



NEW YORK STATE
PARENTING
EDUCATION
PARTNERSHIP
ANNUAL
REPORT
2019



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NYSPEP would like to dedicate the 2018 Annual Report to our colleague, Wales Brown who has dedicated his life to parenting education and making positive changes throughout New York State.

Message from NYSPEP Co-Chairs

Tim and I are pleased to share the most recent NYSPEP Annual Report with you. As you know, we recently celebrated 11 years of collaborative work supporting parent educators. In the last year we had some changes in our leadership as Susan Perkins retired from her many years of state services and I had the pleasure of joining Tim Hathaway as co-chair of NYSPEP.

A significant amount of work over the past year includes working with 4 NYSPEP communities to increase knowledge, skills, and resources to nurture children. Children grow up within the context of relationships and the NYSPEP communities have demonstrated that nurturing children means working together to create a positive impact upon the community where children live. All of the NYSPEP communities have adopted a narrative of strength and resilience, promoting parents and families as leaders. NYSPEP's cross-systems state level efforts are reflected at the community level. More frequently communities are expanding their reach into pediatrics, family court and school districts. This parallel process was further reflected at the NYSPEP annual member meeting in July 2018 where Dr. Sasha Stok from Safe Mothers at NYU and Dawn Daum, co-editor of Parenting with PTSD underscored the strength in the message "moving from what's wrong to what happened". We learned that not only can we increase parenting educator competence by promoting this message, but we can increase parenting educator well-being by promoting this message; viewing both parents and themselves with this lens gives educators permission and an invitation to treat themselves and the challenging work they do with compassion.

We would like to thank the Convener organizations; Office of Mental Health, Office of Children and Family Services, State Education Department, Council on Children and Families and Prevent Child Abuse NY. Without their continued support NYSPEP would not be able to advance this work with such effectiveness!



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NYSPEP Co-Chair
Prevent Child Abuse NY
Executive Director



Kristin Weller
NYSPEP Co-Chair
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About Us

The New York State Parenting Education Partnership (NYSPEP) is a statewide cross-systems initiative designed to ensure all children grow in nurturing families, by enhancing parents' knowledge, skills and behavior. NYSPEP informs and supports close to 2,300 practitioners, program managers, researchers and policymakers to promote, provide and improve evidence-based parenting education. Parenting education is a core component of a comprehensive strategy to strengthen family and community approaches to healthy child development and help prevent child abuse and neglect. When the rate of indicated reports of child abuse is as high as 45/1000 for children ages 0-17 years in some counties in NYS, the capacity of families to raise healthy children and the cost to the larger community must be considered a public health issue. Effective parenting education programs have been linked with better physical, cognitive and emotional development in children; increased parental knowledge of child development and parenting skills; improved parent-child communication; more effective parental monitoring and discipline; reduced youth substance abuse; and decreased rates of child abuse and neglect.

2018 Progress

In 2018, New York Parenting Education Partnership (NYSPEP) celebrated eleven 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.

Community Coalition: 2018-2019 Awards and Reports

In March 2018, NYSPEP awarded four mini-grants, of \$5,000 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 four counties in New York State including, Orange, Steuben, Richmond and Tompkins County. Focused criteria asked applicants to demonstrate how their program builds upon the Protective Factors, engagement of families and parents and facilitation of community café conversations. The grant year concluded with a one-day professional development *Strong Roots* training in each community. 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 Strong Roots in conjunction with our community coalition cohorts.

Orange County Parenting Coalition

The Orange County Parenting Coalition (OCPC) is dedicated to children and families in Orange County. The OCPC provides members of the community with resources for parenting education and support services that strengthen families. The OCPC was founded on the premise that good parenting is not a learned skill and formal teaching and support are necessary to learn, build and develop parents' capacity.

For 2018, OCPC members have adopted "Adverse Childhood Experiences (ACEs)" as a topic of focus to expand members' knowledge and further strengthen the understanding of concrete prevention through the Strengthening Families Protective Factors Framework. The goal of this initiative is to strengthen and support the work of parenting educators and community partners through a trauma-informed care lens to reduce the number adverse childhood experiences in children and families in Orange County and protect families from the negative effects of those experiences.

Throughout the year long process, the OCPC have been able to engage a much larger group of professionals, who are working with parents and families. OCPC's Co-Chair, Julika von Stackelberg says "There is also a greater understanding about the positive effects of collaboration, which has improved and enhanced already existing relationships between different community partners." Stackelberg continues to say,

"The hope is that the partnerships in our community become more seamless and all utilize strength-based, resilience-building approaches. In other words, our capacity as providers has changed and the goal is to further improve and increase the efficacy of our work, and increasing the likelihood that the children in our community will experience nurturing environments."

The OCPC accomplished 23 screenings of the film *Resilience*, 9 presentations including radio, touched over 700 participates and over 100 people saw a presentation. Participates includes pre-schools, Headstart, Childcare Council, Schools, School Boards, BOCES, Libraries, YMCA, 911 Center, Family Court, Crystal Run Pediatricians, and many more.

