



child parent institute

building brighter futures
for our children and families



What is the Child Parent Institute?

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

Child Parent Institute (CPI) is a parent education and children's mental health agency, serving families throughout Sonoma County since we opened our doors as "California Parenting Institute" in 1978. *Our mission is to end child abuse and strengthen the health of children, parents, and families.* Child Parent Institute's continuum of care includes children's trauma counseling, parent education and support services, creative art therapy programs, support services for families with children on the autism spectrum, and our New Directions school, providing trauma-informed education to adolescent public school students who require individualized attention and therapy. We advocate for policies that support families and protect children. Our key strategy is the use of the "Strengthening Families - Five Protective Factors" model, which is integrated into all of our programs. The protective factors are: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, and children's social and emotional development. These five factors have proven effective in the prevention of child abuse and neglect.

Commitment to Evidence-Based Strategies

Child Parent Institute builds Evidence-Based Practices into all of our programs. We are a strong supporter of the Sonoma County Upstream Investments initiative, which promotes collective impact in reducing poverty and disparities in our communities by "Investing Early, Investing Wisely, and Investing Together." Child Parent Institute currently has 5 Tier One and 2 Tier Two programs listed on the Upstream Portfolio and has more applications for this seal of approval in the works.

<http://www.upstreaminvestments.org>

With a broad range of services, Child Parent Institute touches the lives of so many in Sonoma County to provide essential support, education, and treatment to children and families. Last fiscal year (2014-2015), Child Parent Institute's many family-focused programs served more than 4,100 children and families.



Child Parent Institute Board Members

James Barnes,
Attorney

Guy J. Chicoine,
Kaiser Permanente
Medical Center

Laurie Clayton,
St. Joseph Health
System

Nancy C. Dougherty
Philanthropist,
Advocate for Art
Therapy

Steve Freitas,
Sonoma County
Sheriff

E. John Evans,
Morgan Stanley

Deborah Haas,
Business Owner

Kim Hunter,
Wells Fargo Advisors,
LLC

Kaylene I. Hirtzer,
Abbey, Weitzenberg,
Warren, and Emery

Veronica King,
Bank of Marin

Briana M. Maughan,
Century 21 Alliance

Laura McArthur,
Brelje & Race
Consulting Engineers

Judy Reynolds,
Tri Counties Bank

Amy Schulze,
Platinum Chevrolet

Toni Sprouse,
Morgan Stanley

Interested
in becoming
involved?

Contact
Robin Bowen,
Executive Director
707.585.6108 x 1101
robinb@
calparents.org

CHILD PARENT INSTITUTE ANNUAL REPORT 2014/2015



What are Protective Factors and how do they make your family strong?

The reality is ... hard times, adversity, misfortune, hard knocks, bad breaks, difficulties, tough luck ... whatever you call it - your family is sure to face it at one time or another.

The good news is ... the risks that you and your children face DO NOT define your family - Protective Factors DO! Research shows that when these 5 Protective Factors are well established, family strength and optimal child development emerge.

CPI's Accomplishments:

- CPI has been serving Sonoma County children and families for **37** years.
- Last year we served over **4,100** children and families in Sonoma County.
- Volunteers donated **2,123 hours** of service to our organization.
- **7** of our programs are on the Upstream Investments Portfolio.

The 5 protective factors are:

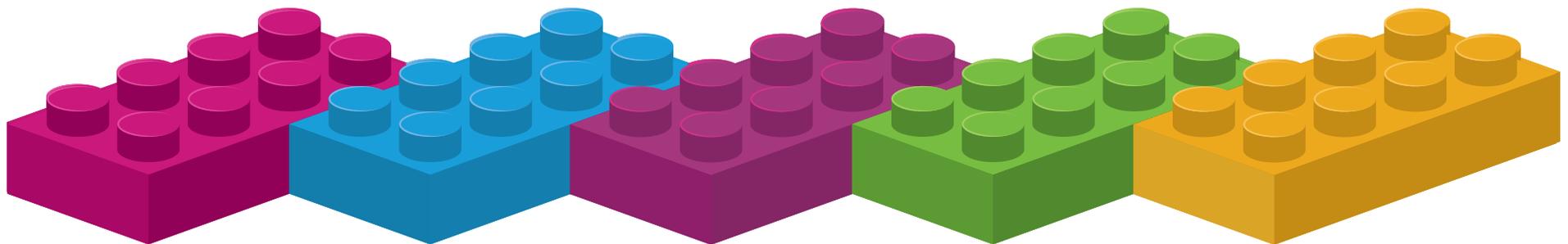
Parental Resilience

Social Connections

Knowledge of Parenting and Child Development

Concrete Support in Times of Need

Social & Emotional Competence of Children



- ▶ Exercise flexibility and develop inner strength.

- ▶ Flexibility + Inner Strength = Resilience

- ▶ Resilience makes your family STRONG

- ▶ Connecting with friends and family builds a support system and makes your family STRONG

- ▶ Being a great parent is part natural and part learned.
- ▶ Parent education makes your family STRONG

- ▶ Ask for Help
- ▶ Meeting your needs through community support and resources makes your family STRONG

- ▶ Give your child words to express how they feel
- ▶ Teaching your child to effectively communicate and interact builds positive relationships and makes your family STRONG

Find the above colored building blocks throughout this report to see which protective factors each Child Parent Institute program promotes.



What are 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 services are provided in our offices, your home, at your school or place of business and at community sites. For a listing of classes check our website: calparents.org

For more information
call 707.585.6108



I'm grateful
what you've
done for me.

You have
taught me what
I need to be.

Because of
you I did it
right, even
if it caused a
fight....

You taught
me it would be
alright.

I look at him
now, and I love
what I see.

A job well done
because of me.

— MOTHER OF A
TEENAGE SON
(CPI parenting class graduate)

Most parents parent the same way as their parents, or if they disliked it, do the opposite. What comes naturally is the familiarity of what was modeled. Developing a sound parenting strategy can be daunting. The good news is parents can learn new ideas and concepts. Research shows that parents who take parenting classes produce better outcomes with their children. The more training, the better the results.

Accomplishments:

- **603** Families received in-home Triple P parenting program coaching.
- **141** families received resource assistance.
- **95** families received supervised visitation services.
- **836** individuals enrolled in parenting classes.
- We offered **83** Classes
(**24** in Spanish and **59** in English)
- **88** mothers received in-home treatment for perinatal mood disorder.
- **54** families received autism services.
- Volunteers donated **859** hours to our programs.
- We served **3,274** children and families thru our Parent Support Services programs.
- The overall success rate with very high risk families who complete their parent education/coaching is **75%**.



Parenting Support Services

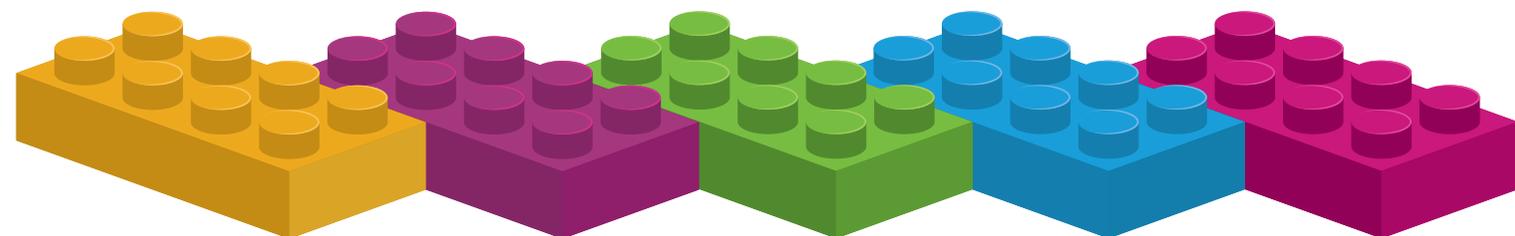
- Parenting classes
- In-home parent support
- Individual consultations
- Resource assistance
- Divorce education and support services
- Supervised visitation services
- Perinatal Mood Disorder program
- Personalized parenting classes at your school or business

