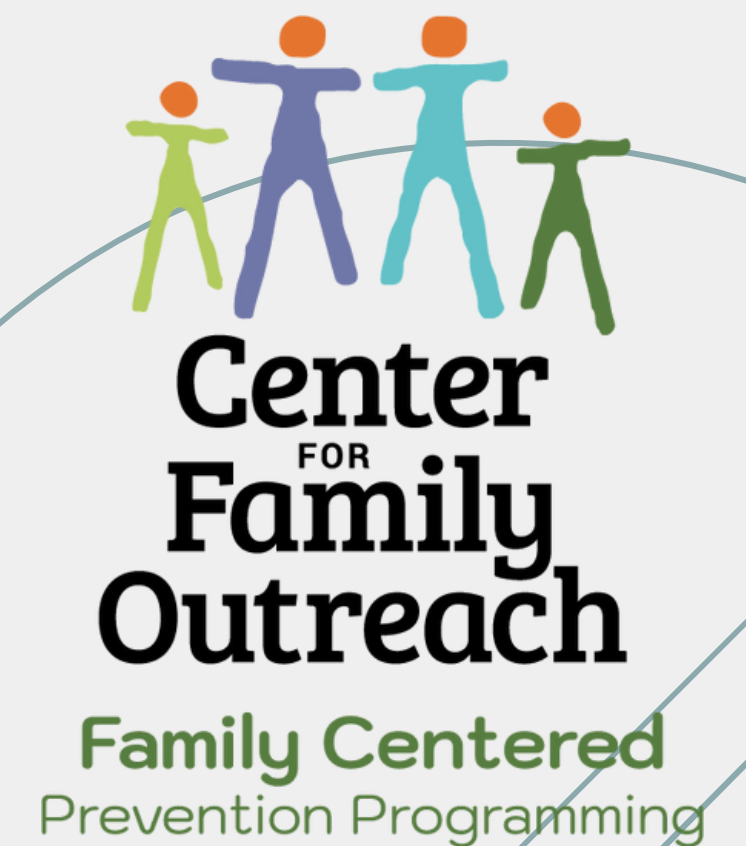




PARENT NAVIGATION REPORT

2022 Immediate Needs Grant

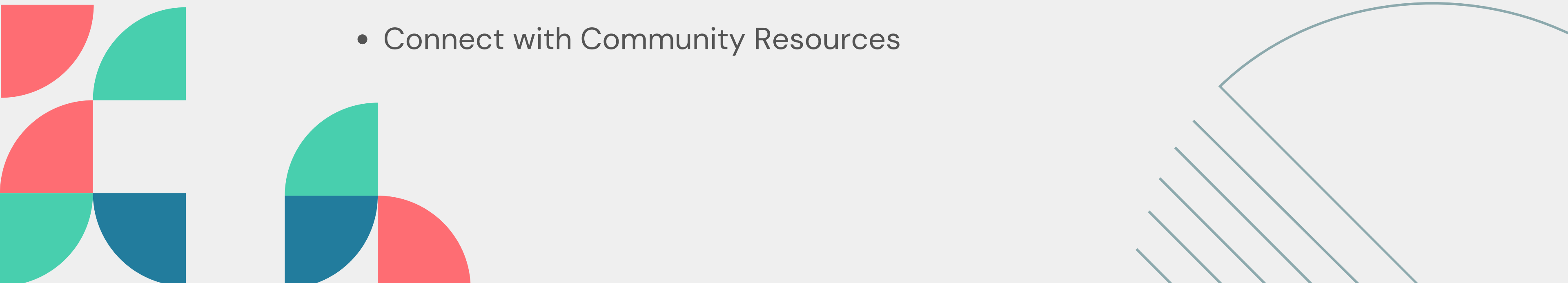




LEARN THE SKILLS
OF "CALM, CLEAR, COMPASSIONATE
COMMUNICATION" FOR THE TEEN YEARS.



