

THE NURTURING PROGRAM FOR FAMILIES IN SUBSTANCE ABUSE TREATMENT AND RECOVERY

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What is the Nurturing Program for Families in Substance Abuse Treatment and Recovery?

- Evidence-based curriculum that integrates substance use, recovery, mental health issues, parenting and child development
- Based on Dr. Stephen Bavolek's *Nurturing Program for Parents of Children Birth to 5*
- Developed by the Institute for Health and Recovery

Overview of the Nurturing Program

- Purpose, Guiding Values and Philosophy
- Format and Facilitation
- Implementation Challenges
- Adaptations to the Nurturing Program for Families in Substance Abuse Treatment and Recovery
- Measuring Impact and Outcomes

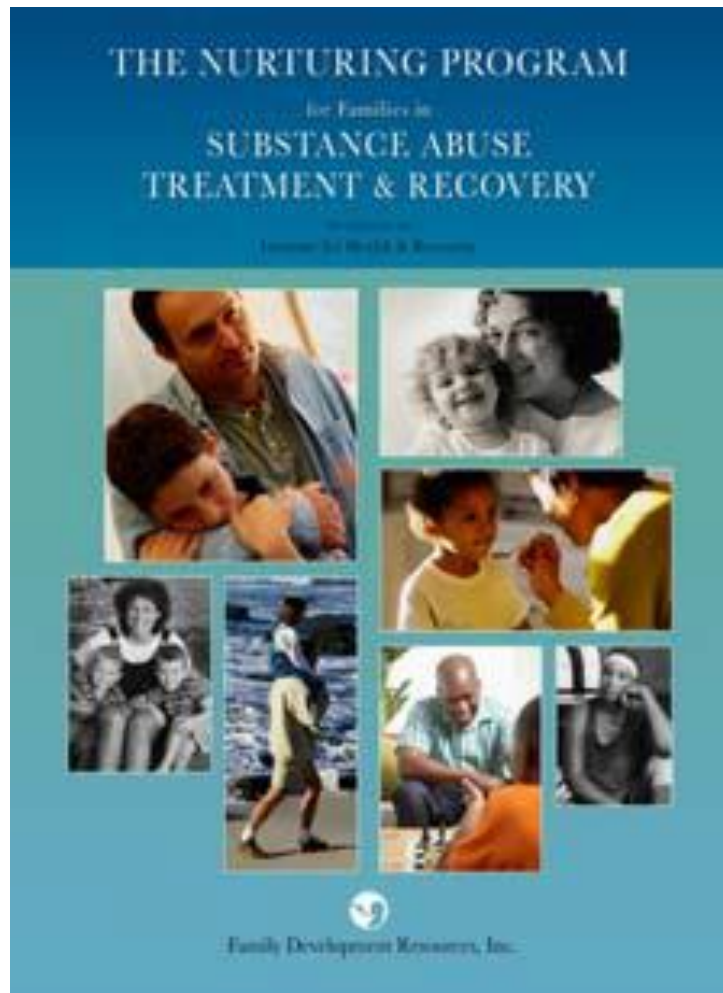
Purpose

- To address the impact of substance use, mental illness and trauma on parenting and the parent child relationship
- Begin with a focus on the parent and their strengths and challenges
- Build the relationship between parent and child through self-awareness and self-nurturing skills
- Explores the needs of individuals struggling with substance use disorders

Purpose

- Focuses on skill-building and coping strategies for parents in recovery
- Increases participants' understanding that how they were parented affects their parenting
- Strengthens the parent-child bond so that families can heal together

Polling Question 1:



Are you using the
Nurturing Program
for Families in
Substance Abuse
Treatment and
Recovery?



Polling Question 2:

If you provide parenting education for parents who are in treatment or recovery what parenting program do you use?



Guiding Values of the Nurturing Program

- Parenting is a relationship, not only a set of skills
- Nurturing oneself is the first step toward nurturing others
- Respect for self and others, including children
- Fun and laughter
- Recovery starts with the individual and maintained through healthy family relationships

Program Philosophy

Three essential factors for success and satisfaction within the parent/child relationship:

- Mutuality – a dynamic, interactive sensitivity and responsiveness
- Authenticity – freedom and ability to live within the relationship at a high level of exposure and vulnerability

Program Philosophy

- Empathy – Process by which the disclosure and sharing of oneself leads to a heightened sense of self, and of understanding another; self-awareness and self-acceptance enhance awareness and acceptance of others.

