



PARENTING COMMUNITIES

PARENTING COMMUNITIES UPDATE THROUGH 8/31/2021

What Parenting Communities IS:

- **Vision:** Thriving Children and Families in Leelanau County
- **Mission:** A comprehensive, responsive system of opportunities for all families and children (pre-birth to six years)
- **Key Values:**
 - Earlier is better: Research shows that supporting families and children during the first few years has life-long physical, social, emotional, and economic benefits.
 - Universal Access: Opportunities are available to all families in the county
 - Family-Focused: The level of support and the type of support is tailored to each family's needs.
 - Parents are Leaders: Parents/caregivers determine their goals for participation and also provide input into the services/opportunities funded through millage dollars.
 - Evidence and Data: Evidenced based and evidence informed frameworks are used to guide initiatives. Qualitative and Quantitative evaluation is incorporated to demonstrate impact.
 - Collaboration: Partnerships with other agencies that support early childhood health and well-being are leveraged to create a seamless system that increases efficiency, avoids duplication, and fills identified gaps.
- **Framework:** The framework that guides Parenting Communities is The Protective Factors Framework. We know that families thrive when the Protective Factors are robust in their lives and communities.
 1. Parental Resilience: The ability to bounce back from challenges, solve problems, build and sustain trusting relationships and knowing how to seek help when necessary.
 2. Social Connections: Social connections with other people provide emotional support, help solve problems, offer parenting advice and give concrete assistance. These connections also provide opportunities for people to give back.
 3. Concrete Support in Times of Need: Basic economic needs such as food, shelter, clothing and healthcare is essential for families to thrive. Adequate services to address crises such as domestic violence, mental illness and substance abuse are also essential.
 4. Knowledge of Parenting and Child Development: Knowledge about child development and appropriate expectations for children's behavior helps parents promote healthy development.
 5. Social and Emotional Competence of Children: A child's ability to interact positively with others, self-regulate behavior, and communicate feelings has a positive impact on relationships. Early identification of challenging behaviors or delayed development can reduce parental stress, improve early access to services, head off negative results and keep development on track.

What Parenting Communities IS NOT:

- Parenting Communities is not daycare, childcare, or preschool.
- Parenting Communities is not school-based educational services
- Parenting Communities does not duplicate services provided by other agencies
- Parenting Communities does not provide funding for basic needs (e.g. food, transportation, housing). But PC does provide referrals to assist with access to community resources.

Parenting Communities Activities January-August 2021.

- Due to COVID, in person activities did not begin until mid-June 2021. Prior to that time Parenting Communities staff connected with several hundred families via phone to assess needs and offer support.
- Home Visits: A team of Community Health Workers, Social Workers, Dieticians, Nurses, and Certified Lactation Consultants are available to support families through home visits, at the level that is appropriate and desired for each family. Some families may need only one or two visits to resolve breastfeeding problems or to provide advice in addressing child development or behavior concerns. Other families receive weekly visits to support more complex and chronic parenting challenges.

**38 families have received 174 home visits
(July 30, 2021 – 18 families)**

- Playgroups: Playgroups provide an opportunity for parents/caregivers and children to gather together to build social connections; create parent-to-parent mentoring/support; enhance the children's social-emotional development; learn about child development, nutrition, strategies to address parenting challenges, and parenting stress reduction, and more.

**34 playgroups held in 5 different locations (Greilickville, Suttons Bay, Leland, Northport, Maple City). 119 adults and 215 kids have participated in these playgroups. (64 unduplicated families).
(July 30, 2021 – 57 families, 123 kids)**

- Community Based Family Event: Interactive Music with Miriam Pico. Held at Herman Park on September 1. **Over 80 attendees.**
- Mom Power: To address the long-standing deficit in mental health care access in the area, a Mom Power group was started on September 15. Mom Power is an evidence-based therapeutic intervention that is shown to increase attachment between mothers and their children, reduce child abuse and neglect. It consists of 3 home visits and 10 group sessions facilitated by licensed mental health professionals. Funding for Parenting Communities will also allow continued mental health support after the group sessions have concluded, and an opportunity to facilitate continued connections between participants.

**9 Moms and 14 children enrolled.
(Additional Moms have been put on a waiting list, with the hope that we can offer another Mom Power group in 2022).**

What are Leelanau County families saying about Parenting Communities? (September 2021 survey)

- 100% Agree or Strongly Agree that Parenting Communities helps them feel less isolated
- 100% Agree or Strongly Agree that Parenting Communities helps them learn about resources and support
- 80% Agree or Strongly Agree that Parenting Communities helps them navigate the ups and downs of life.
- 90% Agree or Strongly Agree that being involved in Parenting Communities gives them more confidence in managing their children's behavior.
- 90% Agree or Strongly Agree that Parenting Communities helps them be a better parent/caregiver.
- What have families found most helpful about Parenting Communities:
 - *"Whenever I had any questions at all about breastfeeding I always had someone to confide in. It was a HUGE help!"*
 - *"To watch my child interact and play with kids his age and as a parent, meeting new parents!"*

- *"Hollie's consistent presence at playgroups and her proactiveness to welcome people and make introductions. The weekly relationships continue to build. It is meaningful! I also appreciate Hollie's recommendations.*
- *"Feedback from Home Visits"*
- *"I love the playgroups and family events. It gives us something interactive to do with the kids"*
- *"Getting together with parents going through the same things or talking with the coordinator for ideas."*
- *"Playgroups have been the best place I could bring my toddler for fun and social interactions after having my second baby. It's been a place I'm confident in bringing both kids to by myself and that's huge!*
- *"Connecting with other parents"*
- *"Its been a lot of help for my child socializing"*
- *"Home visits have been very helpful"*
- *"The basic concept of being and feeling supported"*
- *"Social activities or kids"*
- *"Navigating her learning"*
- *"The many resources available to me. They help me navigate the many obstacles in my life"*
- *"The education and commitment to making sure my children understand their abilities"*

Budget Summary

- Costs through 8/15/2021: \$182,792.35
- Estimated \$150,000 needed for August 15-December 31, 2021.
- Estimated budget for 2022: \$708,000
 - 3.0 FTE Community Health Workers; 1 FTE Social Worker; .3 PC Supervisor; 1.0 County Coordinator; .5 Administrative Assistant, .05 biller
 - Supplies/costs for all activities
 - Marketing
 - Evaluation
 - Training
 - Mom Power
 - Unmet health needs/Special Project Funds