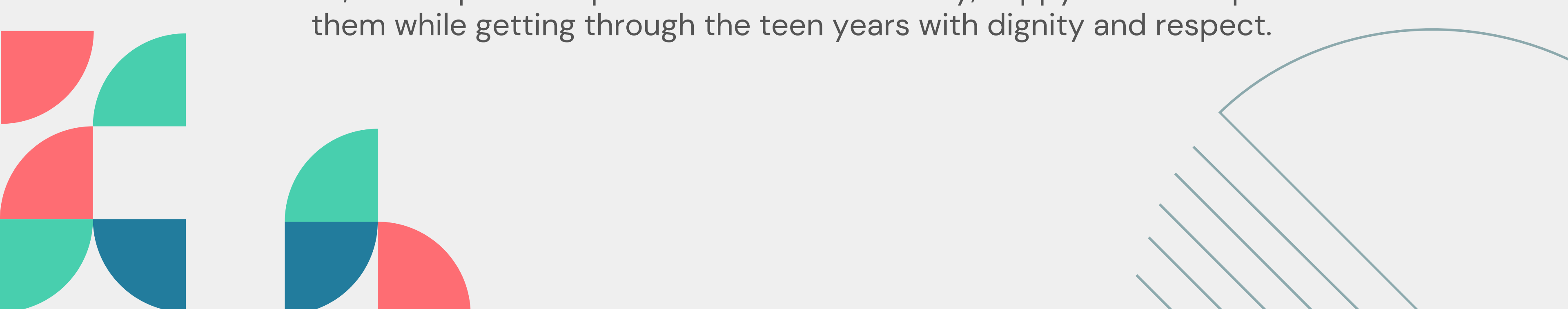
PROGRAM GOALS

- Develop communication skills within the family as evidenced by reports of improved relationships with child/youth.
 - Establish safety for family members in the home.
 - Develop parent wellness
 - Connect with Community Resources
- 



PARENT NAVIGATION DEFINITION

TCFFO Parent Navigation Wellness Programs help parents explore best practice ideas for parenting styles, communication, family agreements, boundary keeping and stress management for self and families; so they can be more calm, more present, more compassionate, more engaged, with their teens, and to provide space to cultivate a healthy, happy relationship with them while getting through the teen years with dignity and respect.



PARENT NAVIGATION PROGRAM DEVELOPMENT TIMELINE

Parents

We started working with our first parents one-one one! We served 7 parents, supporting them with issues around drug and alcohol use, communication, and mental health. We continued this approach through 2022 and the first half of 2023.

Ongoing Support

New Class: Ongoing Parent Support Classes were started for parents who completed the first round of classes but wanted ongoing support. The discussion formatted class was open to the topics parents wanted to discuss.

FEB
2022

MARCH
2022

SEPT
2023

DEC
2023

2024

Hire Parent Navigator

Parent Navigator was hired! The PN participated in training and began program development.

Website and Classes

Based on feedback, Parenting classes begin! In addition to individual parent support, we added these classes. We had an average of 5 parents per class!
The classes were called:
*Parenting Workshop
*Finding Calm in Stressful Times
Cyber Safety Presentations, from a Community Resource Officer

A parent website was also created as a resource for parents. [Parent Website Link](#)

New Classes!

2024 brings exciting times as we will continue our current classes and we will start a new class on Cyber Safety, teaming with local agencies. Pre-registration numbers are strong!





PARENT NAVIGATION CLASSES



Parenting Styles Workshop Description

- Parenting Styles Workshop will cover the following:
- Exploring Parenting Styles that fit for you
- How to co-parent in blended or divorced families
- Learning how to be calm, clear and consistent
- Intentional Communication
- Intentional Listening
- Creating Family Agreements
- Boundary Keeping
- Privileges and Consequences that work for you

