

Parenting program builds strong attachment relationships between parent and child.

NEBRASKA CHILDREN AND FAMILIES FOUNDATION

AT A GLANCE

Highlights of the Circle of Security Parenting 2019-2020 Evaluation Report (May 2021), an evaluation report prepared by The University of Nebraska Medical Center's Munroe-Meyer Institute. For a copy of the full report, [click here](#).

ABOUT THIS STUDY

Circle of Security Parenting is an 8-week parenting program focused on building strong attachment relationships between parent and child. Circle of Security Parenting helps caregivers learn how to give their children a feeling of security and confidence so they can explore, learn, grow, and build positive relationships.

This evaluation report includes data from Circle of Security Parenting programs offered between January 2019 and December 2020. This report is not representative of all Circle of Security Parenting programs throughout Nebraska as only those offerings funded by Nebraska Children and Families Foundation are required to submit evaluation data. Other facilitators are encouraged to submit evaluation data for inclusion in the statewide data pool. The report also describes the experiences of facilitators who participated in Fidelity Coaching and peer reflective consultation, and the experiences of facilitators who offered Circle of Security Parenting virtually.

RECOMMENDATIONS

While the evaluation report itself does not contain recommendations, Nebraska Children and the evaluation team at the University of Nebraska Medical Center's Munroe-Meyer Institute will leverage the content of the evaluation report as a starting point for discussions reflecting on what has and has not worked during the past year, and using these reflections to improve implementation and ultimately come closer to achieving a quality system for supporting the well-being of young children in Nebraska.

WHAT THE EVALUATION REPORT FOUND

In the two-year evaluation period, 94 Circle of Security Parenting programs were held either in person or virtually across 23 Nebraska counties. These programs helped caregivers enhance the attachment relationships with their children. In total, Circle of Security Parenting served 504 participants and reached 1,387 children of participants, most of whom were school-aged children (73%). While most participants were parents (94%), other groups represented included child care providers, grandparents, and foster parents.

In a retrospective pre-post survey, participants indicated improvements in each of the three outcome areas – positive parent-child relationships, positive parent-child interactions, and low stress related to parenting. Participants reported statistically significant improvements in their overall parent-child interaction scores, which includes using the child's behavior to understand their needs and recognizing the triggers for a negative response to their child. Over half of participants (65%) indicated low stress related to parenting following Circle of Security Parenting compared with 15% prior to the program. These results demonstrate a decrease in parenting-related stress after participation. Additionally, data from a pilot study suggest participation in Circle of Security Parenting helps prevent ongoing engagement with the child welfare system. In the pilot study, during 2019 and 2020, 202 parents with an open Child and Family Services case were referred to and completed Circle of Security Parenting. In April of 2021, the data show only 4 (2%) of these parents had a substantiated report of abuse or neglect.

Circle of Security Parenting facilitators, who must complete a four-day training provided by Circle of Security International

before offering the program, receive multiple layers of support through Rooted in Relationships. This support includes peer reflective consultation and Fidelity Coaching, which began in 2016/17 and 2019, respectively. Facilitators reported Fidelity Coaching lowered their stress related to facilitating Circle of Security Parenting and enhanced their facilitating practices. Facilitators viewed peer reflective consultation as a valuable resource and reported that it ultimately helped them be more sensitive as they worked with participants, among other benefits.

In 2020, COVID-19 stopped in-person offerings of Circle of Security Parenting and the program was piloted virtually. Facilitators in the virtual pilot reported many benefits. Participant engagement and attendance remained strong, and the virtual format increased access to the program because distance was no longer a barrier. The small number of participants in each session and the guidance from Circle of Security International were also beneficial. Despite some challenges, participants of the virtual sessions scored significantly higher on the parenting subscale of the survey than participants of the in-person sessions.

