



Child Parent Institute

# IMPACT REPORT 2022





## A LETTER FROM CPI EXECUTIVE DIRECTOR, ROBIN BOWEN

Dear CPI Friends,

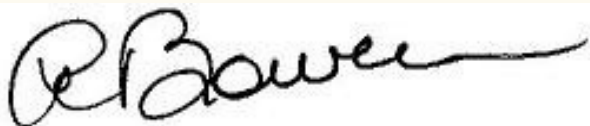
Child Parent Institute is proud of a long history of successes that have brought us to a place of providing quality family support services to tens of thousands of parents and children. In the 44 years of providing services, our mission of ending child abuse and strengthening the health of children, parents, and families has remained our focus. As you will see in our impact report, we provide a broad range of services, and touch the lives of many families in Sonoma County.

CPI has adopted the following principles that direct the work we do: understanding how ACES impact lifelong health outcomes; using a trauma-informed, two-generational, approach serving both the parents and children as the best avenue for the healthiest outcomes; embracing/ respecting all families with regards to their culture, belief systems, and values; using a strength-based approach that helps children, educates and supports parents, and enhances resilience in both children and parents.

During the wildfires and the pandemic we have experienced collective trauma, which requires a focus on the strength of collective resilience. We have found that the sum of our systems of care, when mobilized together, can hold the most vulnerable among us in a supportive and nurturing community environment.

With the help of dedicated and generous board members, employees, donors and volunteers, our programs address the needs of children and parents to create stronger and healthier communities.

We look forward to your continued support as we move into the New Year.



# 5 PROTECTIVE FACTORS

*Every program and service offered at CPI addresses one or more of the 5 Protective Factors for Strengthening Families. Using this framework, we ensure that operating dollars are applied effectively to give families the best possible outcomes.*



## **SOCIAL AND EMOTIONAL COMPETENCE**

Children's early experiences of being nurtured and developing a positive relationship with a caring adult affect all aspects of behavior and development.



## **KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT**

Children thrive when parents provide not only affection, but also respectful communication and listening, consistent rules and expectations, and safe opportunities that promote independence.



## **RESILIENCE**

Parents who can cope with the stresses of everyday life, as well as a crisis, have resilience; they have the flexibility and inner strength necessary to bounce back when things are not going well.



## **CONCRETE SUPPORT**


Families who can meet their own basic needs for food, clothing, housing, and transportation - and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs - are better able to ensure the safety and well-being of their children.




## **SOCIAL CONNECTIONS**

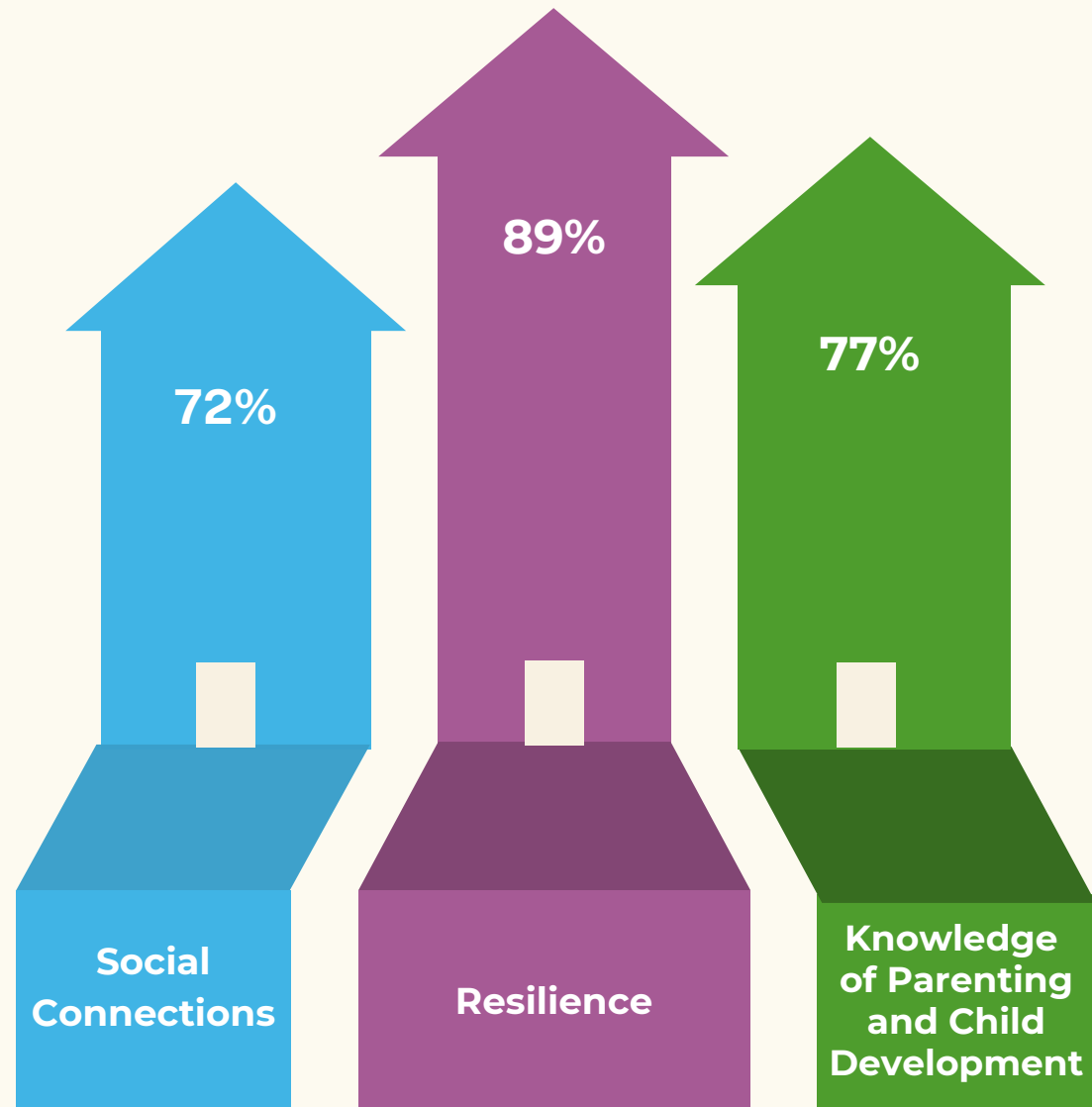
Parents with a social network of emotionally supportive friends, family, and neighbors often find that it is easier to care for their children and themselves.