Reducing Stress in the Teen Years Description

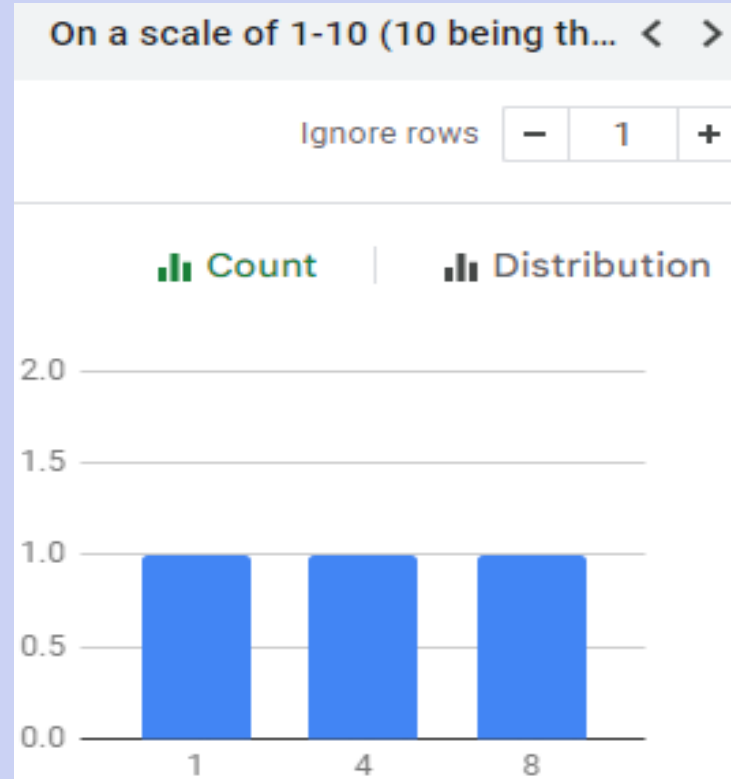
- Reducing Stress in the Teen Years will cover ways of regulating and reducing stress by practicing the following Skills:
- Recognizing when you are becoming stressed or dysregulated
- Regulating your system back to calm
- Responding with clear, calm communication
- Learning to check in on our selves while taking care of others.

FCPS/SRO Presents a Free Parent Cyber Safety Education Presentation

Officer Savage is ready to assist you in navigating the vital subject of cyber safety, with an emphasis on the applications utilized by students today. Uncover valuable insights into the connections within social media, cyberbullying and explore potential solutions.

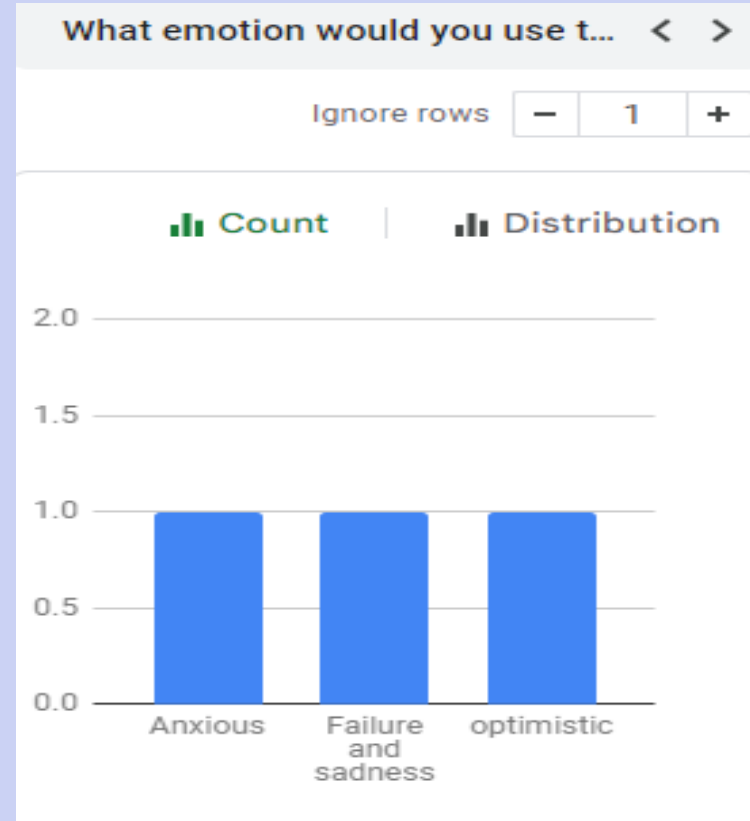
Parent Navigation Classes: Data From Parenting Support Classes

Pre-Survey October of 2023 (Please match symbols)



On a scale of 1-10 (10 being the best), Regarding how things are going for you emotionally or personally; **Currently**, what number are you?

