



Strengthening Families All Across America

PHOTOCOPY
PRESERVATION



with communities, individuals, and other organizations to strengthen families. Volunteers throughout the country donate thousands of dollars worth of services each year ensuring the availability of Parents Anonymous® programs in their community. Through collaborations with schools, Head Start programs, shelters, the courts, tribal councils, public health entities, social service providers, and civic organizations, Parents Anonymous® groups build and support caring communities for parents and children so that the next generation of families can live and grow in safe, nurturing environments.

Creating Cost Savings Nationwide

Parents Anonymous® programs effectively prevent child abuse and neglect, thereby eliminating the estimated lifetime cost of more than \$2 million to our society for each abused child. Through prevention, Parents Anonymous® decreases child maltreatment as a risk factor that can escalate into other costly social problems such as juvenile delinquency and

teen pregnancy. Investing in Parents Anonymous® not only saves society millions of dollars, it also saves the lives of millions of America's children.

Building for the Future

As a leading expert on family strengthening, Parents Anonymous, Inc. creates innovative strategies to achieve meaningful parent leadership; conducts training and customized technical assistance for public and private agencies and communities regarding effective systems reform strategies; and shapes the direction of public policies through strategic advocacy and media efforts. Educational materials, newsletters, technical assistance bulletins, and consultation are provided to enhance practice and improve service delivery resulting in stronger families, safer communities, and more positive outcomes for children and youth. With an emphasis on capacity building, Parents Anonymous, Inc. ensures the programmatic and organizational success of Parents Anonymous® activities throughout the United States.



THE NATIONAL ORGANIZATION
675 WEST FOOTHILL BLVD. STE. 220
CLAREMONT, CA 91711-3475
(909) 621-6154
FAX (909) 625-6304
www.parentsanonymous-natl.org
e-mail: parentsan@nash.com

Strengthening Families All Across America



CELEBRATING 30 YEARS

Strengthening
Families in
Partnership with
Communities



*"Thanks to all of the **Help** I got from
Parents Anonymous®, my kids are happier
and I enjoy them even more."*



*"Through the other Parents Anonymous® parents, I got **Support**... I found the courage to change."*

Parents Anonymous, Inc. was founded in 1970 through the extraordinary efforts of a courageous mother seeking help to create a safe and caring home for her family. Working in partnership with her social worker, they launched a national movement to bring help, support, strength, and hope to millions of families all across America. Their vision inspired thousands of parents, professionals, and community volunteers to establish Parents Anonymous® groups throughout the United States. Currently celebrating its 30th anniversary, Parents Anonymous, Inc. remains the nation's oldest child abuse prevention organization dedicated to strengthening families through innovative strategies that promote mutual support and parent leadership.

Parents Anonymous, Inc. leads a diverse and dynamic National Network of community-based Parents Anonymous® groups throughout the United States. These weekly, ongoing Parents Anonymous® groups are co-led by parents and professionally trained facilitators and are free of charge to participants. While the parents are meeting, their children participate in Parents Anonymous® Children's Programs to promote their healthy growth and development. Annually, thousands of parents and their children come together in Parents Anonymous® groups to learn new skills, transform their attitudes

Strengthening Families All Across America

and behaviors, and create long term positive changes in their lives. Reaching out to families in need, Parents Anonymous® operates 24-hour hotlines to provide an immediate response to parents seeking help; raises awareness and educates the public on critical family issues and community solutions; and partners with policy makers to ensure effective services for families all across America.

