

OVC Research & Best Practice Initiative

EMPOWERING CAREGIVERS

(adolescent edition)

Wednesday, January 13
11:00 am (Eastern)

Webinar Series: 4

What is the evidence?



Parenting programmes in Southern Africa


<http://www.unicef.org/violence-prevention/violence-against-children/>



Child abuse prevention: the evidence

- Systematic review of reviews: parenting programs best evidence (Mikton & Burchardt 2009)
- Good effect sizes in high-income country trials (Barlow, 2006)
- Group-based programs = cheaper
- Problem: high costs of established programs

- Initial evidence of transportability to LMIC, mainly with younger children (Kner, Gardner et al, 2013, Gardner et al 2015)
- Better evidence for children- none for teens (Sherr et al, ICDP 2011)
- Integrate with wider structural support (Richter, 2013)




Effective programmes: shared components

Same principles based on social learning theory

- Modelling of learned behaviour
- Positive parenting skills before discipline
- Positive reinforcement to promote good behaviour
- Positive instruction giving
- Ignoring negative attention seeking behaviour
- Nonviolent limit-setting/discipline

- Same delivery
- Client-led collaborative approach
- Group-based
- Role-plays and coaching
- Home practice of parenting skills

(Barlow, Cochrane Review 2006)




Parenting for Lifelong Health

- Non-professional staff
- Minimal materials needed
- Free: Creative Commons
- Tested in RCTs



- Thula Sana (pregnancy–6 months)
- Early Childhood Stimulation (toddlers)
- Sinovuyo Kids (ages 2-9)
- Sinovuyo Teen (ages 10-17)

- If successful, scale-up throughout LMIC
- National governments, WHO, UNICEF






Sinovuyo Teen: Development advice

UNICEF HQ's Theresa Kilbane, Patricia Lim Ah Ken and the Child Protection team; the International Rescue Committee's Laura Boone, Amanda Sim; PEPPAR-USADID's Gretchen Bachman, Dr Nicole Behnam; Dr Janet Shriberg; Clowns Without Borders South Africa's Jamie Lachman, Hannah Mangenda; Sibongile Tsoanyane; UNICEF South Africa's Heidi Loening, George Lanyea-Adjei, Patricia Benvenuti, Seamus Mac Robb, Andries Viviers and the Child Protection and Social Protection teams; UNICEF ESARO's Denise Stuckenbruck; and Maud Droogelever Fortuyn; UNICEF Innocent's Jasmina Byrne; the National Association of Child and Youth Care Workers (NACYW)'s Zeni Thumbadoo, Donald Nkhotanyama and the libindi team; the WHO Violence Prevention Unit Dr Chris Mikton, Dr Alex Burchardt; Professor Mark Tomlinson; Professor Judy Hutchings; Professor Frances Gardner; Professor Geri Donenberg; Professor Mary Jane Rotheram-Borus; Dr Danuta Kasprzyk; Dr Daniel Montano; Professor Theresa Betancourt; Professor Asher Ben Arieh; Professor Larry Aber; Professor Lorraine Sherr; Dr Ashraf Grimwood; Professor Howard Dubowitz; Dr Diane de Panfilis; Professor Manuel Eisner; Dr Karen Devries; Daniel Michelson, Professor Joe Murray, The South African National Department of Social Development's Deputy Director-General Conny Nxumalo, Thabani Buthelezi, Dr Malega Kganaka and the Children's and HIV/AIDS directorates; the National Department of Basic Education's Gugu Ndebele, Likho Bottonan and the Social Inclusion Unit; The Eastern Cape Buffalo City Metro District Department of Social Development Mr Mitsuzael Njungwini; Professor Claude Mellins; Professor Arvin bhana and Professor Inge Petersen; Stuart Keay; REPSIS's Noreen Hani and Lynette Mukedunye; The Keiskamma Trust; Professor Lorraine Sherr; Dr Tamsen Rochat; Professor Rachel Jewkes and Dr Annk Gevers; Dr Franziska Meinck; Dr Lucy Steinitz and Lucy Hillier; Professor Lynne Murray, Professor Peter Cooper. Special thanks to Jamie McLaren Lachman, Tshamo Petersen, Dr Mark Boyse, Dr Franziska Meinck, Dr Lauren Kaplan and Dr Jenny Doubt.





