

WHAT WORKS FOR DISADVANTAGED AND ADOLESCENT PARENT PROGRAMS: Lessons from Experimental Evaluations of Social Programs and Interventions for Children

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Overview

In 2010, the declining birth rate among teenagers in the United States reached an historic low, and since 1991, the rate has declined 44 percent.¹ Though this trend is promising, 372,252 teens nevertheless became mothers in 2010.² That same year, 41 percent of all births were to unmarried women.³ Moreover, in 2010, 15 percent of the U.S. population lived in poverty, as did 22 percent of children and 47 percent of children in single-mother families.⁴ These statistics underscore the association between single parenthood and childhood poverty; a significant body of research documents the negative implications of teen and non-marital parenthood for children and parents.⁵ Therefore, it is important to identify evidence-based parenting programs that focus on the well-being of youth parents and their children.

This Fact Sheet reviews 20 parenting programs that are geared toward enhancing the parent's development and/or educating disadvantaged and teenage mothers on effective parenting methods. Each program was evaluated in a random-assignment study. Of the 11 programs that measured child outcomes, eight programs found at least one positive impact on a child outcome area. In addition, of the 19 programs that measured parent outcomes, ten programs found at least one positive impact on a parent outcome.

Introduction

In this Fact Sheet, findings from 20 random assignment experimental evaluations of disadvantaged and teenage parent programs are presented to examine the impact these programs have on outcomes for both children and their parents. All of the identified programs were drawn from Child Trends' database of random assignment, intent-to-treat studies of social interventions for children and youth – LINKS (Lifecourse Interventions to Nurture Kids

¹ Hamilton, B. E., Martin, J. A., & Ventura, S. J. (2011). Births: Preliminary data for 2010. *National Vital Statistics Report*, 60(2), 1-25.

² Ibid.

³ <http://www.childtrends.org/links>; If programs evaluated with a random assignment, intent-to-treat evaluation have been overlooked, please submit the evaluation at <http://mercury.charlesworks.com/~admin23/LINKS/PS/index.php>.

⁴ Federal Interagency Forum on Child and Family Statistics. (2012) *America's Children in Brief: Key National Indicators of Well-Being, 2012*. Washington, DC: U.S. Government Printing Office. Available at http://www.childstats.gov/pdf/ac2012/ac_12.pdf; Redd, Z., Sanchez Karver, T., Murphey, D., Moore, K.A., & Knewstubb, D. (2011) *Two generations in poverty: Status and trends among parents and children in the United States, 2000-2010*. Washington, DC: Child Trends. Available at http://www.childtrends.org/Files/Child_Trends-2011_11_28_RB_PovertyStatusTrends.pdf

⁵ Amato, P. (2011). Children of divorce in the 1990s: An update of the Amato and Keith (1991) meta-analysis. *Journal of Family Psychology*, 15, 355-370; Amato, P. (2005). The impact of family formation change in the well-being of the next generation. *Future of Children*, 15 (2), 75-96; Hoffman, S. D. (Ed.) & Maynard, R.A. (2008) *Kids having kids: Economic costs & social consequences of teen pregnancy*. Washington, DC: The Urban Institute Press; McLanahan & Sandefur, G. (1994). *Growing up with a single parent: What hurt, what helps?* Cambridge, MA: Harvard University Press

Successfully).⁶ Findings for the programs in this study are reported⁷ in the following six outcome areas:

- **Child Outcomes: Health** (such as preterm births, low birth weight, hospitalization, and immunization)
- **Child Outcomes: Behaviors and Development** (such as problem behaviors and cognitive development)
- **Parent Outcomes: Reproductive Health** (such as repeat births and use of contraceptives)
- **Parent Outcomes: Mental Health and Behaviors** (such as mental health and substance use)
- **Parent Outcomes: Education, Employment, and Income**
- **Parenting Outcomes** (such as home environment, parent/child interaction, child expectations, and physical punishment)

Positive impacts were found for a number of programs. *Table 1: Select Impacts of Disadvantaged and Teen Parent Programs* identifies programs that were *found to work*, programs that had *mixed findings*, and programs that were *not found to work* for specific outcomes. The definitions for these categories, defined for Table 1, are offered below.

- **Found to Work.** Programs in this category have *positive and statistically significant* impacts on a particular child or parent outcome.
- **Mixed Findings.** Programs in this category have *varied impacts* either on particular outcomes across multiple studies or at different times. For example, for the Nurse-Family Partnership, two evaluations reported impacts on cognitive development, while two other studies found the program had no impact on children's cognitive development; therefore, the program would be rated as having "mixed findings." In addition, a program that works for one subgroup of participants but not for another subgroup (on a particular outcome) would also receive a "mixed findings" rating. For example, with the Nurse-Family Partnership, teen mothers and mothers who smoked during their pregnancy had fewer preterm babies, but there were negative impacts on preterm births among older, non-smoking mothers.
- **Not Found to Work.** Programs in this category have *non-statistically significant or marginally significant* impacts on particular child or youth outcomes.