Demonstrating Effectiveness and Success

National research definitively confirms the effectiveness of Parents Anonymous® in diminishing the impact of risk factors while dramatically increasing the resiliency of parents and children resulting in the prevention of child abuse and juvenile delinquency. Through Parents Anonymous®, parents identify and build on their strengths, increase their ability to deal with stress, expand their social support networks, and develop realistic expectations of themselves and their children. One national study concluded that Parents Anonymous® had a significant impact on alleviating child abuse and neglect, irrespective of other services provided including parent education classes and individual therapy. Furthermore, national research on Parents Anonymous® children's programs revealed significant improvements in children's self-esteem, behavior, and social interaction skills. In recognition of this demonstrated effectiveness, federal law highlights Parents Anonymous® as the benchmark for child abuse prevention and treatment programs throughout the United States. Moreover, the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention, acknowledges

*"I now have the **Strength** to make lasting changes in my relationship with my children... I don't feel alone anymore."*

and promotes Parents Anonymous® as a national Model Family Strengthening Program to prevent juvenile delinquency. The first national Bulletin in OJJDP's Family Strengthening Series was on Parents Anonymous, Inc. and highlighted the critical linkages between Parents Anonymous® and juvenile delinquency prevention efforts.

Building Stronger, Safer Families

As the nation's premier family strengthening program, Parents Anonymous® encourages parents to ask for help early, whatever their circumstances, to effectively protect today's children and strengthen tomorrow's generation of parents. Parents Anonymous® builds upon the strengths of parents to ensure that children live and grow in safe, nurturing homes by offering families help today and hope for the future.

Responding to the Diverse Needs of Families

Parents Anonymous, Inc. is strongly committed to providing culturally responsive services that meet the diverse needs of families all across America. As a result, Parents Anonymous® programs integrate the values, languages, and strengths of local communities by joining with American Indian, Latino, African-American, Asian-American, Caucasian and



*"My first Parents Anonymous® group meeting replaced hopelessness with **Hope**. My second group meeting replaced helplessness with new ideas."*

other families living in urban and rural areas to develop and implement neighborhood-based Parents Anonymous® groups. To ensure the accessibility of Parents Anonymous® programs to all community members, whether they are married, single, divorced, teen parents, grandparents, or step parents, Parents Anonymous® groups meet in settings such as local community centers, churches, schools, housing projects, shelters, and prisons.

In addition, Parents Anonymous, Inc. provides a quality Children's Program model that is implemented nationwide by its National Network. The Parents Anonymous® Children's Program seeks to improve the emotional growth and social development of children and youth by creating an environment where children can develop healthy social skills, build self-esteem, and take a break from daily life stresses.

Building Community Partnerships

As a pioneer in building community partnerships, Parents Anonymous, Inc. successfully collaborates

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.



OJJDP

Shay Bilchik, Administrator

April 1999

JUVENILE JUSTICE BULLETIN

Parents AnonymousSM: Strengthening Families



Teresa Rafael, M.S.W., and Lisa Pion-Berlin, Ph.D.

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) is dedicated to preventing and reversing trends of increased delinquency and violence among adolescents. These trends have alarmed the public during the past decade and challenged the juvenile justice system. It is widely accepted that increases in delinquency and violence over the past decade are rooted in a number of interrelated social problems—child abuse and neglect, alcohol and drug abuse, youth conflict and aggression, and early sexual involvement—that may originate within the family structure. The focus of OJJDP's Family Strengthening Series is to provide assistance to ongoing efforts across the country to strengthen the family unit by discussing the effectiveness of family intervention programs and providing resources to families and communities.

Parents Anonymous, Inc., the oldest national child abuse prevention organization, is dedicated to strengthening families through innovative strategies that promote mutual support and parent leadership. Founded in 1970 through the joint efforts of a courageous parent who sought help in providing a safe and caring home for her children and a social worker who believed that parents are their own best agents of change, Parents Anonymous, Inc., currently leads a dynamic national network of affiliated community-based groups with weekly

meetings for parents and children. Each year, approximately 100,000¹ parents and their children come together in Parents AnonymousSM groups to learn new skills, transform their attitudes and behaviors, and create long-term positive changes in their lives. These weekly groups are led by parents and professionally trained facilitators and are free of charge to participants. While the parents are meeting, their children are usually engaged in specialized programs to promote healthy growth and development, and free child-care is provided in sites in which these programs are unavailable. Many State and local Parents AnonymousSM programs operate 24-hour telephone helplines to provide an immediate response to parents seeking help. Parents AnonymousSM also raises awareness and educates the public on critical issues and community solutions and joins with community, State, and Federal policymakers to promote effective services for families across America.

