

## **National Registry of Evidence-based Programs and Practices (NREPP)**

*A service of the Substance Abuse and Mental Health Services Administration (SAMHSA)*

<http://nrepp.samhsa.gov/index.asp>

### Twelve Parent Training/Education Programs Found to be Effective

**Active Parenting Now** – A video-based education program for parents of 2- to 12-year-old children. Used by more than 2 million parents in 5 countries.

**Brief Strategic Family Therapy** – A program designed to prevent, reduce, or treat adolescent behavior problems. Originally designed for Hispanic families, it has been in use for 25 years in more than 100 sites in the U.S. and two countries.

**Celebrating Families** – A parenting skills training program for families with one or more parents in early stages of recovery from substance abuse and there is a high risk of family violence. Used by more than 1,500 parents.

**Children in the Middle** – An educational intervention for divorcing families. Used by more than 2 million parents.

**DARE to be You** – A prevention program for high-risk families with children 2 to 5 years old. Used in almost 100 different sites around the country.

**Incredible Years** – A comprehensive parenting curricula for parents (and teachers) of children 2 to 12 years old. Over 10,000 professionals have been trained in its use and is now implemented in more than 15 states and 15 countries.

**Parenting with Love and Limits** – Program combines group therapy with family therapy to deal with children 10 to 18 years old who have severe emotional and behavioral problems. Used in 21 sites around the U.S. and two other countries.

**Parenting through Change** – Intervention to prevent child behavior problems, based on the Parent Management Training-Oregon Model. The model of effecting change in parents has been widely used in the U.S. and other countries.

**Parenting Wisely** – An interactive, computer-based training program for parents of children ages 3 to 18 years. More than 200,000 people have used the program in the U.S. and five other countries.

**SAFEChildren** – Family-focused intervention designed for 1<sup>st</sup> grade children and families living in the inner-city. Used by 550 families.

**Strengthening Families Program** – A family skills training program for children aged 3 to 16 years. Used by 250,000 over the past decade.

**Triple P—Positive Parenting Program** – A mixture of parenting and family support strategies for families with children from birth to 12 years. Developed in Australia, it has been exported to 11 countries and more than 25,000 service providers have been trained to use it.