Strong Roots

On March 19th, 2019, the Orange County Parenting Coalition hosted their 22nd annual Making Healthful Decisions Conference (Regional Strong Roots). This year's theme, *Building Resilience* focused on the collective effort of community members strengthening and understanding the impact of coming together to create positive change within their community. There were 80 participates who attended the training event. Participates had the opportunity to view the film, *Resilience* where Dr. Nadine Burke-Harris discusses the impact of Adverse Childhood Experiences (ACEs) and the effects ACEs has on the development of children's bodies and brain structures. Following the film, participates engaged in a guided discussion with Tamaé Memole (Prevent Child Abuse NY) and Kristin Fortuna (Rehabilitation Support Services).

Kids on Track Steuben County

Aligned under the Southern Tier Kids On Track outcome framework, Kids on Track Steuben implements the common agenda to increase the number of children who are proficient students by third grade. To accomplish this, Kids on Track Steuben advance cross system work to promote foundations of school success including: (1) safe, nurturing environments where children are cared for by adults with the capability to foster healthy development and model self-regulation; (2) early detection and treatment for delays; and (3) developmental play and learning experiences for children. The Steuben coalition as an early childhood initiative, is focused on the birth to 8 age group.

The Kids on Track Steuben Coalition has identified as a priority to expand use of FLIP IT and Conscious Discipline approaches to parenting / behavior management among adults who care for children birth to age 8 in all settings. The identified need in the community that all of this is designed to address is poor self-regulation among young children (birth to age 8) in early care and education and school settings. Behavioral issues are consistently rated high as a condition impacting families on surveys of local Head Start parents. Even without this evidence, school district partners seem exasperated and at a loss for how to respond to challenging behaviors they report seeing more and more of each year. Kids on Track Steuben as a coalition have pledged their partnership to help schools and educators better understand what drives difficult behavior and learn new ways of responding. The *Resilience* film has helped open the conversation and doorway for Kids On Track to bring the best in parenting education to more parents, and to educators as well.

The Kids on Track Steuben Coalition accomplished over 15 community cafe discussions over five communities within Steuben County. Members of the coalition engaged several parents as leaders and do-ers on projects that emerged from Community Cafes. In two cases, parent leaders have emerged who are beginning to take on larger roles in their Family Resource Centers (FRCs) or on community groups. Two parent-led groups are occurring in local FRCs.

Strong Roots

On February 8th, 2019, NYSPEP and Kids on Track Steuben County held a Community Coalition Strong Roots training event in Hornell, NY. The theme for the day was Deep Roots are not Reached by the Frost with Danielle Asher from the Family Leadership Network (FLN) as the keynote speaker. There were 55 participants who attended the training event. Danielle engaged participants with her professional and personal experiences. Participants were able to hear from a panel of ten individuals comprised of parents who were the growing leaders and professionals who were the connectors.

Staten Island Perinatal Network

The Staten Island Perinatal Network is a cross-sectoral partnership dedicated to improving birth outcomes and the livelihood of women, children, and families on Staten Island. Established in 2016, the Staten Island Perinatal Network was formed through the collaborative effort of dedicated professionals working together to reduce infant mortality rates, and improve the overall health of women, children and families. According to the Child Fatality Case Review Committee, the St. George/Stapleton is considered a high priority needs area in Staten Island as it has one of the highest child mortality rates in New York City. These child fatalities stem from all causes, including unsafe sleep practices, child abuse and neglect. According to a community health profile, high-need areas of Staten Island also see an increased rate of poverty, 20% of families live below the federal poverty line, which can lead to added stress within families (King et al., 2015). These factors can be linked, as families experiencing higher rates of poverty and family stress may see a reduction in protective factors.

The project year with NYSPEP has helped the Staten Island Perinatal Network to expand the educational component within the coalition. The expansion includes supporting the Perinatal Network's partner organizations with the objective of helping low-income minority families improve parenting skills, promote family resilience, and improve overall health. Staten Island's North Shore, an identified high-need area, has seen a number of poor outcomes. In 2015, 38.9% of children grades k-8 are considered obese. Obesity is linked to a number of poor health outcomes and chronic illness, which can be prevented. Other statistics showed that 26% of all children in Staten Island's north shore missed 20 or more days of school throughout the year. This is another area that can be improved through additional parental support and education. (King et al., 2015). The Staten Island Perinatal Network has teamed up with partner organizations to create a marketing strategy that will take the Perinatal Network to new heights. Traditional methods such as email blasts, flyers and pamphlets are also used to circulate information to the community.

The Staten Island Perinatal Network served over 100 children and families throughout the year long project. Members of the coalition held community café conversations in collaboration with local organizations such as North Shore Alliance for Children and Families, Healthy Families and Seamen's Society for Children and Families. Café topics included engaging fathers and fatherhood, motherhood and community affairs. Additionally, the coalition hosted a motherhood café in Spanish to involve the Spanish speaking community on Staten Island.