Parents or adults in parenting roles (e.g., grandparents, aunts, uncles, foster parents, stepparents, or older siblings) who are concerned about their parenting abilities and seeking support, information, and training are welcome at Parents AnonymousSM groups, whatever the age of their children or their current

¹ Based on information provided by the national network.

From the Administrator

Problems arising within the family may lead to problem behaviors with adverse consequences for children and communities. Strengthening families is a fundamental principle of OJJDP's Comprehensive Strategy for Serious, Violent, and Chronic Juvenile Offenders, and this Bulletin provides information about a program that enhances the capability of families to help their children.

Parents Anonymous, Inc., leads a network of affiliated community-based groups that hold weekly meetings led by parents and professionally trained facilitators. This Bulletin describes how the organization works to strengthen families by promoting parent leadership, mutual support, shared leadership, and personal growth. Programs that support positive development are also offered for children.

The Bulletin tells the story of the creation of Parents AnonymousSM by a concerned mother and her social worker, summarizes its structure, and describes key program components. A typical weekly meeting is detailed and examples of Parents AnonymousSM programs are provided.

OJJDP has been partnering with Parents Anonymous, Inc., since 1994 to promote shared leadership and mutual support in ethnically and culturally diverse settings across the Nation. After reading this Bulletin, you will also appreciate their contribution to those worthy goals.

Shay Bilchik
Administrator

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

INNOVATIONS

Winter 2000

Parents Anonymous, Inc.— Strengthening Families All Across America

Vol. IV, No. 1

Parents Anonymous® Programs Expand in Diverse Communities

The demand for Parents Anonymous® programs in communities throughout the country continues to grow. State-wide and community-based organizations, public agencies, professional staff, community volunteers and parents are joining with Parents Anonymous, Inc. to ensure that families in their areas have access to quality Parents Anonymous® programs.

Parents Anonymous, Inc., the country's oldest national child abuse prevention organization dedicated to strengthening families through parent leadership, mutual support and shared leadership, is committed to making Parents Anonymous® groups available to families all across America. To accomplish this goal, activities are underway to develop new Parents Anonymous® programs in communities

where no Parents Anonymous® groups currently exist and to expand and strengthen established Parents Anonymous® programs.

For example, Parents Anonymous, Inc. received an e-mail message from a staff member in the Department of Youth Services for the Commonwealth

Parents Anonymous, Inc. is committed to making Parents Anonymous® groups available to families all across America.

of the Northern Mariana Islands (C.N.M.I.) seeking assistance in developing a Parents Anonymous® program in Saipan, the largest island and the center of Commonwealth activities. Thus began numerous contacts, resulting in almost a full week of training and consultation in Saipan in September 1999 with a diverse

group of community representatives.

Social workers, educators, counselors, parents who are potential group members, representatives of the faith community, and business and government leaders all came together to plan and implement a new Parents Anonymous® program for the families and children on Saipan. Representatives from the near-by island of Rota participated in the training and plan to establish a Parents Anonymous® group there as soon as possible.

The Northern Mariana Islands mark the dividing line between the Pacific Ocean and the Philippine Sea and stretch 400 miles northward from Guam. The area is a U.S. Commonwealth and the residents are U.S. citizens. Funds received by the C.N.M.I. Department of Youth Services from the Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice, provided support for the efforts of Parents Anonymous, Inc. and local staff and community



**FROM THE PRESIDENT & CEO
DR. LISA PION-BERLIN**

As we think about the New Millennium, I would like to reflect briefly on the past, examine the present, and call us to action about the future with regard to our work in the field of child abuse and neglect. As we think of the past, present, and future, I raise these questions for each of us—staff, parent leaders, and volunteers—to ask ourselves: Can we do better? How do we begin? Are we willing to challenge ourselves with new ideas, strategies and partnerships? Can we shape the direction of the future by how we partner with families and communities to address strengthening families?