# STRENGTHENING FAMILIES = SUPPORTING PARENTS

72%   
of families  
reported an  
increase in  
access to  
social  
supports

77%   
of families  
increased  
their  
knowledge of  
child  
development

89%   
of families  
demonstrated  
increased  
resiliency



# Client Story

"CPI Parenting classes truly helped change my parenting style and I've already seen such improvement in my child's behavior. Cannot recommend these classes enough! I am grateful to have access to this amazing resource. Thank you CPI. You have made me a more educated, connected and better parent."

-Parent

## PARENT SUPPORT SERVICES

*The core of positive parenting is strong, healthy, nurturing relationships. We offer a variety of parent education and family support services to help parents and caregivers provide a strong, loving, and healthy home for their children.*



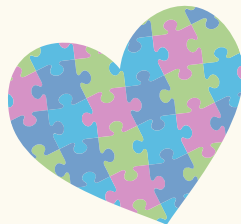
**2767** families attended parenting classes

**312** families received in home positive parenting services

**116** parents received case management services

**38** families received supervised visitation

**53** individuals referred to our services by the Justice System



**49** families received autism support services

# Client Story

Carrie met with a therapist in the Postpartum Depression Program to help with stress and anxiety following a traumatic pregnancy and birth of her child. Together they worked on increasing regulation skills, building back up self-care habits, and managing her own anxiety and frustration. At closing - Carrie told her therapist she had been more regulated emotionally and that she has been able to have more positive social connections with her friends and support system.

## COUNSELING

At the heart of our mission at CPI is our commitment to protecting the children and families in our community. Our Child & Family Counseling Clinic provides comprehensive mental health services to children ages 0-18 and their families.



**80** children received counseling

**31** parents received counseling



**52** clients participated in our Postpartum Depression Program



# NEW DIRECTIONS SCHOOL

## Client Story

*“For the first time in my son’s entire education career, a school is focusing on the positives in him and his potential to succeed, instead of only highlighting what they feel is wrong with him and what he needs to improve. I can’t help but cry over how this makes me feel and I want to thank New Directions for changing his life and the lives of our entire family.”*

-Parent of a New Directions Student

*At our school we celebrate all the great and small things that make us individuals. We are committed to creating an environment where students learn, grow, and thrive.*



**28** students attended New Directions during the 2021/2022 school year

**1276** hours of counseling services at New Directions helped our students and families succeed

**100%** of our Senior Class was successful in 21-22 school year

**67%** of our 12th graders completed the program and received their high school diploma

**33%** successfully returned to their home district



# Staff Spotlight

*In June 2022, CPI Parent Mentor, Jody Rodgers, was awarded the Casey Excellence for Children's Award. This award recognizes individuals who have dedicated themselves to building hope and improving outcomes for children and families in the child welfare system.*