1: Defining goals	8. Dealing with problems without conflict I
2: Building warmth: special time	9. Dealing with problems without conflict II
3: Praise	10. Family rules and routines
4: Talking about emotions	11. Making family savings plans
5. What do we do when we are angry?	12. Keeping teens safe in the community
6. Putting out the fire: problem-solving	13. Responding to crisis
7. Making family budgets	14. Widening circles of support

Testing, testing...


- 2012: Qualitative, 100 families in South Africa
International consultation: 50+ experts, other manuals
- 2013: First draft manual:
Pre-post test + qualitative N=60
deep rural South Africa
- 2014: Second draft manual
Pre-post test + qualitative N=230
rural and peri-urban South Africa
- 2015-16: Third draft manual
Randomised controlled trial + qualitative.
N=1200, 40 sites, rural and urban South Africa



First Pilot pre-post results: 2013
(60 participants, deep rural South Africa)


Sinovuyo Teens	Caregiver report	Child/teen report
Reduced child abuse	p=.006, t=3.43**	p=.024, t=2.39*
Reduced rule-breaking/aggression	p=.003, t=3.21**	p=.005, t=3.07**
Reduced poor supervision	p=.001, t=3.86***	p=.006, t=2.98**
Reduced gender violence acceptability	p=.002, t=3.39**	p=.038, t=2.18*
Increased involved parenting	p<.001, t=-4.91***	p=.012, t=-2.69*
Increased positive parenting	p=.004, t=-3.17**	p=.025, t=-2.48*
Increased caregiver social support	p=.001, t=-3.69***	n/a
Increased teen social support	n/a	p<.001, t=-5.19***

No changes: non-violent discipline; inconsistent discipline



2014: Second draft manual
Pre-post test + qualitative N=230
rural and peri-urban South Africa

- With UNICEF SA, Clowns Without Borders SA, NACCW, Child and Youth Care Centres
- 230 participants, 115 families
- Implementation: local NGOs




2014 pre-post test (240 participants)

Sinovuyo Teens	Caregiver report	Child/teen report
Physical abuse	P<.001 t=-4.22***	P<.001 t=-4.97***
Emotional abuse	P<.001 t=-4.84***	P<.001 t=-3.79***
Neglect	P<.001 t=-3.79***	P<.005 t=-2.86**
Delinquent behavior (adolescent)	P<.001 t=-4.89***	P<.001 t=-4.32***

Effect size: International Child Abuse Screening Tool: 75% reduction (both teen and caregiver report)

Significant improvements in secondary outcomes: caregiver and teen depression; parenting stress; caregiver negative coping strategies (drinking); poor supervision; inconsistent discipline; involved parenting; positive parenting; social support to caregivers; caregiver social support to teens; witnessing violence.

No effects: teen drug/alcohol use; teen social support from friends

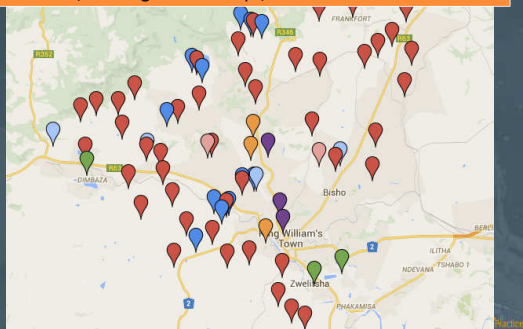


Unexpected/disasters:

- Very strong government involvement: visits, partnership, plans for provincial and national scale-up. With UNICEF SA and National NGO.
- Very different understandings of evidence needed for scale-up
- Very high acceptability but need for home visit options for sick/disabled participants and funerals.
- Unexpected diffusion: Sinovuyo groups, school assemblies, sermons, church groups. Catastrophic for randomised trial.



