



PILOT PLAN AND EVALUATION · WORKING NAME: STEADIER HOMES

One County, One Cohort, Measured Honestly

How a first pilot would run, who does what, and how we would know whether it helped.

SCOPE

One Bay Area county, one cohort of parents

LENGTH

About 18 months from start to report (indicative)

DOSE

Eight lessons plus parent circles over about 12 weeks

STATUS

Design draft. Every number marked proposed

TIMELINE (INDICATIVE)

PHASE	WHEN	WHAT HAPPENS
0 · Set up	Months 0 to 3	Fiscal sponsor, attorney review, final name, permissions for measures, advisory group
1 · Build	Months 3 to 6	Finish lessons, clinician review, translation and native review, try with 8 to 10 parents
2 · Open doors	Months 6 to 9	Ask the county court how a program is listed, brief clerks and attorneys, print referral cards
3 · Run	Months 9 to 15	Enroll the first cohort (proposed about 40 parents), run circles, collect before and after answers
4 · Report	Months 15 to 18	Analyze, write a plain-language report, decide whether to continue, change or stop

WHAT WE WOULD MEASURE

Parent-reported, short, repeated before and after, with children left out of the first round.

WHAT	CANDIDATE MEASURE	PERMISSION STATUS
Child wellbeing, parent report	Strengths and Difficulties Questionnaire (25 items) or Pediatric Symptom Checklist 17	SDQ: free on paper for nonprofits that do not charge families; an online version needs written authorization. PSC-17: reported free, not confirmed
Parent stress	Parental Stress Scale (18 items)	Described as free with registration; confirm with the author
Co-parenting communication	Quality of Co-parental Communication Scale (10 items) or the Fatherhood Research and Practice Network scale (11 items)	Terms not stated; ask the authors in writing
Conflict over child-rearing	Parent Problem Checklist (16 items)	Terms not stated; ask the author in writing
Program experience	A few of our own questions: what helped, what changed, what was missing	Ours

Choice of measures follows the UK Foundations guide, Measuring parental conflict and its impact on child outcomes (2020, reissued 2024). Instruments are copyrighted; we do not reproduce their items and we will not change any item without the author's permission. Read 11 October 2026.

WHO JOINS, AND HOW THEY FIND US

- **Who:** parents in a separation, divorce or custody case. Voluntary. No one is told it helps their case.
- **How:** referral cards from court self-help centers, attorneys, mediators, clinics and school counselors, plus the web page.
- **Safety screen:** where there is abuse or a protective order, no joint activities, and parents are pointed to advocates.

WHAT SUCCESS WOULD LOOK LIKE

- **Completion:** most enrolled parents finish the lessons. The target is set with the evaluator.
- **Direction of change:** lower reported conflict and parent stress, and fewer child difficulties, between before and after.
- **Honest limits:** a pilot without a comparison group cannot prove the program caused any change. We will say so and design a stronger test only if the pilot looks promising.

CONSENT, PRIVACY AND SAFETY

- **Consent in plain words** before any questionnaire. Taking part in research is optional and does not affect access to the course or a certificate.
- **Collect the minimum.** Store answers securely with a code instead of a name, restrict who can see them, and delete what is not needed.
- **If a parent's answers raise a concern,** a written plan says who follows up and how. Hotline numbers are on every page of the website.
- **Facilitators** are trained on reporting duties before the first circle. Exact duties to be confirmed by counsel.

DECISION POINTS

AFTER	WE ASK	IF NOT
Phase 1	Do parents say the lessons are clear and respectful?	Rewrite before opening to families
Phase 2	Will a court or partner list or recommend a free program like this?	Change the referral route or the county
Phase 3	Did most parents finish, and did answers move in the right direction?	Fix what parents flagged, then rerun a smaller cohort

WHO DOES WHAT

#	OWNER	ACTION	DONE WHEN
1	Founder	Choose the county, review the lesson list, confirm the proposed cohort size	County and size set
2	Project lead	Contact the measure authors and publishers for written permission	Permissions on file
3	Evaluator	Finalize measures, sample size and analysis plan	Signed plan
4	Counsel	Review consent, privacy and reporting duties	Short written memo
5	Licensed clinician	Sign off on the safety and follow-up plan	Written sign-off
6	Founder	Ask the county family court services office how a program is added to its resource list	Answer in writing

Draft for discussion. All figures marked proposed are for the founder and an evaluator to set. Education only: not therapy or legal advice.