

New York State Parenting Education Partnership

NYSPEP Progress Report – 2017

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Attended *Strong Roots* training institutes on Protective Factors for Families and Children Through the Lens of Cultural Humility



Mini-Grants increase parent access to evidence-based and promising parenting education programs



In 2017, New York Parenting Education Partnership (NYSPEP) celebrated ten years of collaborative work supporting parenting educators, defined broadly as all professionals with the expertise and knowledge to provide parents with developmentally appropriate strategies to guide healthy development of the children in their care. NYSPEP leaders have taken significant steps this year to advance our mission “To enhance parenting skills, knowledge and behavior by developing a strong, statewide network that promotes, provides and improves parenting education.” We are pleased to share our recent accomplishments:

- Completed a significant redesign of the NYSPEP.ORG website with corresponding enhancements to the resources available, including up-to-date information on the Parenting Educator Credential and access to documents for the NYSPEP leadership.
- Conducted four community focus groups to better determine how to engage community collaborations supporting parenting educators and how to effectively involve parents.
- Held several successful professional development events: the Spring Institute is also the annual member meeting and this year the topic was “Working with Immigrant Communities to Support Strong Healthy Families.” Building on this theme, four Strong Roots training events were held on using the “Protective Factors for Families and Children Through the Lens of Cultural Humility” and finally the webinar series included a session using the same content, presented in Spanish. Four other webinars were offered free to the NYSPEP members over the fall and winter months.
- Integrated the Parenting Educator Credential application in the Aspire Registry. The NYSPEP Parenting Educator Credential application process has been evolving and this year, in partnership with New York Works for Children, the Credential application was incorporated into the Aspire Registry to make it easier for applicants.
- Awarded five communities small grants to support increased access to quality parenting education programs to more families.
- Supported the introduction of the New Parent Kit and its companion website, nysparentguide.org. to our members.

More detail on each of these activities is listed below. We invite you to visit our website, www.nyspep.org, to learn about current events and upcoming training opportunities and activities.

STRATEGIC ACTION ITEMS

COMMUNICATIONS

NYSPEP's efforts to communicate with its membership and others who support parents were enhanced this year with a redesign of the website: nyspep.org. Features of the new website include a more dynamic appearance and ability to highlight professional development opportunities, organize a robust catalogue of online resources and related research, share program and professional development projects. To increase transparency and improve operations the Steering Committee members and their email contacts were posted to the website; an Orientation packet for new Steering Committee members was added to the website; and a protocol for developing the monthly eNews was established.

The Communications and Credential workgroups worked together to post the updated descriptions of the three tiers and related competencies added to the website. The Credential brochure was revised and redesigned and posted to the website. by emailing nyspep@nyspep.org or going to the Contact link on the website.

MEMBERSHIP

The Membership workgroup of NYSPEP was reconfirmed during the 2016 strategic planning process and given the mandate to explore and expand the number of professionals and organizations who were actively involved in NYSPEP. This included exploration of membership approaches, systems and structures. In 2017, a series of external interviews conducted by the Membership Workgroup led to four listening sessions held in Westchester, Syracuse, Long Island and Albany. Two major recommendations came forward from these groups. The first was to engage parent voice in the leadership and delivery of the NYSPEP initiatives and the second related to partnering with community initiatives to expand the work of NYSPEP. Most recently the group assisted with revisions to the Operating Principles.

