The SafeCare® Model

SafeCare® is an evidence-based, parent-training program for parents of children ages 0-5 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: (1) parent-infant/child interaction skills, (2) health care skills, and (3) home safety. SafeCare is typically conducted in weekly home visits lasting from 50-90 minutes each. The program is typically provided for about 18 weeks for each family. Agencies can conduct SafeCare by itself or with other services.

Evidence Base of SafeCare

Numerous publications document the development and validation of SafeCare. Randomized studies have shown positive outcomes compared to services as usual or no services on the following outcomes: increased parenting skill, reduced likelihood of child maltreatment reports, reduced parental depression, improved program engagement and completion, and increased program satisfaction.

SafeCare is listed by several evidence-based practice lists, including California Evidence-Based Clearinghouse for Child Welfare (CEBC); the Child Welfare Information Gateway, Home Visiting Evidence of Effectiveness (HomVEE), and Washington State Institute for Public Policy (WSIPP)

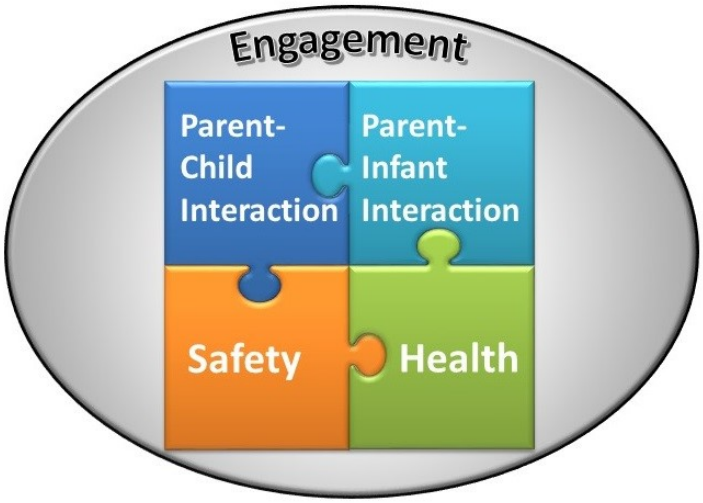
Cost-Benefit of SafeCare

The Washington State Institute of Public Policy found that SafeCare yields $20.80 in benefits for every dollar spent on implementation (2018). http://www.wsipp.wa.gov/BenefitCost/Program/160.

Cost of SafeCare Implementation

The cost of training and implementation support depends on the implementation plan developed for your system or agency. Please speak with a SafeCare representative to obtain an estimate. To contact SafeCare, email SafeCare@gsu.edu or complete a contact form here.

Ongoing costs are minimal to maintain agency accreditation with NSTRC.



Parent-Infant/Child Interaction (PII/PCI) Module
Targets risk factors associated with neglect and physical abuse. This module focuses on parent-infant interactions (PII: up to 18 months) and parent-child interactions (PCI: 18 month through 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. PCI also helps parents to reduce challenging child behavior.

Health Module
Targets risk factors for medical neglect. The health module teaches parents to identify childhood illnesses and injuries, and then follow a structured process to determine when and how to care for the child. Parents learn when (and how) to care for a child at home, when to see a doctor, and when to seek emergency help. Parent are also taught to use health reference materials, including a validated SafeCare health manual.

Home Safety Module
Targets risk factors for environmental neglect and unintentional injury. The focus of this module is to help parents identify and eliminate common household hazards. Parents learn how to eliminate home hazards. They are also taught the importance of supervision.

Family Engagement Skills
Good communication skills are emphasized to engage parents and build rapport. A structured problem-solving process is used to teach parents to solve many difficulties not addressed by SafeCare.

Structure of SafeCare Modules
Each module is taught over the course of approximately 6 sessions. Each module begins with an observational assessment to determine parents' current skills and thus areas in which those skills can be enhanced. A series of training sessions follows (typically four sessions), and Providers work with parents until they show mastery of module skills. A final observational assessment is used to assess parents' uptake of skills. Training sessions use principles from well-established social learning theory and research. Parenting skills are taught by: (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.

SafeCare Workshop and Support

SafeCare Workshops

Workshops are typically conducted at the organization site with a low trainer to trainee ratio (e.g., Providers –1 trainer to 3 trainees). Workshops follow similar principles to how parents are taught, including: (1) didactic presentations; (2) modeling of skills through video and trainer demonstrations; (3) trainee practice of skills; and (4) trainer feedback that leads to skill mastery. Trainees must complete the entire workshop before beginning field work. Trainees receive all documents needed to implement SafeCare at the level they are trained, as well as access to the SafeCare Portal website. Workshops are designed only for trainees to be present. Supervisors and support staff are encouraged to attend the webinar and orientation.