2015: Third draft manual
Randomised controlled trial + qualitative.
N=1200, 40 villages + townships, rural and urban South Africa



International scale-up

INCREDIBLE TEAMS AND TEENS

Analysis and writing: Mark Orkin, Lorraine Sherr, Mark Boyes, Franziska Meinck, Rebecca Hodes, Elona Toska, Alexa Yakubovich, Marija Pantelic, Mosa Moshabela. Oxford team: Lizzy Button, Sarah Hoeksma, Melissa Pancoast

Parenting for Lifelong Health: Cathy Ward, Chris Mikton, Mark Tomlinson, Jenny Doubt Jamie Lachman, Frances Gardner Lynne Murray, Peter Cooper, Inge Wessels, Theresa Kilbane, Jasmina Byrne, Judy Hutchings, Alessandra Guedes, Robert Butchart, Bernadette Madrid, Mark Tomlinson, Sarah Skeen, Marguerite Marlow, Alice Redfern, Sachin de Stone, Nastia Saleh, Sally Medley, Daphnee Blanc, Phelisa Mphimphashe, Kile Nocuzza, Yulia Sheremetovich, Rocio Herrera Romero, Tshiamo Petersen, Jarina Steimel.

Mzansi! Wakho: R Hodes, E Toska, B Vale, M Pantelic, J Rosenfeld, N Galela, C Kama, N Kamle, B Kinana, M Isaacsohn, V Luke, A Mampangashe, Z Mariken, A Moko, P Mjo, S Mona, M Mpumwana, S Mqolo, M Neel, B Saliwe, N Sontsonga, Alexa Yakubovich, I Skracic, J Steinert, J Sandelisa, L Parmley, L Pilard, Rachel Smith, Amol Naik, Khameer Kidia, T Walker, Y Dunkley, C Gilmer, R Jopling, A Robb, C Carty, D Mark, M Boyes, M Coqui, N Hwele, F Meinck, F Venter.

Young Carers: Soraya Seedat, Naema Seedat, Julia Rosenfeld, Kerry Mauchline, Marisa Casale, Caroline Kuo, Tyler Lane, Lebo Sello, Amy Bustamam, Lebo Sello, Kate Orkin, Maria Mabeta, Don Operario, Rachel Bray, Andy Dawes, Julia Limba, Daphee Makhazi, Joy Nikelo.

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Presentation Summary

- The presentation will focus on: Models that have been used to empower Parents of Teenagers, with a focus on models that harness existing family and community resources

About REPSSI

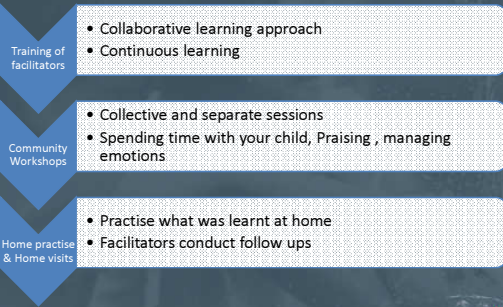
- Regional Psychosocial Initiative
- 13 Countries in East and Southern Africa
- Children have access to love care and protection



Who is parenting?



Sinovuyo Teen model

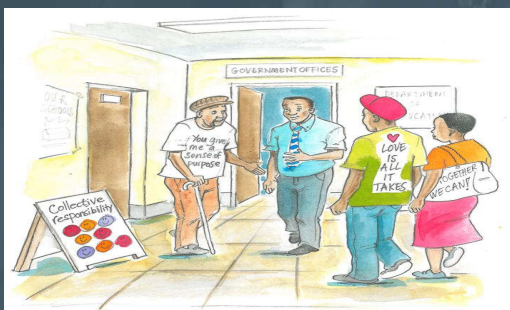


Community parenting Dialogues



Knowledge Practice

Journey of life – Community Parenting



Knowledge Practice



Journey of life Conversation – Making communities Safer



Knowledge Practice

Continues learning & support for parents

- Include teachers in parenting dialogues
- Link parent dialogues to other community processes e.g. Children's clubs, community social clubs (burial societies, savings groups)
- Greater involvement of men in the provision of emotion and social support



For more information:

Additional Recourses:

- Journey of Life – info@repsi.org
- Better Parenting Training for caregivers of highly vulnerable children <http://www.pactworld.org>
- Programming guidelines for young caregivers- <http://www.synergos.org/>

Presenter: Sipile Kaseke; Regional Technical Coordinator
Business Development; sipile.kaseke@repsi.org
REPSI website: www.repsi.org