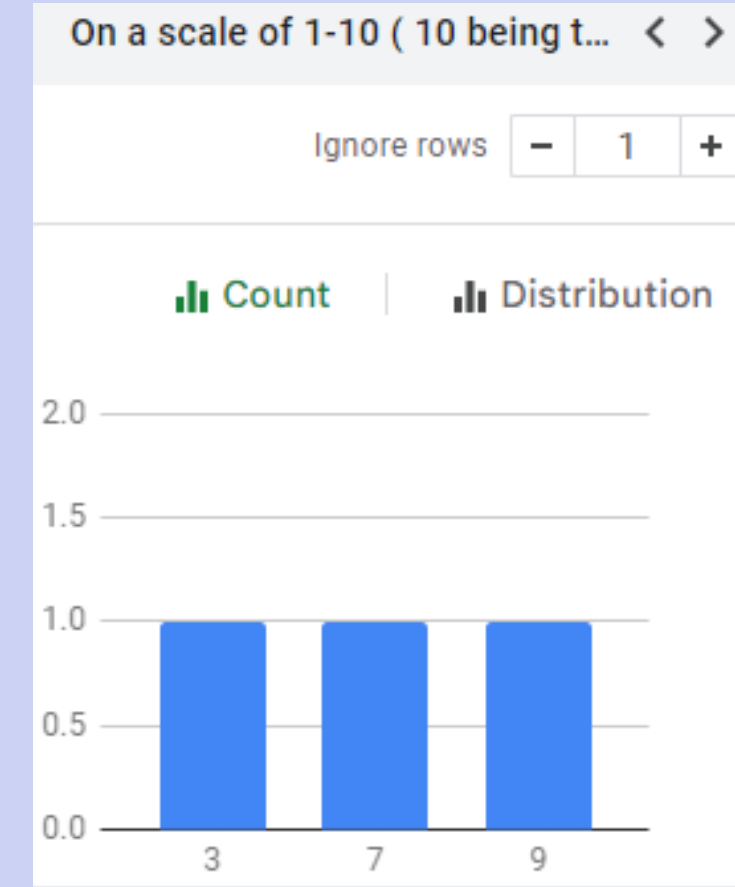
Pre Current State of Mind



What emotion would you use to describe the number you chose from above?

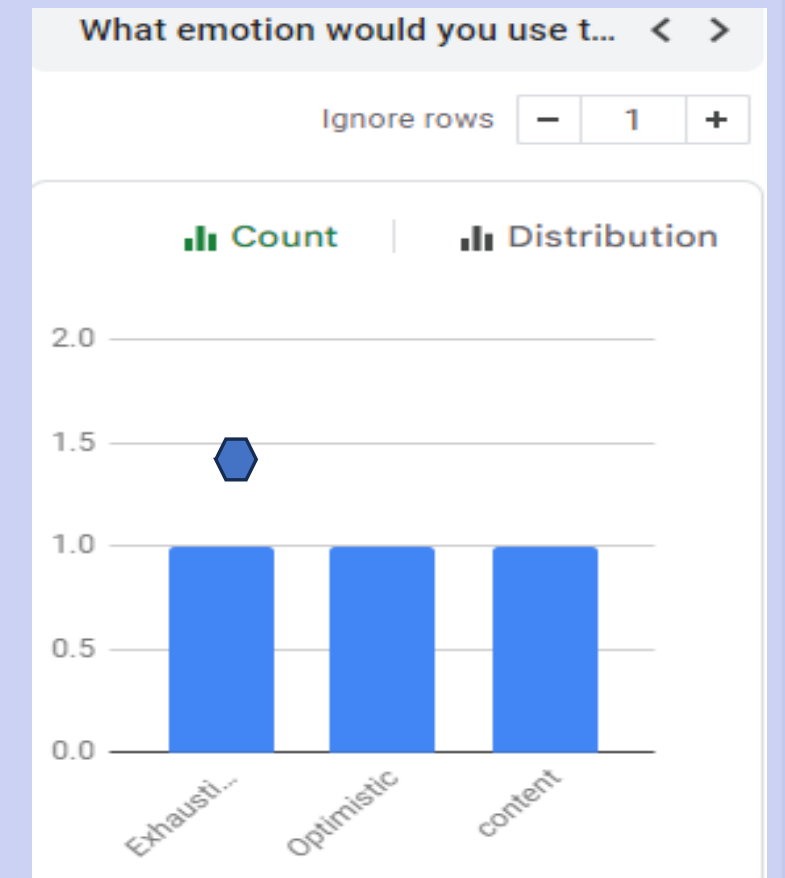
Pre Trait Change

Post-Survey November of 2023 (Please match symbols)