SafeCare Certification and Support

SafeCare Provider

The role of the Provider is to provide SafeCare to families. Provider training begins with a 4-day workshop to learn the SafeCare curriculum. Following workshop, Providers receive coaching as they deliver SafeCare with families. Once trainees demonstrate mastery of SafeCare in 3 sessions per module (9 total), they are certified. Ongoing monthly coaching is required to maintain certification.

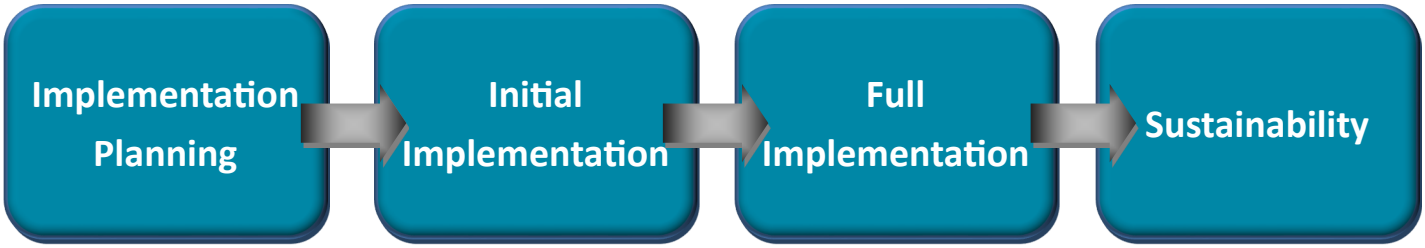
SafeCare Coach

The role of the Coach is to support Providers and provide quality assurance, a requirement for SafeCare delivery. Coaches observe (live or via audio) Providers' sessions, score fidelity (adherence to the protocols), and provide feedback. They also convene monthly team meetings and participate in administrative meetings. Coach trainees must first be certified as Providers. Coach training beings with a 2-day workshop. After workshop, Coaches receive support and feedback as they begin to coach Providers. Trainees master fidelity monitoring and demonstrate coaching skills in live sessions to become certified.

SafeCare Trainer

The role of the Trainer is to train new Providers and Coaches and oversee SafeCare implementation within their organization. Trainers prepare new staff for training, conduct Provider and Coach workshops, and certify and support Providers and Coaches. They also facilitate administrative meetings on SafeCare. Trainers must first be certified as Coaches. Training involves a series of webinar and phone calls, as well as a 3-day workshop. Trainers are observed by NSTRC at their first Provider Workshop to ensure fidelity and obtain certification. After certification, SafeCare Trainers must maintain their certification annually.

SafeCare Implementation Process



Implementation Planning—Preparing for SafeCare services

Prior to training, NSTRC will work with your agency to prepare for implementation. This process starts with a webinar to introduce your agency staff to the SafeCare program and implementation. Next, your agency and NSTRC will discuss implementation logistics. Prior to the Provider workshop, an NSTRC faculty will conduct an in-person orientation at your agency. This includes all agency personnel involved with SafeCare, and any other community supports.

Initial Implementation—SafeCare is launched by your agency

This phase begins with a 4-day Provider workshop for providers to learn the SafeCare curriculum. After the workshop, Providers are supported by NSTRC Trainers for approximately 6 months as they work towards certification. At the conclusion of this phase, a plan for Full Implementation is developed between your agency and NSTRC.

Full Implementation—Your agency takes over coaching

Once Coach trainees achieve Provider certification and are ready to transition to the Coach role, they complete a 2-day Coach Workshop. Coaches are supported by NSTRC Trainers for about 6 months as they work towards certification. At the conclusion of this phase, a plan for sustainability is developed between your agency and NSTRC.

Sustainability—Maintaining SafeCare over time

There are several options for sustainability. Your agency will work with NSTRC to develop a plan that works best for you. Once Coaches are certified and the agency is wanting to take on internal trainings, Coaches may be considered to become a SafeCare Trainer. Agency accreditation and other options for future training of staff are also discussed.

For more information about SafeCare or training, please contact your NSTRC representative or email us at safecare@gsu.edu.

www.safecare.org

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