Results

Child Outcomes

- **Impacts on low birth weight are not common.** Of the four programs that assessed birth weight, only one program⁸ found that participating mothers had significantly fewer babies with low birth weights. The effective program used a home-visiting model for mothers and had a prenatal component.

⁶ <http://www.childtrends.org/links>; If programs evaluated with a random assignment, intent-to-treat evaluation have been overlooked, please submit the evaluation at <http://mercury.charlesworks.com/~admin23/LINKS/PS/index.php>.

⁷ Where evaluations have assessed three or more measures of a particular construct or assessed a particular outcome three or more times, we have calculated the proportion of the potential impacts that are positive and statistically significant. For example, if 4 of 7 or 5 of 9 measures for an outcome are positive and statistically significant, this would be defined as a statistically significant impact on a particular outcome. The purpose is to avoid putting programs with multiple measures either at an advantage or at a disadvantage.

⁸ [Healthy Families New York \(HFNY\)](#)

- **Parent programs can impact immunization of children.** Three⁹ of the four programs that aimed to improve immunization of children were successful. Two programs¹⁰ were home-visiting programs, while the other program¹¹ was a health program. None of the programs had a prenatal component.
- **Reducing child problem behaviors is possible.** Of the five programs that assessed children's behavior problems, three programs¹² significantly reduced the number of parent-reported child behavior problems, while the other two were not found to have impacts. The three successful programs varied in style: one was a comprehensive child development program¹³ with a prenatal component; another program was administered through a computer¹⁴ and served pregnant mothers; and the third was a behavioral training program¹⁵.
- **Impacts on cognitive development are less common.** Only one program¹⁶ of the five demonstrated an improvement in the cognitive development of the child, while two programs demonstrated mixed results, and the other two programs were not found to have significant impacts. The successful program was a child development program that also actively engaged mothers during pregnancy.

Parent Outcomes

- **Reduction of repeat births is infrequent.** Of the eleven programs that aimed to reduce repeat births, only three programs¹⁷ delayed subsequent births, while four programs had mixed results, and four programs did not have impacts. Of the three successful programs, one was a home-visiting program that also used motivational interviewing techniques¹⁸; another program was a comprehensive, child development program¹⁹; and the third was a home-visiting program²⁰. All of the programs had a prenatal component. Also, one of the programs²¹ with mixed impacts delayed repeat births for young teen mothers (though not those aged 18-20).
- **Improving parental mental health is not common.** Only one²² of the six programs that assessed mental health outcomes for the disadvantaged and teen mothers impacted the levels of parental depression. The other five programs had no impact on parental reports of depression, anxiety, or general mental health. The successful program was a computer-based parenting program that also engaged mothers during pregnancy.
- **Reduction of substance use among parents is not likely.** Of the four programs that assessed substance use among parents, none²³ of the programs were successful in reducing substance use among parents.

⁹ [Early Intervention Program for Adolescent Mothers](#), [Parents as Teachers \(PAT\)](#), and [Untitled Health Care Program for First-Time Adolescent Mothers and their Infants](#)

¹⁰ [Early Intervention Program for Adolescent Mothers](#) and [Parents as Teachers \(PAT\)](#)

¹¹ [Untitled Health Care Program for First-Time Adolescent Mothers and their Infants](#)

¹² [Early Head Start](#), [Parenting Adolescents Wisely \(PAW\) Program](#), and [Social Learning Parent Training](#)

¹³ [Early Head Start](#)

¹⁴ [Parenting Adolescents Wisely \(PAW\) Program](#)

¹⁵ [Social Learning Parent Training](#)

¹⁶ [Early Head Start](#)

¹⁷ [Computer-Assisted Motivational Intervention Plus \(CAMI-Plus\)](#), [Early Head Start](#), [Nurse-Family Partnership](#)

¹⁸ [Computer-Assisted Motivational Intervention Plus \(CAMI-Plus\)](#)

¹⁹ [Early Head Start](#)

²⁰ [Nurse-Family Partnership](#)

²¹ [GirlTalk](#)

²² [Parenting Adolescents Wisely \(PAW\) Program](#)

²³ [Early Intervention Program for Adolescent Mothers](#), [Healthy Families New York \(HFNY\)](#), [Nurse-Family Partnership](#), and [Three Generations Project](#)