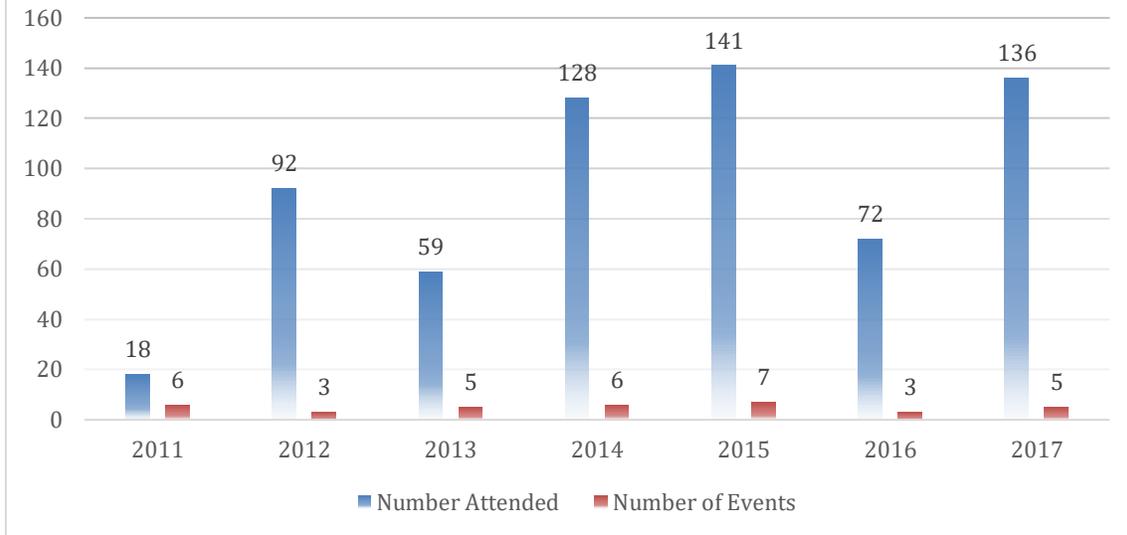
PROFESSIONAL DEVELOPMENT

TRAINING INSTITUTES

NYSPEP *Strong Roots* trainings offer full-day, high-quality content developed by experienced professionals in the field and are associated with effectiveness in parenting education. NYSPEP delivered four institutes on "Protective Factors for Families and Children Through the Lens of Cultural Humility" with 107 attendees in Buffalo, Binghamton, White Plains and Albany, NY. A fourth offering was also conducted via webinar with 29 attendees.

Below is a snapshot of Strong Roots attendance over the last 6 years. Attendance at the Strong Roots events averages about 30 participants.

YEARLY STRONG ROOTS ATTENDANCE (2011-2017)



WEBINARS

NYSPEP also collaborated with steering committee members and other agencies to provide five professional development webinars at no cost for 132 total registrants on the following topics:

- Supporting Young Children with Traumatic Brain Injuries
- Educating Decision Makers 101!
- The New York State Parent Guide
- Understanding and Responding to the Sexual Behaviors of Children.
- Protective Factors for Families and Children Through the Lens of Cultural Humility- in Spanish – a first for NYSPEP!

NYSPEP PARENTING EDUCATOR CREDENTIAL

NYSPEP's Parenting Educator Credential defines the knowledge and skills needed by all parenting educators to provide high-quality programs and successfully implement evidence-based curricula. Peer review panels assess applicant portfolios that document competence achieved through education, training and experience.

