

LINN-BENTON COMMUNITY COLLEGE PARENTING SUCCESS NETWORK



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For almost 40 years the Linn-Benton Community College Parenting Education Department has provided parenting education and training for parenting educators. Building upon its role as catalyst and collaborator, the Department now serves as the coordinator of the Parenting Success Network, the OPEC Hub project, for Linn and Benton counties. The project seeks to expand and improve parenting education opportunities through coordinating parenting education services and increasing the use of best practices, while also facilitating parents' access to resources through media promotion and a centralized contact point.



THE COLLINS FOUNDATION
THE FORD FAMILY FOUNDATION
MEYER MEMORIAL TRUST
THE OREGON COMMUNITY FOUNDATION
OREGON STATE UNIVERSITY

Programming Overview

Activity	Description	2011-2012 Total	Total To Date
OPEC Parenting Education Series	Parenting Series Completed	5	9
	Parenting Classes	43	83
	Parents Attended	28	52
	Parents Attended 70% or More	25	42
	Children/Youth Attended	43	63
	Contact Opportunities (parents & youth)	639	1,079
Non-OPEC Parenting Education Series	Parenting Series Completed	89	182
	Parenting Classes	762	1,553
	Parents Attended	700	1,636
	Parents Attended 70% or More	694	1,666
	Children/Youth Attended	711	1,512
	Contact Opportunities (parents & youth)	11,775	26,416
Parent Workshops	Number of Workshops	6	10
	Parents Attended	11	110
	Children/Youth Attended	9	83
Parent Support Activities	Number of Sessions	17	17
	Parents Attended	18	18
	Children/Youth Attended	5	5
Family Activities	Number of Activities	9	14
	People Attended	1,426	2,593

The narrative sections of this report, including Progress Toward Goals, Lessons Learned, and Plans for 2012-2013, were written by Hub staff. Although these sections were edited for clarity by OSU staff, the narratives remain in the voice of the Hub staff.



Strengths

History of successful implementation of parenting education programs

Infrastructure of Linn-Benton Community College

Utilization of evidence-based curricula with trained facilitators

Development of website and use of social media for Parenting Success Network

Community awareness campaign developed

Progress Toward Goals

Build a stronger, more coordinated parenting education system.

Planned and marketed Parenting Education Summit held November, 2011. Event designed to motivate potential partners to become more active in collaborative service delivery and strategic planning activities.

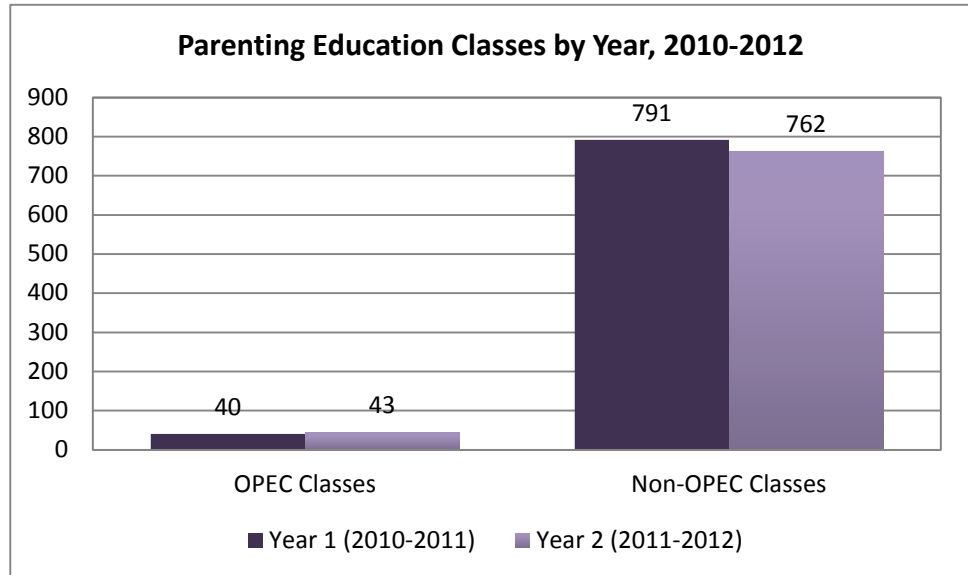
Increased number of organizations participating in Network activities by having three new organizations on Strategic Planning Committee. Multiple new organizations are posting classes on the Parenting Success Network website calendar.

Clarified structures for partner participation in planning & collaboration.

