

annual report on programs

2008-2009



PARENT TRUST
FOR WASHINGTON CHILDREN

Strong families begin at home.

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mission statement

Parent Trust for Washington Children creates lasting change and hope for the future by promoting safe, healthy families and communities.

objectives

- *Reduce the risk factors associated with child abuse and neglect*
- *Increase knowledge of healthy brain development*
- *Increase knowledge of early learning and school readiness*
- *Build family and life management skills*
- *Improve family bonding*
- *Decrease isolation*
- *Develop the ability to give and receive support*

services

Parent Trust for Washington Children provides a statewide network of support, education, and leadership programs for parents/caregivers, youth, and children. Our services help build strong families and communities by providing the tools that parents and caregivers need to raise healthy, resilient children. Each year, we survey participants in our programs to ensure that families are making positive, lasting change. We anticipate that a minimum of 60% of participants in our programs will increase and maintain skills and knowledge by 10%. Following is a description our programs and measured outcomes.



Family Help Line

Live Support Line: The Live Support Line provides the only statewide, toll-free phone service focused primarily on parenting and family issues. Trained coaches offer parenting information and support as well as referrals to community resources. The Live Support Line provides a safe place for parents/caregivers to defuse anger, reduce stress and receive support and coaching to deal with difficult situations or family crises. Callers receive immediate parenting information and referrals to local community resources in all 39 counties of Washington State.

Parent Info Line: The Parent Info Line is a series of continuously-updated, recorded messages accessed through the Family Help Line that quickly links callers to current information about parenting resources, classes/workshops/groups, and family activities/events/resources in all 39 counties in Washington State. The Parent Info Line is free.

Internet Searchable Database: Information that is available on the Parent Info Line is also available on our web site: www.parenttrust.org. Our website features useful parenting information and a searchable database, which allows visitors to search by class type and county to find parenting and family resources.

Family Help Line: Service Results

- 2,741 contacts to telephone support services.
- 32,761 unique searches were conducted through the Online Searchable Family Resource Database.

Telephone Support Services: Outcome Evaluation Results

- 99% of callers met the minimum benchmark decrease of 10% or more in stress after the FHL call. **Average rate of decrease is 47%.**
- 98% of callers met the minimum benchmark increase of 10% or more in Family Management (knowledge of positive parenting techniques). **Average rate of increase is 35%.**
- 97% of callers met the minimum benchmark increase of 10% or more in confidence to improve communication/ interactions with family members. **Average rate of increase is 30%.**
- 98% of callers met the minimum benchmark increase of 10% or more in knowledge of available resources/supports. **Average rate of increase is 51%.**
- 97% of callers met the minimum benchmark increase of 10% or more in confidence to self-advocate. **Average rate of increase is 44%.**

Parent Education & Support Programs

► Community Based Programs

Circle of Parents® Parent/Caregiver Education & Support Groups:

Parent Trust for Washington Children has a statewide network of education and support groups led by trained facilitators. Groups offer free and immediate service to parents/caregivers facing a variety of family issues and crises. The groups are part of the national Circle of Parents® network.

Families in Recovery Parent Education & Support Groups:

The Families in Recovery Parent Education & Support Groups are part of a statewide network of groups specifically for high-risk families recovering from substance abuse. Groups meet onsite at chemical dependency



treatment centers and are incorporated into the treatment program of recovering parents.

Latino Parent Education & Support Groups: The Latino Parent Education & Support Groups are part of a network of culturally-appropriate education and support groups specifically designed to meet the needs of Spanish-speaking Latino families, to improve their family management skills and build a positive social support system based on family strengths and safety.

Community-based Programs: Service Results

1,338 family members participated in 36 groups across the state.

