



An evidence-based partner in the North Carolina Home Visiting continuum, Serving families since 1984!

Parents as Teachers is the most widely replicated evidence-based home visiting model in the United States, serving families with children prenatal through kindergarten. The model enables agencies to fully engage members of the child's circle of support as key components of the child's development and well-being. Parents and caregivers are engaged in supporting the optimal early development, learning and health of their children.

The model is replicated by various types of organizations. Any organization that works with expectant families, teen parents, and/or families with children ages 0-5, can be a Parents as Teachers Affiliate. Examples include health departments, non-profit organizations, hospitals, school districts, family centers, shelters, housing authorities and human and health service agencies.

Model Components

The evidence-based model offers a cohesive package of services for families delivered through four dynamic components:

- Personal Visits
- Group Connections
- Child Development & Health Screenings
- Resource Network

These components are guided by explicit fidelity and quality standards that inform program service delivery and successful replication of the model.

Service Delivery

Parents as Teachers home visiting professionals, parent educators, visit either weekly, every two weeks, or monthly, depending on family needs. Visits are approximately 60 minutes. Families are typically enrolled for two years. Families may have more than one child enrolled.

Each personal visit includes a focus on:

- Parent-Child Interaction
- Development-Centered Parenting
- Family Well-Being

Within the Family Well-Being component, family needs are assessed, and parents are supported in setting goals for their family. Through this process parent educators can support families in bolstering their protective factors.

Protective Factors

Embedded within the Parents as Teachers model is the Strengthening Family™ Protective Factors Framework. The five protective factors have been shown to more likely increase positive outcomes for families with young children, and to decrease the likelihood of child abuse and neglect.

Goals and Outcomes:

- Increase Parent Knowledge of early childhood development and improve positive parenting practices.
- Provide early detection of developmental delays and connection to services.
- Improve parent, child, and family health and well-being.
- Prevent child abuse and neglect.
- Increase children's school readiness and success.
- Improve family economic well-being.
- Strengthen community capacity and connectedness.

Evidence of effectiveness of the Parents as Teachers model has been supported by rigorous research designs, including randomized controlled trials and quasi-experimental methods. Studies published in peer-reviewed journals have shown statistically significant effects, demonstrating that Parents as Teachers achieves its goals and makes a real difference in the lives of children and families.

Research has been conducted and supported by state governments, independent school districts, private foundations, universities and research organizations, and outcome data have been collected from more than 35,000 children and parents.



Parents as Teachers uses a racial equity lens to bring into perspective the ways in which race and ethnicity shape outcomes and to sharpen the focus on the outcomes expected of participation in Parents as Teachers.

Funding

PAT meets the required evidence-based criteria needed to be an approved model for the Maternal, Infant, and Early Childhood Home Visiting (MIECHV), the Family First Prevention Services Act, and Healthy Opportunities Pilot.

While Smart Start is the primary funder of PAT across NC, it is often supplemented by additional funding, braiding together with other federal, state, local and private funding to meet the needs of individual communities.

Implementation

Implementation of the PAT evidence-based model includes meeting essential requirements to maintain fidelity to the model every year. Model affiliates participate in the Quality Improvement and endorsement process every five years to demonstrate and be awarded Blue Ribbon status.

Implementing programs are more successful when they have considered how to meet the essential requirements and quality standards prior to affiliate application. A complete list is available during the application process, but the following are key considerations prior to moving forward:

- Commitment to meet all 21 of the PAT Essential Requirements and participate in the QEIP process every 5 years.
- The program is designed to provide services for at least 2 years.
- Sufficient technology is available to parent educators and participants.
- Provide competitive salaries and benefits.
- Supervisor completes Foundational and Model Implementation Training.
- Recommended to have an agreement with a mental health professional to provide consultation to staff.
- Use a PAT approved data management system.

- PAT is designed to serve the whole family, so it is expected that all age-eligible children in the family be enrolled in the PAT program.

North Carolina PAT State Office

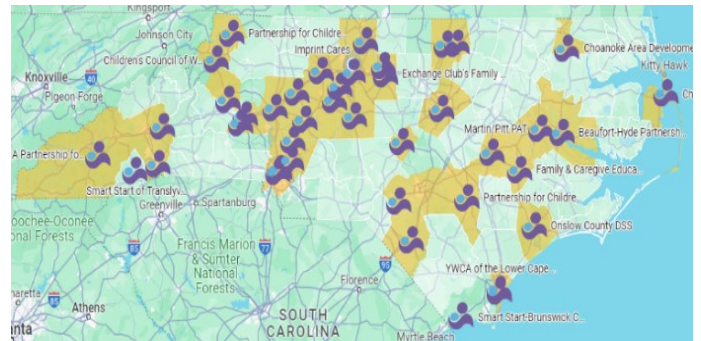
North Carolina has a PAT State Office that works in partnership with the Parents as Teachers National Center, it serves as a prime and valued source of relevant information, resources, and training for Parents as Teachers affiliates, as well as for other professionals and organizations in the child development and education continuum. NC PAT State Office provides vital leadership, critical guidance, technical assistance and support as affiliates comply with and build upon the PAT Essential Requirements and Quality Standards.

The North Carolina PAT State office uses state training revenues as available to offer NC Affiliates implementation support:

- New Affiliate Readiness Reflection
- New Affiliate Plan Preparation & Orientation
- Monthly Implementation Support
- Technical Assistance Calls
- Annual Performance Report Preparation and Review
- Quality Endorsement and Improvement Preparation
- Affiliate Coordinators Meetings
- Targeted Fidelity Support
- Training Coordination
- Advocacy & Education
- Data System Support

PAT in North Carolina

PAT is the largest home visiting program in North Carolina with over 40 affiliates serving families across the state:



More information can be found here: www.ncpat.org or parentsasteachers.org
Or contact the NC State office: ncpat@ncpat.org or 336-794-6798