Nurturing the Parent

How we were parented becomes a part of who we are and creates the framework from which we parent our children.

Example: Feelings

Purpose of this session is to help parents increase:

- their tolerance and understanding of theirs and their children's emotions, and
- their ability to respond to their and their children's emotions in a nurturing way

The framework used for this lesson defines the differences between **Nurturing**, **Neglectful** and **Hurtful** responses to feelings.

Example: Feelings

Nurturing Response

- Accurately acknowledges and names the feeling; accurately identifies the stimulus; does not judge the suitability of the feeling; provides a healthy way of expressing the feeling, i.e. one that does not injure self or other, one that does not place blame for the feeling or responsibility for the feeling on another.

Example: Feelings

Neglectful Response:

- To minimize the feeling or the cause of the feeling; to dismiss the importance of the feeling or fail to respond to it.

Hurtful Response:

- To criticize, attack or punish the person for having the feeling.

Example: Feelings

Scenario: The family pet dies.

What are you feeling? What is your child feeling?

What is our response?

- Nurturing
- Neglectful
- Hurtful

Format and Facilitation

- Provides structure
- Encourages growth
- Physical, mental & spiritual nourishment
- Creates opportunities to build connectedness
- Creates a safe place for self-exploration and building self-awareness
- Participation
- Creativity and fun

Format and Facilitation

- 12 – 17 Sessions; 90 minutes each

Each session includes:

- Information for group facilitator
- Begins with ice breaker
- Closes with wrap-up
- Includes additional information on issues or concerns that may come up during that session

Session Topics

- Hope*
- Growth and Trust*
- Families and Substance Abuse or Being a Father (Session I)*
- Feelings*
- Self-Esteem*
- Communication*
- Confrontation and Problem-Solving*
- Body Talk or Being a Father (Session II)*
- What Babies Teach Us
- Managing Stress*
- Setting Boundaries

*Eleven Week Adapted Version

Session Topics

- Schedules and Routines or Challenges: Fathers (Session III)*
- Safety and Protecting Children
- Guiding Behavior*
- Knowing our Values
- Recovery: Love and Loss
- Having Fun*

*Eleven Week Adapted Version

Polling Question 3:

Participants should have some clean time/sobriety before attending parenting groups?

- Strongly agree
- Agree
- Don't know
- Disagree
- Strongly Disagree



Implementation: Meeting the Needs of Parents in Treatment and Recovery

- Nurturing groups are successfully sustained in an array of program settings serving varied populations presenting with substance use issues, chronic homelessness, domestic violence, and/or needing early recovery peer support.
- Nurturing groups are flexible and easily adapted to address presenting issues including substance use and/or co-occurring mental health disorders and histories of trauma

Implementation: Meeting the Needs of Parents in Treatment and Recovery

- Groups are designed to promote the client's awareness of how life experiences may have interrupted their own emotional and psychological development
- Participants find the groups offer a safe forum to explore how they were parented and how it impacts their parenting
- Participants gain an understanding that everyone has some difficulty in parenting – eases feelings of low-self esteem, shame and guilt

Implementation: Challenges

- Recruitment and retention
- Child care
- Scheduling time of groups
- Participants do not self identify as substance users
- *Facilitator's comfort modeling nurturing concepts in groups*

Implementation: Facilitation Skills

Each segment provides specific information related to the session topic for the group facilitator.