Community-based Programs: Outcome Evaluation Results

- 75% of participants in this program overall met the minimum benchmark increase of 10% or more in their family management skills. **Average rate of increase is 26%.**
- 70% of participants in this program overall met the minimum benchmark increase of 10% or more in nurturing/healthy relationships in their family. **Average rate of increase is 26%.**
- 71% of participants in this program overall met the minimum benchmark increase of 10% or more in their social support network. **Average rate of increase is 25%.**

► Home Based Programs

Intensive Parent Training and Support Program: The Intensive Parent Training & Support Program is designed to specifically meet the needs of hard-to-serve families who are resistant to or have difficulty accessing center-based services before there is an established pattern of child abuse and neglect. The Program Coordinator meets directly with families wherever they are – in their homes, in domestic violence shelters, in WIC offices, in chemical dependency treatment centers, on the phone, etc. The Intensive Parent Training & Support Program serves families in Yakima County.

Parents as Teachers Program: Parent Trust for Washington Children is the state office for Parents as Teachers, providing direct service as well as ongoing training and technical assistance to programs in the state. Parents as Teachers is an evidence-based, proven school readiness program designed to educate and support families with children prenatal to five years old. Certified parent educators provide four program components that consist of home visits; parent groups; regular developmental, health, vision, and hearing screenings; and resource referral to other community services. Services are free and voluntary.

The 25 Washington programs are certified with Parents as Teachers National Center, a network of more than 3,000 programs worldwide.

Home-based Programs: Direct Service Results

IPTS: 48 family members received IPTS services in Yakima County.

PAT: 21 family members received PAT services in Yakima County.

Home-based Programs: Outcome Evaluation Results

- 96% of participants met the minimum benchmark increase of 10% or more in non-punitive discipline and guidance skills/knowledge.

Average rate of increase is 22%.

Parents as Teachers State Office

- 25 Programs serving 4,009 family members statewide

[Child & Teen Services](#)

Children’s Group Program: The Children’s Group Program is a statewide network of education and support groups for children and teens whose parents/caregivers are attending a Parent Education & Support Group. Trained facilitators and assistants lead the groups and coordinate activities and discussions based on the ages of children in attendance.

Teen Group Program: The Teen Group Program offers support groups for teenagers, led by trained facilitators. The groups provide free and immediate service to teens that want to explore their own lives and improve their peer and family relationships.

Child & Teen Services: Service Results

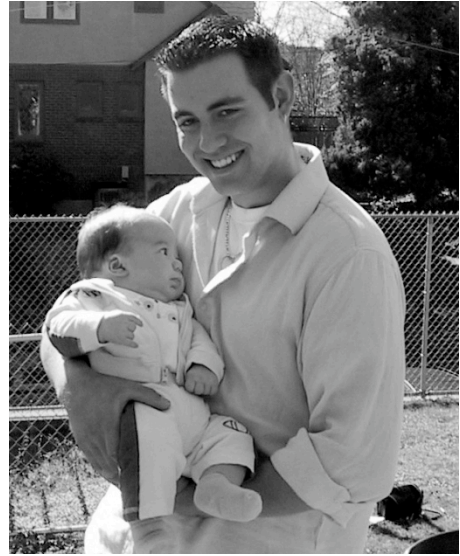
323 children and teen attended 10 group programs around the state.

Child & Teen Services: Outcome Evaluation Results

- Parents/caregiver reported the following changes in their children who attended the programs:
 - 85% of the parents surveyed indicated at least a 10% positive change in their child’s pro-social behavior. **Average rate of increase is 9%.**
 - 83% of the parents surveyed indicated at least a 10% positive change in availability of a caring, adult role model. **Average rate of increase is 10%.**
 - 93% of the parents surveyed indicated at least at least a 10% positive change in access to a positive, healthy environment for the child. **Average rate of increase is 10%**

Expectant & New Parent Services

Conscious Fathering® Program/Skills for New Dads: Conscious Fathering® offers classes for expectant and new fathers through hospitals, parenting programs, and maternal health organizations in Washington State. The goal of the program is to provide basic infant care skills and encouragement to men on the eve of fatherhood. Expectant dads learn how to care and nurture their infant child during the two-hour class. By providing the male partner with this knowledge, he will be better equipped to create a strong, positive bond with his new baby and strive for equal responsibility when parenting.