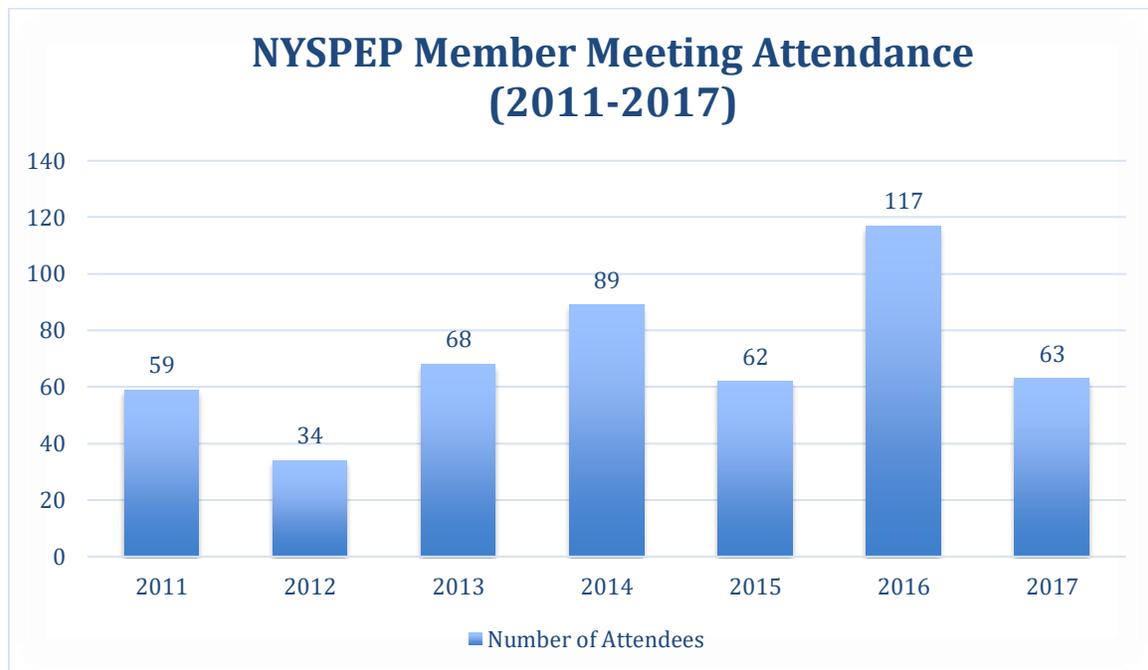
In 2017, two people were newly credentialed and nine renewed their credential. There currently 46 Credentialed Parenting Educators. During this year, NYSPEP worked in partnership with New York State Works for Children to integrate the Aspire Registry into the application for the Parenting Education Credential. The Aspire Registry assists the parenting educators professionally by providing a resource to track professional development events and employment history. Credentialed Parenting Educators registered in Aspire can be more easily located by others seeking their services. This

change builds a new relationship between parenting educators and early childhood and school-age workforces.

ANNUAL MEMBER MEETING

The Annual Member Meeting, or Spring Institute, is traditionally an opportunity to promote research-to-practice and emerging issues for a wide audience of parenting educators. June 2017, NYSPEP invited Dr. Alisa Miller and Dr. Luna Mulder from the Refugee Trauma and Resilience Center at Boston’s Children’s Hospital, to present “Working with Immigrant and Refugee Communities to Support Strong, Healthy Families” as part of the full-day meeting for 63 registrants in Latham, NY. The day also included facilitated networking, as well as a showcase of the NYSPEP Credential and a panel presentation, which featured staff from Jewish Family Services (serving Greater Buffalo) and Neighbors Link (serving Westchester County). They shared services and practices developed in their communities to partner with refugee and immigrant families.

Below is a snapshot of member meeting participation over the last 6 years.



MINI-GRANTS: 2017-2018 AWARDS AND 2016-2017 REPORT –

In December 2017, NYSPEP awarded five mini-grants, of \$2,000 each, to help providers increase access to research-based parenting education programs and proven practice models that impart knowledge, skills and resources to nurture children. Funds were awarded to the Research Foundation for SUNY-Binghamton University, Ulster County Department of Social Services: Children’s Services, STRONG Youth Inc., the Neighborhood Transformation Center and the Association to Benefit Children. All of which utilize research-based or proven practice models. Focused criteria asked applicants to demonstrate how their program builds upon the Protective Factors.

Outcomes from the 2016-2017 mini-grants awardees:

- 83% of parents felt confident about helping their children following completion of the Parent Café: Build Your Bounce and Your Journey Together workshop
- 95% of parents attending the Common Sense Parenting class experienced increased confidence in their parenting skills and felt that the classes had a positive impact on them and their families.
- Comments about the Circle of Security Parenting program include:
 - “I have gained a better knowledge of how to be a better parent to all of my children and how to handle every common scenario.”
 - “Every parent should know about the circle. It would probably help a lot of people if they knew about it.”
 - “It’s a great method of parenting that will change your relationship with your child for the better.”
- Comments about the Parent Group Intervention include:
 - “This was the first time that I met with other mothers, other women who are going through the same thing. It just made you feel like you weren’t alone. Even from the first meeting, I walked out and was like wow to hear the validation of the other mother saying, ‘my son does that too’. It was overall a great feeling.”
 - “The difference that I noticed is that my son is more loveable because I am stepping back to understand him completely.”
 - “I just found myself sort of stopping to think a bit more, sort of making a conscious effort to watch what I said and how I reacted. I am not going to sit and say that I did that all the time, but I found myself doing it more frequently. I think this is because of what we discussed during group, like the whole cause and effect, this is what they are actually feeling, and this is how they are going to react.”

Below is a snapshot of the 2016-2017 Mini-Grant awardees:



COMMUNITY CAFÉS*

Community Café initiatives have been supported by NYSPEP and its member agencies since 2012. Community Cafés are culturally relevant, neighborhood-based opportunities for families and the community service providers to build relationships, develop leadership skills, identify issues that ensure safe, secure, nurturing environments for the children and families who live in these neighborhoods.

Using the World Café Model and based on the Protective Factors Framework, Community Cafés are a series of guided conversations with four common objectives:

1. Build parent capacity to help families thrive.
2. Build community-based organizations' capacity to support parent partners in hosting Community Cafés.
3. Identify and strengthen community supports that engage and protect families.
4. Build community capacity to create action plans that enhance the social and emotional wellbeing of families.

In 2017, two workshops were held, including an orientation to the Café model, during the Annual Spring Child Abuse Prevention conference. And discussions were held with funders to include the Café model in the Community Coalition projects proposed in 2018. To learn more about the Community Café work in New York, please visit

www.nyspep.org/community-cafes.

NEW PARENT KIT and NYSPARENTGUIDE.ORG*

This year NYSPEP worked with two communities to pilot distribution of the New Parent Kit. The Adirondack Birth to Three Alliance and the Steuben Pro-Action began distributing Kits in the Spring 2017. In both communities, Kits are offered to families prior to the birth of their child or during the early months of their baby's life. The goal is to reach families at a time when many expectant families are eager to develop positive parenting skills and before the demands of caring for a new baby limit parents' time.

Steuben County began distribution of their Kits through a community collaboration including universal home visiting, Head Start, Healthy Families, family development home visiting (teen parents) and Family Resource Centers' Brunch with Baby parenting session. Their kit consists of the *Starting Life Together* new parent guide; *What to Do When Your Child Gets Sick*; *Driving Manual for Dads* (OTDA publication); a local resource guide; VROOM materials; a child's board book and bookmark, in a canvas bag with local logo. Public health nurses are promoting the website and other materials with a handout given to new parents during their 'check-in' visit in the hospital.

They originally received approximately 750 copies each of *Starting Life Together* and *What to Do When Your Child Gets Sick*, and recently committed funds to obtain an additional 200+ copies of the parent guide *Starting Life Together*.

The Adirondack Birth to Three Alliance is distributing kits through a universal home visiting initiative in Clinton, Franklin and Essex counties as well as in the St. Regis Mohawk Nation. Their kit consists of the *Starting Life Together* new parent guide, and a bookmark; *What to Do When Your Child Gets Sick*; *Driving Manual for Dads* (OTDA publication); and a local resource guide, in a plastic bag imprinted with local logo and website.

**Community Cafes and the New Parent Kit are products of the Council on Children and Families.*

NYSPEP extends many thanks to the New York State Office of Mental Health (OMH) for its continued support of excellence in parenting education across the state of New York. OMH provides a grant to NYSPEP's fiscal agent, Prevent Child Abuse New York. NYSPEP also wishes to thank our Conveners, Steering Committee members, partners, and individuals who have contributed to and supported our work.

Conveners of the
New York State Parenting Education Partnership

- NYS Council on Children and Families
- NYS Office of Children and Family Services /
Children and Family Trust Fund
- NYS Office of Mental Health
- Prevent Child Abuse New York

www.nyspep.org

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