On a scale of 1-10 (10 being the best), Regarding how things are going for you, emotionally or personally, ; what number do you most **generally** run at. (approx. for the last 2-3 weeks)?

Post Current State of Mind

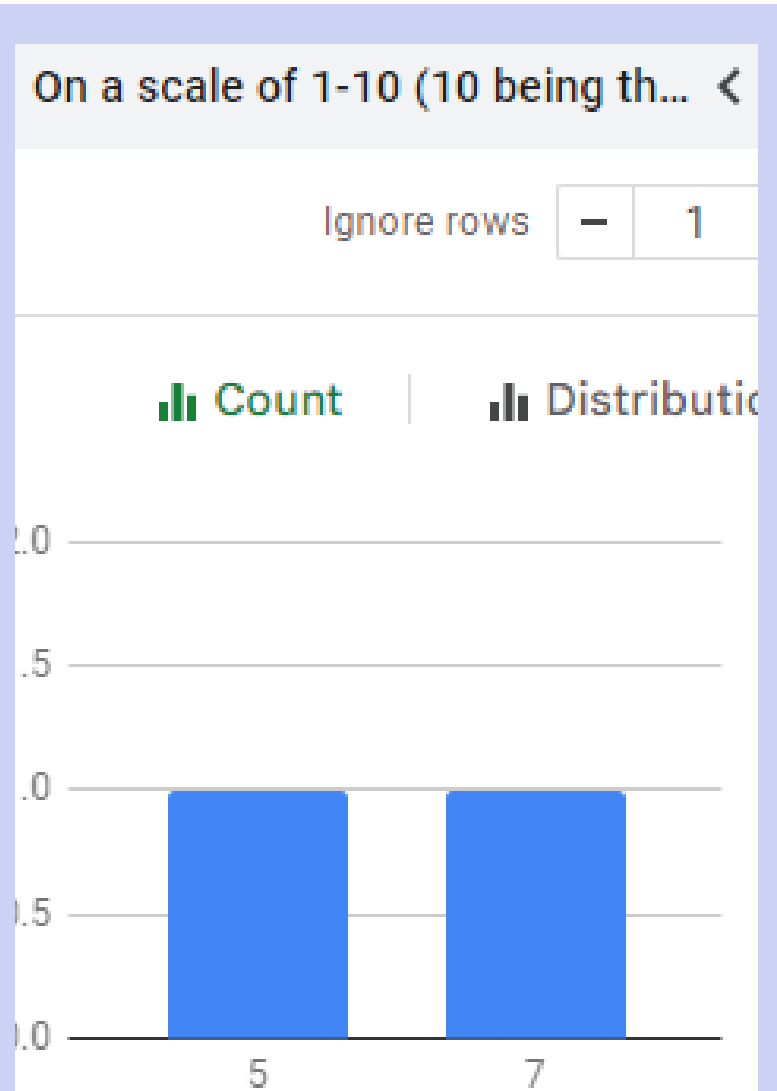


What emotion would you use to describe the number you chose from above?

