Prenatal to Early Infancy Programs that Work:

What We've Learned, What We Face, and What We Need

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What We’ve Learned

- Home visiting - findings from meta-analyses and recent studies
  - consistent, inconsistent, and null effects
  - modest effects in general
  - larger effects with higher risk families
  - larger effects in efficacy vs. effectiveness studies
  - importance of helpful relationship
  - importance of implementation fidelity
  - professional vs. paraprofessional
  - universal vs. targeted

- Similar pattern of findings in meta-analyses of prevention programs for school-age children and youth

- Long-term effects and cost-effectiveness

Sources: Alper, 2002; DuBois et al., 2002; Gomby et al., 1999; Elkan et al., 2000; Guterman, 1999; Kendrick et al., 2000a, 2000b; Korfmacher et al., 1999; Leventhal, 1996; MacLeod & Nelson, 2000; MacMillan, 2000; MacMillan & CTPHC, 2000; NRC & IOM, 1999; Offord & Bennett, 2002; Olds et al., 2002; Reynolds et al., 2001; Roberts et al., 1996; Wilson et al., 2003
What We’ve Learned

- 6 pitfalls in the history of child abuse prevention:
  - Oversimplifying the problem of child abuse
  - Overstating prevention’s potential
  - Misrepresenting target populations
  - Failing to establish partnership with CPS
  - Compromising depth/quality for breadth/coverage
  - Failing to engage public and political agendas

Source: Daro & Donnelly, 2002
What We Face

- **Real-world challenge**: Going to scale
  - efficacy to effectiveness
  - effectiveness to dissemination
  - sustainability

- **Human resource challenge**: Revisiting Albee's (1959) person-power problem
  - inherent limitation of both home visiting and clinical models
  - unique limitations of paraprofessional and professional models

Sources: Albee, 1959; Offord & Bennett, 2002; Streiner, 2002
What We Face

What if the Nurse Home Visiting Model was Implemented Across Canada?

<table>
<thead>
<tr>
<th>Source</th>
<th>Rate per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>CIS, 1998 (ages 0-3)</td>
<td>860</td>
</tr>
<tr>
<td>UCR2, 2000 (ages 0-5)</td>
<td>162</td>
</tr>
<tr>
<td>CIHI, 2000 (ages 0-4)</td>
<td>45</td>
</tr>
<tr>
<td>Community health nurses (CIHI, 2000)</td>
<td>68</td>
</tr>
<tr>
<td>All nurses in Canada (CIHI, 2000)</td>
<td>754</td>
</tr>
</tbody>
</table>

Sources: CIHI, 2001; Canadian Nurses Association, 2002; Statistics Canada, 2001, 2002; Trocme et al., 2001
What We Face

- **Service delivery challenge**: Finding and engaging families in home visiting programs
  - targeting problem
  - attrition problem

- **System of care challenge**: Developing and investing in the best policy mix for children and families
  - tradeoffs of universal, targeted, and clinical approaches
  - need for community-by-community approach

*Sources*: Gomby et al. 1999; Emery & Laumann-Billings, 2002; NRC & IOM, 1999, 2000; Offord & Bennett, 2002
What We Need

- Studies of new interventions, effectiveness and dissemination of interventions
  - including limiting factors (e.g., domestic violence)
  - including mediators and moderators

- Studies of risk/protective mechanisms and effective ingredients of intervention
  - including how to improve effectiveness of paraprofessionals

Sources: Baranowski et al., 1997; Eckenrode et al., 2000; Hoagwood & Olin, 2002; Hohmann & Shear, 2002; Kraemer et al., 2001, 2002
What We Need

- **ECD system of care**
  - home-based, centre-based, other approaches
  - multilevel: universal, targeted, clinical

- **ECD knowledge system**
  - community-level, population-based, longitudinal
  - building on NLSCY and other data sources

- ... remember how programs “work”

- ... build the system one stage at a time

Sources: ACYF, 2002; Daro & Donnelly, 2002; NRC & IOM, 1999; 2000; O’Connor, 2002; Offord & Bennett, 2002; Sanders et al., 2002
Some Key Questions . . .

- How can we maximize the roles and real-world effectiveness of professionals and paraprofessionals in home visiting and the ECD system of care?
- What universal interventions are needed to reduce the size of both clinical and targeted populations?
- How can we sustain the outcomes of effective prenatal and infancy programs through to adulthood?
References


35th Annual Banff International Conference on Behavioural Science
Effective Programs for Early Child Development: Linking Research to Policy and Practice
March 16-19, 2003 - The Banff Centre - Banff, Alberta, Canada
References (continued)


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