

SafeCare® Overview

What is SafeCare®?

SafeCare® is an evidence-based, behavioral, in-home parent-training program for families at-risk or reported for child neglect or physical abuse. SafeCare® is provided to parents with children ages 0-5 years and is delivered in three separate modules:

- ◆ Health
- ◆ Home Safety
- ◆ Parent-Child/Parent-Infant Interactions

Who is eligible for SafeCare®?

Parents with children ages 0-5 years in need of increased parenting skills.

What can families expect when receiving SafeCare®?

SafeCare® is structured but flexible in its delivery. It is behaviorally-based which means the program is designed for specific skills to be demonstrated through role modeling and positive coaching to enhance parenting skills.

SafeCare® is a short term intervention with six sessions per module for a total of 18 sessions which targets multiple risk factors for abuse and neglect.

- ◆ Sessions range from 60-90 minutes.
- ◆ Sessions are scheduled when training and/or assessment is most applicable (i.e. during naptime, bath time, etc.).
- ◆ Parents complete a pre-test and post-test for each module.
 - The pre-test determines parent initial skills.
 - The post-test determines parent ability to demonstrate skill attainment.
- ◆ SafeCare® is primarily delivered in the home to ensure the specific skill can be modeled and practice in the appropriate environment.

What is the basic structure of SafeCare® sessions?

Session 1: Assessment (Pre-Test)

Session 2 – 6: Explain, Model, Practice, and provide Feedback associated with the module objective

Session 6: Assessment (Post-Test)

Health Module

This decision-making module teaches parents to:

- ◆ Keep children as healthy as possible
- ◆ Prepare for when a child becomes sick or injured
- ◆ Recognize when symptoms need emergency care, a doctor's appointment, or can be cared for at home.
- ◆ Keep good health records.

Home Safety Module

This module teaches parents to:

- ◆ Understand the importance of a safe home.
- ◆ Know types of hazards within the household.
- ◆ Know ways to remove those hazards.
- ◆ Understand the importance of supervision.

Parent-Child/Parent-Infant Interactions (PCI/PII) Module

Parent-Infant Interactions module is delivered to parents with a child age 0- 18 months.

Parent-Child Interactions module is delivered to parents with a child 18 months and older.

This module teaches parents to:

- ◆ Enhance their parent-child/parent-infant relationships.
- ◆ Plan and organize daily activities as well as play activities.
- ◆ Interact positively with their children.
- ◆ Prevent challenging child behavior.

What are outcomes associated with the delivery of SafeCare®?

A longitudinal study was conducted which followed families for three years and showed a 75% reduction in abuse/neglect reports reported to child protective services.

Families receiving SafeCare® were much more likely to engage in services (80%) compared to services as usual (49%).