UNIVERSITY OF ILLINOIS CHICAGO
Jane Addams College of Social Work

Request for Proposals

Implementing an Evidence-based Parenting Program in Illinois

(Updated and Reissued 10.22.2026)

Introduction

The Behavioral Health Workforce Center (Center) was established in 2022 to address the severe shortage of behavioral health providers across Illinois and increase access to high-quality behavioral health services. This workforce shortage is particularly stark related to the behavioral health workforce skilled in working with children and families. This RFP is being issued by the University of Illinois Chicago for the purpose of identifying diverse organizations across the state to be trained in the Chicago Parent Program (CPP) and then to implement, adapt as needed, and sustain the CPP model over time. Up to $21,000 per site will be made available to support this initiative in State fiscal year 2027. Additional project funding may be available in fiscal year 2028 to increase the number of pilot sites.

Parenting interventions that are based on behavioral parent training theory have a sound and well-established evidence base. These interventions focus on assisting parents in maximizing the effectiveness of their interactions with their children and emphasize increasing both positive parent/child relationships and positive child behavior management strategies. These interventions may be used preventively, or to address mild to moderate behavior problems in children from age 2-8. (Note that these same principles may be used in behavioral interventions with older children as well.) There are a number of manualized parenting interventions for children. For this pilot, the Center has selected the Chicago Parent Program. CPP was developed in Chicago, hence its name, however the model is appropriate for implementation in urban, suburban and rural communities. Organizations can opt to adapt the name to what makes sense to them given their unique communities and parents they work with as long as they maintain fidelity to the Chicago Parent Program curriculum i.e. “Parent Success Program” or “Parent Empowerment Program”.

Chicago Parent Program Model

The Chicago Parent Program is a 12-session evidence-based parenting program created for parents of young children (2-8 years old) and designed to meet the needs of culturally and economically diverse families. The model can be implemented in-person, virtually or hybrid, and all materials are available in English and Spanish. Group leaders of CPP may be clinicians or other unlicensed providers such as parent advocates, although it is recommended that one clinician is a group co-leader. The CPP model may be used as an intervention for early behavioral concerns, or as a preventive intervention that is universally applicable to parenting.

There are five qualities that set this parenting program apart.

1. The Chicago Parent Program was developed in collaboration with diverse parents of young children to address those issues of greatest concern to parents.

2. The Chicago Parent Program is guided by a strong theory and supported by rigorous research.
3. The Chicago Parent Program uses over 160 video scenes of actual parents raising children in the real world, managing challenging situations at home and in public. The scenes help guide parent group discussions and problem-solve different ways to handle common parenting problems. Parents participating in the groups learn from one another, in addition to the group facilitators.
4. There is no one correct way to raise children. The Chicago Parent Program is structured in a way that is respectful of parents' ideas and values. Parents are viewed as the expert on their child.
5. Since 2002, the Chicago Parent Program has received outstanding evaluations from parents, educators, health care providers, and agency leaders. It is being used in agencies across the country.

Parents who participated in the Chicago Parent Program typically have:

- Improvements in children's behavior problems (based on independent observations, teacher ratings, and parent-report)
- Reductions in parents' use of corporal punishment
- Increases in parents' consistency with discipline
- Increases in parenting confidence
- Improvements in children's behavior in the classroom based on teachers' report of behavior problems
- Equivalent benefits compared to other evidence-based programs but greater parent satisfaction and at lower cost

Eligible Applicants

This RFP is open to applications from any non-profit or unit of government social service, medical, educational, childcare, religious, or recreational institution. Applications from CCBHC agencies providing comprehensive services across the age spectrum are encouraged, as well as from agencies providing services to both children and adults. Previous applicants or current awardees may apply again. Current and past awardees may request up to $17,000 to expand CPP in their agency by training additional providers and increasing the number of groups offered.