Post Trait Change

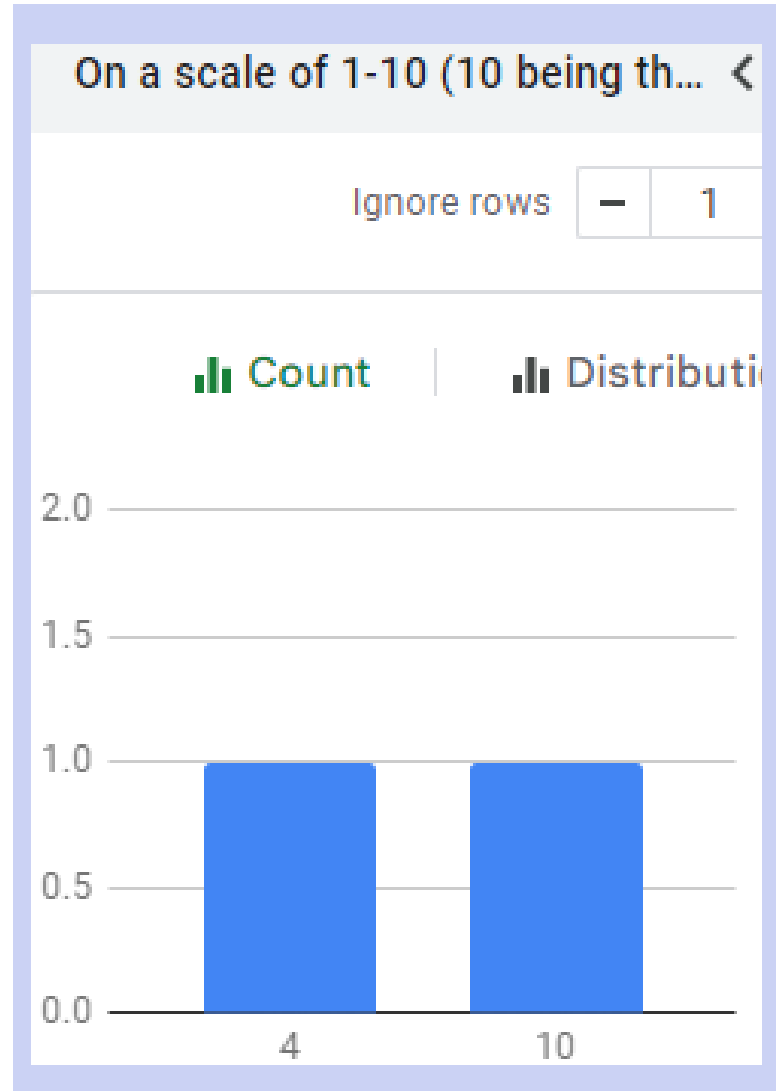
Parent Navigation Classes Data From Parent Workshop

Pre-Survey October of 2023 (Please match symbols)



On a scale of 1-10 (10 being the best), Regarding how things are going between you and your Teen; what is your personal, **current** feeling?

