



**Jewish Family Service**

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# A Brief Overview of the Positive Parenting Program

Funded by County of San Diego – Health and Human Services Agency,  
Children’s Mental Health Services

**POSITIVE  
PARENTING**





P R O G R A M



# Jewish Family Service



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-  Serving San Diego since 1918
-  More than 50 programs throughout San Diego County and parts of Riverside County
-  “One Source for a Lifetime of Help”
-  Service to everyone, regardless of religion



*One Source for a Lifetime of Help* - [www.jfssd.org](http://www.jfssd.org)

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# Positive Parenting Program



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- 🔥 Jewish Family Service's Positive Parenting Program is a County of San Diego funded Prevention and Early Intervention (PEI) program.
- 🔥 Using the evidence-based Triple P America model, JFS assists parents/caregivers/families, educators and child care providers the following settings:
  - Head Start and Early Head Start Centers
  - Sites dedicated to serving military families
  - Community locations throughout the County
  - Low-Income Elementary Schools



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# Positive Parenting Program



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## Program Demographics

- We serve all areas of the County
- Services are available in English and Spanish
- Prevention curriculum is available at Community and School sites
- Early Intervention curriculum is provided at Head Start and Military locations (along with the Prevention curriculum)



## Eligibility

- For Prevention: no eligibility criteria, the program is available to all San Diego County parents
- For Early Intervention: must be a Head Start parent (child currently enrolled) or a family impacted by a parent or caregivers Military service



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Prevention

## SEMINAR SERIES

(LARGER GROUPS)

3 Sessions (Approx. 2 hrs each)

- (1) The Power of Positive Parenting
- (2) Raising Confident, Competent Children
- (3) Raising Resilient Children



## INDIVIDUAL

(ONE-ON-ONE WORK)

4 Sessions (Approx. 30 mins. each)

In-depth problem solving for 1 or 2 specific behavior difficulties. Allows for individualized parent plan for managing challenging behavior.

## GROUP

(SMALLER GROUPS)

8 Sessions (5, 2 hour groups and 3 shorter individual meetings)

Focus is on more complex behavior difficulties. Group format normalizes parenting challenges and builds social network with other parents.

Early Intervention



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## What we provide:

- 🔥 Trained Educators
- 🔥 Healthy Snacks and Child Activities during the sessions
- 🔥 Incentives and Prizes during Seminars and Groups
- 🔥 Tip Sheets, Specialized Parenting Materials and opportunities to view Triple P videos
- 🔥 Connections to other programs when a family needs additional help

## Outcome highlights (FY 10-11):

- 🔥 1,157 unique families served, 79% were Latino/Hispanic
- 🔥 99% of parents evaluated reflected improvement in their parenting skills
- 🔥 95% of parents participating in the Group component had a reduction in Depression, Anxiety and Stress levels



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# THANK YOU!



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Contact me if you have any questions!

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