



Annual Report 2013-2014

child parent institute

building brighter futures for our children and families



**“Our mission is to end child abuse and
strengthen the health of children,
parents and families.”**

Dear Sonoma County Families,

Imagine this: A 12-year-old has social and emotional health challenges preventing her from succeeding in a traditional school setting. She is referred to CPI's New Directions School, where she receives individualized academic instruction that meets her district's graduation requirements. The intensive educational and counseling services at New Directions include individual therapy and group therapy each week, in addition to art therapy.

New Directions staff realize that this girl's mother could use support raising her and her 5-year-old brother. The single mom is struggling with the all-too-common demands of work and family. There is a history of domestic violence and the young boy witnessed a violent incident a couple of years ago, leaving him especially anxious.

We can help! The mom is referred to CPI's Parent Support Services for parenting classes and resource assistance to connect her with other needed services, such as CalFresh for groceries and health care referrals. Her son can receive mental health counseling from a CPI therapist who specializes in treating child trauma. Luckily, these programs are available near the family's home in Rohnert Park AND at CPI's main campus in Santa Rosa (where New Directions has just relocated!)

This family shows how CPI can support children, parents and families in need of multiple services. Our new name reflects this holistic approach to strengthening families: CPI now stands for Child Parent Institute. We'd like to thank all our partner organizations and community members for their continued support as we join together to *end child abuse and strengthen the health of children, parents and families!*

Sincerely,

Robin Bowen, Executive Director

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James Barnes, *Attorney*
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Accomplishments

Fiscal 2013/14 was a year of many changes and achievements for CPI:

- We chose our new name: Child Parent Institute
- We merged with Sonoma County Adult & Youth Development to create our Family Resource Center in Rohnert Park, located on the Technology Middle School campus. The FRC is now offering counseling services, resource assistance, parenting classes – with more services coming soon!
- We cut the ribbon on our new Parent Education Center on the main CPI campus, located on Standish Ave. in Santa Rosa.
- We partnered with the Center for Creative Arts to take on and continue their palette of school- and community-based art therapy programs.
- We hosted a farmers' market during the summer of 2014.
- We were honored with awards:
 - CPI's Parent Education Center won the 2013 Top Projects in the North Bay award from the North Bay Business Journal.
 - Executive Director Robin Bowen received the North Bay Business Journal 2013 Nonprofit Leadership Award.

The CPI Family Resource Center

CPI is thrilled to serve families at our new Family Resource Center (FRC) in Rohnert Park, created through our 2013 merger with SCAYD. The FRC offers therapeutic services to families in Rohnert Park, Cotati and Santa Rosa. A bilingual Child Advocate supports Spanish-speaking families. The FRC is home to our Creative Arts Programs, providing art therapy groups to children in schools and other community locations. The FRC also provides group mental health services to children and families involved in the juvenile justice system and through Sonoma County Probation Department, Juvenile Division . Our first year of operations at the Family Resource Center focused on developing several key partnerships in the surrounding community. We now partner with Sonoma County Human Services Department to host an Eligibility Worker at the FRC, helping families to access Cal Fresh and Medi-Cal benefits. The FRC, is located on Technology Middle School in the Rohnert Park/Cotati Unified School District, and is working with the Rohnert Park Boys and Girls Club to increase services offered to children and families.

List of Funders

Thank you to our community donors.

Together we are building brighter futures for Sonoma County children and families!

Active 20-30 Club #50	John Evans
Agilent Technologies	Kim Hunter
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Matrimonial Lawyers	Law Offices of Michael
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(IBS)	United Cerebral Palsy
James Miller Foundation	United Forest Products, Inc
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Jean Schulz	Whole Foods- Santa Rosa,
Jewish Community Foundation	Yulupa Store
John Jordan Foundation	

Parent Support Services

CPI's wide range of parent education and support services meet the changing needs of our community. Families may simply want a new strategy or be facing a multitude of serious stressors. Our offerings include parenting classes at our Parent Education Center, our Family Resource Center, and other community locations; in-home visitation services and consultations; supervised visitation services; resource assistance; and a program for parents and children experiencing divorce and separation.

Dealing with Change

Parenting is an unpredictable journey with no road map. Suzy, a new mother we helped last year was also caring for her 9 year old niece, Ana. Suzy was very unsure of herself, with doubts about her parenting skills arising from her own difficult childhood. Our parent educator visited with her at home, teaching her about child development and ways to nurture her baby, and how to set reasonable expectations for Ana. With confidence in her new skills, the young mom helped her niece set a regular study schedule and involved her in helping with family chores. The parent educator was also able to work with Ana's parents, so that the new behaviors and routines would be consistent when she returned home. Ana's school counselor expressed thanks to our parent educator, reporting that the girl's grades and attendance had really improved over the 3 months of in-home visits.