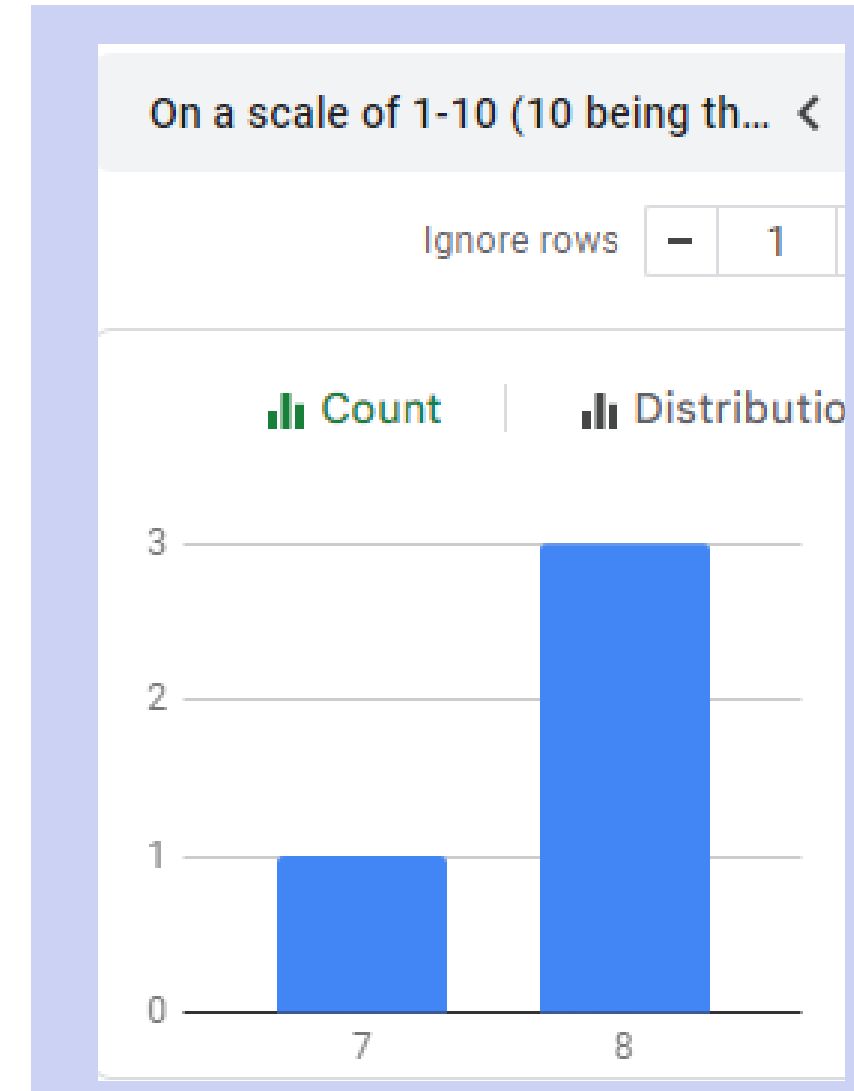
Pre Current State of Mind



What emotion would you use to describe the number you chose from above?

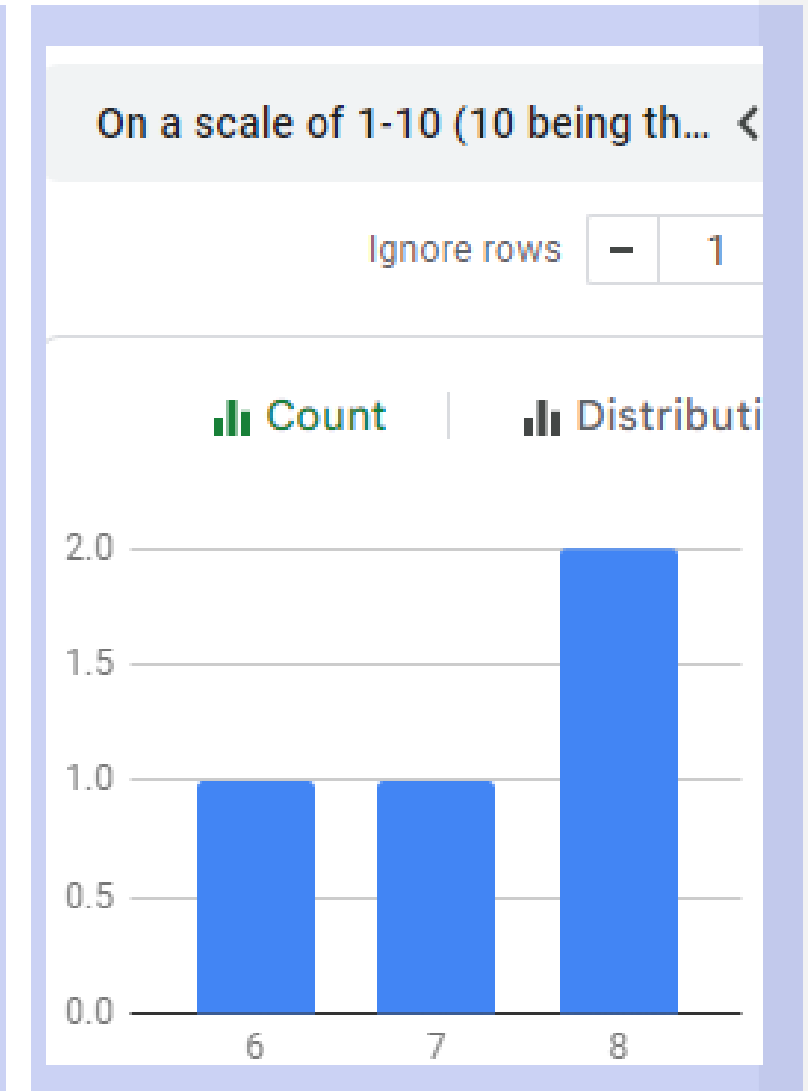
Pre Trait Change

Post-Survey November of 2023 (Please match symbols)



On a scale of 1-10 (10 being the best), Regarding how things are going for you, emotionally or personally, ; what number do you most **generally** run at. (approx. for the last 2-3 weeks)?