Facilitators should have:

- A solid understanding of substance use and its effects on individuals and families
- Fundamental knowledge regarding parent/child relationships and child development

Implementation: Adaptations

- Parent/Children Interactions
- Grandparents, Step-Parents, Non-Parent, etc.
- Being a Father Sessions
 - To emphasize fatherhood as a valued relationship
 - To highlight connections between fathers and their children
 - To support men in assessing how substance use and recovery impact their parenting experience
- Eleven week adapted edition done over 12 sessions

Measuring Impact and Outcome

- Adult-Adolescent Parenting Inventory (AAPI-2)
- Nurturing Skills Competency Scale (NSCS)
- Qualitative Feedback

Adult Adolescent Parenting Inventory (AAPI-2)

- The AAPI-2 is an inventory designed to assess the parenting and child rearing attitudes of adult and adolescent parent and pre-parent populations. Based on the known parenting and child rearing behaviors of abusive parents, responses to the inventory provide an index of risk for practicing behaviors known to be attributable to child abuse and neglect. The AAPI-2 is the revised and re-normed version of the original AAPI first developed in 1979.

Adult Adolescent Parenting Inventory (AAPI-2)

Sub-Scales: Responses to the AAPI-2 provide an index of risk in five specific parenting and child rearing behaviors:

- Construct A - Expectations of Children
- Construct B - Empathy Towards Children's Needs
- Construct C - Use of Corporal Punishment as a Means of Discipline
- Construct D - Parent-Child Role Responsibilities
- Construct E - Children's Power and Independence

Mean Program Results

AAPI-2	Matched Pre-tests (N=8)	Matched Post-tests (N=8)
Construct A: Inappropriate Expectations	5.25	5.75
Construct B: Lack of Empathy	6.38	6.12
Construct C: Physical Punishment	5.25	5.62
Construct D: Role Reversal	6.25	6.75
Construct E: Power and Independence	5.62	5.12
Note: Rating Scale is 1 to 10		
NSCS	Matched Pre-tests (N=8)	Matched Post-tests (N=8)
My Utilization of Nurturing Skills	6.62*	6.88*

*Not valid results

Program Evaluation - Participant Feedback

Nurturing Program for Families in Substance Abuse Treatment and Recovery

It would be helpful to us, if you could tell us about your experience in the *Nurturing Program* groups by answering the questions listed below. You need not put your name on this evaluation. It is completely confidential.

1. Today's Date: _____

2. Date you entered this treatment program: _____

3. Did you learn anything new in the *Nurturing Program* groups? ____ Yes ____ No.

If yes, Please tell us what you learned:

4. Have you changed any of your behavior as a result of participating in the *Nurturing Program* groups? ____ Yes ____ No

If yes, please tell us what you have changed:

5. Have you changed your ideas or attitudes as a result of the *Nurturing Program* groups? ____ Yes ____ No

If yes, please describe what has changed:

6. Is there anything about the *Nurturing Program* groups that you think should be changed? ____ Yes ____ No

If yes, please tell us what you think should be changed:

7. Is there anything about the *Nurturing Program* groups that you especially liked? ____ Yes ____ No

If yes, please tell us what you liked:

8. How would you rate the *Nurturing Program*: (Please circle one)

1 Poor 2 Fair 3 Good 4 Very Good 5 Excellent

9. Please add any other comments you would like to make:

Qualitative Feedback

Did you learn anything new in the Nurturing Program?

- “How to give punishment without hitting my children.”
- “That parenting my children is more important for them in more loving/kind ways and to find ways for our family to communicate healthy.”
- “How to be a parent again.”

Qualitative Feedback

Have you changed any of your behavior as a result of participating in the Nurturing Program?

- “I learned and have started to actually take some time out to find ways to self soothe myself, and manage my stress.”
- “More patience, being more open to their feelings”
- “To think before I act.”
- “To give my kids more time.”

Resources

- Family Development Resources, publishers of the Nurturing Parenting Programs
<http://www.nurturingparenting.com/>
- Institute for Health and Recovery, developers of the Nurturing Program for Families in Substance Abuse Treatment and Recovery
<http://www.healthrecovery.org/>



Questions and Discussion

Polling Question 4:

Would you or someone from your organization be interested in attending a Nurturing Program for Families in Substance Abuse Treatment and Recovery Training of Trainers?

- Yes
- No
- Maybe

If yes or maybe, please provide contact information



Recovery: Reach for the Sun

It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.

Joyce Maynard



Contact Information

Thank
You!

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Def Poetry: Daniel Beaty - Knock Knock (Official Video)

<https://www.youtube.com/watch?v=9eYH0AFx6yl>