*Because of her work as a parent mentor, many parents have made significant improvements in their lives. Jody brought a unique and innovative Birth Parent/Foster Parent Partnership model to Sonoma county.*

## PARENT MENTOR PROGRAM

*The goal of our Parent Mentor Program is to increase successful family reunification and to decrease the length of time preceding reunification in Sonoma County. Parent Mentors help to support parents in working towards reunification with their own children.*



**107** individuals received parent mentor services

## PARENT SUPPORT LINE

*Through the CPI Parent Support Line, Sonoma County parents and caregivers can connect with our highly trained Parent Educators and receive personalized parenting support. Services are available in English and Spanish for parents and caregivers with children of any age.*

**31** families served through the parent support line



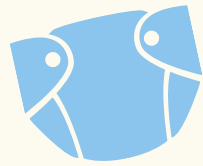
# Client Story

*"I just want to let you know that because of your reference my children and I now have a little place to call home and we get to move in this weekend! I know it's your job but you always went above and beyond to help me. You helped find resources and helped me mentally as well. Thank you from the bottom of our hearts"*

-Letter from a parent to CPI Resource Case Manager

## BASIC NEEDS/RESOURCE NAVIGATION

*Our Resource Navigation team provides short-term one on one assistance to parents linking them to resources such as food, housing, child care, employment, and public assistance.*



