

## SafeCare® Workshops

Workshops are typically conducted at the organization site with a low trainer to trainee ratio. Workshops follow similar principles to how parents are taught including: (1) didactic presentations; (2) **explanation** and **modeling** of skills through video and trainer demonstrations; (3) trainee **practice** of skills; and (4) trainer **feedback** that leads to skill mastery. Trainees receive access to all documents needed to implement SafeCare at the level they are trained, as well as access to the SafeCare web-based portal.

The cost of training, implementation support and accreditation depends on the implementation plan developed for your system or agency. Please speak with a SafeCare representative to obtain an estimate and to discuss the structured implementation process at [SafeCare@gsu.edu](mailto:SafeCare@gsu.edu).



SafeCare is included on evidence-based practice listings, including the Title IV-E Prevention Services Clearinghouse, the California Evidence-Based Clearinghouse for Child Welfare (CEBC), the Child Welfare Information Gateway, the Home Visiting Evidence of Effectiveness (HomVEE), and the Washington State Institute for Public Policy (WSIPP).

### References:

1 Chaffin, M., Hecht, D., Bard, D., Silovsky, J.F., Beasley, W.H. (2012). A statewide trial of the safecare home-based services model with parents in child protective services. *Pediatrics*, 129 (3), 509-515.

For more information and access to publications on SafeCare research, visit [SafeCare.org](http://SafeCare.org)



## The National SafeCare® Training and Research Center

The National SafeCare® Training and Research Center (NSTRC) is responsible for the widespread implementation of the SafeCare model, and is engaged in research efforts to improve the training, implementation, and translation of the SafeCare Program.

NSTRC is located on the campus of Georgia State University in Atlanta and is part of the University's School of Public Health in the Mark Chaffin Center for Healthy Development.



For more information and resources please visit our website at [www.SafeCare.org](http://www.SafeCare.org)



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National SafeCare Training and Research Center



## 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, (2) child health care, and (3) home safety. SafeCare is typically conducted in weekly home visits lasting from 50-90 minutes each over about 18 weeks per family. Agencies can conduct SafeCare by itself or with other services.

## SafeCare® Research



Randomized studies have shown positive outcomes related to SafeCare when 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.

One of the largest and longest randomized trials within a child welfare system to date found that:

**Families who received SafeCare were 21% to 26% less likely to experience CPS reports than families receiving the same home visiting services without SafeCare.<sup>1</sup>**

## Cost-Benefit

The Washington State Institute of Public Policy ([www.wsipp.wa.gov](http://www.wsipp.wa.gov)) found that SafeCare yields **\$20.80 in benefits** for every dollar spent on implementation.



## Certification and Support

To ensure the effective delivery of the SafeCare model, the National SafeCare® Training and Research Center (NSTRC) employs a rigorous training and support model. There are three levels of certification, each of which includes workshop, extensive field support, and quality assurance monitoring. Training levels are successive and therefore require certification in the prior level before initiating training in the next level.



**SafeCare Provider** All trainees begin SafeCare training at the Provider level. The role of the Provider is to deliver SafeCare to families. Provider training includes a 4-day workshop followed by coaching support from NSTRC Training Specialists as they deliver SafeCare with families. Certification is achieved upon demonstration of mastery of SafeCare in-field delivery with fidelity (adherence to protocols).

**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, and provide feedback. They also convene monthly team meetings and participate in administrative meetings. Coach training includes a 2-day workshop followed by support and feedback as they begin to coach Providers.

**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.



Providers conduct training sessions with parents using four training components: *explain* and provide rationale for module skills, *model* by demonstrating skills for parent, have parent *practice* skills, and give *feedback* to parent about skill mastery.

## SafeCare® Modules

The three separate modules comprising the SafeCare model are taught over the course of approximately 6 sessions beginning with an observational assessment to determine parents' current skills and areas in which those skills can be enhanced. SafeCare emphasizes good communication skills and teaches structured problem-solving strategies throughout. Materials are available in English and Spanish.



### Parent-Infant (PII)/Child (PCI) Interaction

*Targets risk factors associated with neglect and physical abuse.* Parents learn to increase positive interactions with their infant in the PII module (up to 18 months old) and in the PCI module (18 months through 5 years old) and how to structure daily activities through engaging and stimulating activities. PCI also helps parents to reduce challenging child behavior.

### Health

*Targets risk factors for medical neglect.* Teaches parents to identify childhood illnesses and injuries, and then follow a structured process to determine when and how to care for the child at home, when to see a doctor, and when to seek emergency help. Parents are also taught the importance of supervision.

### Home Safety

*Targets risk factors for environmental neglect and unintentional injury.* Parents learn how to identify and eliminate home hazards and are taught the importance of supervision.