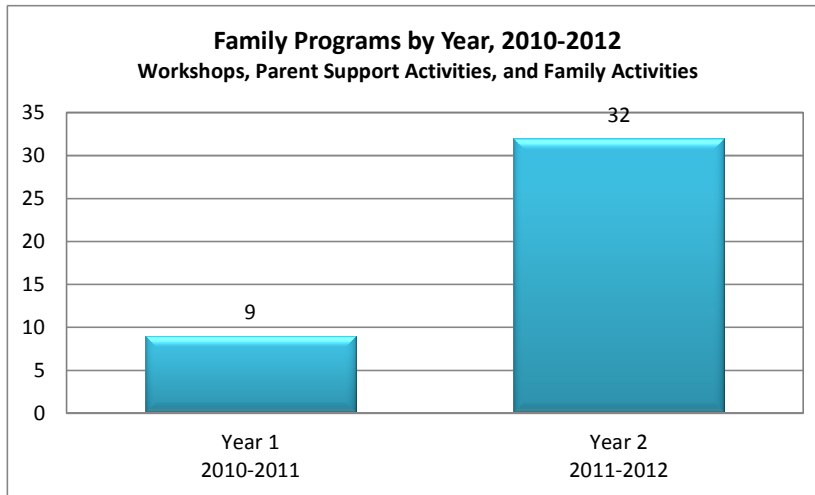
On-going assessment & revision of Strategic Plan. Strategic Planning Committee made decision to put greater emphasis on Public Awareness Campaign, seeing it as a cost-effective way to reach a larger number of people with positive parenting messages.

Parenting Success Network Progress report sent to 271 individuals/partners on May 30, 2012.

Parenting Classes



Family Programs



Progress Toward Goals (continued)

Expand access to proven parenting education programs & professional training.

Three facilitators upgraded skills through curriculum training & attendance at professional conference.

Held 2nd Annual Parenting Educator Celebration with speaker from Birth to Three. Attended by approximately same number as last year.

Co-sponsored two workshops for professionals - "*Cultural Awareness When Working with Families.*" Also co-sponsored (with Linn Together) "*No More Children at Risk*" about the factors that develop resiliency, attended by 153 professionals.

Worked on public awareness campaign to promote website & normalize parenting education by continuing to distribute posters & bookmarks to new locations. Sub-committee of Strategic Planning Committee met to design Public Awareness Campaign strategy for the next 1.5 years and design billboards for the Awareness Campaign.

We increased the number of resources on our website: Posted all LBCC classes to website calendar; added several local resources to website; and website traffic has steadily increased. Original goal for website blog was to post monthly. Since October 2011 we have posted once a week. Launched Facebook page in September 2011.

Met goal of scheduling nine parenting programs using HUB funds (four canceled after initial meetings due to lack of enrollment). Also provided seven Family Activities, six workshops, and three Parent Support activities that had not been originally projected.

Continued to work on main goal of providing additional programming for high-risk families. Provided class for families with young children with significant behavior problems through new partnerships with Benton Mental Health. Three classes were held in Spanish, in Albany, Corvallis, and Monroe.

Newly adopted Nurturing Parenting curriculum delivered in two locations by facilitators trained during the second quarter (1 LBCC class & 1 Strengthening Rural Families class).

Sub-committee of Strategic Planning Committee met to pursue goal of developing on-going parent support groups.



Challenges

Inadequate FTE for staff needed to expand the program

Recruitment of participants for classes offered in more rural areas

Limited engagement and promotion of classes by partner agencies

Funding cuts affecting staffing and commitment level of partners



Parent Satisfaction

Parenting Education Series

96% of parents reported that the class was somewhat or very helpful

96% of parents reported that they would recommend the class to others

Parent Workshops

83% of parents reported that the workshop was somewhat or very helpful

100% of parents reported that they would use the information from the workshop

Capacity Overview

Activity	Description	2011-2012 Total	Total To Date
Facilitators Trained In Curricula	OPEC Facilitators Trained	50	50
	Non-OPEC Facilitators Trained	2	7
Funds Leveraged	Funds Leveraged	\$48,435	\$71,485
	In-Kind Leveraged	\$22,431	\$28,626
	Total Leveraged	\$70,866	\$100,111
Advisory Meetings	Advisory Board Meetings	28	55
Programs With Schools	Programs in Collaboration with Schools	613	961



Lessons Learned

- ◇ Programming coordination is filled with detail-oriented tasks that take a lot of time. Hiring and management of child care providers became especially time consuming this year.
- ◇ Partner organizations need more personalized assistance to get their agency descriptions written for website and classes posted to website calendar.
- ◇ Coordinator needs to be a better cheer-leader to help engender greater partner involvement.

