



IMPACT STUDY

Every 10 seconds, in the United States, a report of child abuse or neglect is made.

PARENTING JOURNEY IS EVIDENCE-BASED

Research shows that parents who participate in Parenting Journey improve in several protective factors, which are known to promote family wellbeing and reduce the incidence of child abuse and neglect.

Positive Results for Families:



DECREASE IN STRESS



INCREASE IN SOCIAL NETWORKS & INSIGHT

Parenting Journey is uniquely effective and accessible for parents of all backgrounds.

244 PARENT PARTICIPANTS

123 PARENTING JOURNEY GROUP

121 CONTROL GROUP

COUNTRY OF BIRTH

52.5%

Born in the USA



47.5%

Born outside the USA

RACE / ETHNICITY

3.3% Asian*



30.6% Black*



38.8%

Hispanic/Latino



17.4% White*



4.5% Other*



5.4% More than one race*



(*NOT HISPANIC)

YEARLY HOUSEHOLD INCOME

40.2%

< \$10,000

25.4%

\$10,000-\$19,999

10.7%

\$20,000-\$29,999

7%

\$30,000-\$39,999

5.7%

\$40,000-\$49,999

6.1%

>\$50,000

Approximately 70% of participating families live on a household income of less than \$24,600 per year.*

(*4.9% DID NOT RESPOND)

\$24,600
FEDERAL POVERTY LEVEL
(family of four)



I can't think of anything more challenging than parenting in isolation. Many of the parents that come through Head Start feel alone, and that there is no one they can lean on. We see a huge difference in the parents that go through Parenting Journey as they build strong connections with others and feel more connected to their communities."

KATE PACE, Family and Community Engagement Coordinator, ABCD Head Start & Children's Services

OUR APPROACH

We are working towards the day when every family has what they need to thrive and succeed. We believe that all parents are capable of making responsible decisions regarding their children. **We also are keenly aware that some parents face seemingly insurmountable challenges including layers of injustice that disproportionately impact communities of color, low-income families, and immigrants.** Our strategy to disrupt intergenerational trauma is to cultivate the inherent strengths and capabilities of parents because improved mental health and wellbeing for parents also translates to better outcomes for children and families. We use a theory-based intervention that maintains the entire family thrives when parents adapt to stress, decrease anxiety, and have healthy interactions with others.

OUR WORK

Parenting Journey fosters healthy, resilient families and improves parenting practices by providing therapeutic, trauma-informed, group programming for families. Parenting Journey's acclaimed curricula offer solutions to the everyday stressors of parenting, as well as strategies and resources for coping with challenges including substance use, trauma, domestic violence, immigration, and poverty. A dynamic and systemic approach supports parents through high-impact programming and promotes family-friendly environments for all through strategic partnerships with human service agencies, and issue advocacy.

This study was conducted in collaboration with:



A nationally-recognized research collaborative.



A non-profit human services organization that provides high-quality early education to low income residents in the Greater Boston area.

NATIONAL HEADQUARTERS

617.628.8815 | 366 Somerville Ave | Somerville, MA 02143

NEW YORK OFFICE

212.430.5909 | 80 Maiden Lane, 11th Floor | New York, NY 10038

OUR CURRICULA

Our curricula are grounded in family systems theory, which focuses on the strengths and resiliencies of families. To assess the impact of our curricula we measure seven domains, all of which are related to the Strengthening Families Protective Factors Framework. This framework identifies five factors that promote family wellbeing and protect against poor outcomes for both parents and children. These five key factors are known to improve family wellbeing, promote optimal child development, and reduce the likelihood of child abuse and neglect. In addition, Parenting Journey measures parental stress. High parental stress is associated with greater mental health challenges for parents, less optimal parenting practices, and increased problem behaviors in children.

OUR RESEARCH

Historically, parenting programs representing minority backgrounds and lower socioeconomic statuses have exhibited low participation and few positive results. Parenting Journey's evaluation engaged a diverse group of parents who showed universally positive gains, demonstrating that our program is uniquely effective and accessible for parents of all backgrounds.

Results showed:

→ Decrease In Stress

Parents that participated in the Parenting Journey group significantly decreased their stress level compared to the control group.

→ Increase In Social Networks & Insight

Participants of the Parenting Journey group showed significant improvements in:

- Utilizing their social networks
- Generating insight into their upbringing and present parenting behaviors
- Participants of the Parenting Journey group also significantly improved on specific questions related to goal setting, self-care, and paying attention to their emotions.

parentingjourney.org | info@parentingjourney.org