

Parents *by Choice*

Positive Parenting Program

History & Overview

A decorative graphic consisting of several horizontal lines of varying lengths and colors (teal, white, and light blue) extending from the right side of the slide.

History:

- San Joaquin County Behavioral Health issued RFP in 2011.
- The focus was to fulfill the goal of their PEI (Prevention & Early Intervention) plan.
- Parents by Choice was one of six agencies funded under “Comprehensive Family Support Programs.”

Program Design:

- Level 4 Group Triple-P.
- Groups held in the community & at agency office, led by Masters-Level facilitators.
- Free childcare provided, along with light snacks (pizza for the kids).
- “Success Group” – an aftercare support group

By the Numbers:

Year	Parents Served	% of Goal
12/13	123	102%
13/14	170	141%
14/15	118*	190%

* Through 12/31/14

More Numbers (Year 14/15):

Assessment	Average Pre-Test	Average Post-Test
Parenting Scale	3.38	2.63
Parenting Task Checklist (Behav)	67.58	82.09
Parenting Task Checklist (Setting)	75.53	87.28

Outreach Efforts:

- Booths at community events, churches & schools.
- County mental health & child welfare staff.
- Community based organizations.
- Social media, website

Other Notable Items:

- Developed an animated video (more coming):
<https://youtu.be/fVIw6S3CpzA>
- Text messaging to engage parents:
 - To receive group schedule.
 - Parenting tips delivered once a week via text.

Feedback from Participants:



"My 10 year-old son told me: 'Dad, you've changed a lot! You are much calmer than before. Can Mom take that class, too?'"

"So grateful for this program. It immediately had a positive impact on all members of our family. We will continue to use what we've learned. Thank you!!"

More Feedback:

"I just left (Client Name) and complimented her on the completion of the classes. She shared that it has really helped her a lot and now that she has returned to the home of her sister, she is implementing some of the techniques learned. She said, "They really work!" She was very proud and happy with herself and the change in the behavior of the children, which I personally witnessed today. I thought the children were "swapped out" for a new set! She also seemed to have improved confidence in her ability to supervise her children. So thanks, whatever you've taught, and please keep on teaching!" **R. C., Social Worker, San Joaquin County.**

Where to from Here:

- New contract with SJ County will triple program budget.
- More staff trained in Level 4 Group, including Spanish-speaking facilitator.
- Staff will also be trained in Level 4 Teen and Pathways.

Final Thoughts:



Along with food, shelter, and clothing, we have another obligation to our children, and that is to affirm their "rightness." The whole world will tell them what's wrong with them-loud and often. Our job is to let our children know what's right about them.

-Faber & Marzlish