Eligible Trainees

CPP program implementation materials are available in both English and Spanish. However, the training of CPP leaders is only available in English. Hence, agencies must propose staff to be trained in the model who are fluent in English both verbally and in writing. Participants in the CPP training must also have a minimum educational attainment of a GED or high School diploma. CPP is also well implemented by master's or bachelor's level clinical staff.

CPP Training

Funding for all aspects of initiating the program (training, materials, staff training time, childcare costs, and other supplies) may be included in the financial support requested. Training is required to implement the CPP model which includes four half days conducted virtually, with no travel required. Each registered training participant will receive an implementation manual as well as access to the on-line video content. Four staff members must be trained in the model. Each CPP group must be conducted by 2 leaders who have completed all CPP training sessions and who have successfully passed the post-test at the end of the training series. Implementation consultation will be supported for new trainees through a monthly one-hour learning collaborative led by BHWC staff/consultants. CPP trained staff can be professionals of child serving disciplines, peer parents, school family liaisons, or other types of professionals or unlicensed providers with experience working with families.
Once they receive awarded funding, each agency will be responsible for registering their own approved staff with instructions provided by BHWC staff.

Program Adaptation Options

Group leaders will be trained in the evidence based CPP model and settings can choose to offer the groups in a traditional format by enrolling parents who are interested in attending all sessions. For optimal effectiveness, the goal is for parents to complete the entire program. Some parents have difficulty committing to 12 sessions, and we encourage settings to think creatively about ways to engage parents in the program. Applicants will need to outline their detailed plan for engaging and recruiting parent participants. CPP is a manualized intervention model and awardees are expected to follow the model with fidelity. There are however, opportunities to adapt engagement strategies, timeline, format and other adaptations.
Some examples of possible adaptations and engagement strategies include:

- Provide an initial session to introduce the program and its content without requiring a longer commitment.
- Provide CPP groups in flexible locations where parents already visit regularly– childcare settings, religious institutions, schools, recreation centers, pediatric clinics, etc.
- Provide other incentives. It is highly recommended that organizations offer resources to support parents' participation in sessions. Examples of resources include meals, childcare, participant stipends, transportation, etc.
- Choose to name the parent group in a way that would be engaging to the unique communities and parents served as long as fidelity is maintained to the CPP curriculum.

CPP Implementation

Implementation of CPP groups should occur between May 3rd through October 31st, 2027. The expectation is that agencies will implement a minimum of 2 full series of CPP groups during that time span. These CPP groups may be implemented in-person, virtually or hybrid.

Budget

New applicants may propose a budget of up to $21,000.00 for eight months (3.1.2027-10.31.2027) to cover costs of training 4 staff members and initial implementation. Award requests should reflect the number of staff trained and the number of groups initiated. The expectation is that organizations will conduct a minimum of two complete CPP series, with a minimum of 12 caregivers enrolled in each. Current CPP awardees could receive up to $17,000 for expansion of services by training new staff, but support cannot be provided to sites solely to continue services established in the prior year. Costs to consider may include training materials, staff time for training, equipment, participant stipends (highly recommended), childcare, meals, mileage, etc. The budget should include stipends for participants to complete program quality assessment in the amount of $20 for the pre-test and $40 for the post-test. Assume a total of 25 parents completing both.

Quality Assessment

The Center is interested in understanding what impact the CPP pilot initiative has on both the awardee organization and on the parents and children participating in the CPP program. Selected applicants will provide a limited amount of Quality Assessment information focused on participation and retention rates, fidelity checklists for some group sessions, and satisfaction ratings of staff. Organizations are asked to support parents in their voluntary submission of de-identified data from brief outcome measures at the beginning and end of services, as well as the participant's level of satisfaction with the program. Data collection will be supported by center staff, with a final report and program data submission due on 10/31/2027. These data will be compared to formal evaluation data in the existing CPP evidence base. The brief final report will describe both implementation activities and financial expenditures.

