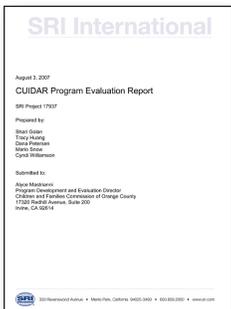




Center for
Education and
Human Services

New Developments

Research for Positive Child and Youth Development



Welcome to the fourth issue of **New Developments**, a quarterly e-newsletter from SRI International's Center for Education and Human Services. In this issue, we highlight some important findings from a recently released evaluation report by SRI about a parent education and social skills program (CUIDAR) funded by the Children and Families Commission of Orange County (CFCOC), implemented by Children's Hospital of Orange County (CHOC) and University of California, Irvine (UCI), and developed by Dr. James Swanson at UCI. The CUIDAR program name represents the joining together of CHOC and UCI in implementing the Initiative for the Development of Attention and Readiness; in addition, it means "to take care of" in Spanish.

Findings from the CUIDAR Program Evaluation

For the full report, click here:
http://policyweb.sri.com/cehs/publications/2007_CUIDAR_rpt.pdf

CUIDAR is an innovative program that provides parent education, social skills sessions for children, and referrals for further assessment and early interventions to remediate the negative effects of attention-deficit/hyperactivity disorder (ADHD) on the educational and social development of children. CUIDAR aims to increase parents' use of parenting strategies that promote their children's positive behaviors while minimizing negative behaviors. CUIDAR also aims to connect parents to community resources that address their concerns about their children's development and/or behavior.

The core activities of CUIDAR are a 10-week education course for parents with children ages 3-5 who are displaying symptoms of and may be at risk of developing ADHD, and a concurrent 10-week social skills group where their children learn and practice prosocial behaviors. Throughout the 10 weeks, parents are informed about relevant community resources, including the For OC [Orange County] Kids Neurodevelopmental Center, where children can receive assessments from a multidisciplinary team that includes developmental behavioral pediatricians.

Key Evaluation Findings

- From July 2005 through December 2006, CUIDAR conducted 56 Community Parent Education (COPE) groups serving a total of 1,578 parents and other caregivers and 1,156 children, 77% of whom were Latino.
- During this same period, 68% of the 1,156 children whose parents enrolled in a COPE group participated in a CUIDAR-sponsored social skills group.
- Participation in a COPE group increased parents' use of effective parenting skills and confidence in parenting, and decreased their stress and children's behavior problems.
- Children from families who participated in a COPE group showed significant improvements in their behavior, including increases in ability to focus attention and decreases in hyperactivity and impulsive behavior.
- Children who attended a social skills group showed a greater reduction in the number and severity of behavior problems, compared with children who did not attend a group.
- CUIDAR appears to be effective in improving children's behavior, regardless of the severity of their behavior problems at program enrollment. However, children with more severe behavior problems at enrollment experienced greater improvements after their families participated in CUIDAR than did children with less severe behavior problems at enrollment.
- The successes of CUIDAR should be shared with other agencies interested in promoting strong parenting skills and decreasing the number of children with behavioral problems, for the following reasons:
 - It is a successful model for teaching parents effective parenting skills and for improving children's behavior.
 - It is respected and effective in the community it serves.
 - Administrative costs for the program are relatively low, given the strong outcomes.

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