Skills for New Dads: Service Results

876 expectant fathers participated in 68 classes in the Puget Sound region.

Skills for New Dads: Outcome Evaluation Results

- 85% of participants met the minimum benchmark increase of 10% or more in knowledge of nurturing & interacting with their baby. **Average rate of increase is 25%.**
- 85% of participants met the minimum benchmark increase of 10% or more in knowledge of their baby's basic needs. **Average rate of increase is 33%.**
- 88% of participants met the minimum benchmark increase of 10% or more in knowledge of keeping their baby safe. **Average rate of increase is 25%.**
- 95% of participants met the minimum benchmark increase of 10% or more in their confidence as a father. **Average rate of increase is 27%.**

Great Starts Program/Childbirth & New Parent Education: The Great Starts Program offers a wide variety of classes to expectant parents and new families, with a focus on research-based, unbiased education about all the options for birth and parenting. By teaching about informed choice, self-advocacy skills, coping skills for labor and parenting, and meeting the developmental needs of newborns, we help families get parenting off to “a great start.”

Childbirth & New Parent Education: Service Results

4,884 expectant and new parents participated in 200 single and multi-session classes in King and Snohomish County. In addition, Parent Trust provided registration services for 2,838 individuals for parenting classes.

Childbirth & New Parent Education: Outcome Evaluation Results

- 91% of mothers met the minimum benchmark increase of 10% or more in understanding parental roles & responsibilities. **Average rate of increase is 36%.**
- 92% of fathers/partners met the minimum benchmark increase of 10% or more in understanding parental roles & responsibilities. **Average rate of increase is 40%.**
- 95% of mothers met the minimum benchmark increase of 10% or more in knowledge of child developments and children’s needs. **Average rate of increase is 38%.**
- 96% of fathers/partners met the minimum benchmark increase of 10% or more in knowledge of child developments and children’s needs. **Average rate of increase is 45%.**
- 92% of mothers met the minimum benchmark increase of 10% or more in maintaining secure/nurturing relationships. **Average rate of increase is 31%.**
- 94% of fathers/partners met the minimum benchmark increase of 10% or more in maintaining secure/nurturing relationships. **Average rate of increase is 39%.**

client story

Teresa had been through inpatient drug treatment seven times. She has six children. She has not parented any her children past their second birthday. Teresa only talked about two of her children: 4-year-old Jenna and 18-month-old Marc. Teresa had a history of violent and aggressive behavior. She admitted that she had a problem with yelling at her kids because, "Yelling and spanking is all that I know how to do." Teresa felt bonded with her son, Marc, but felt certain that her daughter preferred Brenda, her foster mother. Teresa, who described herself as "always taking the easy way out", believed that her daughter preferred to live with Brenda and would be better off with Brenda. Teresa exhibited favoritism towards her son and was distant and intolerant with her daughter.

Summary of Risk Factors:

- History of chemical dependency and multiple times in treatment
- History of child abuse
- Lack of bonding with her daughter
- History of aggressive and defensive behaviors
- Strong impulse toward abandoning her children

Families in Recovery Program Intervention:

- **Increasing Knowledge of Normal Child Development: Teresa entered the Parent Trust Families in Recovery Program complaining** that her children were "off the hook". Her 18-month old son was hitting other children and her daughter was a "smart mouth". She wanted to control them but did not know how to discipline without spanking. Teresa noticed that when she threatened her children she had a "nasty" feeling inside. The Facilitator and group members recommended that Teresa focus on what is normal behavior for certain ages and learn to be consistent and predictable with her discipline, especially during this time of transition. Teresa reported back to the group that their advice really helped. She felt more patient with the children and believed that she had increased her consistency.
- **Fighting the Desire to Relinquish Parental Rights:** Even though the children's behaviors settled down, Teresa felt dissatisfied. She was sick of being in treatment after only a couple weeks and felt trapped. She still berated herself for her aggressive parenting and had a hard time seeing the progress she has made. Even though she was more patient and focused on positive discipline techniques, she felt like there was no time for herself. The Group Facilitator and the group members worked with Teresa to consider whether she was "taking the easy way out" again and the long-term impact of this decision. Teresa delayed the decision to relinquish her parental rights and continued her involvement with her daughter.

