Promoting Optimal Parenting Skills (P.O.P.S.)

OVERVIEW

Founded in 2006, Promoting Optimal Parenting Skills (P.O.P.S.) provides fathers with a comprehensive educational program on individual development and on the development of knowledge and skills critical to maintaining a healthy and fulfilling marriage, being a responsible father, and achieving economic stability. P.O.P.S. uses a case management approach to tailor services to the needs of individual fathers. Case managers connect fathers with opportunities for basic and higher education, job skills training, and employment.

See Emerging Findings from the Office of Family Assistance Healthy Marriage and Responsible Fatherhood Grant Programs for more information.

Focus
Responsible Fatherhood

PROGRAM DESCRIPTION

Target Population
Fathers related to a child enrolled in Head Start/ Early Head Start; low-income; Hispanic

Service Delivery Unit
Individual

Curriculum
• PREP “Within My Reach”
• PREP “Within Our Reach”

Dosage
24 hours delivered over 3 consecutive Saturdays

Setting
Head Start Centers

Location
Texas

Adapted and/or Created for Hispanic Population
Curricula modified for Hispanic population

Demographics of Population Served
• Almost all participants are Hispanic
• Most are either U.S. born or grew up in the U.S.
PROGRAM EVALUATION

Evaluated Population
Participants who completed pre- and post-workshop assessments

Study Design
- Pre-/post-test, no control group, follow-up immediately following intervention, and
- Qualitative interviews with spouses

Outcomes
Knowledge and skills related to healthy relationships and parenting; level of education, professional certification, or employment; and behavioral change as reported by spouses.

Results
- Knowledge and skills related to healthy relationships and parenting
  - Participants demonstrated increased knowledge and skills, on average
- Level of education, professional certification, or employment
  - Over 50 participants have achieved these developments
- Behavioral change as reported by spouses.
  - Spouses reported that their husbands communicated better, were more patient, practiced greater financial responsibility, helped with chores, and should a general change in attitude.

Results for Hispanic Subgroups
None reported

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