When we consider the psychological, economic and social costs of maltreatment and the impact on future generations, we need to make a solid commitment to ensure real and positive outcomes for families struggling to seek help before or after problems have arisen by effectively partnering with them in their local communities. We as staff cannot achieve these vital goals alone. Without parents as significant partners, we are bound to create limited and unresponsive services which are not directed to any real outcomes. We at Parents Anonymous®, believe our success hinges on our ability

continued on page 11

CELEBRATING 30 YEARS



Strengthening Families All Across America

Inside this issue:

New Children's Program 2

Parent Leadership Training . . . 4

National Network News 6

Bosnian Families 8

continued on page 3

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

Employer Support of Parents AnonymousSM Beneficial to All

by Sue Smith, MO

The contributions of Parents AnonymousSM parent leaders are vital to the success of Parents AnonymousSM programs and add to the well-being and safety of local communities. Parent leaders throughout the country depend upon the support of their employers and, in return, become positive representatives of their companies' commitment to the families in their own communities. Sue Smith, a member of the National Parent Leadership Team, tells how her employer supports her work with Parents AnonymousSM.

When I have a Parents AnonymousSM-related activity, I know I can count on my employer for support.

I work for the Family Resource Center in St. Louis, MO, a treatment center for child abuse and neglect prevention. The

Center offers a variety of services including family and parental counseling, therapeutic pre-school, intensive family preservation services and group therapy.

They just embraced my involvement with Parents AnonymousSM in any way they could, right from the start.

I found out about Parents AnonymousSM through the St. Louis

Neighborhood Network. Parents Anonymous, Inc. was holding a facilitator training and I decided to attend. They were only expecting 25 people but more than 100 showed up for the training.

After the presentation, the St. Louis Neighborhood Network began asking parents if they would like to join a Parents AnonymousSM group. Within one month, we had a group started.

As a Parents AnonymousSM parent leader I've learned a lot as far as disciplining my children, and I have more confidence than I've ever had. I have also learned how to *truly* have fun with my kids. In the group I feel

and trainings and make presentations about Parents AnonymousSM, like the one I gave recently for Children's Trust Fund of Missouri.

Thanks in large part to the Family Resource Center, I was able to attend the Parents Anonymous, Inc. National Conference in Washington, DC. The Center allowed me to take the necessary time off.

Even my work as a member of the National Parent Leadership Team is encouraged.

My work with Parents AnonymousSM would not be possible without the support of my colleagues Greg Echele, Loren Ripley, Catherine Coyle, and Pam Moussette.

I would encourage all those who employ Parents AnonymousSM parent leaders and volunteers to support the work that these individuals do.

I would encourage all those who employ Parents AnonymousSM parent leaders and volunteers to support the work that

supported, **not** judged.

The group was especially helpful in supporting me during the pregnancy of my 17-year-old daughter. I was re-living my own teenage experience so it was particularly difficult. Both the Parents AnonymousSM group and my family were absolutely wonderful.

The Family Resource Center allows me to take the time I need to serve as a parent leader for Parents AnonymousSM. In fact, my starting date at Family Resource Center was spent at a planning meeting in Washington, DC held by Parents Anonymous, Inc.

Even though my job as a family support worker keeps me busy, I am still able to make time for Parents AnonymousSM activities. I attend media events, information sessions,

these individuals do. By doing so, the organization is making a great contribution to its community by improving the lives of families and, most importantly, helping to prevent child abuse.

Catherine Coyle, Family Treatment Supervisor, Family Resource Center, St. Louis, MO:

“I think Parents AnonymousSM has given Sue a lot of opportunities to expand her knowledge base and grow as a parent and as an employee.”

Our support of Parents AnonymousSM is a message to other employees that we support and appreciate Sue's efforts in helping parents.”