- **Re-Bonding with Her Daughter:** After almost two months of wrangling with herself about her children, her poor parenting and her desire to avoid responsibility, the Group Facilitator and other group members helped Teresa to finally become aware that her daughter's acting out stemmed from the difference in how Teresa treated Jenna compared to Marc. Some of the group members offered to watch Marc so that Teresa could have one-on-one time with Jenna when she visited. Another group member suggested starting a star chart for herself that tracked the number of times that Teresa hugged Jenna in a day. Teresa reported back that even though the change felt unnatural, she did change her behavior and was able to show her daughter more attention and affection. Her son happily spent time with several other parents so that Teresa could spend one-on-one time with her daughter and Teresa reported that she could feel her bond with her daughter slowly growing stronger each day.

collaborative partners

Parent Trust for Washington Children is proud to be part of the following national, statewide, and local projects.

- Parent Trust for Washington Children is a member of the statewide **Prevention Pays Workgroup** promoting comprehensive services to keep children safe.
- Parent Trust for Washington Children is the Washington Chapter of the **Circle of Parents**, a national collaborative partner with the **U.S. Department of Health & Human Services**.
- Parent Trust for Washington Children partners with the Council for Children & Families and Children's Medical Hospital and Regional Center on the statewide **Shaken Baby Syndrome Prevention Campaign**.
- Parent Trust for Washington Children is a co-founding member of the **Post Partum Depression Awareness Leadership Advisory Team** dedicated to reducing untreated Post Partum Depression—a significant risk factor correlated with child neglect, abuse and fatalities.
- Parent Trust for Washington Children is the State Office for the internationally recognized, evidence based **Parents as Teachers** in-home parent education/early learning program.
- Parent Trust for Washington Children was chosen by Parents as Teachers National Center as the only state in the country to work with the National Center's Public Policy Director to pilot a home visiting toolkit to establish a **Washington State Home Visiting Coalition**. Parent Trust has convened a steering committee of several statewide organizations that train and support evidence-based home visiting programs.

- Parent Trust for Washington Children was appointed by the Assistant Secretary of the Children’s Administration to serve on the **Statewide Planning Committee**. This committee is comprised of Children’s Administration staff and the organizations that Children’s Administration contract with to ensure seamless service to families who are about to enter or have already entered the Child Welfare system.

Parent Trust for Washington Children works with local, statewide, and national organizations to provide research-based, proven early learning and family strengthening programs.

- Auburn Regional Medical Center
- Bates Technical College
- Brigid Collins Family Support Center
- Catholic Community Services
- Catholic Family & Child Service
- Children’s Home Society of Washington
- Circle of Parents®
- Community Birth & Family Center
- Community Psychiatric Clinic – The Willows
- Comprehensive Health Education Foundation
- Council for Children & Families
- Deaconess Children’s Services
- Divine Alternatives for Dads Services
- Evergreen Manor
- Family Education & Support Services
- Fight Crime, Invest in Kids
- Genesis House
- Group Health Cooperative
- Highline Medical Center
- Housing Hope
- International Childbirth Education Association
- Mother Baby Center
- New Horizons Care Center
- Nurse-Family Partnership
- Olympic Medical Center