- **Impacts on parent education are not frequent.** Only three²⁴ of the nine programs that assessed education among the mothers had a positive impact on parents being in school²⁵, being involved in educational activities²⁶, or graduating school²⁷. Two programs demonstrated mixed results, and four programs had no impact. Of the three successful programs, one was a comprehensive, child development program²⁸ and the other two were home-visiting programs²⁹. All of the programs engaged mothers during pregnancy.
- **Impacts on employment are not likely.** Of the six programs that assessed employment among parents, one program had an impact on fathers' job stability³⁰ and another program had a significant impact on parental employment³¹. Two programs had mixed impacts on the employment of parents, and two programs had no impact on mothers. Of the two successful programs, one program was a comprehensive, child development program³² and the other was a home-visiting program³³. Both programs had a prenatal component.
- **Impacts on income have not been found.** None of the four programs³⁴ that assessed income impacted the income level of families.
- **Parent education programs can improve the home environment.** Three³⁵ of the five programs impacted the supportive nature of the home, while the other two programs had no impact. One program was a comprehensive, child development program³⁶ while the other two programs³⁷ used a home-visiting program model. All of the programs that worked provided services during the prenatal period.
- **Improvements of interactions among parents and children are not common.** Of the five programs that assessed interactions among parents and children, only one³⁸ reported significantly lower levels of parent/child dysfunction, while one program had mixed results, and three programs were not successful. The program that had impacts on the interaction quality of parents and children was a home-visiting program that provided services during the prenatal period.
- **Parent education programs can improve parents' realistic expectations for children.** Three³⁹ of the four programs found that parents reported a significantly lower level of inappropriate expectations⁴⁰ or demonstrated significant improvements in appropriate expectations for their children⁴¹. All three successful programs used the home-visiting format. In addition, two of the three programs had a prenatal component.⁴²

²⁴ [Child Health Supervision](#), [Early Head Start](#), and [Three Generations Project](#)

²⁵ [Child Health Supervision](#)

²⁶ [Early Head Start](#)

²⁷ [Three Generations Project](#)

²⁸ [Early Head Start](#)

²⁹ [Child Health Supervision](#) and [Three Generations Project](#)

³⁰ [Child Health Supervision](#)

³¹ [Early Head Start](#)

³² [Early Head Start](#)

³³ [Child Health Supervision](#)

³⁴ [Child Health Supervision](#), [Early Head Start](#), [Ohio Learning, Earning, and Parenting \(LEAP\)](#), and [Teenage Parent Demonstration \(TPD\)](#)

³⁵ [Early Head Start](#), [Family TIES](#), and [Nurse-Family Partnership](#)

³⁶ [Early Head Start](#)

³⁷ [Family TIES](#) and [Nurse-Family Partnership](#)

³⁸ [Nurturing Program for Teenage Parents and Their Families](#)

³⁹ [Nurturing Program for Teenage Parents and Their Families](#), [Three Generations Project](#), and [Untitled Experimental Home-visiting Program for Adolescent Mothers](#)

⁴⁰ [Nurturing Program for Teenage Parents and Their Families](#)

⁴¹ [Three Generations Project](#) and [Untitled Experimental Home-visiting Program for Adolescent Mothers](#)

⁴² [Nurturing Program for Teenage Parents and Their Families](#) and [Three Generations Project](#)

- **Impacts on reduction of physical punishment are not common.** Of the four programs, only one⁴³ program significantly reduced physical punishment among parents, another program had mixed results, and the other two programs did not have impacts. The program that was successful was a comprehensive child development program that also provided services to pregnant mothers.

Outcomes with fewer than four evaluation studies are not summarized due to insufficient evidence. They are, however, outlined in Table 1. These outcomes included:

- Preterm births (3 programs)
- Hospitalization (3 programs)
- Parental use of contraceptives (3 programs)

Promising Approaches Related to Outcomes

When examining the program components that were related to positive outcomes, common themes emerged within the child and parent outcome areas.

Child Outcomes. Of the eight programs that were successful in improving one or more child outcomes, three⁴⁴ programs used a home-visiting model. In a What Works synthesis on home-visiting, Kahn and Moore⁴⁵ found that home visiting programs that a) lasted for more than one year, b) offered four or more sessions to families during the year, and c) focused on early childhood were more often found to be effective.⁴⁶ In this analysis of programs for teen and disadvantaged parents, 11 programs measured child outcomes, and, of the 8 successful programs, half⁴⁷ of the programs focused on providing parenting education during the prenatal period.