Inside:

- 2 1999 Award Winners
- 3 “Imagine”
- 4 1999 National Leadership Conference
- 6 Group Tips
- 7 OOBLECK

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

RESEARCH PROFILE

 NUMBER 1 • FEBRUARY 2000

by Lisa Pion-Berlin, PhD, ACSW, President and Chief Executive Officer
Margaret L. Polinsky, MSW, PhD, Director of Research

INTRODUCTION

Child maltreatment is an extremely serious social problem, with high costs and severe lifelong consequences for children and families. More than one million children are abused and neglected annually, at a rate of 23 per 1,000 (Sedlak & Broadhurst, 1996). The annual monetary costs are \$9 billion, at minimum, for child welfare, health care, and out-of-home care--and related costs for services such as emergency room treatment, special education, and family preservation increase this figure significantly (National Child Abuse Coalition, 1999). The impact of child maltreatment extends far beyond the family, affecting a broad array of significant social problems and needs, including crime, delinquency, health, mental health, education, substance abuse, and child welfare.

PARENTS ANONYMOUS® STRENGTHENS FAMILIES

Parents Anonymous, Inc. was founded in 1970 as the first child abuse prevention and treatment program in the United States. A courageous mother seeking help to create a safe and caring home for her family partnered with her social worker to launch a national movement to bring help, support, strength, and hope to millions of families all across America. Their vision inspired thousands of parents, professionals, and community volunteers to establish Parents Anonymous® groups throughout the United States. Currently celebrating its 30th anniversary, Parents Anonymous, Inc. remains the nation's oldest child abuse prevention organization dedicated to strengthening families

through innovative strategies that promote mutual support and parent leadership.

As the nation's premier family strengthening program, Parents Anonymous® encourages parents to ask for help early, whatever their circumstances, in order to effectively break the cycle of abuse by strengthening parents and ensuring that children live and grow in safe, nurturing homes with hope for the future. Parents Anonymous® has benefited more than a generation of families of all social, economic, and cultural backgrounds, and has touched the lives of millions by partnering with communities and involving volunteers, agencies, and parents seeking help.

The uniqueness of Parents Anonymous® is embedded in its shared leadership-mutual support model, which builds on the strengths of parents in their families and communities. Parents Anonymous® simultaneously eliminates risk factors such as unrealistic expectations, destructive attitudes, and harmful behaviors, while enhancing protective factors such as increased self-esteem, increased competencies, and provision of a nurturing environment for parents and their children (Pion-Berlin, 1999). This twofold approach has been identified as the most effective strategy for the prevention of child maltreatment (Kumpfer & Alvarado, 1998; National Research Council, 1993). In addition, Parents Anonymous® addresses the enhancement of the five major types of family protective factors:

- Supportive parent-child relationships.
- Positive discipline methods.
- Monitoring and supervision.
- Families who advocate for their children.
- Parents who seek information and support.

(Kumpfer & Alvarado, 1998, p. 3)

Let Parents
Anonymous



Strengthening Families All Across America

PHOTOCOPY
PRESERVATION

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

PARENT LEADERSHIP SERIES



MEDIA GUIDE
FOR PARENT
LEADERS



Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.



Parents AnonymousSM : **The Model For Effective Parent** **Education**

This bulletin will assist professionals who work with families, particularly those in the fields of child welfare, juvenile justice, health and education, to better understand the tremendous success of the Parents AnonymousSM model in helping to strengthen parents so they can provide safe and caring homes for their children. Each week, 25,000 parents and children participate in 2,300 Parents AnonymousSM groups that meet in diverse communities throughout the country. National research has demonstrated the effectiveness of Parents AnonymousSM groups as community-based resources for parents who need education and support in order to create positive long-term change for their families.

All parents have the capacity for positive change and a critical factor in their change process is the opportunity to learn and practice new skills in a supportive environment. The Parents AnonymousSM model embodies philosophically and programmatically the most important dynamics of

mutual support and adult learning as applied to parent education. In this bulletin, we will discuss some of these dynamics to provide insight into the tremendous success achieved by parents participating in Parents AnonymousSM groups throughout the country.

Professionals working with families in many different arenas are involved in helping parents respond to numerous problems and concerns. Often, when additional help is needed, the first resource to which a parent is referred will be a parenting class. Most communities offer such classes. They are time-limited, provide a structured agenda and are a useful resource for many parents. However, adults learn in unique ways and parents under stress have specific learning needs. A brief, skill-building class will not provide parents who have serious concerns with the best context or enough time to deal with their underlying emotional issues, learn through trial and error and achieve lasting behav-

Our **Mission:**

Parents Anonymous, Inc. is a national organization that promotes mutual support and parent leadership in order to build and support strong, safe families.