Sustainability

Applicants should have a general plan for how the CPP program will be sustained and ideally expanded in the local community. Some examples of funding organizations that may sustain CPP include 708 Boards, park districts, health departments, schools, religious institutions, medical providers and health departments, United Way, and Head Start. Consider the potential to develop partnerships between local community mental health agencies that can bill Medicaid services and non-traditional sites that do not. Applications must include a statement of interest in sustaining CPP programming from a partner organization or from a program within the applicant organization.

APPLICATION FORMAT

Applicants should submit their proposal application by email in PDF format to Carrie Welter at cwelter@uic.edu. Please also direct any questions to Carrie. Applications may be up to ten narrative pages in length, including the budget and budget justification. We encourage submission of applications from settings that will serve Spanish speaking parents.
Please include the following information:

1. Applicant organization(s) name, contact person and contact information.
2. Geographic location of expected CPP groups within the State of Illinois.
3. Description of current services provided by the applicant(s) organizations. In a large organization with multiple programs, please focus on the program that will initiate the groups.
4. Applicant experience with supporting parenting, and/or interest in supporting parenting.
5. Characteristics of parents who will be offered the CPP intervention. Explain what the need is for this population and how funding would increase access to parenting resources for the population served.
6. Staffing plan & description of staff who will be trained, including a resume. Please note number, their lived experience or professional background, and/ or their experience working with parents.
7. How your organization will implement CPP.
8. What specific parent engagement strategies will be used to recruit and retain participants in CPP? Consider what organizations and outreach methods will be used. Include the planned local name or title of the parenting groups to be used for outreach if other than Chicago Parent Program.
9. Proposed timeline for CPP training and CPP implementation. (Training will occur virtually March 15-18, 2027, 11:30-2:30 CST.)
10. Number of groups to be implemented and expected number of parents to be trained in the CPP model during 5/3/2027-10/31/2027.
11. Draft budget and brief budget justification narrative. See template for estimated costs for projects. Note that changes to these estimates can be made based on your setting's specific needs.
12. Initial plans for sustaining the interventions beyond the grant period.
13. ***For previously funded applicants ONLY:*** Previously funded applicants will need to provide a statement with an overview of the current status of CPP group services. Has your agency been able to start additional groups? If not, what are their support needs that the BHWC can address? In the next round of funding, what type of financial/staffing support will the agency provide?

Attachments

Please include the following attachments with the application:

1. Resume or CV of all agency staff proposed to participate in CPP training and implementation.
2. Signed note of commitment from the proposed CPP trainee/facilitators.
3. Signed statement of interest from a partner organization (or a plan with in the applicant organization) in sustaining CPP beyond the award period.
4. Recruitment materials for the CPP program. May include flyers or other program descriptions.

5. The organization's latest 990 federal tax form.
6. The 2027 annual agency budget.

Project Timeline

RFP Release	10.23.2026
Informational Conference Call	11.17.2026 12:00-1:00 PM CST (Attend using this Zoom Link)
Applications Due	1.11.2027 at Noon
Awards Announced	1.18.2027
Training Registration Deadline	2.22.2027
Training Occurs	March 15-18, 2027 (Virtual) (11-2:30 CST)
Group Implementation	By 5.3.2027
Funding Concludes	6.30.2027
Final Report and Shared Data Due	10.31.2027

Note: An informational zoom meeting will be held on 11.17.2026 at 12:00 PM-1:00 PM CST to review the CPP program, the scope of the RFP and the pilot and to answer questions regarding application development. Please use this zoom meeting link to attend the information session call. Questions submitted to cwelter@uic.edu regarding the initiative will be answered during the informational meeting.

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CPP Trainee Commitment form

I, _____, agree to participate in all four days of the virtual CPP leader training on the dates of March 15-18, 2027, from 11:00 AM-2:30 PM CST. I am aware that there is a 'post' training test that I must pass in order to be certified to facilitate CPP sessions. I will provide all the necessary information for registration and complete the post-test at the conclusion of the training.

I will assist the _____ team in recruiting parents to participate and I will co-facilitate 2 full group series within the grant period.

_____ _____

Signature Date