



Nurturing Families 5-19™ (NF5-19™)

Updated Nurturing Parenting Programs.



This program is designed for high intervention and treatment services and is an update from an earlier version co-authored by Dr. Bavolek and Sonya Thorn and modified to fit 21st century parents in an ever-changing society. The program is specifically designed for in-home, group-based and/or online settings. Outcomes are designed to help tertiary (treatment) families achieve child and parent well-being as well as child safety and permanency in the areas of mental health, substance abuse, in-home or group parenting skills and kinship/foster and adoption placements support.

The joint efforts of Dr. Stephen Bavolek and Sonya Thorn in creating the first pilot of the **Nurturing Families 5-19™ (NF5-19™)** was to serve the highest risk families (tertiary or treatment). **NF5-19™** has also been used to intervene and prevent child abuse and neglect. The first pilot projects began in 2015 in the following states North Dakota, Texas, Tennessee, Illinois and California. These pilot sites informed the development of the **Nurturing Families Infant – 19™ (NFI-19™)** which will be completed in 2020 and are currently working with Casey Family Programs, National Council on Crime & Delinquency and Chapin Hall.

The program materials include manuals and guides for implementation and fidelity supports, tools, checklists, and session documentation as well as videos and training that are available to ensure that the program is delivered as designed. Purchase of curriculum, training and trainer material are available at www.texasnurturingcenter.org/curriculum/. The certification process of facilitators and trainers is also clearly defined at www.texasnurturingcenter.org/certification/. Training options can be found at www.texasnurturingcenter.org/training-2/.

The **NF5-19™** program requires assessment utilizing the **Adult-Adolescent Parenting Inventory (AAPI-2.1)**. These constructs measure include 1) appropriate expectations, 2) empathy, 3) dignified discipline, 4) family roles and 5) power-independence which can indicate abusive and neglectful parenting attitudes, patterns and behaviors. Without this assessment, agencies will fall short in gathering appropriate data for outcome-based intervention and results. Services for printing and scoring the **AAPI 2.1** can be accessed at www.assesingparenting.com. Other surveys/questionnaires that are used in conjunction with the **AAPI 2.1** measure trauma and parent/child relationships.

The **Family Nurturing Center of Texas (FNC-TX)** trains providers on the skills needed to facilitate principles and practices that promote recovery, healing and address post and current trauma in individuals and family systems. Providers are those who provide direct intervention to families and are called Facilitators in the **NF5-19™** program because their primary role is to facilitate learning through self-discovery.

The curriculum consists of competencies divided into lessons and designed to address the five Nurturing Parenting Constructs of the **AAPI-2.1**. The **NF5-19™** is in active use across the country with current research studies available at www.texasnurturingcenter.org/research/. Research has been and is currently underway in several states working with state departments to correlate the AAPI.1 assessment with the outcomes specified above.

PROGRAM DETAILS

NF5-19™, is a nationally validated family system strengths-based model, focuses on teaching the following core skills especially for tertiary prevention (treatment) families. Skills include bonding & attachment, healthy relationship maintenance, emotional regulation, healing & recovery, empathy & self-awareness, sense of belonging, self-identity & self-worth, age appropriate expectations and

discipline alternatives.

The strength of **NF5-19™** is based on evaluating the family's needs and implementing competencies, lessons and skills based on the individual needs of the family. Families with children ages infant to nineteen years, engage in learning new parenting perspectives, define their beliefs, increase their knowledge and skills which improve their overall level of functioning as adults and therefore they are able to become better in their role as nurturing parents. Facilitators can choose to serve the parents individually or with their children. Facilitators can also serve the parents in a group setting (and/or a combination of home and group) and they can have children/teen sessions running concurrently in the same spaces. As a family-based model the **NF5-19™** operates with the belief that a family who learns together is most effective in strengthening and sustaining healthy relationships and staying together as a family. This specific program was designed to be used with families involved in the treatment of Child Abuse and Neglect (CAN) and families involved in multiple systems of care, i.e. Department of Family Protective Services/Child Welfare, Mental Health Systems, Juvenile Justice Systems, Domestic/Intimate Partner Violence, Drug and Alcohol Use/Abuse/Recovery, School Districts, Head Start, Residential Centers and for Youth and Adult Correctional Institutions, as well as others.

Language is important and intentionally used very carefully throughout the program. The language throughout the **NF5-19™** may seem less familiar such as the use of the pronoun "they" instead of "her" or "him", the use of gender-neutral names in scenarios and role-plays and using parenting as a verb to include any adult directly effecting the lives of children. This is intended to make the program inclusive of all genders, identities and diverse family structures. The program is also flexible enough to acknowledge and appreciate the wisdom and experiences of facilitators to make any necessary changes to language to meet the diverse needs of families and to be appreciative of differences in others.

Throughout this program the term "child", "children", "teen" and "adolescents" may be used to describe the Infant - 19-year-old population. The term parent, family, parents will be used to describe any adult that plays a significant role in a child's life and is parenting or assisting in parenting a child. Parenting is seen as a verb not a noun. Co-parent is also used broadly to describe others who could be assisting a primary parent in parenting i.e. stepparents, grandparents, family friends, older siblings, foster or adoptive parents, or kinship placements.

Is the NF5-19™ Evidence-Based?

The **Nurturing Families 5-19™** is an update from three evidence-based programs: Nurturing Parenting Programs for Parents and Their Infants, Toddlers and Preschoolers, Parents and Their School-Age Children and the Nurturing Program for Parents and Adolescents®. All three programs have been recognized as evidence-based and have also received recognitions and accreditations from: The Annie Casey Foundation, the California Evidence-Based Clearinghouse for Child Welfare (CEBC), the Department of Defense (DOD), the Office of Juvenile Justice and Delinquency Prevention (OJJDP), Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Registry of Evidenced Programs and Practices (NREPP). NREPP has rated the Nurturing Programs High in quality of research (overall 3.1 out of 4.0) and Very High in implementation material, training and support, and quality assurance (perfect 4.0). For information regarding the research conducted on the initial NP, log onto www.nurturingvalidation.com or www.assessingparenting.com. For studies specific to the **NF5-19™** see the Research section 5 - 19 of the Texas Nurturing Center at www.texasnurturingcenter.org/research/.

Is NF5-19™ Trauma-informed?

The cornerstone of the **NF5-19™** is based on empathy, an essential element in a Trauma-informed Care/Approach. Empathy is taught and reinforced through every lesson. The program's primary focus is helping the adults in the family with their past and present trauma. When parents receive

empathy and the support they need, they are more likely to empathize with self and with others (i.e. their children).

Nurturing Parenting Programs® have been trauma-informed from the inception. The initial research and development for the Nurturing Parenting Programs® occurred in the early 1980s. National implementation began in 1985. In over 30 years, about 14,000 agencies have implemented Nurturing Programs worldwide, reaching an estimated 1.1 million families. Approximately 30 studies have been published or described in evaluation reports.

The journey and hope in serving others are that one day everyone can live in a world without violence. To reiterate, the primary goals of the **NF5-19™** are to increase awareness, self-worth and empathy through work done in the therapeutic relationships between facilitators and trainers who become change agents through modeling empathetic behaviors and responses. With this goal in mind, Trainers train Facilitators who directly work with parents, children, and teens. The use of facilitated engagement through discussions and experiential activities have proven to increase a person's self-awareness allowing the individual to be more aware when they are hurting self, others, or their environment. This increase in self-awareness encourages the power of choice. **"Nurture Me and Watch Me Grow™"** is the motto that guides the program.