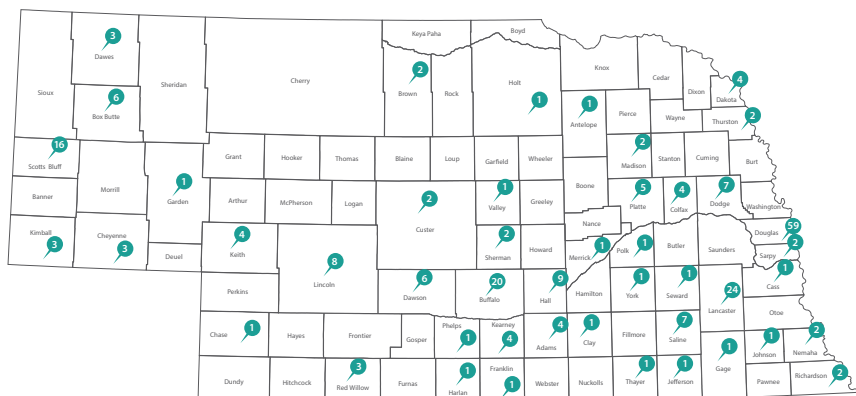
NEXT STEPS

Key next steps include:

- 1) use of data to implement improvements to the Circle of Security Parenting virtual program, and
- 2) development of evaluation and supports for implementation of the Classroom Model of Circle of Security, which is a Circle of Security Parenting program modified for providers and teachers.

260 TRAINED CIRCLE OF SECURITY PARENTING FACILITATORS ACROSS 46 COUNTIES SINCE 2011

REGISTERED CIRCLE OF SECURITY PARENTING FACILITATORS



UPDATED JANUARY 26, 2021

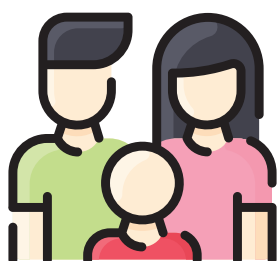


“
Very informative and helpful. I use these skills and amazing instruction with all interactions with my kids.”
- A Parent

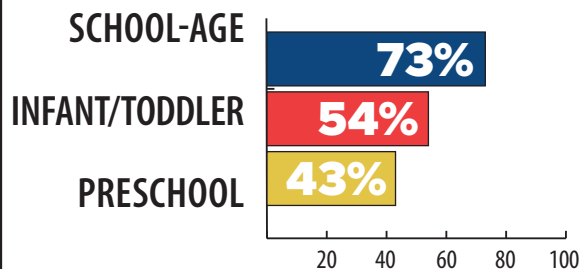
PARENTS JOINED CIRCLE OF SECURITY PARENTING FOR A VARIETY OF REASONS, SUCH AS IMPROVING THEIR PARENTING SKILLS



94 programs reached
504 participants

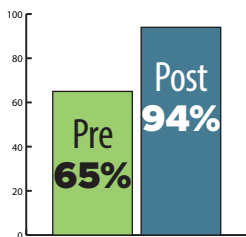


94% of participants were parents who reported a total of 1,387 children

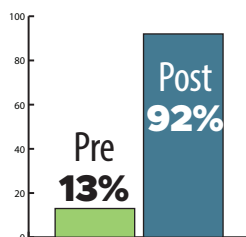


Participants had children that spanned a wide range of ages.

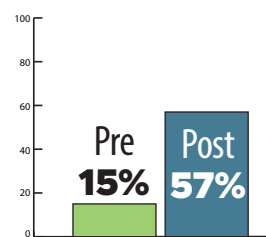
PARENTS REPORTED IMPROVEMENTS IN EACH OF THE THREE OUTCOME AREAS.



Positive Parent-Child Relationships



Positive Parent-Child Interactions



Low Stress Related to Parenting



COVID-19 led to virtual offerings in 2020

“I was surprised how well it went and how many connections were made.”

—A Facilitator

Facilitators strongly agreed that peer reflective consultation was a positive experience for them.