Parents Anonymous

The purpose of this document is to provide a brief overview of Parents Anonymous based on the information available in The California Evidence-Based Clearinghouse for Child Welfare’s (CEBC) database. The content presented in this brief was retrieved from the CEBC database. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit http://www.cebc4cw.org/.

What is it?
Parents Anonymous is a family-strengthening program of community-based weekly mutual support groups, based on national standards of practice and free to all participants. Groups for parents/caregivers are co-facilitated by a trained Group Facilitator and Parent Group Leader to address any issue the group participants wish to discuss, including topics such as child development, communication skills, positive discipline, parental roles, age appropriate expectations, effective parenting strategies, anger management techniques, and self-care. While parents/caregivers are meeting, their children participate in complementary standards-based Children and Youth Programs conducted by trained Children & Youth Program Workers and designed to build self-esteem, teach emotions management, change behavior, and strengthen family relationships based on the child/youth’s developmental stage. Parents/caregivers participating in Parents Anonymous groups engage in meaningful leadership roles in the planning, implementation and evaluation of all aspects of the Parents Anonymous Group and Children and Youth Program.

The Parents Anonymous Program is based on the following four principles:
1. Mutual support
2. Parent leadership
3. Shared leadership
4. Personal growth

Who is it for? What presenting problems does it address?
This culturally responsive model is open to any parent or caregiver with children/youth ages 0-18 years who are in a parenting role seeking support and positive parenting strategies. While it is open to parents and caregivers in the general population, the program can accommodate specific population types such as teen parents or parents of children with special needs.

What does the research show?
This program is rated a "3 - Promising Research Evidence" on the Scientific Rating Scale based on the published, peer-reviewed research available. The practice must have at least one study utilizing some form of control (e.g., untreated group, placebo group, matched wait list study) establishing the practice’s benefit over the placebo, or finding it to be comparable to or better than an appropriate comparison practice.
For more information, please see the CEBC's Scientific Rating Scale: [http://www.cebc4cw.org/ratings/scientific-rating-scale/](http://www.cebc4cw.org/ratings/scientific-rating-scale/).

**What outcomes are addressed in the research?**
Child/family well-being

**What resources are needed to implement the program?**
Typical resources for implementing the program include: a group meeting setting with room for 10-15 parents/caregivers to meet; a separate room that can be set up for 8-10 children to engage in structured activities for ages 0-18; and program materials provided by the organization needed to lead the group (group facilitator/parent group leader manual, children and youth program worker manual, program brochures and newsletters, and parent handbooks for each adult participant). Training and a manual describing how to implement this program are available. Check with training contact for details.

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**For additional information and resources on Parents Anonymous, visit:**

- *The California Evidence-Based Clearinghouse for Child Welfare: Parents Anonymous*
  [http://www.cebc4cw.org/program/parents-anonymous/](http://www.cebc4cw.org/program/parents-anonymous/)
  This webpage provides detailed information about Parents Anonymous, including its scientific rating on the CEBC’s Scientific Rating Scale in various topic areas.

- *Parents Anonymous*

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