Parent Outcomes. Eighteen programs measured at least one parent outcome. Of the ten successful programs, seven⁴⁸ of the programs used a home-visiting model. Home-visiting models seem to be most frequently used in positively promoting both the child and parent. In addition, nine⁴⁹ of the ten successful programs had a prenatal component.

Future Research Needed

- **More information is needed on whether and how preterm births, hospitalization, and parental use of contraceptives can be improved through parent education programs.** In each outcome area, only three programs focused on improving these child and parental outcomes. More programs that focus on improving these outcomes need to be identified and evaluated.

⁴³ [Early Head Start](#)

⁴⁴ [Healthy Families New York \(HFNY\)](#), [Early Intervention Program for Adolescent Mothers](#), [Parents as Teachers \(PAT\)](#)

⁴⁵ Kahn, J., & Moore, K. A. (2010). *What works for home visiting programs: Lessons from experimental evaluations of programs and interventions*. Washington, DC: Child Trends. Available at: http://www.childtrends.org/Files/Child_Trends-2010_7_1_FS_WWHomeVisitpdf.pdf

⁴⁶ Available at: http://childtrends.org/Files/Child_Trends-2010_7_1_FS_WWHomeVisitpdf.pdf

⁴⁷ [CenteringPregnancy](#), [Healthy Families New York \(HFNY\)](#), [Early Head Start](#), and [Parenting Adolescents Wisely \(PAW\) Program](#)

⁴⁸ [Child Health Supervision](#), [Family TIES](#), [Nurse-Family Partnership](#), [Nurturing Program for Teenage Parents and Their Families](#), [Three Generations Project](#), [Computer-Assisted Motivational Intervention Plus \(CAMI-Plus\)](#), and [Untitled Experimental Home-visiting Program for Adolescent Mothers](#)

⁴⁹ [Computer-Assisted Motivational Intervention Plus \(CAMI-Plus\)](#), [CenteringPregnancy Plus](#), [Child Health Supervision](#), [Early Head Start](#), [Family TIES](#), [Nurse-Family Partnership](#), [Nurturing Program for Teenage Parents and Their Families](#), [Three Generations Project](#), and [Parenting Adolescents Wisely \(PAW\) Program](#)

- **There is little information about the costs of parenting programs.** Only six of the 19 programs provided cost information about their parenting programs.
 - The Nurse-Family Partnership stated that the average annual cost in 2005 to implement the program during the first year/phase was \$4,500 per family, and subsequent costs ranged from \$2,914 to \$6,463 per family per year.⁵⁰
 - The Ohio Learning, Earning, and Parenting program costs in 1997 were about \$1,388 per parent over the course of 22.3 months or \$747 per year.
 - The Parenting Adolescents Wisely program offers, according to their website, a CD program kit and video series for \$858; parent workbooks for \$9 each; teen workbooks for \$10 each; and the online program for \$39.95 per month, in addition to the workbook that costs \$14.95.⁵¹
 - The CenteringPregnancy program offers, according to their website, a facilitator guide for \$75; patient brochures for \$25; and a notebook with canvas bag for mothers for \$22.⁵²
 - In addition to the costs associated with the CenteringPregnancy program listed above, the additional facilitator's guide and the notebook for mothers for CenteringPregnancy Plus is free of charge.⁵³
 - In 1989, the Teenage Parent Demonstration program costs ranged from \$3,000 to \$5,400 per participant per year.
- **More cost-benefit analysis work is needed.** There is a need for more research on how the costs of these programs relate to long-term benefits and savings for participating families and the community.
- **Programs do not follow children and parents over time.** Most studies do not follow children into adulthood or follow parents over time. The lack of long-term data prevents us from examining whether parent programs that are provided to the children of disadvantaged and teen parents are beneficial to children both during their early development and adolescent years and whether the program impacts parents through the years.
- **More evaluations of residential programs are needed.** Evaluations of comprehensive residential programs for young mothers are needed to explore whether such programs enable mothers and babies to develop successfully.

Discussion

Parenting programs can be used to teach parents various strategies to use to promote the well-being and healthy development of their child. These strategies range from using positive parenting strategies (e.g., reducing the reliance on using physical punishment or creating a supportive home environment) to ensuring the child is immunized. Eight of the 11 programs that measured child outcomes achieved at least one positive outcome across six child outcome areas. In addition, ten of the 19 programs that measured parent outcomes impacted at least one positive outcome across the eleven outcome areas.

There were commonalities among the parent programs. Programs that were most frequently used were ones that used a home visiting format and included education during the prenatal period. However, these benefits need to be evaluated over the lifespan of the child, and more cost-benefit analysis work needs to be completed to assess whether the cost of these parent education programs are beneficial to both families and communities as a whole.