Plans for 2012-2013

- 7 – 10 classes targeting identified priorities and populations: high risk, rural universal, Spanish-speaking and maintaining consistent presence in rural communities.
- Nurturing Parenting Community-Based curriculum will be offered in Corvallis as 10 individual workshops for universal populations cultivating the cultural norm that everyone can benefit from parenting education and promoting use of other resources (e.g. website, class series, etc).
- Milestones and Strengthening Rural Families will pilot ongoing support groups for both high-risk and universal populations.
- Increase number of organizations actively engaged in Network planning. Probably increase Strategic Planning Committee membership.
- Work with Strategic Planning Committee to improve collaboration and design sustainability plan.
- Send out 2 – 4 progress reports to partners during the year.
- Hold 3rd Annual Parenting Educator Celebration/In-service.
- Hold workshop for parenting educators, probably on either cultural awareness or child sexual abuse, to be organized with partners Strengthening Rural Families and Parent Enhancement Program.
- Several additions to public awareness campaign will go into effect in the fall: Posters will be distributed to every elementary school in the region; 4 billboards will be displayed for a month (1 in Spanish); Spanish language posters and bookmarks will be distributed for the first time; Spanish translation of website will go up.
- Partners will begin contributing to website blog.
- Staff hired to write blog and manage Facebook page will also manage partner contributions to blog. Will need increase in hours to accommodate new duties.
- Staff hired to manage website and do follow-up with partners will continue at least through Dec 2012.



Demographics of Families Completing Parenting Series and Workshop Evaluations

Number of Parents: 218
Number of Children: 467

Gender
 19% Men
 79% Women
 2% Did not specify

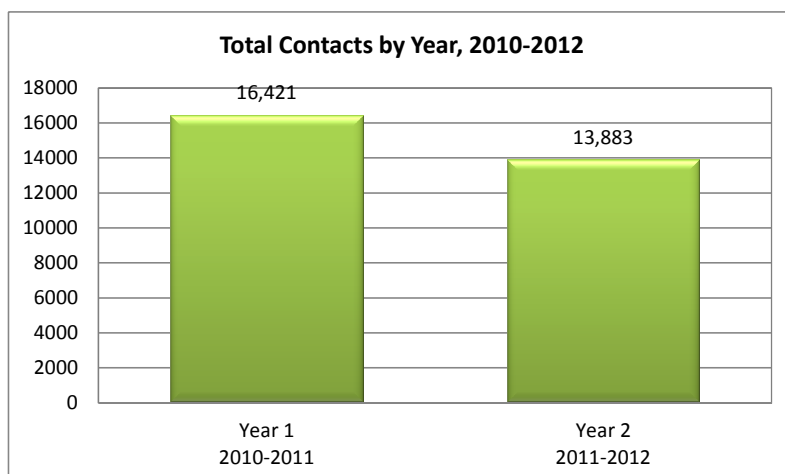
Race/Ethnicity
 70% White/Caucasian
 <1% Black/Afr. American
 22% Hispanic
 1% Asian
 1% Native American
 5% Other/Unspecified

Age
 Age Range: 15-69
 Average Age: 34

Parenting Style
 71% With Partner
 26% By Themselves
 3% Did not specify

Children
 Average Age: 6
 Age Range: 0-18
 Age 0-6 Years: 58%
 Children per Family: 2

Total Contacts



Total Contacts includes parents and youth contacted during all parenting education series, parents and youth who attended workshops, parents and youth who attended parent support activities, and people who attended family activities.

Improved Parent and Child Skills

The retrospective *t*-test design revealed **significant improvement in parenting skills across all items.**

Parenting Skills	Before Participation	After Participation
Know normal behavior for my child(ren)'s age level	3.3	4.8***
Show my child(ren) love and affection frequently	4.6	5.5***
Listen to my child(ren) to understand their feelings	3.6	4.9***
Help my child(ren) feel good about themselves	4.0	5.2***
Set and stick to reasonable limits and rules	3.2	4.6***
Know fun activities to help my child(ren) learn	3.6	4.7***
Find positive ways to guide and discipline my child(ren)	3.4	4.9***
Play with my child(ren) frequently	3.8	5.0***
Protect my child(ren) from unsafe conditions	4.9	5.6***
Talk with other parents to share experiences	3.6	5.0***
Deal with the day-to-day stresses of parenting	3.3	4.7***
Understand my goals and values as a parent	3.8	5.1***

Note. Dependent *t*-tests were used to calculate significance levels. ***Significant results indicate parenting skills improved after the parenting education series, $p < 0.05$. $N = 202$.

On the Parenting Skills Ladder, parents also rated changes in their child's behavior before and after participating in the parent education classes and other activities. The retrospective *t*-test design revealed **significant improvement in child skills across all items.**

Child Skills	Before Participation	After Participation
Shows concern for others	3.6	4.4***
Willing to follow limits and rules	3.1	4.3***
Gets along with others	3.8	4.7***

Note. Dependent *t*-tests were used to calculate significance levels. ***Significant results indicate child skills improved after the parenting education series, $p < 0.05$. $N = 202$.



Quotes from program participants

"I am a lot calmer and more accepting because I have better understanding of the child's behavior and how to react."

"I feel more confident."

"My husband and I are more on the same page and we are supportive of each others parenting decisions."

"We spend more time together, my children have clear expectations and rules as well as consequences."

"It has changed everything! I now understand that I didn't have 'bratty' kids I just didn't know how to engage them."