Accomplishments in 2013/14

- 851 families received Triple P Positive Parenting Program services; 644 of them were served in their own homes.
- 150 families received resource assistance connecting them with vital community services.
- 85 families received supervised visitation services.
- 732 individuals enrolled in parenting classes.
- 93 new mothers received in-home treatment for perinatal mood and anxiety disorder.
- 93 families received Collaborative Autism Training & Support.

Children's Counseling Services

CPI's Children's Counseling Services provide comprehensive mental health services to children from birth through age 18. Children are served at the Children's Counseling Clinic on our Standish Avenue campus and at our Family Resource Center in Rohnert Park. Our individual, group, art therapy, and family psychotherapy services address a wide range of childhood behavior challenges, difficult life transitions, and traumas. A multidisciplinary team of mental health professionals provides child-centered treatment designed to resolve specific concerns and help children and adolescents develop healthy functioning at home, at school, and in the community. We are qualified to help children traumatized by abuse, neglect, high conflict divorce or domestic violence.

Learning Tools to Communicate

Mindy, age 14, and her mother came to CPI exhausted of hope that they could get along. The mother was very worried about Mindy's "cutting". She didn't understand how the girl could harm herself and be so selfish when she had everything the mother couldn't have at the same age. Mindy reported never feeling close to her mother, an immigrant from Thailand working 18 hours a day to support them. Mindy had walked herself to school every morning since age 6 and spent most of her childhood alone. Within 6 months at CPI, Mindy and her mom invested in getting to know each other better. They committed to 5-10 minutes daily of just talking about their lives. Mom educated herself about American culture as Mindy learned about her mother's childhood in Thailand.



They developed empathy for the other's struggles and appreciation for each other as individuals. Mindy stopped cutting when stressed and instead began seeking support from her mother in times of need. Her mother developed the skills to handle those scary times. The pair chose to end treatment when they'd maintained a positive, healthy relationship for over 3 months. They now laugh together and enjoy one another's company! They know that when hard times come again, they'll have the tools to face their challenges.

Accomplishments in 2013/14

- 325 children received a total of 8,052 hours of therapy.
- 325% of children treated for trauma showed a reduction in trauma symptoms within 6 months.

New Directions School

CPI's non-public school serves students grades 5 - 12 in need of special education services with intensive academic and counseling support. Individual tools are provided for each student to help them realize their full potential with the goal of re-integration into district classrooms. Our credentialed special education teachers are trained to teach core academic subjects to students with learning, social, emotional and physical disabilities. Course offerings are individually focused for each student's needs and academic level. Every student attends individual and group therapy weekly. Our therapeutic services are trauma informed, in response to the 95% of our student population facing past or current trauma. New Directions Art Therapy program is a best practice model, and our experienced therapy team is also skilled in traditional verbal therapy modalities. New Directions students receive the support of a licensed speech therapist, credentialed art teacher, Tai Chi/PE teacher, and vocational specialist.



Back On-Track

Steve, a tenth-grade boy, struggled with anxiety and depression that worsened with the recent death of his mother. Overwhelmed by this traumatic experience, he couldn't face attending his large high school. Steve missed much of the fall semester, was earning failing grades and fell behind in credits. He considered dropping out of school. Steve was placed at New Directions where, with the support of his therapist and special education teacher, he developed coping strategies for challenges. He began attending school daily and completed extra work in independent study. By the fall of his 11th grade year, Steve returned part time to his neighborhood high school and joined the football team. He returned to his public school full-time that spring, and is now on-track for graduation.

Accomplishments

- 62 students attended New Directions during the 2013-14 school year and received over 2,700 hours of individual and group therapy.
- 15 student families received weekly parent counseling at school.

Agency Principles

- Adverse Childhood Experiences (ACEs) impact lifelong health outcomes requiring coordinated prevention, education, intervention, and advocacy services.
- With our trauma-informed system of care, we recognize that all children and families affected by trauma deserve access to the best possible care.
- We embrace and respect all families and believe that interventions should empower both parents and children.
- We believe that seeking support or information is a strength, not a deficit.
- Our strength-based, prevention-focused philosophy is based upon evidence or research-based methods as well as innovative practices that heal children, educate and support parents, and enhance parental competency.
- We offer resources, make referrals, and collaborate with other health and social service agencies to deliver services efficiently.

Key Strategies

We will use the “Strengthening Families” approach in providing services and will promote these five protective factors, which are proven effective in the prevention of child abuse and neglect:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Children’s social and emotional development

You’re Invited! Building Brighter Futures Breakfasts



Every-other month, CPI hosts a Building Brighter Futures Breakfast. Enjoy breakfast while learning about Child Parent Institute’s programs, services, and future plans.

For more information, contact Tiffani Montgomery: tiffanim@calparents.org or 707-585-6108 x1120