

## Introduction and Background

### Study Purpose

- Highlight the relationship of a mindful parenting curriculum to parental resilience outcomes, as well as to core parenting skills and competencies outlined in the *National Extension Parenting Education Model* (NEPEM, 1994).
- Reveal where opportunities lie for developing either follow up programs for populations that are currently served and/or programs for more generalized populations.

### The Fit Fathers, Successful Families, Inside & Out (FFSFIO) program

- Intervention combines parent education with yoga and mindfulness instruction and currently serves two primary sets of populations--incarcerated fathers and parents who are in treatment for drugs and alcohol.

### FFSFIO Curriculum Across all Programs:

Each series focuses on one- two hour parent education modules matched with 55-minute guided yoga practice sessions. Six core parenting education modules incorporate a research-based parenting curriculum for incarcerated fathers (Fit2bFathers- F2BF, Maiorano 2000) and mindful parenting, matched hour-to hour with guided yoga instruction. The mindful parenting components also incorporate a three-phased parenting education model (*Mindful Parent Happy Child (MPHC)*, Placone 2011) designed for general audiences in every session.

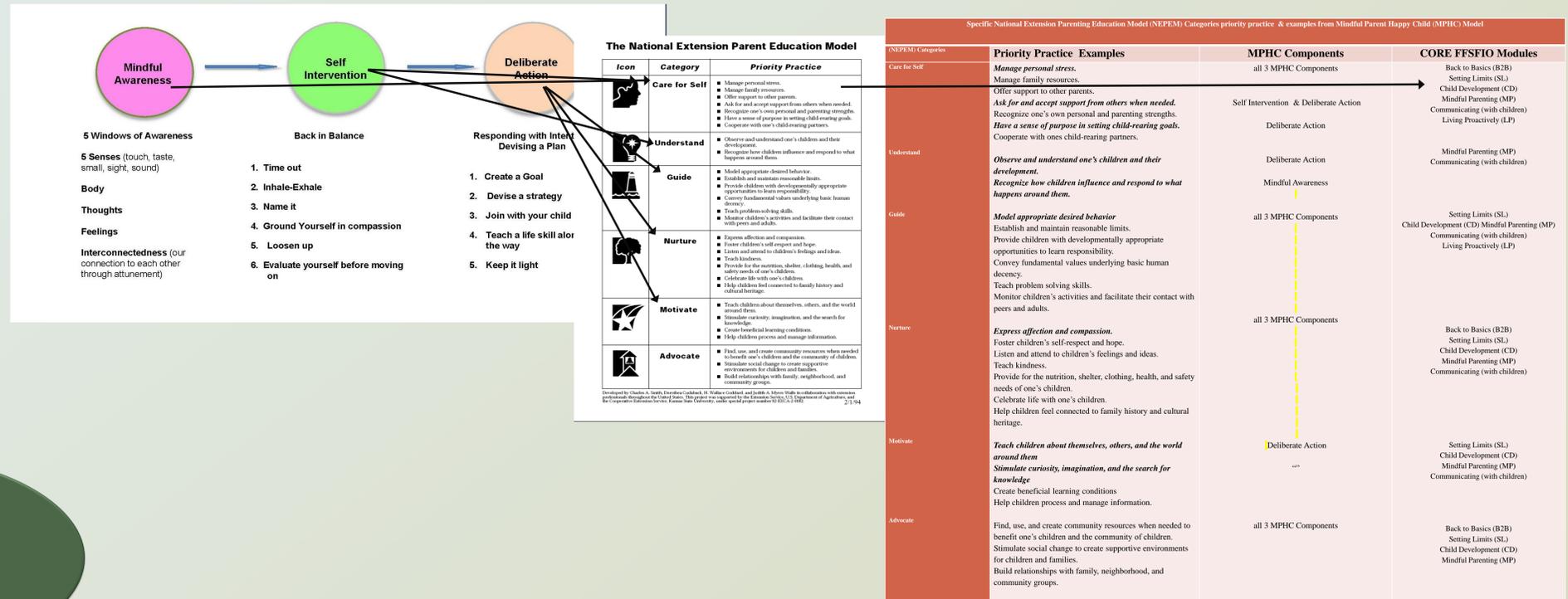
#### Parent Education content and structure:

6 Core Modules (Back to Basics (B2B), Setting Limits (SL), Child Development (CD), Mindful Parenting (MP), Communicating (with children), Living Proactively (LP))  
Electives (2-4 depending on location)  
55-minute instructor guided sessions  
Centering, Community agreement  
Experiential and didactic learning  
Journal assignments between classes;

#### Guided Yoga Practice structure:

55 minute guided practice classes  
Reflection /Yoga philosophy  
Mindful Movement Instruction  
Breath instruction  
Deep relaxation (5 minutes)

## Mindful Parent Happy Child (MPHC) Mindful Parenting Model, NPEN Model, & Core FFSFIO Modules



Placone, P. (2011). *Mindful Parent Happy Child: A guide to raising joyful and resilient children*. Alysa press. Palo Alto, CA.  
Placone, P. and Crawford, J.K. "Mindful parenting update for parenting and family educators." February 12, 2013 Webinar -- (available at <http://whatcom.wsu.edu/fch/archivedwebinars.html>)  
Smith, C. A., Cadaback, D., Goddard, H. W., & Myers-Walls, J. (1994). National Extension Parent Education Model (1994). Manhattan, Kansas: Kansas Cooperative Extension service (available at <http://www.k-state.edu/wparent/nepep/nepep.pdf>)

## Methods

### Design and Measures

Seven outcome measures for parental resilience include sixteen specific indicators, developed in consultation with WA State Department of Early Learning consultants:  
- Question item-specific indicators from two the Whole Person Survey short form based on yoga therapy (LePage, 2001) and the Fit 2B Fathers (F2BF) program scale (Maiorano, 2001) created by the Fit2BF program developer;  
-The seven outcomes include two validated scales -- the Self Compassion Scale (SCS) (Neff, 2003) and the Distress Tolerance Scale (DTS) (Simons & Gaher, 2005).

T-test comparisons between the population subsets -- incarcerated fathers and parents who are in treatment for drugs and alcohol – to reveal more prominent outcomes and whether and where there are significant differences in outcomes among different populations.

### Population

The total number of respondents in the incarcerated fathers group is 105. We have pre/post data for 61 respondents (58.1%).

The total number of respondents in the drug & alcohol rehab parents group is 154. We have pre/post data for 87 respondents (56.5%).

### Hypotheses:

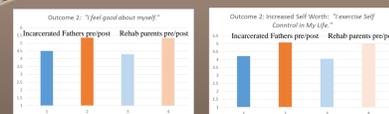
- There is no difference in outcomes related to parental resilience between population groups.
- There is change as a result of participating in the program.

### Outcomes

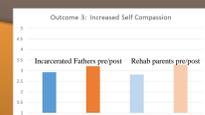
**Outcome 1: Increased skills for managing stress**



**Outcome 2: Increased Self Worth**



**Outcome 3: Increased Self Compassion**

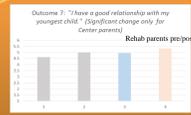


**Outcome 4: Increased parenting knowledge**



**Outcome 5: Increased Value of parental role (non-statistically significant change)**  
**Outcome 6: Increased Confidence in Parental Role (N/a post only)**

**Outcome 7: Improved sense of connection to family members.**



\* Only statistically-significant indicators shown here in color. Bonferroni corrected p value = .003

## Results\*

## Discussion and Implications

Both hypothesis were supported.

- There is no significant difference in outcomes between jailed parents and center parents. Both groups show benefit from participation in program.
- Out of 16 DEL outcome measures, there was statistically significant pre/post change for 7 outcomes in incarcerated parents, and there was statistically significant pre/post change for 10 outcomes in rehab parents.

### Outcome data suggests that . . .

. . . This relatively low-intensity level intervention shows promise for making significant and lasting changes within individuals' "intra-personal" domains to creating lasting "interpersonal" results.

. . . Stronger and more consistent results in stress management and self worth outcomes than in parenting information suggest need for more targeted parenting education and/or for longer dosages.

. . . Tailoring program delivery to multiple populations, not limited to "high risk" populations, is worth further exploration. Follow up programs and/or programs for more generalized populations can incorporate these findings.