The Importance of Setting Limits

In one of our positive discipline classes, a mother reported that she had finally understood that setting limits was a good thing. She admitted that she had always considered her daughter a “miracle child.” She was born to the mother later in life and she and her husband were so happy that they always gave her everything she wanted. As the little girl grew older she became very difficult and the parents were afraid to set limits and would let her have her own way. The girl eventually had problems in school because she did not want to follow the rules. The parents understood that it would be helpful to set limits in a positive way and were glad to learn strategies that improved her behaviors both at home and at school. They felt more confident about their ability to be parents, and were very happy with how much more relaxed their home had become.



PROTECTIVE FACTORS SERVED:



Social and Emotional Competence of Children

In-home parent support, Supervised visits, Autism services, Divorce education and support

Knowledge of Parenting and Child Development

Parenting classes, Supervised visits, Triple P positive parenting program, Triple P home visits

Concrete Support in Times of Need

Resource assistance

Social Connections

Parenting classes, Autism services

Parental Resilience

Perinatal mood disorder, Adult counseling services, Divorce education and support



child parent institute

Children's Counseling Services

CPI's Children's Counseling Services provide comprehensive mental health services to children from birth through age 18. 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 specialize in helping children traumatized by abuse, neglect, high conflict divorce or domestic violence. Services are provided at our two clinics located in Santa Rosa and Rohnert Park.



For more information
call 707.284.1500
intake@calparents.org



PROTECTIVE FACTORS SERVED:

Parental Resilience
Family counseling

Social and Emotional Competence of Children
Counseling,
Trauma therapy

Accomplishments

- **376** children and their families received a total of **19,552** hours of therapy.
- **58%** of children treated for trauma showed a reduction in trauma symptoms within the first 6 months of treatment.
- **86%** of children showed improvement in one or more clinically significant behaviors within the first 6 months of treatment.
- Therapy staff completed specialized training to work with infant mental health (0-3 years).

A Family's Success Story

A 6 year old boy was brought to our clinic because of mood swings, refusing to shower, and repeatedly running away to avoid going to his father's home. His mother was concerned for his safety at his father's house and wanted to have a safe place the child could express his feelings. The family had many strengths, and the child was bright, loved learning and going to school, and was friendly and easy to engage. Throughout the 5 months of treatment, a CPI therapist worked with him to encourage good communication, increase his emotion-identification skills, build on his existing coping skills, and provide a safe space for him to explore his needs in relationships. The therapist also worked with both the mother and father to develop their parenting skills and supported them to establish how to help the young boy get his emotional and physical needs met.

At the end of treatment it was apparent that the child was caught between two parents who both loved him. The child's anxiety symptoms diminished after both parents began participating in treatment together. The whole family now had tools they could use to communicate.



Rohnert Park's New Center for Families

CPI is thrilled to serve families at our new Family Resource Center (FRC) located on the Technology Middle School campus in Rohnert Park. The FRC provides therapeutic services to families as well as group mental health services for children and families involved in the juvenile justice system funded by Sonoma County Probation Department - Juvenile Division.

Throughout our first year of operations we have developed several key partnerships in the surrounding community. These include:

- Cotati-Rohnert Park Unified School District
- Sonoma County Human Services
- Sonoma County Health Services
- Boys & Girls Clubs of Central Sonoma County

For more information call 707.793.9031 x 2111



Accomplishments:

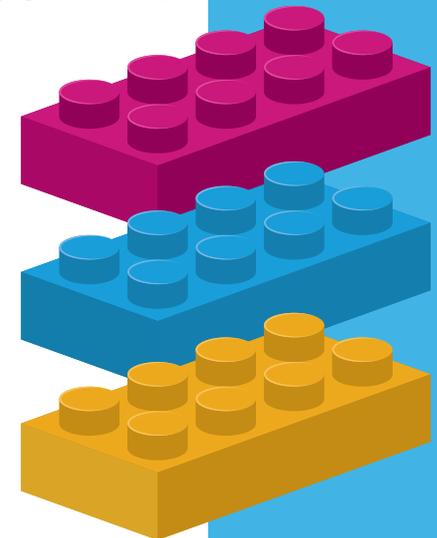
- **130** families served at FRC its first year!
- **158** children received approximately **7,900** hours of therapy.
- **53%** of children treated for trauma showed a reduction in trauma symptoms within 6 months.
- **78%** of children showed improvement in one or more clinically significant behaviors.
- We served **50** children in creative arts programs.
- Began school-based therapy services to the Cotati-Rohnert Park Unified School District.
- We served a total of **190** children through the FRC programs.

PROTECTIVE FACTORS SERVED:

Parental Resilience
Adult counseling

Social Connections
Creative arts programs, Girls circle, Interactive journaling

Social and Emotional Competence of Children
Counseling, Trauma therapy





What is New Directions?



Child Parent Institute's non-public school serves students grades 5 through 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 to meet college preparatory standards. 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, credentialed art therapist, and vocational specialist.

PROTECTIVE FACTORS SERVED:



Parental Resilience
Family therapy

Social Connections
Fellow students

Concrete Support in Times of Need
Resource assistance for students' families facing crises

Social and Emotional Competence of Children
Individual and group therapy

Accomplishments:

- Last year we built and moved into a new school building on CPI's main campus, shared with the Children's Counseling Clinic and Parent Education Center.
- **46** students attended the NEW school.
- We had volunteers provide over **70 hours**.
- **8** families received wrap around services including family therapy.
- We celebrated **5** seniors with high school graduation diplomas and ceremonies.
- We implemented technology rich programs in all classrooms, which include iPads, laptops, and full-class instruction with Apple TVs.



Expanding Programs for Children & Families: Creative Arts

Child Parent Institute is excited to expand our services to feature the creative arts. According to research by the National Endowment for the Arts, “students who have arts-rich experiences in school do better across-the-board academically, and they also become more active and engaged citizens, voting, volunteering, and generally participating at higher rates than their peers.” (Rocco Landesman, *Arts and Achievement in At-Risk Youth: Findings from Four Longitudinal Studies*.) Expanding access to the arts is an upstream investment that aims to prevent or reduce many of the negative effects of poverty on children and youth through early arts engagement that yields lifelong results.



CPI’s expanding offerings include a variety of creative arts, such as theatre, movement, creative writing, storytelling, and music. CPI has hired a Creative Arts Director to guide this process, and has established the participation of Chalkboard Players, a troupe comprised of theatre artists and instructors dedicated to developing free interactive performing arts activities, programs, and performances for underserved children.

We’re currently exploring the integration of the creative arts throughout our wide array of parent education and children’s mental health services. We’re seeking to expand the creative arts offerings at New Directions, CPI’s non-public school serving students in grades 5 through 12 where art therapy has long played a key role in student success.

Our creative and therapeutic arts services will provide a foundation for self-expression and skills that provide lifelong benefits. Participation in the arts builds empathy, boosts academic achievement to help narrow the gap created by income disparity, and strengthens the social and emotional development of participating students. The arts increase parent engagement in schools, broaden parents’ understanding of their children, and provide opportunities for social connections. Several of these

factors have been proven to help reduce the risk of child abuse and neglect while strengthening families and communities.



PROTECTIVE FACTORS SERVED:

Parental Resilience

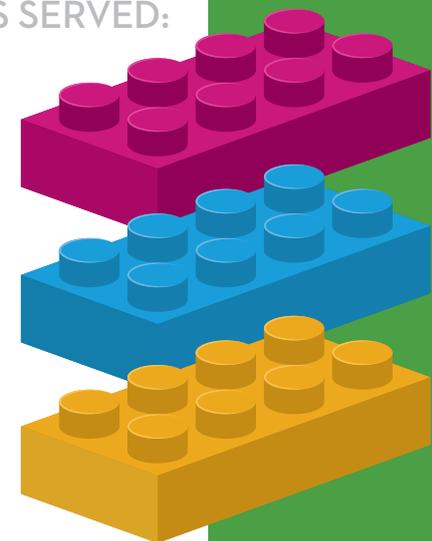
Creative art therapy programs at The Living Room, Burbank Housing, and school sites.