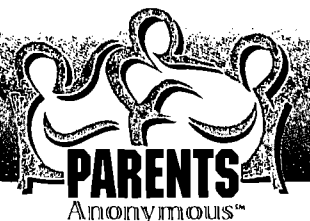
Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

MEDIA GUIDE



Shared Leadership and the Media

Parents Anonymous, Inc. was the first national family strengthening organization to identify the importance of parents speaking publicly about their life experiences, to provide direction to these efforts and to make a significant commitment to shaping the agenda for change. In the early 1970s, Parents AnonymousSM parents were the first in the country to speak out about the prevention of child abuse from the perspective of parents working to overcome difficulties in their lives.

In 1973, when Jolly K., the founding parent of Parents AnonymousSM, appeared before the U.S. Senate Subcommittee on Children and Youth to share her personal experiences, the extensive media coverage generated by her powerful testimony reached every corner of the nation. Jolly's moving story helped ensure passage of the Child Abuse Prevention and Treatment Act (CAPTA) in 1974 and put a human face to a complex social issue. CAPTA was the first federal law that focused on the solution to abuse and neglect. It established a federal leadership role in promoting community-based prevention efforts such as Parents AnonymousSM. This important legislation was reauthorized in 1996, once again with the strong support of Parents AnonymousSM parents, volunteers, and staff.

Parents Anonymous, Inc. promotes the voice of parents through print and broadcast media to advocate for policies and practices that strengthen and support families, and to reach out to other parents seeking help in creating safe and caring homes for their

children. The powerful message found in the successful life stories of parents who have changed their lives through Parents AnonymousSM is also a critical aspect of all Parents Anonymous, Inc. training and public speaking activities.

The expertise of parents, combined with that of professionals, is a dynamic example of the Parents AnonymousSM principle of shared leadership. Parents who have demonstrated their ability to resolve personal issues and concerns provide a valuable resource for the

**The power of
parents speaking
from their own
experience is
unequaled as a
mechanism for
demonstrating the
success of Parents
AnonymousSM.**

media. Parents Anonymous, Inc. is frequently contacted by the national media and policy-makers who are seeking expert information from both parents and professionals. The power of parents speaking from their own experience is unequaled as a mechanism for demonstrating the success of Parents AnonymousSM programs.

Parents AnonymousSM is enriched nationwide by the commitment and dedication of parents who found help and support and who are now "giving back" to others. Through the courage and tenacity of Parents AnonymousSM parents who speak out through the media, thousands of human service professionals, policymakers and other community members throughout the country have gained valuable insight into the broad range of issues affecting families. Their personal stories of strength and success not only offer hope and inspiration, but provide insight and expertise to help shape programs and policies affecting families across the country.

This bulletin will help you to:

- Evaluate and successfully utilize media opportunities
- Identify, partner with, and support parent leaders
- Utilize shared leadership strategies
- Develop effective media skills to achieve results

Media Policy

Parents AnonymousSM organizations should always work with local media to promote local Parents AnonymousSM programs. To provide a clear, consistent and accurate national voice, all contacts from national media—including national outlets that are locally based or media outside the local area—should be referred to Parents Anonymous, Inc. immediately. Also, notify Parents Anonymous, Inc. within 24 hours of the media contact. In no event should local Parents AnonymousSM organizations provide any information to the national media unless specifically requested to do so by Parents Anonymous, Inc.

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.



OJJDP

Shay Bilchik, Administrator

April 1999

JUVENILE JUSTICE BULLETIN

Parents AnonymousSM: Strengthening Families



Teresa Rafael, M.S.W., and Lisa Pion-Berlin, Ph.D.

