



Intellectual Property Office

Chicago Parent Program

Technology Reference

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Keywords:

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Video and Documents

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Inventor



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I am a researcher and educator. As a researcher, I conduct research related to promoting parent-child relationships and preventing mental health problems in parents and young children. With a focus on prevention, I am particularly interested in families under stress with children less than 5 years old living in low-income communities in Chicago. Our interventions center on helping parents develop positive communication strategies and effective methods for managing their children's misbehavior, and reducing parents' reliance on harsh discipline techniques for gaining their children's cooperation. As an educator, I advise doctoral students on the development of their research ideas and, ultimately, their dissertation. In addition, I teach courses on research and design in the doctoral program.

Field

Nursing

Status

Registered Copyright

AREAS OF APPLICATION

- Early childhood programs (local, state, federal), hospitals, and social service agencies that are interested in a successful parenting program supported by research.

ADVANTAGES

- Developed by Rush researchers in collaboration with parents of young children living in Chicago
- Shows parents from different economic and ethnic backgrounds, experiencing everyday parenting challenges and the stresses they create
- Provides new parenting tools to parents that will positively impact the behavior of children in and out of school
- Provides parenting strategies that have been supported by extensive research

THE TECHNOLOGY

The purpose of The Chicago Parent Program is to help parents learn new skills for raising young children using a combination of videotapes and parent discussion within a group environment. The Chicago Parent Program is facilitated by a trained group leader and takes place over the course of 11 weekly meetings or group sessions. A 12th group meeting is conducted approximately 60 days after the last group session and is considered a "booster session" to help support parents in their continued use of the program. The program is divided into the following 3 units: The Value of Your Attention, Using Your Authority Wisely, and Managing Stress. Each of these units is further subdivided into a total of 10 meetings or parts, with each parent group session focused on one of the 10 parts. The 11th parent group meeting called "Pulling It Altogether" is used to summarize and discuss all that has been covered in the first 10 parent group meetings. The 6 main components of the program are:

1. Videotaped scenes and narration designed to teach and generate discussion, problem-solving, and an exchange of ideas among parents;
2. A Group Leader Manual with standardized group discussion questions and Group Leader Notes describing ideas leaders should emphasize in the group;
3. Weekly group discussions (led by trained Group Leaders) designed to help parents understand and use the program content;
4. Standardized practice assignments that help parents practice at home what they are learning in the group;
5. Weekly handouts summarizing important points from the group session for parents to take home, review, and share with other family members; and
6. Weekly evaluations that group leaders use to get feedback on the quality of the group sessions and to determine whether the group sessions are effectively meeting parents' needs.

This program is available on (4) DVD's or (4) VHS tapes and includes a Group Leader Program Manual and Weekly parent handouts. Videos and written material are available in English or Spanish.

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