

EXECUTIVE SUMMARY

Addendum to Prevention Works! 5-Year Plan 2014-2018

A healthy community is built one child, one family, and one individual at a time. Children are the most precious assets any community possesses. When a young infant is neglected, when a first grade child is so out of control that he or she cannot learn, when a middle school child gives up on academic work, when a high school student loses hope after being targeted by cyberbullying every one of us is affected. Children who are neglected, abused, emotionally troubled, involved in violence or drop out of school are children who hurt deeply. The community hurts also. **Prevention Works! A Community Coalition for Clallam County** presents to the community an **Addendum** to the **Revised Five Year Prevention Plan** designed to increase healthy behaviors in our families and thus decrease child abuse and neglect, substance abuse, violence by and among youth, and increase academic success in our young citizens.

The following pages contain a report of activity over the past two years (2014 & 2015), new and expanded goals and anticipated future activities from each task force working to implement the Five Year Plan. The interested reader may want to consult the original and the revised Five Year Prevention Plans, available on Prevention Works! website to clarify what changes have been made to the Plan since 2012. www.preventionworksc.org

What have we already accomplished in our first four and a half years?

We have established a universal free screening service called *Child Check* ✓ for children pre-kindergarten age across the county. As of this writing, over 500 children have been screened. At the screening, parents and children meet with a professional to discuss social, emotional and behavioral concerns and find support, information about resources, parenting education and referrals. We provided significant programmatic and financial support for the Olweus Program (a community wide anti-bullying program) in the Quillayute School District. Anti-bullying programs have been presented throughout the county with very positive response by the youth and parents attending. We have expanded the parenting classes available throughout the county and initiated a social media format for engaging parents in discussion. Responding to parent requests, we have published an updated preschool directory for the entire county that is available on our website. We have advocated for the expansion of home visiting services to our newest parents and co-sponsored several BlockFest, Kid Fest and Back to School events. One task force has promoted the book *Mind in the Making* by Ellen Galinsky to multiple groups of parents and community members. Galinsky identifies *7 essential life skills* for all children to develop. Over 700 parents now receive informative emails suggesting ways to build these skills in their children. An active effort is now underway to recruit more volunteers to work with Kindergarten teachers in the classroom. These are just a few of our recent activities.

Continue reading to learn more about what we have done and our plans to expand our community prevention efforts in the next two years.

What did the Parent Education Task Force and the Home Visiting Task Force accomplish in 2014 & 2015? (Combined and renamed Parent Education Advocacy Support and Services *PEASS* Task Force)

- Marketed documentary series, *Raising of America* to spark conversation – so far more than 100 individuals have viewed this in meetings, at Peninsula College and Sequim School District.
- Hosted two series of Parent Education Classes countywide.
- Updated preschool directory as an early learning directory throughout Clallam County – available online.
- Hosted multiple Tune In Show Up sessions showing a short parenting relating video and hosting follow up discussions.
- Expanded Play and Learn Groups throughout the county.
- Much of PEASS' work is collaborative in nature – discussing the needs in the communities, and encouraging agencies to develop this work – thus serving as a catalyst – the following are examples of ongoing collaboration:
 - Task Force member became trained in Love and Logic – added as a new resource to community.
 - Supported several people in one agency on becoming trained in Promoting First Relationships curriculum, as well as a partner agency securing a home visiting contract using this curriculum.
 - Marketed and helped develop planning around a Home Visiting Summit.
 - Ongoing information sharing – because there are so many different moving parts in the parenting, home visiting and child care realms – a significant component of PEASS' work is in sharing information across systems.
 - Adverse Childhood Experiences Learning – PEASS has shared information and supported learning opportunities about the emerging knowledge on ACES – one example was a training for ACES and self-care for Home Visiting staff
 - Continued to collaborate with United Way's Great Beginnings Coalition.
 - Infant Mental Health – 50 individuals attended a training for home visitors and parent educators.
 - Cosponsored a training for the Nurturing Parenting curriculum.
 - Collaborated on BlockFest and cross trained many volunteers across many agencies.
 - Expanded collaboration between Peninsula College Early Learning program and agencies, for example, established a program for parents to earn college credits with Play and Learn program.
 - Shared email lists marketing trainings across system.
 - Supported partner agency grant applications that resulted in establishing a Post-Partum Depression Group, opening a Tools of the Mind Preschool program, Drop in Center cooking classes and exploration and funding of the needs of parents in remote or culturally isolated communities in Clallam County.