- Overlake Hospital Medical Center
- Parent Child Home Program
- Parents as Teachers National Center
- Perinatal Treatment Services
- Prevent Child Abuse America
- Public Health – Seattle & King County
- REACHE (Regional Association of Childbirth Educators)
- Seattle Children’s
- Seattle Midwifery School
- Spokane Child Abuse & Neglect Prevention Center
- Stevens Hospital
- St. Francis Hospital
- St. James Family Center
- St. Joseph Medical Center
- St. Mary Medical Center
- Swedish Medical Center
- Talaris Institute
- Thrive by Five Washington
- Triumph Treatment Services
- United Way of King County
- United Way of Snohomish County
- United Way of Yakima County
- Valley Medical Center
- Washington State Association of Head Start & ECEAP
- Washington State Department of Corrections

2008-09 board of directors

PRESIDENT

Jim Gregson, Broker: Parker, Smith & Feek

VICE-PRESIDENT

Kristan Lowe, Senior Director (T-Mobile Business Unit): Research in Motion

TREASURER

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Ben Buelow, Medical Science Training Program Student: University of Washington

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MEMBERS

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Unified Communications Group: Microsoft

Scott Arend, Buyer, Emery's Garden

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John Curley, *Evening Magazine* Host: KING 5 TV

Paula Fortier, Lead Broker: Coldwell Banker Bain

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Darryl Laferte, System Analyst: Tommy Bahama, Inc.

Dale Reiger, Community Volunteer

Melanie Sharpe, Account Executive: ING Direct & ShareBuilder Advisors

Christopher Street, Director – Sales Engineering: Switch & Data Facilities Co.

Vanessa Vanderbrug, Attorney at Law: Lawrence & Versnel, PLLC

government/foundation/corporate support

PLATINUM - \$50,000+

State of Washington Department of Early Learning

State of Washington Department of Social & Health Services – Division of Children
& Family Service

State of Washington Department of Social & Health Services – Division of Alcohol &
Substance Abuse

Mad Hatter Tea Party (Board Fundraiser)

GOLD - \$10,000 - \$49,999

A Taste of Spring (Board Fundraiser)

Boeing Employees Community Fund

Circle of Parents/US Dept. of Health & Human Services

Foundation for Early Learning

Green Diamond Resources

Horizons Foundation
Medina Foundation
Norcliffe Foundation
Northwest Children’s Fund
Seattle Foundation
The Boeing Company
The Paul G. Allen Family Foundation
Tulalip Tribes
United Way of King County

SILVER - \$5,000 - \$9,999

A.L. Mailman Family Foundation
Green Diamond Resource Co.
United Way of Snohomish County

BRONZE - \$1,000 - \$4,999

Beacon Law Advisors, PLLC
Buelow Investments, LLC
Employees Community Fund of The Boeing Company
F. Michael & Roberta Simmons Wong Foundation
Target Stores
United Way of Yakima County
Washington State Combined Fund Drive

COPPER – Less than \$999

Child Care Resources
Goodsearch
JM Cellars Company
Junior League of Yakima
Microsoft Giving Campaign
Microsoft Matching Gift Program
Robert K. P. Chow, MD, PS, Inc.
Top Ten Toys



2008-09 staff

| | |
|----------------------|---|
| Jack Edgerton | Executive Director |
| Linda McDaniels | Associate Director |
| Thelma Dirkes | State Program Director |
| David Sokal | Bookkeeper |
| Christine Stoll | Development Coordinator (Foundations) |
| Meghan Stobbe | Development Coordinator (Individuals) |
| Ashley Hess | Development Assistant |
| Marni Port | Child and Youth Program Manager |
| Margaret Edgar | Family Help Line Manager |
| Juanita Cazares | Family Help Line Coach |
| Sue McDaniel | Family Help Line Coach |
| Sarah Mace | Families in Recovery Coordinator |
| Monica Lopez | Intensive Parent Training and Support Coordinator |
| Kathy Zeisel | Parents as Teachers Program Coordinator |
| Bernie Dorsey | Conscious Fathering Program Coordinator |
| Chris Yeargin | Conscious Fathering Program Assistant |
| Janelle Durham | Great Starts Program Coordinator |
| Callie Stoker-Graham | Great Starts Program Registrar |
| Kathleen Porch | Great Starts Program Assistant Registrar |

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