⁵⁰ Figures available at: http://www.nursefamilypartnership.org/assets/PDF/Fact-sheets/NFP_Benefits-Cost

⁵¹ Materials can be purchased online at: http://www.familyworksinc.com/online_store/index.php

⁵² Materials can be purchased online at: <https://www.centeringhealthcare.org/Store/index.php>

⁵³ Materials are available online at: <http://pregnancyresearch.org/cplusplus/repres.html>

There is a need for further research to examine whether and how parent education programs can impact birth weight, preterm births, hospitalization, child behavior problems, child development, repeat births, parent mental health, substance use, education, employment, income, parent/child interaction, physical punishment, and use of contraception. Larger sample sizes may be needed to assess such outcomes with precision. Further research from experimentally-evaluated studies could help policy makers and philanthropic organizations determine which parenting programs are most effective in providing parents with the tools to ensuring the wellbeing of their children.

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Table 1: Impacts of Disadvantaged and Teen Parent Programs

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Child Outcomes: Health			
Preterm births	<p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. No impacts on premature births were found.</p>	<p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. Overall, there were no impacts on preterm delivery. However, adolescent mothers and mothers who reported smoking cigarettes during pregnancy had fewer preterm births than the control. Negative impacts on preterm births were found among older, non-smoking mothers.</p>	<p>CenteringPregnancy is a 10-week, group-based prenatal care program for pregnant teenagers. Significant improvements in the rates of preterm births were found.</p>
Low birth weight	<p>CenteringPregnancy is a 10-week, group-based prenatal care program for pregnant teenagers. No impact was found for low birth weight.</p> <p>Child Health Supervision is a comprehensive home-visiting program that provides physical and emotional health services to teens and children under the age of 3. No significant differences on low birth weight were found.</p>	<p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. Overall, there were no impacts on low birth weight. No impacts were found among mothers who reported smoking cigarettes during pregnancy. There was a negative impact on older, non-smoking mothers. However, adolescent mothers had fewer low birth weight babies.</p>	<p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. Mothers in the treatment group had significantly fewer low birth weight babies than control mothers.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Child Outcomes: Health			
Hospitalization	<p>Child Health Supervision is a comprehensive home-visiting program that provides physical and emotional health services to teens and children under the age of 3. No significant impact on hospitalization was found.</p> <p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. No impacts were found for number of hospital admissions.</p>		<p>Early Intervention Program for Adolescent Mothers is a home-visiting program where nurses aim to promote positive maternal behaviors before and a year after giving birth. Infants spent significantly fewer days in the hospital during the first six weeks of life than infants in the control group.</p>
Immunization	<p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. There were no impacts on number of infants immunized.</p>		<p>Early Intervention Program for Adolescent Mothers is a home-visiting program where nurses aim to promote positive maternal behaviors before and a year after giving birth. A higher number of children in the treatment group were immunized compared to children in the control group.</p> <p>Parents as Teachers (PAT) is a home-visiting and group-based program that teaches parents child development and effective parenting strategies. The program had a positive impact on children being immunized.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Child Outcomes: Health			
Immunization (continued)			<p>Untitled Health Care Program for First-Time Adolescent Mothers and their Infants is a health program that encourages adolescent mothers to delay repeat births, utilize health care services, and continue with school. Significantly more infants in the treatment group were immunized than infants in the treatment group.</p>
Child Outcomes: Behaviors and Development			
Reduction of Parent-Reported Problem Behaviors Among Children	<p>Child Health Supervision is a comprehensive home-visiting program that provides physical and emotional health services to teens and children under the age of 3. The program had no impact on parent reports of problem behaviors.</p> <p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. No impacts on internalizing or externalizing behaviors among children were found.</p>		<p>Early Head Start is a comprehensive child development program that supports families with children three years and younger through center-based care and/or home-based interventions. Parents in the treatment group reported significantly fewer aggressive behaviors of their children than control parents.</p> <p>Parenting Adolescents Wisely (PAW) Program is a CD-ROM program designed to improve the parenting behaviors of teenager parents. Treatment parents reported fewer child problem behaviors than control parents.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Child Outcomes: Behaviors and Development			
Reduction of Parent-Reported Problem Behaviors Among Children (continued)			Social Learning Parent Training teaches parents, who are referred to child protective services for abuse or neglect, effective parenting strategies. Parents in the treatment group reported fewer child problem behaviors than parents in the control group.
Cognitive Development	<p>Parents as Teachers (PAT) is a home-visiting and group-based program that teaches parents child development and effective parenting strategies. The program had no impact on cognitive development of children.</p> <p>Teenage Parent Demonstration (TPD) is a program that aims to help young mothers work toward economic self-sufficiency. The program had no impact on child development.</p>	<p>Nurse-Family Partnership is a home-visiting program in which nurses work with first-time, low-income mothers and their children to promote their well-being. Three of the four studies examined IQ. Two of the three programs reported no impacts on the child's IQ score, while one program found that treatment children had higher IQ on average at 48 months than control children. In another study, children in the treatment group had higher scores of intellectual functioning.</p>	<p>Early Head Start is a comprehensive child development program that supports families with children three years and younger through center-based care and/or home-based interventions. Children in Early Head Start scored significantly higher than children in the control group on assessments of cognitive development.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Child Outcomes: Behaviors and Development			
