

# STRENGTHEN FAMILIES LOCALLY

5/17/21

## In attendance:

Ileana Areiza, Sara Clements-Sampson, Romyana Kudeva, Chuck Teegarden, Carissa Stone, Jene Ray, Jennifer Hansen, Shauna Edwards, Jessica Hertlein, Rowena Pineda, Camron Peck, Nakia Arquette, Marilyn Nelson, Kristena O'Hara, Carmen Pacheco Jones, Krista Malyon, Rebecca Harris, Annie Murphey, Heather Wallace, Rebecca Clemens, Kimberly Holt, Natalie Tuzin, Joy Lile

## Important documents:

### SFL onboarding document:

<https://dcyf.box.com/s/pirdixemujfr1hw75gj3bp0enhebg1c4>

### Spokane Project Overview:

<https://dcyf.box.com/s/8929lbze46wh7ycjxnj50v9adpd3z43t>

### Sensemaker "Share a Story" flyer:

[https://www.dcyf.wa.gov/sites/default/files/pubs/FS\\_0057.pdf](https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0057.pdf)

### Next meeting: June 21<sup>st</sup>, 1-3 pm

Topic: Priority Project Planning, cont.  
3<sup>rd</sup> Monday of the month, 1-3

## Strong Community Network Facilitator contractor:

The SCN facilitator role includes:

- Facilitating local group and increasing parent engagement and equity
- Setting up a sustainable strategy for SCN engagement
- "Community Prevention Plan" design in partnership with community

**Health and Justice Recovery Alliance:** you can read more about their current initiative, Peer Navigator Training Program: <https://www.ppntp.org/>

HJRA is a new non-profit that is implementing the Peer Navigator Training Program, and which is started and operated by individuals with lived experiences in incarceration and child welfare systems. They are focused on equitable approaches to systems design and many of the families they work with have been involved in child welfare cases. Carmen Pacheco Jones will serve as the main consultant for this work and bring her deep experience with equity-focused facilitation to the role.

## Community Updates:

- From SRVDC: Our Strategic Plan Unveiling Event is on May 19th from 3pm-4pm. We will detail our 5-year strategic plan to end the violence. Please use this link to register for the event and help us spread the word to others in our community!



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

- <https://www.eventbrite.com/e/unveiling-of-spokanes-strategic-plan-to-end-the-violence-tickets-154612404865>
- Circle of Security in Northeast Spokane - offered in different languages and compensation provided
- Providence: survey of LGBTQ community around barriers to health and wellness - <https://wh1.snapsurveys.com/s.asp?k=161608221655>
- Province and HJRA - Collaboration for Black and BIPOC perinatal mental health work - parenting, nutrition, group prenatal care
- The Mockingbird is hiring a full time engagement coordinator in Spokane

## Priority Project Discussion

- “Ranking” and “Impact Graph”
- What projects emerge as the top choices?
- How to include needed approaches into projects?
- How to focus on geographic/neighborhood areas of need?
- Next Steps: Specific planning with community implementers
- Who (specifically) needs to be involved in the conversation?

### Easy Retro discussion tool:

<https://easyretro.io/publicboard/DTGt8u1PRNUAzS9w3FTtPkHfiQl1/ce39400c-91d6-48c4-9dc8-d9f9072a9bea>

### Opportunity Map and Impact Graph: understanding connections and relationships between needs and priority projects:

<https://miro.com/welcomeonboard/24SlzYZ78DKKIX2Yvy255DcHyeYljhrChIK4azGluac3PmYh9f2BfNJWXXf5ZpXS>

### Opportunity Matrix - laying out what people have said in conversations and discussion:

<https://docs.google.com/spreadsheets/d/1IM9BztySqRSnrkzGLWE74E22r43on2qgxKMiY567zJE/edit?usp=sharing>

**Discussion:** (notes and comments in red)

## New Project Ideas

- 1:1 Mentoring programs for parents - help meet basic, mental health/trauma, parenting needs - Peer Support/Peer Lived Experiences model (18 votes)
  - Community Health workers - the amount of work that a person with lived experiences needs to do to stay healthy and safe themselves - the responsibility of the agency that is holding/hiring the position - internalized and lateral oppression requires you to "do the work" in terms of anti-oppression
  - Lumen High School - teen parent peer support models helping to create an inclusive community
  - Parental Improvement Certificate for parents to become FFN licensed - be able to pass Wa state background check

