

# Project Updates: Washington State Plan

## Parent Resources: Parent Protective Factors & Community Life Skills

Parent Resources is a measure of a parent's resourcefulness, including both internal psychological capabilities and use of external community resources. Parent Resources is composed of two scales: (1) Parent Protective Factor Self-Rating of Parent Self-Care Confidence, and the Community Life Skills Scale. When collected during pregnancy, the Parent Resources score can guide the level of service delivery intensity. Based on research, women in need of intensive service during pregnancy have a composite score of <50.3.

The Parent Protective Factor Self-Rating of Parent Self-Care Confidence may be downloaded, and the Community Life Skills Scale may be purchased from NCAST (<http://www.ncast.org/>).

### Calculating a Parent Resources Score:

1. Ask the client to complete the Parent Self-Rating of Abilities and Confidence (PSARC) form.
2. Determine a score on the Parent Self-Rating of Abilities and Confidence by adding the scores of all eight items. The score may range from 8 to 40.
3. Ask the client to complete the Community Life Skills Scale (CLSS)
4. Determine the CLSS score by adding all the items marked 'yes'. The range of scores is 0 to 33.
5. Add the scores from the PSARC and the CLSS to get the Parent Resources score.
6. Determine the level of Parent Resources Score:
  - Low = <50.3
  - Moderate = 50.3-62.3
  - High = >62.3

### Research for Parent Resources:

Community Life Skills Scale (CLSS) measures use community resources in six areas: Transportation, Budgeting, Support Services, Support-Involvement, Interests, Hobbies, and Regularity of Routines in daily life. CLSS has 33 yes/no items, and the range of possible scores is 0-33. In a sample of pregnant women who lacked support, the average CLSS score was 21.63 (SD= 4.19, Range=11-30) during pregnancy (Booth, et al, 1989). In a similar population of women, Barnard (1999) found that the average CLSS of 26.3 (SD=3.6, Range=15-33), when infants were two months of age. In 2002, Barnard found that the average CLSS was 24.69 (SD=3.89, Range 11-32) two months postpartum among women enrolled in First Steps, a State of Washington program for women receiving Medicaid support during pregnancy. The CLSS has been found to have positive correlations with less education, less income, lower IQ, less social support, more depressive symptoms and more difficult life circumstances (Booth, et al, 1989).

The Parent Protective Factor (PPF) Self-Rating of Parent Self-Care Confidence was developed from a sample of women in the First Step Program in 1999. The PPF Self-Rating of Parent Self-Care Confidence is composed of eight items in the following areas: Physical and Mental Well-Being, Solving Problems, Personal Support Network, Coping with Anger, Managing with Stress, Managing Everyday Life, Self-Sufficiency, and Communication with Others. Respondents rate their level of ability/confidence in each area on a Likert Scale during pregnancy. The range of possible scores is 8-40. In the First Steps sample (Barnard, 1999), the average PPF Self-Rating of Parent Self-Care score was 31.1 (SD=4.4, Range=16-40). The PPF Self-Rating of Parent Self-Care was also collected on another sample of First Steps women who were enrolled in the Nurse Family Partnership (NFP), an evidence-based home visiting program starting during pregnancy and continuing through two years after the infant's birth. The average Self-Rating of Parent Self-Care Score was 31.01 (SD=4.66, Range 16-40).

The CLSS and the PPF Self-Rating of Parent Self-Care Confidence were combined into composite score of Parent Resources. Barnard determined different levels of parent resource availability by using standard deviations. In the 1999 First Steps study, the average composite Parent Resources score was 56.6 (SD=6.6, Range=41-72), with 16% of the women scoring in the low category (<50.3), i.e. women had low protective factors and low involvement in the community. Using the same analysis, women in the NFP sample had an average Parent Resources score of 55.77 (SD=6.5, Range 40-70) and 17.7% of the women were in the low category of Parent Resources. Comparisons of the First Steps sample and the NFP sample show similarity in scores for the moderate (50.3-62.3) and high (>62.3) Parent Resources categories. The percentage of the NFP women scoring in the moderate range was 66% versus 60% for the 1999 First Step sample. The percentage of scores in the high category was 17% NFP versus 20% in the 1999 First Steps sample. Additional analysis of the NFP sample showed that NFP mothers with low Parent Resource scores had more mental health issues, parenting stress, less empathy and more child health issues when infants were six months of age. Parent Resource scores, therefore, appears to be able to identify women with low resources in need of intensive service delivery.

## PARENT SELF-RATING OF ABILITIES AND CONFIDENCE

Many kinds of abilities are involved in being a parent. Some parents feel confident about their abilities, while others are not so sure. Rate your level of your ability/confidence for each area listed below by circling the appropriate number.

1. **Physical and Mental Well-Being.** How would you rate your ability/confidence in taking care of your physical and mental well-being?

1=none      2=very little      3=some      4= a lot      5=a great deal

2. **Solving Problems.** How would you rate your ability/confidence for solving the problems in your life?

1=none      2=very little      3=some      4= a lot      5=a great deal

3. **Personal Support Network.** How would rate your ability/confidence to finding support and help for yourself?

1=none      2=very little      3=some      4= a lot      5=a great deal

4. **Coping with Anger.** How would you rate your ability/confidence for handling the anger in your life?

1=none      2=very little      3=some      4= a lot      5=a great deal

5. **Managing with Stress.** How would you rate your ability/confidence for managing stress?

1=none      2=very little      3=some      4= a lot      5=a great deal

6. **Managing Everyday Life.** How would you rate your ability/confidence to manage the daily responsibilities of everyday life?

1=none      2=very little      3=some      4= a lot      5=a great deal

7. **Self-Sufficiency.** How would you rate your ability/confidence to be self-sufficient and make it on your own?

1=none      2=very little      3=some      4= a lot      5=a great deal

8. **Communication with Others.** How would you rate your ability/confidence to express yourself?

1=none      2=very little      3=some      4= a lot      5=a great deal

## Research

Community Life Skills Scale (CLSS) measures use community resources in six areas: Transportation, Budgeting, Support Services, Support-Involvement, Interests, Hobbies, and Regularity of Routines in daily life. CLSS has 33 yes/no items, and the range of possible scores is 0-33. In a sample of pregnant women who lacked support, the average CLSS score was 21.63 (SD= 4.19, Range=11-30) during pregnancy (Booth, et al, 1989). In a similar population of women, Barnard (1999) found that the average CLSS of 26.3 (SD=3.6, Range=15-33), when infants were two months of age. In 2002, Barnard found that the average CLSS was 24.69 (SD=3.89, Range 11-32) two months postpartum among women enrolled in First Steps, a State of Washington program for women receiving Medicaid support during pregnancy. The CLSS has been found to have positive correlations with less education, less income, lower IQ, less social support, more depressive symptoms and more difficult life circumstances (Booth, et al, 1989).

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