



BUILDING FAMILY RESILIENCY THROUGH PARENT EDUCATION AND SUPPORT

Resilient Families

Program Strategy Overview

We catalyze and sustain opportunities to ensure that community resources meet families' needs and empower parents to implement their vision for the healthy development and well-being of their families.

GRANTEE PARTNER: WEST SIDE COMMUNITY HOUSE

West Side Community House (WSCH) works to meet the needs of community residents by providing an array of model programs and services for children, families and older adults. Services are open to all social, racial, ethnic and income groups, but are targeted to those who are most vulnerable and at risk.

WHAT WE FUNDED: The Foundation's grant (\$75,000) supported WSCH's Wrap4Success program as an additional support for families in the Adults and Children Together (ACT) parenting program.

WHAT IS THE NEED? A majority of families are referred to WSCH by the Department of Children and Family Services (DCFS) with complex issues that present a barrier to their ability to successfully complete and benefit from the ACT parenting program that is not open to modification and that provides no post-course support

WHY WE FUNDED THIS WORK: Wrap4Success addresses parent empowerment by building upon an evidence-based parenting curriculum in ways that make it more accessible and more effective. WSCH has developed an approach to engaging with each parent participant and connecting them with other participants before the ACT course begins, while building a structure for ongoing support and education after the core ACT curriculum is completed.

GOALS FOR THIS GRANT

- Help parents improve their parenting skills and increase knowledge of healthy child development
- Familiarize and connect parents with neighborhood and community resources to gain support and build financial literacy
- Increase social connections and emotional support
- Support development of parent leaders

- Post-ACT Reunion Groups to form a network of families and to continue to address topics of interest
- Parent Leadership Academy to support continuing development of parents as assets to their community
- Capacity-building around outcomes measurement through a partnership with Case Western Reserve Schubert Center for Child Studies

OUTCOMES

- 100% of participants agreed that the program helped them to think about how they parent.
- 85% of participants planned to change their parenting behaviors as a result of the program.
- While the numbers of individuals within parents' social support networks did not change on average, parents' satisfaction with support received increased significantly.
- Participating parents experienced less stress in managing life events after participating in the program.

REPORTED GRANTEE-LESSONS LEARNED

- Need to further develop approach to financial literacy.
- Need to refine assessment measures to track family successes and needs.
- Gains in positive parenting behaviors did not maintain in the short-term; need to re-assess to understand why parents had difficulty maintaining gains.
- Add more small group activities to address particular topics of interest.
- Language is important for participation.
 - Partnership between a social service agency and an academic institution for evaluation assistance creates a learning curve around language, culture, and perspective. Typical consent-form legalese can be alarming to system-involved parents.
 - Changing the name of "Reunion Group" to "Family Night" resulted in more neighborhood family participation.

THE APPROACH WE SUPPORTED

- Individual parent engagement to learn about individual circumstances and needs
- "Warm-up" sessions prior to the ACT course to prepare and connect parent participants