



Commissioning EPEC

EPEC is a well-tested, highly effective method of prevention and early intervention that can transform the scale, reach and impact of local parenting support for socially disadvantaged and excluded families.



What's the challenge?

One in ten children suffer significant social, emotional and behavioural difficulties that undermine developmental progress, educational achievement, future success and resilience. Parenting programmes can transform children's lives through cost effective prevention and early intervention but:

- The sheer scale of child and family need often outweighs the parenting support available.
- Parenting programmes can be complicated to organise, costly to deliver and difficult for parents to use.

EPEC provides a low cost, effective and rapid way of growing effective capacity that augments and strengthens existing provision.

Why commission EPEC?

Empowering Parents Empowering Communities (EPEC) is a proven, cost-effective approach for prevention and early intervention:

- EPEC is one of the UK's best evidenced parenting programmes with proven impact on child and family outcomes.
- EPEC's low cost makes best use of local funding and service resources.
- EPEC successfully engages socially disadvantaged parents and excluded communities.
- EPEC transforms service-community partnerships and mobilises community assets.
- EPEC grows quickly, multiplying the reach of services without undermining existing provision.

When does EPEC work best?

EPEC is most effective when commissioners and providers are ambitious to:

- Improve parenting, child development and family outcomes in local disadvantaged communities and neighbourhoods.
- Develop innovative parenting support that combines professional parenting expertise and evidence-based methods with a parent-led approach that builds community assets.
- Host and resource an EPEC Hub, and recruit local parent group leaders to deliver EPEC parenting courses.
- Use local multi-agency partnerships and networks to promote EPEC courses and engage local parents.

What does EPEC cost?

EPEC has been independently rated in the UK and Australia as an effective, low cost parenting programme (*EIF, 2016, IFS, 2015*).

- EPEC achieves a comparable impact to practitioner-delivered parenting programmes at 25% of the cost (*NICE 2013*).
- While costs vary according to local delivery arrangements, once established, the ongoing cost per parent beneficiary is between £400-550 per parent (£50-70 per session) and £160-220 per child beneficiary (£20-28 per session).
- Cost per beneficiary further reduces as EPEC Hub course activity grows in demand and scale.

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