Cognitive Development (continued)		<p>Child Health Supervision is a comprehensive home-visiting program that provides physical and emotional health services to teens and children under the age of 3. The program had a significant impact on the cognitive development of children through three years, but the difference between the groups decreased in subsequent years.</p>	
Parent Outcomes: Reproductive Health			
Repeat Births	<p>Computer-Assisted Motivational Intervention (CAMI) uses motivational interviewing where a counselor and teenager meet one-on-one to discuss contraceptive use and delay of repeat births. There was no impact on repeat births.</p> <p>Early Intervention Program for Adolescent Mothers is a home-visiting program where nurses aim to promote positive maternal behaviors before and a year after giving birth. No impacts found on repeat pregnancies.</p>	<p>CenteringPregnancy Plus is a 10-week, group-based prenatal care program, which also includes information about pregnancy and STIs, for pregnant teenagers. After the 6 month follow-up, impacts on repeat births were found for the treatment group. However, no impacts were found at the 12-month follow-up.</p>	<p>Computer-Assisted Motivational Intervention Plus (CAMI-Plus) uses motivational interviewing and home visitations where a counselor and teenager meet one-on-one to discuss contraceptive use and delay of repeat births. Teenagers who participated in this program were less likely to have repeat births than teens in the control group.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parent Outcomes: Reproductive Health			
Repeat Births (continued)	<p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. There was no impact on having a subsequent pregnancy after the birth of the first child.</p> <p>Teenage Parent Demonstration (TPD) is a program that aims to help young mothers work toward economic self-sufficiency. In one study, significant improvements were found among program participants in Camden, but not Chicago or Newark. In another study, no impacts were found.</p>	<p>GirlTalk is a curriculum that is designed to postpone subsequent pregnancies and focuses on the teen’s individual goals and needs. Overall, the program had no impacts on repeat births for teens 15 to 19. However, a significant impact on the reduction of subsequent births was found among young mothers aged 15 to 17 years.</p> <p>Three Generations Project is a home-visiting, mentoring program that teaches adolescent mothers effective parenting strategies and encourages education, utilization of health care services, and contraception use. One study found no impact on subsequent births while another study found a positive impact on the timing of subsequent births among treatment mothers.</p>	<p>Early Head Start is a comprehensive child development program that supports families with children three years and younger through center-based care and/or home-based interventions. Mothers in Early Head Start were less likely to have repeat births during the first two years of enrollment in the program.</p> <p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. Mothers in the treatment group had longer intervals between the first and second births.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parent Outcomes: Reproductive Health			
Repeat Births (continued)		<p>Untitled Health Care Program for First-Time Adolescent Mothers and their Infants is a health program that encourages adolescent mothers to delay repeat births, utilize health care services, and continue with school. Mothers in the experimental group had significantly fewer second births than control participants; however, dropouts carried the weight of this difference.</p>	
Use of contraceptives (e.g., condom use and hormonal contraception)	<p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. No impacts found on consistently using birth control.</p> <p>Three Generations Project is a home-visiting, mentoring program that teaches adolescent mothers effective parenting strategies and encourages education, utilization of health care services, and contraception use. The treatment group demonstrated a trend toward consistent condom use, but the finding was not significant.</p>		<p>CenteringPregnancy Plus is a 10-week, group-based prenatal care program, which also includes information about pregnancy and STIs, for pregnant teenagers. Positive impacts were found on condom use among treatment participants at 6 and 12-month follow-ups.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parent Outcomes: Mental Health and Behaviors			
<p>Mental health (e.g., depression, anxiety, self-esteem, and perceived stress)</p>	<p>Early Intervention Program for Adolescent Mothers is a home-visiting program where nurses aim to promote positive maternal behaviors before and a year after giving birth. No significant differences at one-year follow-up were found between the two groups.</p> <p>Family TIES is a home-visiting program where family advocates help first-time adolescent mothers support the healthy development of their children from the prenatal period through kindergarten. The program had no impact on depression.</p> <p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. No impacts on depression scores were found.</p> <p>Nurturing Program for Teenage Parents and Their Families is home-visiting program that aims to improve the mental health of adolescent mothers. No differences in mental health were found between the groups.</p>		<p>Parenting Adolescents Wisely (PAW) Program is a CD-ROM program designed to improve the parenting behaviors of teenager parents. Treatment parents reported lower levels of depression.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parent Outcomes: Mental Health and Behaviors			
Mental health (e.g., depression, anxiety, self-esteem, and perceived stress) (continued)	<p>Three Generations Project is a home-visiting, mentoring program that teaches adolescent mothers effective parenting strategies and encourages education, utilization of health care services, and contraception use. Program impacts on mental health and depressive symptoms were not found.</p>		
Substance use	<p>Early Intervention Program for Adolescent Mothers is a home-visiting program where nurses aim to promote positive maternal behaviors before and a year after giving birth. At one-year follow-up, no significant differences among substance use were found.</p> <p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. No impacts on drug use were found.</p> <p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. The program had no impact on parental drug use.</p>		

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parent Outcomes: Mental Health and Behaviors			
Substance use (continued)	<p>Three Generations Project is a home-visiting, mentoring program that teaches adolescent mothers effective parenting strategies and encourages education, utilization of health care services, and contraception use. Program impacts on substance use were not found.</p>		
Parent Outcomes: Education, Employment, and Income			
Education	<p>Early Intervention Program for Adolescent Mothers is a home-visiting program where nurses aim to promote positive maternal behaviors before and a year after giving birth. No impacts on mother's educational attainment were found.</p> <p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. The program had no impact on attaining more education.</p>	<p>Ohio Learning, Earning, and Parenting (LEAP) is designed to promote school attendance and job employment among adolescent teens on welfare. Though the program had a positive impact on school enrollment, two of the three studies found no impact on high school graduation.</p> <p>Teenage Parent Demonstration (TPD) is a program that aims to help young mothers work toward economic self-sufficiency. Mixed impacts were found. One study found that participation in school was higher in the treatment group, while another program found no significant differences between the two groups on education.</p>	<p>Child Health Supervision is a comprehensive home-visiting program that provides physical and emotional health services to teens and children under the age of 3. Significantly more treatment mothers were engaged in some type of schooling during the first three years. At the four-year follow-up, significantly more treatment mothers were still obtaining some type of schooling.</p> <p>Early Head Start is a comprehensive child development program that supports families with children three years and younger through center-based care and/or home-based interventions. Early Head Start parents were more likely to be involved in educational opportunities.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parent Outcomes: Education, Employment, and Income			
Education (continued)	<p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. Two of the three programs that evaluated education achievement found no impacts. In one program, at the six-month follow-up, mothers were more likely to be enrolled in an education program, but impacts were lost at subsequent follow-ups.</p> <p>Untitled Health Care Program for First-Time Adolescent Mothers and their Infants is a health program that encourages adolescent mothers to delay repeat births, utilize health care services, and continue with school. No significant impacts were found among mothers returning to school</p>		<p>Three Generations Project is a home-visiting, mentoring program that teaches adolescent mothers effective parenting strategies and encourages education, utilization of health care services, and contraception use. Parents in the treatment group returned to school and graduated at higher rates than their control counterparts.</p>
Employment	<p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. At the one year follow-up, treatment mothers were less likely to be employed when compared to control mothers.</p>		<p>Child Health Supervision is a comprehensive home-visiting program that provides physical and emotional health services to teens and children under the age of 3. When compared to the control group, significantly more fathers in the treatment group demonstrated greater job stability.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parent Outcomes: Education, Employment, and Income			
Employment (continued)	<p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. Two of the three studies found no impact on parental employment. In one study, women were employed for a significantly longer period of time during the second year following delivery.</p>	<p>Ohio Learning, Earning, and Parenting (LEAP) is designed to promote school attendance and job employment among adolescent teens on welfare. In one study, participants were more likely to be working than their control counterparts; however, in another study, there were mixed impacts. During the first and second-year follow-up, the program had a positive impact on the employment of students who were enrolled in school at baseline. The program had no impact on the employment of students who were no enrolled in school at baseline.</p> <p>Teenage Parent Demonstration (TPD) is a program that aims to help young mothers work toward economic self-sufficiency. Mixed impacts were found. One study found that employment rates were higher among those in the program group, while another found no significant differences between the two groups.</p>	<p>Early Head Start is a comprehensive child development program that supports families with children three years and younger through center-based care and/or home-based interventions. Program participants were more likely to be employed during the study than the control parents.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parenting Outcomes			
Income	<p>Child Health Supervision is a comprehensive home-visiting program that provides physical and emotional health services to teens and children under the age of 3. During the first three years, no impact on income was found.</p> <p>Early Head Start is a comprehensive child development program that supports families with children three years and younger through center-based care and/or home-based interventions. No impacts on parental income were found.</p> <p>Ohio Learning, Earning, and Parenting (LEAP) is designed to promote school attendance and job employment among adolescent teens on welfare. Participant earnings were not significantly better than the control group.</p> <p>Teenage Parent Demonstration (TPD) is a program that aims to help young mothers work toward economic self-sufficiency. Significant improvements were found among program participants in Chicago, but not Camden or Newark.</p>		

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parenting Outcomes			
Home Environment	<p>Parents as Teachers (PAT) is a home-visiting and group-based program that teaches parents child development and effective parenting strategies. The program had no impact on the supportive nature of the home.</p> <p>Social Learning Parent Training teaches parents, who are referred to child protective services for abuse or neglect, effective parenting strategies. No impacts were found on the supportive nature of the home.</p>		<p>Early Head Start is a comprehensive child development program that supports families with children three years and younger through center-based care and/or home-based interventions. Based on the Home Observation for Measurement of the Environment, Early Head Start parents were more emotionally supportive than control parents.</p> <p>Family TIES is a home-visiting program where family advocates help first-time adolescent mothers support the healthy development of their children from the prenatal period through kindergarten. Based on the Home Observation for Measurement of the Environment, program parents were more emotionally supportive than control parents.</p> <p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. The program had an impact on the supportive environment of the home.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parenting Outcomes			
Parent/Child Interaction	<p>Early Intervention Program for Adolescent Mothers is a home-visiting program where nurses aim to promote positive maternal behaviors before and a year after giving birth. No significant differences were found for mother-infant interactions.</p> <p>Parents as Teachers (PAT) is a home-visiting and group-based program that teaches parents child development and effective parenting strategies. The program had no impact on the parent/child interaction.</p> <p>Three Generations Project is a home-visiting, mentoring program that teaches adolescent mothers effective parenting strategies and encourages education, utilization of health care services, and contraception use. Impacts on relationship quality were not found.</p>	<p>Nurse-Family Partnership is a home-visiting program where nurses work with first-time, low-income mothers and their children to promote their well-being. Mixed results were found. In one study, mothers in the program demonstrated higher levels of mother-infant interaction than the control group while in another study, no impact was found.</p>	<p>Nurturing Program for Teenage Parents and Their Families is home-visiting program that aims to improve the mental health of adolescent mothers. Program participants demonstrated significantly lower levels of parent/child dysfunction than control families.</p>
Less Inappropriate Expectations of Child	<p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. The program had no impact on inappropriate expectations of the child.</p>		<p>Nurturing Program for Teenage Parents and Their Families is home-visiting program that aims to improve the mental health of adolescent mothers. The program participants had a significantly lower level of inappropriate expectations of the child.</p>

OUTCOME AREA	NOT FOUND TO WORK	MIXED FINDINGS	FOUND TO WORK
Parenting Outcomes			
Less Inappropriate Expectations of Child (continued)			<p>Three Generations Project is a home-visiting, mentoring program that teaches adolescent mothers effective parenting strategies and encourages education, utilization of health care services, and contraception use. Treatment mothers had significant improvements of appropriate expectations of the child relative to controls.</p> <p>Untitled Experimental Home-visiting Program for Adolescent Mothers is a home-visiting program teaches mothers developmental milestones and effective parenting strategies. The program had a positive impact on the reasonable expectations of mothers.</p>
Physical Punishment	<p>Nurturing Program for Teenage Parents and Their Families is home-visiting program that aims to improve the mental health of adolescent mothers. The treatment group had lower levels of physical discipline, but the difference was not statistically significant.</p> <p>Social Learning Parent Training teaches parents, who are referred to child protective services for abuse or neglect, effective parenting strategies. The program had no impact on parents using negative physical behaviors.</p>	<p>Healthy Families New York (HFNY) is a home-visiting program for mothers who are at-risk of child abuse and/or neglect. The findings were mixed. Two studies found no impact while two other studies reported that mothers in the treatment group were less likely to engage in harsh parenting strategies or minor physical aggression.</p>	<p>Early Head Start is a comprehensive child development program that supports families with children three years and younger through center-based care and/or home-based interventions. Parents in the Early Head Start program reported using physical punishment less frequently.</p>