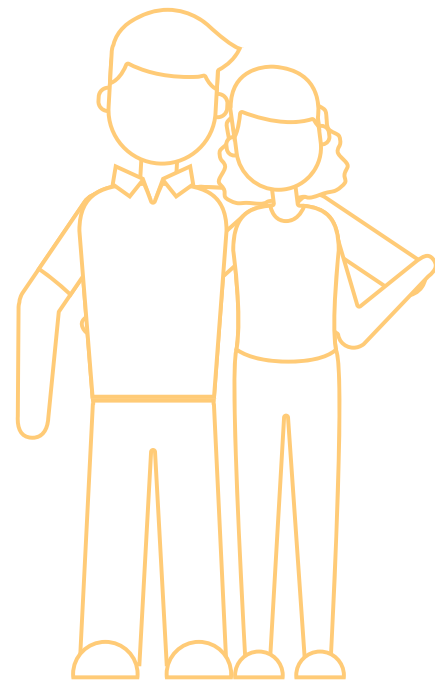
Post Current State of Mind



What emotion would you use to describe the number you chose from above?

Post Trait Change

<u>Timeline of Parenting Classes</u>	<u>Data Summary from Parenting Workshop and Classes</u>
September – October 2023	Parenting workshops for both <u>Parent workshop and the Parent Support</u> classes were developed.
October	Classes began, Pre-Survey of mot participants were recorded (see data sheets
4-week Parenting Workshop class	Parent workshop covered Parenting Styles, safe boundaries, expectations and clear communication and safety on social media
4-week Parent Support class	Parent learned the skills of Recognition, Regulation and calm Responses to stressful situations including strategies to keep family members safe (emotionally)during family discussions.
November	Classes close, Post survey was collected, see data sheet
Comments from participants in the parenting workshops	"I really enjoyed this class and appreciated the support. Being with a group of other parents of teens was really helpful and encouraging. Having a mix of time to share personal experiences, with time to cover tips/tools/information about parenting teens was very effective and appreciated."
Comments from parents in the Parent Support class	"Really enjoyed having homework related to each topic, so I could practice.' (Sun) "This workshop was very helpful to us as a family. I'm implementing things I've learned during the workshop. It's not always easy but I already see a positive change."
November Summary	<ul style="list-style-type: none"> • Participants were able to develop communication skills within the family as evidenced by reports of improved relationships with child/youth. See data sheets and testimonies from parents. Parents learned about holding boundaries and expectations. • Establish safety for family members in the home by learning how to self-regulate and taking breaks when discussions escalated. • Develop parent wellness using skills and tools for stress management and healthy boundaries with teens • Connect with Community Resources by learning about the social media dangers from a community officer
Reflection and parent suggestions	Parents suggest that classes need to be longer to help promote more discussion.; Better Childcare options



OVERALL 116 PARENTS

participated in the total
Parent Navigation program:
One-on-One and Classes

We accomplished 4 out of our 4 goals:

- Develop communication skills within the family as evidenced by reports of improved relationships with child/youth.
- Establish safety for family members in the home
- Develop parent wellness
- Connect with Community Resources



"I really enjoyed this class and appreciated the support. Being with a group of other parents of teens was really helpful and encouraging. Having a mix of time to share personal experiences, with time to cover tips/tools/information about parenting teens was very effective and appreciated."



"Really enjoyed having homework related to each topic, so I could practice." (Sun)
"This workshop was very helpful to us as a family. I'm implementing things I've learned during the workshop. It's not always easy but I already see a positive change."



SUMMARY

We accomplished 4 out of our 4 goals:

- Participants were able to Develop communication skills within the family as evidenced by reports of improved relationships with child/youth. See data sheets and testimonies from parents. Parents learned about holding boundaries and expectations.
 - Establish safety for family members in the home by learning how to self-regulate and taking breaks when discussions escalated.
 - Develop parent wellness using skills and tools for stress management and healthy boundaries with teens
 - Connect with Community Resources by learning about the social media dangers from a community officer
- 