Social Connections

Fellow art program members

Social and Emotional Competence of Children

Creative arts therapy



Want to explore how a creative arts program could benefit your school, community group, or event?

Interested in joining CPI’s Creative Arts Advisory Board?

Contact
Joy Thomas,
Creative Arts
Director
joyt@calparents.org
707.585.6108 x1121

Accomplishments:

Last October, the Center for Creative Arts, an organization that provides art therapy using a strengths-based approach, joined CPI to continue and extend this programming in schools and other community settings, including Burbank housing sites and the Living Room, a Santa Rosa homeless shelter. Art therapy through CPI is currently offered in after-school small groups at five schools in Rohnert Park and Santa Rosa. Over the past year, **50** students were served at four school sites and **33** were served at Burbank housing sites, in addition to an estimated **40** women and **60** children who participated at the Living Room.



child parent institute

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



Families with Children on the Autism spectrum

1 in 68 children are diagnosed on the autism spectrum in our county. CPI provides the following services for families who have children on the spectrum:

- CATS (Collaborative Autism Training and Support) is a partnership with Sonoma State University. SSU students take a class to learn about autism. Part of the coursework is a semester-long internship to provide 50 hours of one-on-one work with a child on the spectrum in the family home. This service is supported by North Bay Regional Center.
- Monthly support groups are held at our Parent Education Center for parents of kids on the spectrum.
- We offer Triple P Autism social skills classes for children and their parents.

Success Stories

Mother seeks one-time help

A mother requested and received family leave when her child was hospitalized with a serious illness. But when she returned to work, she found her hours had been decreased. She ended up being \$200 short for her monthly rent. Our resource assistance program was able to provide her this one-time funding so that she could keep her housing. She also spent some time with our resource assistant learning how to seek more lucrative employment and even how to set a long term goal to explore further education in order to improve her earning potential. In addition, her older child, who was displaying some understandable symptoms of anxiety, was referred to our children's counseling program.

A few nights can make all the difference

A New Directions student and his family were temporarily homeless. The teacher was able to talk to the teen about this situation, and as his family made plans to move into a small trailer, our basic needs program was able to provide money for a few nights' hotel lodging. This meant the children could take showers and sleep safely at night. It made a big difference in the teen's ability to function at school and in some ways was a breakthrough for him, because he realized that his teachers did care about him and he worked harder to complete his assignments and to behave better in class. He also received support for dealing emotionally with this difficult time through his weekly group and individual therapy sessions. Once the family was moved into the trailer, we assigned a resource specialist who helped the family apply for Medi-Cal and CalFresh. The parents were also referred to counseling at the Family Resource Center.



child parent institute

Child Parent Institute

3650 Standish Ave., Santa Rosa, CA 95407

ph: 707.585.6108 fax: 707.585.6155 www.calparents.org [Facebook.com/calparents](https://www.facebook.com/calparents) [Twitter @calparents](https://twitter.com/calparents)

How can you **HELP?**



Help us spread the word about who we are and what we do!

We are here for ALL Sonoma County families.

Volunteer Opportunities

- Yoga/Tai Chi teacher
- Help at fundraising events
- Gardening help in clinic and school garden
- Assist in after school creative arts therapy groups
- Baking cakes for students at New Directions birthdays/school parties
- Offering workshops for students at New Directions
- Waiting room host at clinics located in southwest Santa Rosa and Rohnert Park
- Providing Supervised Visits
- Front desk coverage on Saturdays
- Filing and phone calls
- Holiday celebration help

Attend our Events

- **CPI's annual fundraiser:**
4-A Child Masquerade Ball - October 30th, 2015
- **April is Child Abuse Prevention Month:**
Blue Ribbon Training/Luncheon - April 2016
- **Do you want to learn more about us?**
Attend one of our quarterly building brighter futures breakfasts.
Schedule for 2016: Jan 7, April 7, July 7, October 6.

