

Program Overview: Kids Club and Mom's Empowerment

Please note that the accuracy of the contents of this inventory cannot be guaranteed until the program director has reviewed this summary for accuracy. Changes may be pending.

Category	Parenting Programs	Definitions/ Notes
Program Name	Kids Club and Mom's Empowerment	
History of Program	This prevention program stems from earlier research suggesting that children exposed to domestic violence may develop harmful models of adjustment (both individually and interpersonally), where they experience increased anxiety and have difficulty managing aggression and other emotions. Mothers are seen as integral to this process as they provide early social models and are often the ones children look to during difficult times.	
Description of Program as it Relates to addressing CEV	<i>The Kids' Club & Moms Empowerment</i> are two programs that have been found to be most effective when they occur in conjunction with one another. <i>Kids Club</i> is a prevention program that is offered to in a small group format to children ages 5 to 13 years. The intervention was designed to be implemented in phases with the first focusing on developing a therapeutic alliance, ensuring safety within the group and developing an "emotion" vocabulary through which to explore their experiences of violence. The second main phase comes later on in the sessions and is designed to focus on managing emotions, conflict resolution, and "responsibility" for violence as well exploring patterns in family relationships. Overall objectives of the intervention are to create a space where children can share their experiences with violence and know that they are not alone. This is done through: 1) knowledge, 2) beliefs, and 3) attitudes about family violence, 4) emotional adjustment in the face of violence and 5) social behavior within the small group. Activities encourage displacement of emotions through stories, films, plays. The group format provide a	

Highlighted text indicates program components are currently under review. Changes may be pending.

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	<p>flexibility from week to week in order to best address presenting needs of it's members.</p> <p>Moms Empowerment offers a small group-based parenting component aimed at the empowerment of mothers by offering support in the following broad areas: 1) parenting and discipline, and 2) their own social and emotional adjustment in the face of family violence. The overall goal of the intervention is aimed at improving child social and emotional outcomes.</p>	
Service Continuum	<p>Primary/Universal Prevention</p> <p>Secondary/Selective Intervention</p> <p>Tertiary/Targeted Intervention</p>	bla
Primary Exposure Type	<p>Domestic Violence</p> <p>Maltreatment (non-specific)</p>	
Target Population	<p>Individual</p> <p>Children/ Youth</p> <p>Parent/Caregivers(s)</p>	
Target Age	<p>Early Childhood (3-5)</p> <p>Middle Childhood (6 - 12)</p> <p>Adolescence (13-21)</p>	For children ages 5-13 and their mothers
Target Gender	Both	
Appropriate for Unique Ethnic, Cultural, or Linguistic Populations?	<p>Has this program been used or evaluated with minority, cultural, or linguistically diverse groups?</p> <p>Yes</p> <p>If yes, please indicate:</p> <p>Latino/Hispanic</p> <p>African American</p>	
Primary Settings	<p>Supportive Housing/Shelters</p> <p>Mental Health Community Agency</p>	
Persons or Entities in charge of delivering Program	<p>Mental Health Providers (e.g., Social Workers, Therapists)</p> <p>Other (Please describe)</p>	Other: Clinical psychology graduate students
Primary Components	<p>Child Group Therapy</p> <p>Parent Training/Therapy</p>	

Resource & Capacity Planning

Program Name	Parenting Programs	Brief Description
Length/Duration of Program	10 week session	Small group sessions. Parents and children meet separately.
Required Materials	Manuals/Program materials	
Are Materials Available in Multiple Languages?	No	
Training Requirements	Face-to-face training	A two-day training is recommended
Provider Certification/Training/Requirements	No Degree /Certification/ Training/ requirements stated	ak
System or Agency Recommendations for Serving CEV Populations	It is important to gain buy-in and support from principal and administration. Further, teachers who have students in the program should be invited to participate in the teacher education program. Implementers should include time for obtaining parental consent, as well as working with educators to identify children for the group. Referral for other services may be indicated for children who need more intensive services or who continue to exhibit symptoms at the end of the program.	

Evidence for CEV

Program Name	Parenting Programs	Notes
Evaluation Design of Studies with CEV	Waitlist control (randomized or pseudo randomized)	
Violence Exposure-Related Outcomes	<p>Child (Briefly Describe)</p> <p>Initial findings indicate children who receive Kids' Club show significant changes in attitudes about violence (e.g., beliefs about the benefits of violence; responsibility for interparental violence) from baseline to post-treatment. However, the effects of Kid's Club appear greatest for children whose mothers also participate in group components. Children involved in the child plus mother group (i.e., Kid's Club and Mom's Empowerment) show greater levels of improvement in both violence-related attitudes and externalizing behavior problems (e.g., aggression, defiance) compared to those in the Kid's club only (i.e., child group) or control group. Participants in the Kid's Club and Mom's Empowerment continue to show increasing levels of improvement compared to child-group only for 8 months post-treatment.</p>	
<p>Additional Research Information</p> <p>(This will be a link to another page, a drill down box or separate section)</p>	<p>Study 1: Design, Setting, Participants: 221 mothers and children (110 boys and 111 girls ages 6-12 years) participated in the intervention study. Women reported an average of 10 years in an abusive relationship. 17% of mothers were currently living with an abusive partner and 68% had some contact with the abusive partner but not still living together. Participants were sequentially assigned to three treatment conditions in which the children were assigned: 1) child only condition (N=62), 2) child plus mother condition (N=61), 3) wait list condition (N=58). Sessions took place in a small group format (approx 7 in each group) and met once per week for 10 weeks.</p> <p>Mother-child dyads were interviewed three times: at baseline or pre-treatment, at post-treatment (at</p>	<p>Study 1: Graham-Bermann, S. A., Lynch, S., Banyard, V., DeVoe, E. R., & Halabu, H. (2007). Community-based intervention for children exposed to intimate partner violence: Efficacy trial. <i>Journal of Consulting and Clinical Psychology, (75)</i>, 199-209.</p>

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	<p>10 weeks), and at the 8-month follow-up (56 in the child-only and 60 in the child plus mother condition). Dyads in the wait list condition did not participate in the follow-up, because they were then given the chance to enroll in the treatment condition.</p> <p>Outcome Measures: Mother's current experience of physical and emotional violence and coercion was assessed using the Conflict Tactic Scales (CTS) and the Severity of Violence Against Women. Parents also provided information as to whether they believed their children had witnessed the various events endorsed. Mothers also completed the Child Behavior Checklist to provide information about children's behavioral adjustment (e.g., aggression, defiance, depression). Children completed the Attitudes about Family Violence Scale to assess changes in beliefs about the acceptability and responsibility of violence</p>	
Sources	<p>Empirical Studies (peer-reviewed journal) Review Article (peer-reviewed journal) California Clearing House</p>	

Contact Information

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Selected Publications/References

Graham-Bermann, S. A., & Hughes, H. M. (2003). Intervention for children exposed to interparental violence: Assessment of needs and research priorities. *Clinical Child & Family Psychology Review, 6* (3), 189-204.

Graham-Bermann, S. A., Lynch, S., Banyard, V., DeVoe, E. R., & Halabu, H. (2007). Community-based intervention for children exposed to intimate partner violence: Efficacy trial. *Journal of Consulting and Clinical Psychology, 75*, 199-209.