SafeCare Provider Manual

Sections

- SafeCare Overview
- Engagement
- Parent-Child Interaction (PCI) Module
- Parent-Infant Interaction (PII) Module
- Home Safety (Safety) Module
- Child Health (Health) Module
HOW TO USE THIS MANUAL

The Provider Manual includes information that you need to implement SafeCare with families. This information is also covered during the SafeCare Provider Workshop. Bring this manual with you to all family sessions involving SafeCare. The manual sections include session outlines and reference materials for all SafeCare sessions.

The four module sections follow a consistent pattern to make them easier to navigate. Each module starts with an introduction that explains why the module is important and its goals. Each module has an “At-A-glance” table that outlines the content of each module’s session. This is followed by descriptions for the ‘Before Module Session’ for PCI/PII and Safety, which have paperwork to be completed before Session 1. Each module section includes session outlines to follow for Sessions 1 through 6. These outlines begin with a list of the session goals and materials needed to conduct the session. There is an itemized sequential list of content to be covered in each session. The module section concludes with a ‘Provider Reference Guide’ (separated by a blue page), which includes module terms, materials, and module skill information as well as a few blank note pages for you to note information of your choosing.

In addition, the Provider Manual contains specific formatting throughout to facilitate your use of its content. For example, all SafeCare curriculum materials are underlined and text that you can read to parents verbatim is in italics; this is suggested wording that you are encouraged to put into your own words as you become comfortable with delivering SafeCare. The term ‘parent’ is used throughout this manual to reference any caregiver to whom you are likely to provide SafeCare.

The Manual offers a wealth of information that will help you to deliver SafeCare with high proficiency and competency. However, your SafeCare Coach is always available for support, to give you feedback, and to answer any questions that you have.
SafeCare Overview
# Table of Contents

Overview of SafeCare ................................................................. 1
   The SafeCare Model ............................................................... 1
   Why SafeCare? ................................................................. 1
   Evidence-Base of SafeCare ................................................. 1

Implementing the SafeCare Model ............................................ 2
   Parent Curriculum ............................................................. 2
      Parent-Infant/Child Interaction (PII/PCI) Module ............... 3
      Home Safety Module ..................................................... 3
      Child Health Module ..................................................... 3
      Family Engagement Skills ............................................ 3

Structure of SafeCare Modules ................................................. 3
   SafeCare Session Structure ................................................ 4
   Greeting ............................................................................. 5
   Assessment ......................................................................... 5
   Summarize ......................................................................... 5
   Session overview ............................................................ 5
   Positive feedback ............................................................. 5
   Review practice (Sessions 2-6) ........................................... 5
   Training ............................................................................. 5
   Schedule next session ....................................................... 5
   SafeCare Assessment ....................................................... 5
   SafeCare Training ............................................................. 5
   Parent’s Practice between Sessions .................................. 7
   Completing a Module ....................................................... 7

SafeCare Provider Training Process ........................................ 8
   SafeCare Orientation ....................................................... 8
OVERVIEW OF SAFE CARE

The SafeCare Model

SafeCare is an evidence-based, in-home program for parents of children 5 years old or younger who are at-risk for or have been reported for child neglect or physical abuse. SafeCare Providers work with families in their homes to improve parents’ skills in three areas: parent-infant/child interactions, home safety, and child health care. SafeCare targets multiple risk factors for abuse and neglect, including enhancing positive parent-infant/child interactions, promoting a safer home environment and appropriate supervision, and encouraging systematic health decision making. SafeCare is structured but flexible in its delivery.

Why SafeCare?

SafeCare has been proven to work in scientific studies. Programs and policymakers are placing increased emphasis on funding and utilizing research-based programs. SafeCare targets neglect and physical abuse, as neglect encompasses a large portion of child protection reports. SafeCare also works well with other services families receive.

Evidence-Base of SafeCare

Numerous publications document the development and validation of SafeCare. Research has shown SafeCare increases positive parent-child interactions, reduces hazards in families’ homes, and improves how parents care for their children’s health. Randomized studies have shown positive outcomes compared to services as usual or no services on several outcomes, including reduced parental depression, reduced future child maltreatment reports, improved program engagement and completion, and increased program satisfaction.

SafeCare is listed on several evidence-based practice lists, including California Evidence-Based Clearinghouse for Child Welfare (CEBC); Maternal, Infant, and Early Childhood Home Visiting (MIECHV); National Resource Center for Permanency and Family Connections; Child Welfare Information Gateway; and Children’s Bureau.
IMPLEMENTING THE SAFE CARE MODEL

SafeCare is a home-based program that promotes parent skill acquisition in the family’s natural environment and to capitalize on natural opportunities for learning. It is designed to be completed in 18 sessions (6 sessions per each of the 3 modules). The actual length of the program for each family will depend on the parent’s initial skills and rate of skill acquisition; it may be shorter or longer. Each session typically lasts 50 to 90 minutes depending on the session focus. Sessions are typically conducted weekly and scheduled when assessment and training is most applicable (e.g., nap time, bath time). SafeCare delivery is no more than twice a week and no less than every two weeks to optimize skill acquisition and retention. SafeCare can be conducted by itself or with other services.

