



City of Happy Valley
Community Development Department
Public Service Grant Program – 2019-20

The Family Center of Happy Valley

Positive Parenting

\$ 10,000.00 Requested
\$258,609.00 Total Activity Cost
Submitted: 2/28/19 8:16 AM (Pacific)

Activity Contact

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Additional Contacts

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The Family Center of Happy Valley

115 Heritage Lane
Happy Valley

CEO

Dinah Barkley
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Pre-Application

1. Does your organization have 501(c)(3) tax-exempt status?

- Yes
 No

2. Is your organization a current recipient of CDBG funds?

If your organization is not a current subrecipient and has previously received funds, check 'No' and enter the last year your organization received CDBG funding.

- Yes
 No, please explain:

3. Does your organization receive and/or intend to apply for an allocation from the city General Fund?

- Yes
 No

4. Has your organization been reviewed by GivingMatters.com?

- Yes
 No

5. Eligible public service activities include, but are not limited to the categories listed below. please check the applicable service your project proposes to provide.

- Childcare/counseling
 Health care
 Job training
 Recreation programs
 Public safety services
 Homebuyer counseling
 Fair Housing activities
 Youth services
 Homeless services

- Services for the elderly (+60)
- Education programs
- Substance abuse counseling and treatment
- Other: child abuse prevention

6. Provide a brief description of your proposed project and the specific purpose for requested funds.

Positive Parenting teaches and inspires healthy, nurturing parenting techniques. It is taught over eight consecutive weeks using research-based curriculum designed to prevent child abuse. Classes are offered six times per week at two jail facilities, Springhouse Ministries, the YMCA, and at our agency offices. We also offer a pilot children's class. Positive Parenting, our primary agency program, will serve 220 adults and 30 children from Happy Valley.

7. what is the target population your project proposes to serve? (i.e. elderly, youth, homeless, domestic violence victims, low/moderate income, etc.)

Positive Parenting targets low/mod income families. Last year, 91% of Happy Valley parents served were low-mod income. Goal: Break the cycle of child abuse by providing classes to parents most at risk: low/mod, involved with child welfare, incarcerated.

8. Provide an estimate of the CDBG funds your organization will be requesting for your proposed project. (A full budget for the project will be entered at the BUDGET tab.)

The Family center respectfully requests \$10,000 to support Positive Parenting in Falls River County. CDBG funds will support (1) the parent educator who teaches the six weekly classes and (2) two group facilitators for the children's class.

9. Happy Valley's Public Service grants require a dollar-for-dollar match. The match for the proposed activity will come from: (Check the match sources that apply.)

- Cash - agency funds
- Grant funds from other sources
- Volunteer service time
- In-kind contributions of goods and services
- Value of donated space or equipment
- Other: _____

10. Will your organization be able to document income for participants of your proposed project? (The City recommends reading Chapters 1-3 of 'Technical Guide for Determining Income and Allowances.' A link to this HUD publication is available on the City website.)

- Yes
- No

11. Has your organization reviewed 'Playing by the Rules: A Handbook for CDBG subrecipients on Administrative Systems'? A link to this HUD publication is available on the City website.)

- Yes
- No

Application Questions

1. Name of activity

Positive Parenting

2. Physical address of activity

The Family Center of Happy Valley
115 Heritage Lane
Happy Valley

3. Requested CDBG funding

\$10,000

4. Will your activity provide a benefit to very-low-, low-, and/or moderate-income residents of Happy Valley?

- Yes
- No

5. The proposed activity is:

- A new activity
- The continuation of an existing CDBG activity
- The continuation of an existing non-CDBG activity
- The expansion of an existing CDBG activity
- The expansion of an existing non-CDBG activity

6. Provide a detailed description of the proposed activity. Describe the work to be performed, including the activities to be undertaken or the services to be provided, the goals and objectives of the activity, and the method of approach. (Be specific about the days/times and the frequency and duration of services received by the average client or participant. A timeline including the start date and completion date must be uploaded as an attachment.)

Positive Parenting is our primary agency program. It is classroom-based uses a curriculum built on the principle that promoting nurturing parenting practices is critical to child safety and that knowledge and empathy are foundations of responsive parenting.

Research states that parent education is one of the top five most effective ways to prevent child abuse and neglect. The Center for Disease Control recommends safe, stable and nurturing relationships and environments as the key for healthy development. Our parent educator partners with parents and provides a warm, open, fun and interactive learning experience that empowers parents to have strong, healthy relationships with their children.

The class:

- Is for parents of children from birth to 11 years of age
- Takes place over eight consecutive weeks in 90-minute group sessions
- Uses the nationally recognized and validated research-based curriculum. Nurturing Parenting®, cited by the California Evidence-Based Clearinghouse for Child Welfare as an evidence-based/competency-based Promising Program. Nurturing Parenting® is the only parent education program curriculum endorsed by our state's Department of Children's Services as an effective child abuse prevention program.

The Family Center of Happy Valley partners with local agencies to reach vulnerable parents, including soon-to-be-released incarcerated parents, and parents referred by courts and child welfare agencies. The class is offered six times per week in Falls River County:

- The Family Center of Happy Valley office
- Springhouse Ministries
- Happy Valley YMCA
- Falls River County Correctional Work Center (two separate classes for men/women)
- Falls River County Adult Detention Center

The 8-week program topics include:

- Session 1: Understanding Children
- Session 2: Developing Empathy
- Session 3: Helping Children with Feelings
- Session 4: Managing Stress and Anger
- Session 5: Self-Esteem and Cooperation
- Session 6: Understanding Discipline
- Session 7: Helping Manage Behavior
- Session 8: Keeping Children Safe

Pilot Children's Class

In 2015 we expanded and offered a pilot children's class that directly benefits children. It is offered to children of parents who attend Positive Parenting at our Happy Valley office location. Research shows that having both child and parent classes enhances the likelihood that healthy practices will be used in the home and that the knowledge and skills learned will improve family functioning. Families are systems of interlocking relationships and change is easier and faster when the entire system is invested.

Our curriculum helps vulnerable parents and children learn new beliefs, knowledge and skills to improve family functioning academic and physical health outcomes for children, such as better attendance and performance in school, the ability to make friends and even decreased asthma and obesity.

The children's class:

- Is offered to children birth to age 12 of the parents who attend Positive Parenting at our Happy Valley office
- Uses Nurturing Parenting® curriculum, the same research-based program used with the parents; includes lessons for children that mirror parent classes
- Teaches children skills to manage stress, increase self-esteem, increase empathy for others and to empower healthy choices, all vital for success in school and life
- Serves approximately 30 children from Happy Valley annually, in age-appropriate groups (0-3,4-8, 9-12)

Scope of Work and Schedule

The Scope of Work and Activity Schedule are also included as a required attachment.

The program is staffed by Mimi Glossop, Director of Programs; Linda Keene, Parent Educator, Rose Gillray, Community Relations Coordinator; Polly Parrish, Parent Educator Coordinator; Ann Lowell and Amanda Cooper, Children's Group facilitators.

Program Schedule

The activity start date is July 1, 2019 and the end date is June 30, 2020.

Positive Parenting operates throughout the year and parents can begin the program at any time.

Classes for parents referred by the Department of Children's Services (DCS), courts, probation officers and others, as well as for the general community, are offered in three locations:

- The Family Center of Happy Valley office
- Springhouse Ministries
- The Happy Valley YMCA

Classes for soon-to-be-released incarcerated parents are offered at two locations:

- Falls River County Correctional Work Center
- Falls River County Adult Detention Center

Program Activities.

Referrals and Community Awareness:

- Work with community partners/referral sources to make sure class schedules are meeting the needs of the community
- Update Family Center of Happy Valley web page with program information and class schedules
- Maintain contact information of local stakeholders and send out periodic notices by mail and e-mail

Enrollment Activities

- Enroll new parents throughout the year
- Have parents fill out intake forms

Class Activities

- Collect attendance data at each class
- Administer the Adult Adolescent parenting Inventory (AAPI-2) as a pre- and post-test
- Distribute Client Satisfaction Surveys at graduation

Monitoring Activities

- Record attendance, AAPI-2 scores and survey results in database; compile and analyze results; track trends
- Provide parents with completion certification and other documentation as needed
- Submit CDBG reports as required

7. For what expenses will your agency be seeking reimbursement using CDBG funds:

CDBG funds will support three staff positions:

Falls River County Parent Educator

This key staff person teaches all of the Falls River County Positive Parenting classes

Linda Keene, M.Ed., has held this position at the Family Center of Happy Valley since 2013. Linda has a degree in early childhood education and over 30 years of experience as a teacher with children and adults.

Two Falls River County Children's Group Facilitators

- These staff teach and coordinate the children's class run concurrently with the Positive Parenting classes conducted at the Family Center of Happy Valley office
- Both staff have worked in the children's program since it began
 - Ann Lowell holds a BS in psychology
 - Amanda Copper holds a BS in Child and Family Studies

The Family Center of Happy Valley will supply timesheets and any other documentation required by CDBG.

8. HUD grantees and subrecipients are required to report measurable outcomes for all activities funded. What are the outcomes of your activity and how do you propose to measure them?

Goal: Lowering parents' risk for committing child abuse

Primary Outcomes

- Parents show knowledge of how to manage child behavior in a nurturing, positive, and safe manner
- Parents understand how to foster optimal development in their children

Nurturing Parenting®, the curriculum we use in our Positive Parenting classes, has been recognized as a leading tool in child abuse prevention with 25 years of validation.

The curriculum was created to

- Increase parenting skills
- Reduce child abuse
- Reduce parents' risk of becoming involved with the child welfare system

Positive Parenting uses a national standardized assessment: Adult-Adolescent parenting Inventory (AAPI-2), to measure our effectiveness. Pre- and post-tests measure change in long-standing parenting habits and beliefs. Responses provide a score of low, medium or high-risk in five specific behaviors known to be attributable to child abuse

- Parental empathy
- Corporal punishment
- Expectations of children
- Parent-child roles
- Children's power/independence.

Parents are given the pre-AAPI-2 before they start their first session and take the post-AAPI-2 after completing all eight sessions. Assessment scores are entered into our client database and reports on assessment scores are run monthly.

Successful graduation from the program includes attending all eight class sessions and showing improvement between pre- and post-test scores on the AAPI-2 assessment. We also gather extensive demographic and referral information from all parents, track attendance and graduation rates and implement a satisfaction survey.

9. What needs or issues identified in the City's 2015-2020 Consolidated plan are addressed by your activity? (A pdf of the 2015-2020 Consolidated Plan can be found on the City website.)

Our project is designed to prevent child abuse. The Consolidated Plan notes that survey respondents ranked abused and neglected children as one of the top two public services needs in the jurisdiction. Abused and neglected children and homeless programs and services were ranked as the highest priority by 63% of the respondents.

The Family Center of Happy Valley has been dedicated to preventing child abuse for over 30 years. We focus on providing data-driven, research-based programs and working closely with community partners to reach families most at risk. The Family Center of Happy Valley continually evolves to implement best practices in child abuse prevention.

Positive Parenting specifically aims to break the cycle of child abuse and neglect by working with vulnerable parents that were very often abused themselves.

In addition to addressing the issue of abused and neglected children, Positive Parenting also impacts other areas identified in the Consolidated plan, such as Substance Abuse services and crime Awareness and prevention:

- 30% of the parents we serve struggle with substance abuse issues
- 54% are incarcerated
- Over 30% are referred by law enforcement or the courts

11. What are the eligibility requirements (if any) for your activity?

Positive Parenting is free and open to the public. Any parent interested in learning more about parenting and developing skills to be a nurturing parent is welcome to attend.

The mission of the Family Center of Happy Valley is to reach out to the most vulnerable parents in our community, including parents referred by the courts and child welfare agencies. We also partner with local facilities to offer the class to soon-to-be-released incarcerated parents. We offer the program at several sites and different days and times to be able to reach as many parents as possible.

Our outreach efforts work and 98% of the families we serve are referred by community partners; the remaining 2% are self-referred.

CDBG Eligibility:

CDBG funding supports residents of Happy Valley only, so Positive Parenting clients tracks and reports to CDBG only class participants who are residents of Happy Valley..

12. How will you identify prospective clients and make them aware of your activity?

Our primary referral sources are the correctional facilities we work with and the Department of Children's Services. We also get referrals from the courts, probation officers, lawyers, school staff, and other nonprofit agencies.

Rose Gillray, our community relations coordinator, is responsible for identifying potential new referral sources and for marketing Positive Parenting to ensure both community agencies and the general public are aware of the program.

13. What population/area would your proposed activity serve?

Although the program is offered throughout the county, Happy Valley parents are served through five weekly classes at three locations. Incarcerated parents are served at two locations, both located within the corporate limits of Happy Valley.

14. CDBG regulations require grantees and subrecipients to collect and report demographic information, and income. How will your organization collect the required information?

Data is collected through an intake process that each new client must complete. We collect general information about residence, age, number of children and referral source, as well as racial and ethnic demographic information and income data. Parents can partially fill out intake forms online using our website and then complete the process in person before their first class.

Polly Parrish, our parent education coordinator, works with clients to complete the intake process and ensures parents' documentation before they start the program. In addition to the data required by CDBG, we also administer a pre- and post-assessment to measure program outcomes and a satisfaction survey. Copies of our client intake forms are attached.

While the program is open to all, we target vulnerable parents. The data we collect shows that we reach a very vulnerable population:

Happy Valley parents served in positive parenting last year:

- 91% low/moderate income
 - 64% Extremely Low
 - 13% Low
 - 14% Moderate
- 35% female head of household
- 54% incarcerated
- 30% had drug/alcohol addiction issues
- 76% experienced child abuse

15. How does your organization propose to coordinate your services with other community organizations and leverage resources?

The Family Center of Happy Valley staff know we cannot reduce child abuse and neglect by ourselves. Partnering and collaborating with others is an important part of our strategic plan each year.

Positive Parenting is strategically offered at partner locations. This ensures that we:

- Serve vulnerable populations, such as incarcerated parents
- Offer clients a variety of locations, times, and days for programming
- Remain visible in the community to raise awareness of our program

Offering our classes offsite also leverages resources, as partner sites provide staff time and facility space for our program. Staff also participate in multiple community coalitions and task forces.

Family Center staff work with community agencies to link our parents to other resources in the community. We partner with the local Child Care Resource and Referral (CCR&R) agency to provide information to parents. During Positive Parenting Session Eight on the topic of safety, CCR&R staff are present to let parents know about the services they offer, which include referrals for child care and parenting resources and consultants.

16. Describe your organization's experience administering Federal, state and/or private grants.

The Family Center of Happy Valley has extensive experience administering both government and private grants. Our projected agency-wide revenue for FY20 is \$1,126,000.

Revenue sources include:

- 52% Government Grants & Contracts
- 20% Foundations & Corporations
- 12% Special Events
- 7% Individuals
- 4% United Way of Falls River County
- 3% Service Clubs
- 2% Program Fees

Government Grants & Contracts include:

- State Department of Human Services
- State Department of Children's Services
- Falls River County
- City of Happy Valley General Fund Grant
- City of Happy Valley Community Development Department (CDBG)
- Administrative Office of the Courts

Foundations & Corporations include:

- Baptist Healing Trust
- Economic Club of Happy Valley Charities
- Memorial Foundation
- ACH Foundation
- Community Foundation of Falls River County
- Frost Foundation
- Malvern-Brandon Foundation
- Carroll Foundation
- Charity Circle of Happy Valley

Positive Parenting specifically receives funding from multiple government and private grants. In addition to our long-standing CDBG subaward, Positive Parenting is also supported through a multi-year contract with the Department of Children's Services that we have maintained for over a decade.

The Family center has an excellent reputation for overseeing grants and contracts. We complete a program audit with DCS annually as well as periodic audits from other grantors as requested. The agency undergoes a complete financial audit conducted by an external accounting firm annually.

17. Is your organization faith-based?

- Yes
- No

18. Identify who will be in charge of planning, implementation, follow-up and reporting.

A team of staff work together to implement Positive Parenting and to oversee the CDBG grant:

- Mimi Glossop, Director of programs, oversees planning and overall implementation
- Polly Parrish, Parent Education coordinator, oversees follow up and reporting
- Linda Keene, Parent Educator, teaches Positive Parenting classes
- Rose Gillray, Community Relations Coordinator, facilitates referrals and community engagement

19. Identify who will be responsible for record keeping.

Polly Parrish, Parent Education coordinator, is responsible for record keeping.

Polly oversees parent enrollment, data entry and reporting. She works closely with Linda Keene, Parent Educator, to insure class attendance and other records are complete. Polly also prepares and submits invoices to CDBG. CDBG reporting is completed by Polly, Director of Programs Mimi Glossop, and Senior Development Manager Jean Maitland.

20. Identify the financial contact person and provide contact information.

The financial contact person is Jean Maitland, Senior Development Manager. Jean's email address is: jmaitland@tfcohv.org

21. Is CDBG the primary source of cash funding for the proposed activity?

- Yes
- No

22. If the city of Happy Valley is unable to fund your proposed activity or is unable to fund it at the requested level, will the activity be undertaken by your organization?

- Yes
- No

23. If the response to Question 22 is "Yes," how will your organization fund the balance required to conduct the activity? How would a reduction in requested funds affect the level of service provided by the activity? If the response to Question 22 is "No," type N/A as your response to this question.

If Positive Parenting is not allocated the full amount requested (\$10,000) we will adjust our service projections, but the program will still be undertaken. Positive Parenting is a primary agency program. Funding from multiple sources is required each year to maintain program service levels. The program is free for all parents and we do not receive funds from any of our partner agencies to offer the program at their sites.

CDBG funding is part of the core support for Positive Parenting and it is an important part of our annual fundraising plan. Additional funding for Positive Parenting in Falls River County includes: a state government grant; United Way of Falls River County; Falls River County and City of Happy Valley general fund grants; ; private foundation funding; and funding from agency efforts such as individual giving and service club donations.

Positive Parenting in Falls River County served 191 parents in 2017 and 369 last year, an increase of 93%. It is important to The Family Center of Happy Valley that the program remain robust. If one funding source is eliminated or reduced, we work to increase funding in another area. We maintain diverse funding sources and continually cultivate new resources to insure that the program continues and is able to serve vulnerable parents. The agency's strategic plan includes a development plan with a focus on increased individual giving through a major giving program, increased private foundation grants, and creative partnerships with healthcare companies.

24. Budget

Funding Sources/Revenues	CDBG	Committed	Non-Committed
City of Happy Valley	\$ 10,000.00		\$ 0.00
Agency Cash - Salaries			
Match - Agency Fundraising		\$ 0.00	
Dept. of Children's Services Gov't Grant		\$ 50,000.00	
Other Government Grants			\$ 39,100.00
Private Foundation Grants		\$ 7,100.00	\$ 32,750.00
United Way of Falls River County			\$ 38,000.00
Agency Special Events			\$ 40,000.00
Agency Fundraising – Individuals, Other		\$ 10,000.00	\$ 31,659.00
Total	\$10,000.00	\$ 67,100.00	\$ 181,509.00
Funding Uses/Expenses		Other	Total
Salaries/Benefits	\$10,000.00	\$ 160,265.00	\$ 170,265.00
Rent/Lease	\$0.00	\$ 0.00	\$ 0.00
Utilities	\$0.00	\$ 4,287.00	\$ 4,287.00
Insurance, building and maintenance	\$0.00	\$ 19,980.00	\$ 19,980.00
Equipment	\$0.00	\$ 5,487.00	\$ 5,487.00
Supplies	\$0.00	\$ 15,883.00	\$ 15,883.00
Printing and postage	\$0.00	\$ 3,016.00	\$ 3,016.00
Telephone/Communications	\$0.00	\$ 8,367.00	\$ 8,367.00
Training	\$0.00	\$ 5,292.00	\$ 5,292.00
Travel	\$0.00	\$ 5,615.00	\$ 5,615.00
Contract services (explain in Budget Narrative)	\$0.00	\$ 9,754.00	\$ 9,754.00
Merchant fees, dues, licenses, background checks	\$0.00	\$ 10,963.00	\$ 10,963.00
Total	\$10,000.00	\$ 248,609.00	\$ 258,609.00

25. Budget Narrative

The projected budget for FY19-20 for Positive Parenting in Falls River County is \$258,608.

The projected total Falls River County budget for FY19-20 is \$346,043

Our request to CDBG is \$10,000.

CDBG funds will support three staff positions:

- The Falls River County Parent Educator
- Two Falls River County Children's Group Facilitators

Additional staffing includes:

- Director of Programs
- Community Relations Coordinator
- Parent Education Coordinator
- Parent Educator Substitute

Operational costs include travel to partner sites, supplies, insurances, fees and licenses and building and maintenance costs.

26. Match

City of Happy Valley CDBG Public Service subawards require subrecipients to provide a dollar-for-dollar match. In what form does your agency propose to provide the required match?

The Family Center will provide a dollar-for-dollar match of \$10,000 from "Cash, or agency funds. These funds will be generated from general agency fundraising, including special events and individual giving.