

Oregon parenting education collaborative: Promoting positive mental health through parenting education

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TOPIC/TARGET AUDIENCE: professionals working with children and families

ABSTRACT: Statement of problem: Research shows that sensitive and responsive parenting relates to positive mental health outcomes for children. Parenting skills are learned and can be improved through parenting education, however, access to parenting education is limited. Research on parenting practices that support positive health outcomes has grown exponentially and thus promoting programs and community partnerships that increase access to parenting education could be a promising approach to support positive mental health outcomes. Approach: The Oregon Parenting Education Collaborative (OPEC) aims to increase access to evidence-based parenting education programs for families with young children. OPEC supports 15 Parenting Education Hubs serving 32 counties in Oregon. From 2010-2016, 17,984 parents have participated in evidence-based classes. In addition, 6,270 new families have participated in home visits and 429,335 families have participated in family programs. Data collected from over 18,290 parents show that participating families report significant improvement in positive parenting practices and children's behavior. Conclusions: OPEC Hubs have expanded community capacity to provide parenting education, through partnerships with the Department of Human Services, schools, and CCOs. Expanding collaboration to include other professionals in the healthcare community has the potential to increase program impact and to reach additional families in diverse settings.

OBJECTIVE(S):

1. Explain how parenting education connects to health outcomes for children and families
2. Identify community programs targeting parenting education
3. Discuss potential opportunities for partnership to promote positive health outcomes for families

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