**2466** families received diapers/wipes through CPI's Diaper Project

**347** families received financial support through the Emergency Rental Assistance Program

**368** families and children received Resource Navigation

## CONCRETE SUPPORT DISTRIBUTION

**\$34,453** has been distributed to families in food, gas, clothing, and household gift cards

**\$34,861** was distributed in Rental Assistance

**\$5,407** was distributed in utilities



# Board of Directors

**E. John Evans**  
*Board President*

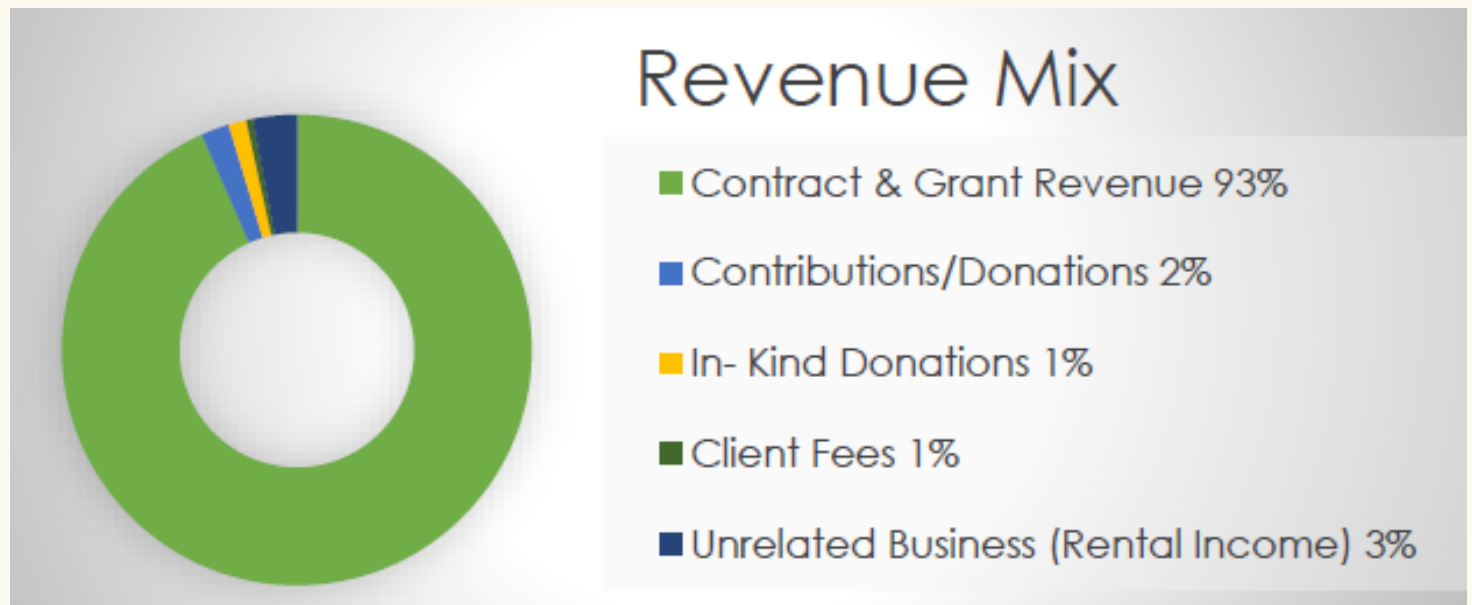
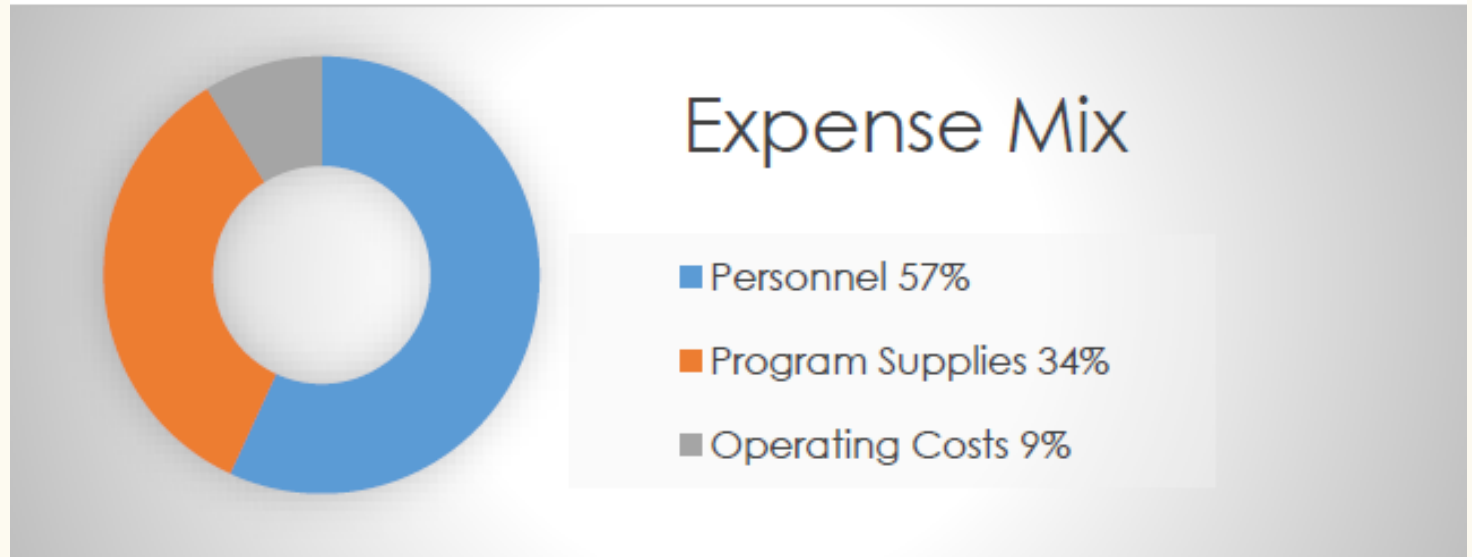
**Anthea Maybury**  
*Board Treasurer*

**Gary Lucas**  
*Business Owner*

**Colleen Metz  
Rouleau**  
*VP Future Foods*

**Midori Verity**  
*Transformation  
Coach*

## FINANCES AT A GLANCE



# Advocacy

Under the management of the Child Parent Institute, Prevent Child Abuse - Sonoma County (PCA-SC) works to establish an effective, cooperative and coordinated response to end child abuse.

We advocate for the health and safety of children and families and ensure that our community puts children and families first in public policy.

We are always looking for new ways to increase community awareness of current and ongoing issues that impact the welfare of families and children.

## SUPPORT CHILD PARENT INSTITUTE

There are several ways you can help the Child Parent Institute. Your gift helps us to build brighter futures for the children and families of Sonoma County. Here are some things you can do to help:



### MAKE A DONATION

Your gift helps empower parents, nurture children, and strengthen our community by providing the education, resources, and support caregivers need to raise children who thrive. You can make a one time gift or recurring donation. [Click here](#) to donate!

### OLIVER'S COMMUNITY CARD

By using your Oliver's Community Card, 3% of your purchase will be donated to the CPI! Use the card every time you shop and watch your contribution to Sonoma County families grow. If you don't have a community card you can ask the cashier when you check out to give you a new Oliver's Community Card.

### DONATE TO DIAPER PROJECT

Help the CPI Diaper Project by sending diapers and wipes to us directly through our Amazon Wishlist.

### AMAZON SMILE

Turn your every day shopping into a force for good. Shop at Amazon and Amazon donates to Child Parent Institute. [Click here](#) to view our Amazon Smile page.

To learn more visit [www.calparents.org](http://www.calparents.org)