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- Peer Spokane is starting a family peer support group - they have the structure for training peer mentors - if we want to increase peer mentoring programs
- Priority Spokane overlaps
- Family Advocate Model in the Northeast area - beyond "crisis level needs" and into a vision of a thriving family
- Spectrum (LGBTQ+ community) has a new Health Navigator program - overlap with mental health, trauma, health equity, and safe providers
- Valuing lived experience - people who have been involved in child welfare systems may not be able to do things like FFN because of background check barriers - Charissa Stone will look into this, along with Dual Licensing
- Is there a gap around peer supports for racially disproportionately represented folks? How can we bring in "culturally responsive systems of care"? How can we counter bias and implicit racism and be inclusive and equitable?
- Going back to Maslow's hierarchy - people can't meet higher needs if basic needs aren't met - how does the community play a role in care, support, and self-actualization
- Peer cross-trained with different abilities - accessing care, accessing providers and cultural understanding - how can you represent the family in the system? Moving away from demonizing the parent
- How can we incorporate culturally responsive approaches and not support what already has an infrastructure - create more infrastructure for supports for BIPOC, peer, disabled supports
- Ensure that we are providing proper reimbursement and valuing those with lived experience
- Community Minded Enterprises does a recovery program for families/2nd generation - based on Circle of Security model - overcoming impacts of generational trauma
- Racism as a Root Cause framework - reparations being one of the 4 components - shifting power and racism towards racially marginalized groups - how do you shift resources and power to those who have been most impacted and give them the power to make the decision? Who is doing the work "without the title"
- Linguistic and culturally relevant parenting support programs for Black, Indigenous, and immigrant families (e.g. Family Spirit, Strengthening Families Native adaptation, Strong African American Families) (18 votes)
  - CBCAP - hope to add up to 5 new programs accross the state - potential for expansion
  - CME hired a new parenting coach at their agency - targeted towards black families in Spokane - hopeful to fund with FFPSA
- Implicit bias, trauma-informed care, and equity training for DCYF and community partners (14 votes)
  - Creating community accountability for supports for parents - how are they showing up for social justice?
  - this is a start but it should be incorporated in policies moving forward
  - this is a must, but it should be a continuous engagement with learning/peers/cohort and not just sporadic trainings or webinars.
  - Foster parents and FFN dual licensing - providing training in trauma-informed and culturally informed care

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- Provide on-site childcare during counseling and provider appointments (14 votes)
  - o CBCAP funds will be set aside to invest in crisis nursery respite
  - o Spokane used to have on-site childcare at the court house so that children didn't have to see their parents at court - Children's Waiting Room
  - o Partnering with Vanessa Behan to provide childcare during treatment and therapy
  - o Where is "on site"? Licensing concerns? Liability for agency-provided care
- Holistic/wrap-around services including mentoring, respite, support groups in one place (13 votes)
- Partner schools with external agencies to provide more services to families and children on campus (13 votes)
- Family Resource Navigator position to "walk through" accessing services with parents (12 votes)
  - o I would like to see a connection to Help Me Grow model
  - o INWELA is working on this, SRHD is working on a parent referral program within the ZoNE
- Supports for grandparents, extended family, friends and neighbors to provide respite and childcare supports to families (11 votes)
  - o I think we can focus on strengthening and supporting natural safety nets/social networks.
- Systematized Family Supporter training alongside Mandatory Reporter training (8 votes)
- Group Prenatal Care model to support social connection and perinatal mental health (e.g. <https://chas.org/get-care/pregnancy-pediatrics/group-prenatal-care/>) (7 votes)
  - o Providence and HJRA are incorporating this in an approach focused on Black community residents
- Legal assistance - family law for DV survivors (6 votes)
- "ECEAP Cohort" - moving up through Middle School as a group with other parents (2 votes)
- Violence prevention and treatment - domestic violence and family violence (Brought up during meeting)
  - o Ohio model - combines the Domestic Violence and Child Abuse Prevention model
  - o Violence Prevention peer mentorship - "She is Not Your Rehab" out of New Zealand - shifting culture around domestic violence and looking at internalized oppression and - can we group this with peer mentorship support
  - o Violence as dehumanization, mass incarceration, disconnection from community and history, etc. - how to address generational violence against families - nonprofit industrial complex's role in systemic violence
  - o How to address violence on a systems - rather than individual - level? Education may not be the best answer
  - o SUD treatment - how do we wrap around these families with additional funding and supports - Medicaid/MCO/HCA payments for family supports

### **Expansion of Existing Services/Programs**

- Vanessa Behan - all hours, drop-in childcare (12 votes)
- Fund counselor/social worker/ Family Navigator position in schools (7 votes)
  - o School-based coordination for a mentorship program - The ZoNE is doing this - a trusted partner who is not necessarily part of the school system but can provide supports and

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help families navigate - Communities in Schools does this as well - checking in with families who might be struggling

- Safe Families for Children: volunteer-based "foster care alternative" for longer term family respite (5 votes)

**Approaches to include** (*discussion was limited and will pick up here next time*)

- Culturally responsive supports for trauma
- Equity in supports for bio and foster parents
- "No Wrong Door" point of entry for families - collaborating to ensure system connections
- Promoting social connections, peer/community supports
- Invest in organizations already doing the work
- Strengthen relationships to pregnancy/OB providers to support families after baby
- Meet families where they are - neighborhoods, communities, natural connections
- Support "natural supports" with connections to family, friends, and neighbors
- How can we include suggested approaches in this project?
  - o Maintaining focus on the 5 Protective Factors and "Science of Hope" research and frameworks

**Next Steps:**

- Plan for a deeper conversation about Peer Mentors during the next meeting, including hearing from some agencies who do similar work and planning how to build this support for families