formal networking

- The program implies networking and cooperation with other Institutions: with comprehensive services for care, recovering, children reintegration, teens at risk or victims of corporal punishment.
- There is a networking/cooperation with other stakeholders in the local and professional environments.



- The program is included in the structure of the national/regional system and it depends on several people.

**Please, detail the elements/components that provide a full explanation about evidence of positive results and/or promising results in each section (Training education, promotes protection...etc.)**

The program provides training in skills of aging, from the own family environment, and through modeling, in real-life situations, re-educate and modify strategies  
When being a negligent families or risk of, it performs a secondary and tertiary prevention for being highly vulnerable families. General areas are addressed from health and hygiene and safety at home, modifying patterns negligent in the care of children, by parents. The success of the program comes of the involvement of public resources and social services in their development, what allows continuity and assumes a new work model and structures in the protection system, increasing the quality of the intervention.

## 2. DATA ON IMPACT OF THE PRACTICE

### Effectiveness of the elimination of corporal punishment

The practice has demonstrated a good impact on:

- The decreases of corporal punishment.
- The increase in positive interactions parents / mother / infant caregivers.
- The increase in timeshare.
- The improvement of communication and resolution of conflicts without using corporal punishment.
- A significant increase in knowledge, skills and confidence of parents or caregivers.
- An improvement of the welfare of the participants.

### Sustainability of the impact

- The effects on the target group are sustainable.



**Please, detail the evidence on data or research about the impact of the practice**

It is a program that has evidenced effects in the improvement of skills of negligent parents, through studies that evidence it.

The programme implementation was carried out first through a pilot study, which is conducted an evaluation of effectiveness showing the results as:

A total of 37 mothers derived to the program, after half pre-test and post-test is appreciated a reduction of depressive symptoms, at risk of abuse and dimensions of the B-CAP (Brief child abuse potential Inventory).

### 3. COMPREHENSIVE NATURE

Please, tick the items the practice address to:

**Dimension 1: Social and cultural context towards corporal punishment and alternative methods (including MEDIA analysis)**

- The program promotes support and guidance to parents in developing a responsible parenthood that will reduce corporal punishment.
- The program supports teachers and school support staff in improving their skills and management skills of non-violent learning methods.
- It involves parents and tutors through established participatory Organizations (AMPA and others), prevention and elimination of corporal punishment.
- The practice promotes the child-youth movement through the creation and / or consolidation of representative organizations in communities.

**Dimension 2: Legal framework conditions and other procedural, judicial frameworks related with the implementation of the law**

- The practice responds to the objectives of education and social reintegration provided by law.
- It is consistent with the existing legal framework for protection of violence against children and teenagers, to ban explicitly corporal punishment.

**Dimension 3: Awareness and training efforts concerning corporal punishment and alternative methods:**

- The program raises awareness about the importance in eliminating corporal punishment.
- The practice provides training about corporal punishment elimination methods.

**Dimension 4: Resources available on positive parenting techniques and complementary knowledge**



The practice provides resources available on positive parenting techniques and complementary knowledge.

**Please, detail the elements/components that provide a full explanation about the dimension addressed**

The program already has a context in socio-cultural terms.  
The program, to be developed at their own domicile, allows work from the reality of the family, from an ecological approach, attends all their variables: social, cultural and economic, that condition with the family system.  
As we are talking about a program developed by public services, the laws of childhood protection are guaranteed  
It is structured a specific block, interaction parents-children, which addresses interaction forms and where model towards affective and positive interactions.

#### 4. INNOVATION

The program has an innovative character, or implies innovative aspects (e. g. actual knowledge, new ideas or methodology, etc.).

**Please, detail the elements/components that provide a full explanation about the innovation of the program**

As a new element, have been structured family interventions, a methodology that has shown their efficiency.  
Create a work model, that allows measure results and changes of the effect of the treatment, is very efficient to tracking and improvement of the methodology; Surpassing the clinical perception, which can be quantified if the effect of treatment is positive to see the efficiency of the project and as a good indicator of the impact of the project, an important aspect for the development of public policy.

#### 5.COST-EFFICIENCY

The cost-efficiency is adequate.

There are no lower cost alternatives to achieve the same impact.

**Please, detail the elements/components that justify the cost-efficiency of the program/practice**

The Project cost is high, to short and medium term, since implies a professional training in addition to a license (38,000 €), while, to long term is an investment that is estimated profitable, attending to the results of program effectiveness, in results and users, as in what is referred to the training and qualification of professionals which is a considerable improvement in the quality of the service.



## 6. TRANSFERABILITY POTENTIAL

There is access to the methodology and how the program has been implemented (e. g. process description, manual etc.).

The program has already been successfully transferred to another region.

The program can be transferred to other frame conditions in international contexts:

The program does not rely too much on specific aspects of the national/regional system.

The program does not depend too much on one/few specific professional qualifications and/ or profiles.

The program can be transferred if the material, program or license are paid.

**Please, detail the elements/components that justify the transferability of the program/practice**

The transfer of the program is feasible, to being a fully developed, structured and technically as methodology. Although, it requires of the adaptation of the materials to the national context, since are elaborated an American institution.

The main handicap, would be the cost of license acquisition and professionals training for the use of this methodology.