Goals for Parent Education Advocacy, Support and Services Task Force (PEASS) for 2016-2018

Parent / Caregiver Education Goals:

- Continue to offer and promote parenting education classes throughout the county, evaluate their effectiveness and seek additional funding for parenting education.
- Stay connected with the parenting education field on the local, state and national level and promotes continual development of our capacity in Clallam County.
- Continue to identify parenting education facilitator training needs.
- Explore other means and formats for educating and supporting parents / caregivers and implement those as appropriate.
- Embed in all our work a social norm component for parenting education and what parenting education can look like.
- Align and coordinate with other committee and community partners to help each other and to ensure we are not duplicating services.
- Create a shared emails list to inform all agencies and interested individuals who are invested in providing parenting education or making referrals for their clients to other parenting education opportunities; the goal is to share opportunities and to support calendaring for services to avoid duplication and conflicts.

Home Visiting Goals:

- Identify opportunities to expand Home Visiting Services county wide and support local Home Visiting providers to access these resources.
- Promote family success by seeking to increase populations served through home visiting.
- Emphasize the need to focus on home visiting services in the West End communities and in the Tribal Communities.
- Identify reimbursement and sustainability concerns faced by Home Visiting programs and look for opportunities to assist Home Visiting providers in delivering their services.
- Facilitate development and submission of applications for public and private non-profit funding for Home Visiting programs.
- Promote collaboration between service providers who provide Home Visiting services. This would include planning for and facilitating work around appropriate and effective referrals systems and processes.
- Promote collaboration between Home Visiting providers to support one another in our mission to serve and empower families.
- Identify training needs of the Home Visiting community and when possible work together to provide those training opportunities.
- Create a learning community where we will share emerging research and information about the Home Visiting field.
- Create and maintain a current list of Home Visiting services in Clallam County.

What did the Life Long Learning Task Force accomplish in 2014 & 2015?

- Expanded email messaging to parents with weekly reminders to over 700 parents of ways to implement the strategies found in the book Mind in the Making.
- Attended annual Kid Fest and distributed information to parents about the Seven Essential Life Skills, as described in Galinsky's book, Mind in the Making.
 - Focus/ Self Control
 - Perspective Taking
 - Communicating
 - Making Connections
 - Critical Thinking
 - Taking on Challenges
 - Self-Directed, Engaged Learning
- Presented information about the Seven Essential Life Skills to all PTO's and school staff in Port Angeles elementary schools.
- Supported the grant process that led to the establishment of a *Tools of the Mind* preschool in Port Angeles (First Step).
- Met with elementary school principals to discuss recruitment and training for volunteers in all the kindergarten classes in Port Angeles.
- Presented information about the Seven Essential Life Skills to Peninsula College students and at an OPAYEC conference in Port Angeles.
- Purchased sets of 85 children's books that support the 7 Essential Life Skills and distributed sets to each of the Port Angeles elementary schools along with notebooks that provide teaching tips for each of the books.

Goals for Life Long Learning Task Force for 2016-2018

- Increase outreach to state and county elected officials about the Seven Essential Life Skills.
- Continue to spread awareness among parents and the general community about the Seven Essential Life skills.
- Research and select an early learning program that has proven to be successful in child care centers and explore implementation in Clallam County.
- Advocate and plan for increased volunteer participation at the Kindergarten level in the Port Angeles school district.

What did the Early Screening Task Force Accomplish in 2014 & 2015?

- Completed **168** screenings of children between the ages of 19 months and 5 years in 2014 and **198** screenings in 2015. *Child Check √ has identified two primary goals of the screening program: Improving parent child relationships through information, coaching and provision of resource materials and increasing early intervention for developmental and behavioral problems.*
- Continued the expansion of Child Check √ to the West End and Sequim.
- Conducted screenings of children with Spanish as their primary language.
- Conducted an evaluation of Child Check √ in both years and wrote a detailed report of findings. Parents continue to strongly support Child Check √. *Over 90% report that have a better understanding of their child's growth and development and an enhanced relationship with their child after participating in Child Check √.*
- Continued to improve the screening model that Child Check √ utilizes.
- Added parent coaching and Play and Learn components to the basic services offered to parents who participate in screening.
- Presented the Child Check √ model to Officials of the Department of Social Services in Olympia and to our state representatives.
- Established an alliance with Child Care Centers throughout the county that integrated Child Check √ screening into the services they recommend to parents.
- Revised and expanded the parent resource kit given to every parent who participates in screening
- Initiated a grant search in order to expand and continue Child Check √