Make a donation

We need your help to continue to build brighter futures for children and families. Your donation goes directly to supporting our programs and services offered to all families in Sonoma County. CPI is a registered 501(c)(3) non-profit and your donation is 100% tax deductible. Donations can be made online, by phone, or by mail.

- You can make a one-time donation in any amount.
- You can make a recurring donation.
- You can leave a legacy donation.

For information about volunteering, signing up for an event, or donating, please contact

Tiffani Montgomery, Marketing & Event Director
707-585-6108 x1120 or tiffanim@calparents.org

Thank you to our community partners and donors.

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

- | | | |
|---|-----------------------------------|--|
| Active 20-30 Club #50 | First Tech Federal Credit Union | Patricia Backen Designs |
| American Association of Matrimonial Lawyers | Florence Lang Endowment Fund | Paul H Pusey Foundation |
| Amy Rodney | Gene Gaffney Insurance Services | Penny Lee Wolfsohn |
| Annette Cooper | George Smeltz Construction | Phyllis & Jeff Miller |
| Bank of Marin | HR Matrix | RPM Automotive |
| Betty Grant | Human Race Participants | Santa Rosa City Schools |
| Bothin Foundation | Innovative Business Solutions | Santa Rosa Symphony |
| Bunko Babes | Janice March Fund | Schwab Charitable Fund |
| Cal OES | Jean Schulz | SELPA |
| Catherine Chapnick | John Evans | SoCo Human Services Department |
| Cauntay Family Fund | John Jordan Foundation | Sonoma County Health Services |
| City Council of Rohnert Park | Josephine Loretta Sambado | Sonoma County Office of Education (SCOE) |
| Claire Buck Werner | Kaiser Permanente | Sonoma County Probation Department-Juvenile Division |
| Codding Construction | Kevin & Toni Sprouse | Sonoma County Sheriff Department |
| Codding Foundation | Kim Hunter | Speedway Children's Charities |
| Collaborative Council of the Redwood Empire | La Duca Gehrs Salon | St. Joseph Health |
| Community Foundation of Sonoma County | Lauren Sloan | Starbucks |
| Corricks | Law Offices of Michael Fiumara | Stout Brothers |
| Cotati-Rohnert Park Unified School District | Legal Shield- Haas & Associates | Summit State Bank |
| David & Susan Mark-Raymond | Lynn Woolsey | Terre Family Law |
| Don Yoder Foundation | Marcy Clausen | The George Fund of the Goldman Sachs Philanthropy Fund |
| Doreen Downs Miller Foundation | Mary Ann Swanson | Tri Counties Bank |
| Dougherty Fund | Montgomery Village Concert Series | United Forest Products, Inc. |
| Elisabeth Chicoine | Morgan Stanley | United Way of the Wine Country |
| Exchange Bank | Moss Adams LLP | Wells Fargo |
| FastSigns | Mountain Mikes | Whole Foods- Santa Rosa, Yulupa Store |
| Firma Design Group | North Bay Business Journal | |
| First 5 Sonoma County | North Bay Regional Center | |
| First Community Bank | | |

Join us in funding critical programs that help treat and prevent child abuse in Sonoma County.

4-A-Child Masquerade Ball



Tarot Readings • Photo Booth • Casino Tables • Silent Auction • Live Music
 Black tie optional, mask required. Masks will be available for sale at the door.

Friday, October 30, 2015 7:00-11:00 PM
 Friedman Event Center, 4676 Mayette Ave. Santa Rosa

100% of all money raised goes directly toward funding CPI programs that serve children and families.

\$60 for individual
 \$100 per couple
 \$750 VIP Table of 8

Tickets now available
WWW.4-A-CHILD.ORG
 707.585.6108 x1120

Thank you to our sponsors

Presenting Sponsors



Diamond Sponsors



Platinum Sponsors



Gold Sponsors



Silver Sponsors



Casino Sponsor



Bar Sponsor



Jewelry Raffle



Media Sponsors