Strong Roots

On March 22nd, 2019 the Staten Island Perinatal Network hosted their Regional Strong Roots in Richmond County. This year's theme, *Triumph Over Trauma* focus on supporting and promoting a positive parenting environment for individuals with a history of trauma. There were 40 participates in attendance. The keynote was presented by Dr. Myra Sabir from Binghamton University, who shared the significance of [Life Writing](#). Following Dr. Sabir's keynote address, a panel of parenting educators and medical professionals discussed the impact of Adverse Childhood Experiences (ACEs) and the connection to their work.

Cornell Cooperative Extension Tompkins County

Tompkins Families! Coalition Strengthen and support parents, families and communities through education. The focus of the coalition is on the well-being of children, reducing child abuse and neglect through parenting education. The vision of Tompkins Families! Coalition is “Every child in Tompkins County will have optimal developmental outcomes.” To achieve this vision, the coalition’s mission is through a “collaborative of multiple perspectives, including parents, grandparents, community members, organizations, businesses, and government agencies,” who:

- Focused on prenatal – 0 – 5, recognizing the vital importance of the first five years of life in the physical, social-emotional and cognitive development of children
- Maximize resources, assets and fill gaps to assure children have what they need to grow and flourish and those who care for them have information and access to the level of support they need when they need it
- Champion the needs of children during their early years by taking individual and collective action

This initiative provided Tompkins Families! to reach rural communities in the county where resources and programming were limited or unavailable. Coalition members engaged with the Enfield School district and educated nearby organizations about the needs in the rural community. Feedback the coalition received from families included appreciation for any programming in the community, especially parenting classes and our Story Time for young children. Jennifer Gray, lead on the project state “The relationships between agencies, the school and the local residents should continue to be strong and lead to more opportunities for programming in the community.”

Tompkins Families! Coalition accomplished over five community café conversations in and around the Enfield community. Over 46 families, 60 children and 24 school staff benefitted from the programming and outreach to the rural community. The coalition plans on continued use of the community café model to keep the collaborative engaged, strong and responsive moving forward.

Strong Roots

On January 25th, 2019, NYSPEP and Cornell Cooperative Extension Tompkins County held our first Community Coalition Strong Roots training event of the year in Ithaca, NY. The theme for the day was Trauma Responsive Care at Home and in Schools with Renee Hettich from the Adoptive and Foster Family Coalition of New York as the keynote speaker. There were 34 participates in attendance for the training event. Renee engaged participants with her professional and personal experiences. Participates were able to “Build a Brain” based on the Brain Architect Game developed by Harvard University.

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, and 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 2018, NYSPEP provided our community coalition grantees with a training of trainers on the community café model. Equipped with their training, the cohort facilitated over 40 community cafes throughout their counties. To learn more about the Community Café work in New York, please visit www.nyspep.org/community-cafes.

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. July 2018, NYSPEP invited Dr. Sasha Stok from Safe Mothers, Safe Children Project at NYU and Dawn Daum Co-Editor of *Parenting with PTSD: The Impact of Childhood Abuse on Parenting*, to present “Understanding the Impact of ACEs and PTSD on Parenting: Moving from What’s Wrong? To What Happened?” as part of the full-day meeting for 108 registrants in Latham, NY. The day also included facilitated networking, as well as a showcase of the NYSPEP Credential and a Community Cafe discussion facilitated by Kara Georgi, Parent Leader.

Webinars

NYSPEP also collaborated with steering committee members and other agencies to provide five professional development webinars at no cost for 327 total registrants on the following topics:

- Beyond Diapering and Swaddling: Designing and Leading Parenting Classes for Expectant Parents
- Toxic Stress in Young children: What it looks like and how we can help
- Toxic Stress in Young children: What it looks like and how we can help - Spanish
- Nurturing Fathering: Using a Group Approach to Help Dads Think and Learn about Fathering
- Introduction to the Standards of Quality for Family Strengthening & Support

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. The Aspire Registry is a required first step in the credential process, providing a resource for the parenting educators to track professional development events and employment history. Peer review panels assess applicant portfolios that document competence achieved through education, training and experience.

In 2018, six parenting educators were newly credentialed. There currently 39 Credentialed Parenting Educators. A mentoring program was implemented during this year, making a Credentialed Parenting Educator available to each applicant to guide them through the application process. In addition, the NYSPEP Credential Workgroup reviewed and updated the Credentialed Parenting Educator Competency List to increase alignment with the National Parenting Education Network document, *Parenting Educator Competencies: A Resource Document for the Field of Parenting Education* (NPEN 2018). Revisions were also made to more accurately identify competence in the areas of trauma, resilience, protective factors, and diversity. The revised Competency List was implemented with applications in 2019.

Online Database

The online program database serves as a resource to locate parenting programs and local county programs in New York State. The contacts listed in the program database is updated quarterly. The program database was accessed 79 times between March 2018 and February 2019.

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
- NYS Education Department

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