Goals for the Early Screening Task Force for 2016-2018

- Continue to seek the capacity to expand screening, parent coaching and *Play and Learn* groups throughout the county. Our goal is to screen 400 to 500 children per year.
- Expand awareness of Child Check √ among all licensed child care providers in the county and all primary health care providers.
- Conduct a public awareness campaign to alert parents to this free screening service.
- Continue to work through the Forks school District and the ECAP program to provide Child Check √ screenings to 18 month to 3 year old children in Hispanic communities.
- Participate with the County Health Department in publishing a guide to screening of young children in Clallam County.
- Continue to identify gaps in services to families. Advocate for the creation of additional parenting education resources and additional professional intervention resources for young children and their parents.

What did the Bullying Reduction and Violence Elimination (BRAVE) Task Force accomplish in 2014 & 2015?

- Team members collectively built a resource list of the different agencies serving youth with programs about bullying, cyber projects and violence between peers. We have been able to use this list to reach out and work collaboratively on community projects and services while avoiding duplication of services already in place.
- Partnered with the Quillayute Valley School District (Diane Reaume, Superintendent) to bring the Olweus System for anti-bullying to schools in our district. They are now in their 3rd year of continuing with the Olweus System in their school. The Olweus System envelopes students, families, ALL staff, faculty, part-time staff, and administrators in the whole picture of anti-bullying on a cognitive, emotional, and behavioral level. Diane Reaume has presented for BRAVE at community meetings and has made herself available to other school districts in Clallam County to provide the progress and the "how to" information to those schools. Statistics are also kept by the QVS District and data is presented to the QVS School Board.
- Sent a BRAVE team member who is also an intervention specialist in Clallam County to become an Olweus trainer. Our goal was to have a local trainer/supervisor who was available to work in the Clallam County school districts.
- Brought Darin Lauer, The White Hatter (RCMP specialist fighting cyber violence and crimes) to the Port Angeles School District and the Forks School District to present to students, staff, faculty, administrators and the community.
- BRAVE member designed and executed a Conversation Cafe on Bullying, January 19, 2015 - Martin Luther King Day, at the Port Angeles Library.
- BRAVE collaborated (and will continue to do so) on several projects with schools and other social services agencies:
 - SURF Seven's Unbelievable Resource Fair
 - Port Angeles High School Welcome to Freshmen and their Families event
 - Healthy Youth Coalition of Port Angeles events
 - Strengthening Families programs in Port Angeles
 - Mathew Poteet, Out THINK Violence workshop in Forks, Washington with the Forks Police Department, Quillayute Valley School District, and the Forks Healthy Youth Coalition.

Goals for the Bullying Reduction and Violence Elimination (BRAVE) Task Force for 2016-2018

- Continue to work with the school districts of Clallam County to encourage them to consider and then bring the Olweus System to their campuses to achieve the reduction of bullying and elimination of violence between peers on school campuses.
- Schedule Darin Lauer, The White Hatter to provide his workshops (Digital Citizenship) at the Sequim School District and the Crescent School District for October 2016.
- Develop capacity to bring Mr. Lauer's Digital Citizenship workshops to every middle and high school in Clallam County.
- Continue to work on a Social Norming Campaign to reduce bullying and eliminate violence between peers.
- Continue to collaborate with our schools and social service agencies in the delivery of projects, classes and programs related to the reduction of bullying and violence in and among our youth

Special thank you to the following individuals who chair the Prevention Works! Task Forces

Parenting Education, Advocacy and Support Services (PEASS) **Jody Moss**

Life Long Learning **Darlene Clemens**

Early Screening **Mary Wegmann**

Bullying and Violence Elimination (BRAVE) **Jamye Wisecup & Leann Grasset**

For additional information about PW! and its goals and activities, please go to our website

www.preventionworksc.org