Parent Curriculum

The SafeCare program has four modules, of which the parent receives three: Parent-Infant/Child Interaction, Home Safety and Child Health. There is no set order in which the modules are delivered to families. Typically, Providers start with the module that targets the parent’s and/or the family’s greatest need. Effective engagement skills are integrated throughout a Provider’s involvement with the family.
Parent-Infant/Child Interaction (PII/PCI) Module

*Targets risk factors associated with neglect and physical abuse.* This module focuses on parent-infant interactions (PII: birth to 18 months) and parent-child interactions (PCI: 18 month to 5 years old). Parents learn to increase positive interactions with their infant/child and how to structure daily activities by providing engaging and stimulating activities. In PCI, the skills help to reduce challenging child behavior.

Home Safety Module

*Targets risk factors for environmental neglect and unintentional injury.* The focus of this module is to help parents identify common household hazards and ways to eliminate these hazards. The importance of supervision is also stressed during this module.

Child Health Module

*Targets risk factors for medical neglect.* The health module teaches parents to recognize when their child is sick or injured and to follow a structured process to determine when and how to care for their child. Parents learn when to seek emergency help, when to see a doctor, and when and how to care for their child at home. Parents are also taught to use health reference materials by using the pediatrician validated Health Manual and how to keep good medical records.

Family Engagement Skills

Engagement skills including good communication are emphasized to build and maintain rapport. A structured problem-solving process is used as needed to teach parents to work through stressful situations not addressed by SafeCare.

Structure of SafeCare Modules

Each module is structured with 6 sessions. The first session involves conducting a baseline assessment to understand the parent’s current skill strengths and areas in need of improvement, which become the focus of subsequent training sessions. Sessions 2 through 5 involve a series of training sessions to build on parent’s strengths and focus on the parent achieving mastery of the module skills. Session 5
introduces a complementary topic to enhance the parent’s training covered in Sessions 2 through 4. Session 6 involves conducting an end-of-module assessment to document the parent’s mastery of skills, ease with skills and generalization of skills across situations. While each session is outlined, there is flexibility in how you distribute time spent on each activity and skill.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Sessions 2-5</th>
<th>Session 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>Training</td>
<td>End-of-module</td>
</tr>
<tr>
<td>Assess parent’s initial skills</td>
<td>Train skills</td>
<td>Re-assess parent’s skills</td>
</tr>
<tr>
<td>Skill strengths</td>
<td>Build on strengths</td>
<td>Ease with skills</td>
</tr>
<tr>
<td>Skill training focus</td>
<td>Address skill deficits</td>
<td>Generalize skills</td>
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</tbody>
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SafeCare Session Structure

Each SafeCare session follows the same general structure. There is an opening session sequence, which involves a greeting exchange, session overview and review of practice (except in Session 1). The majority of the session involves the session content, which is either assessment or training focused. In assessment sessions (Session 1 and Session 6), Providers conduct ‘formal assessments’. In training sessions (Sessions 2-5), Providers conduct parent training using the ‘SafeCare 4’ process. In most modules, Providers conduct a ‘formal assessment’ at the start of Sessions 3 through 5 to inform the session’s training focus. Each session concludes with an end-of-session sequence. This involves summarizing the main points of the session, asking for any questions, providing the parent with positive feedback, and giving an overview and scheduling the next session.
SafeCare Assessment

SafeCare is assessment driven to provide objective observation of parent’s skills. Assessments are conducted in every session. Each module has a standardized module assessment form. There are two types of assessments conducted in SafeCare.

**Formal assessments** are pure observation of parent’s skills. No feedback or direction is given during these observations. Formal assessments are conducted at Baseline (to assess initial skill level), Training (at the start of the session to assess skill acquisition from the previous session), and End-of-module (to determine parent’s mastery to conclude the module).

**Informal assessments** are conducted each time parents practice (during training sessions). Informal assessments are designed to document parent’s skill acquisition and guide Provider’s positive and corrective feedback to parent.

SafeCare Training

Training sessions use principles from well-established social learning theory and research. Parenting skills are taught through the process of: (1) explaining the skills and why they are important; (2) demonstrating how to do each skill; (3) having parents practice the skills; and (4) providing positive and corrective feedback to parents on their use of skills. This process is called the SafeCare 4: **Explain**—**Model**—**Practice**—**Feedback**. You will notice throughout the manual the following symbols to guide you through these training processes: