

Parents Helping Parents Support Group Logic Model

Parents develop healthy family dynamics, create a mutually satisfying relationship with their children, and are better able to support their children's healthy development and learning.³⁸

Parents access formal and informal support systems in their communities when they need them; parents are better able to self-advocate¹⁶

Children respond to improved changes in parent behavior and feel more self confidence and greater self esteem³⁷

Parents support each other in continuing to change behavior in group and outside of group.¹⁵

Parents have stronger coping skills and are consistently better able to handle anxiety, stress and create a safe and nurturing environment for their children and themselves²⁸

Children are safer and have a more stable family life.³⁶

Parents show an increase in self confidence.¹⁴

Parents, in turn, feel more confident, are more self-aware & take better care of themselves²⁷

Parents manage family life to promote self-sufficiency, safety, and stability³⁵

Parents demonstrate initiative and leadership skills in the group.¹³

Parents report that their relationship with their children is improving²⁶

Parents report they are better able to take care of their own needs.³⁴

Parents increase accountability within the group and feel stronger bonds to the group and other parents¹²

Parents become more self aware of the connection between their behaviors, emotions, and their parenting skills²⁴

Parents become more self confident in managing their lives and have a more positive self image²³

Parents begin to take responsibility for the group; more willing to invite others to group¹¹

Parents practice ways to control their anger and stress and can describe them to others.²²

Parents practice skills in managing family and personal life to promote safety, stability³³

Parents routinely use active listening skills and adhere to group norms¹⁰

Parents learn skills to control anger and reduce stress, and learn skills to manage their own lives²¹

Parents learn new skills in managing family life to promote safety and stability³²

Parents practice disagreeing and confronting others in the group in a constructive way⁸

Parents observe other parents using new self control skills and are motivated to practice²⁰

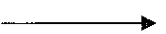
Parents observe other parents using new parenting and life skills and are motivated to practice³¹

Parents observe new behaviors in other members in the group and are motivated to practice new group behaviors⁹

Parents appreciate a variety of approaches to solving problems. Parents have a growing sense of trust and feel respect from group members.¹⁹

Parents connect behaviors with emotions¹⁸

Parents understand their own family dynamics and areas that need improvement³⁰



Parents are receptive and allow others to support them.⁷

Parents offer feedback and support to others in a non-judgmental manner.⁶

Parents recognize self control problems and are able to discuss them with others.¹⁷

Parents recognize and are able to discuss their problems with parenting skills²⁹

Parents seek feedback from others.⁵

Parents attend group meetings on a regular basis⁴

Parents feel initial relief and will find support early in the process; parents begin to build trust in the group³

Parents begin to feel connected to the group and feel less isolated²

Parents feel sufficiently safe, trusted in the group, and see others treated with respect¹

Facilitators are well trained and facilitate well managed groups and if group meetings are convenient, offer child care if needed, and transportation



Peer Support & Group Effectiveness

Self Control Skills

Parenting Skills

Domains Precursor Short Term Outcomes Mid-Term Outcomes Long-Term Outcomes