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) is dedicated to preventing and reversing trends of increased delinquency and violence among adolescents. These trends have alarmed the public during the past decade and challenged the juvenile justice system. It is widely accepted that increases in delinquency and violence over the past decade are rooted in a number of interrelated social problems—child abuse and neglect, alcohol and drug abuse, youth conflict and aggression, and early sexual involvement—that may originate within the family structure. The focus of OJJDP's Family Strengthening Series is to provide assistance to ongoing efforts across the country to strengthen the family unit by discussing the effectiveness of family intervention programs and providing resources to families and communities.

Parents Anonymous, Inc., the oldest national child abuse prevention organization, is dedicated to strengthening families through innovative strategies that promote mutual support and parent leadership. Founded in 1970 through the joint efforts of a courageous parent who sought help in providing a safe and caring home for her children and a social worker who believed that parents are their own best agents of change, Parents Anonymous, Inc., currently leads a dynamic national network of affiliated community-based groups with weekly

meetings for parents and children. Each year, approximately 100,000¹ parents and their children come together in Parents AnonymousSM groups to learn new skills, transform their attitudes and behaviors, and create long-term positive changes in their lives. These weekly groups are led by parents and professionally trained facilitators and are free of charge to participants. While the parents are meeting, their children are usually engaged in specialized programs to promote healthy growth and development, and free child-care is provided in sites in which these programs are unavailable. Many State and local Parents AnonymousSM programs operate 24-hour telephone helplines to provide an immediate response to parents seeking help. Parents AnonymousSM also raises awareness and educates the public on critical issues and community solutions and joins with community, State, and Federal policymakers to promote effective services for families across America.

Parents or adults in parenting roles (e.g., grandparents, aunts, uncles, foster parents, stepparents, or older siblings) who are concerned about their parenting abilities and seeking support, information, and training are welcome at Parents AnonymousSM groups, whatever the age of their children or their current

¹ Based on information provided by the national network.

From the Administrator

Problems arising within the family may lead to problem behaviors with adverse consequences for children and communities. Strengthening families is a fundamental principle of OJJDP's Comprehensive Strategy for Serious, Violent, and Chronic Juvenile Offenders, and this Bulletin provides information about a program that enhances the capability of families to help their children.

Parents Anonymous, Inc., leads a network of affiliated community-based groups that hold weekly meetings led by parents and professionally trained facilitators. This Bulletin describes how the organization works to strengthen families by promoting parent leadership, mutual support, shared leadership, and personal growth. Programs that support positive development are also offered for children.

The Bulletin tells the story of the creation of Parents AnonymousSM by a concerned mother and her social worker, summarizes its structure, and describes key program components. A typical weekly meeting is detailed and examples of Parents AnonymousSM programs are provided.

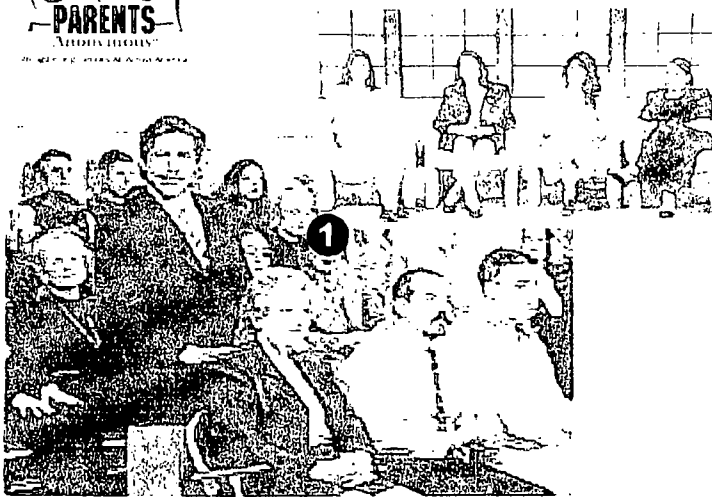
OJJDP has been partnering with Parents Anonymous, Inc., since 1994 to promote shared leadership and mutual support in ethnically and culturally diverse settings across the Nation. After reading this Bulletin, you will also appreciate their contribution to those worthy goals.

Shay Bilchik
Administrator



PARENTS ANONYMOUS, NC. TELEVISION APPEARANCES

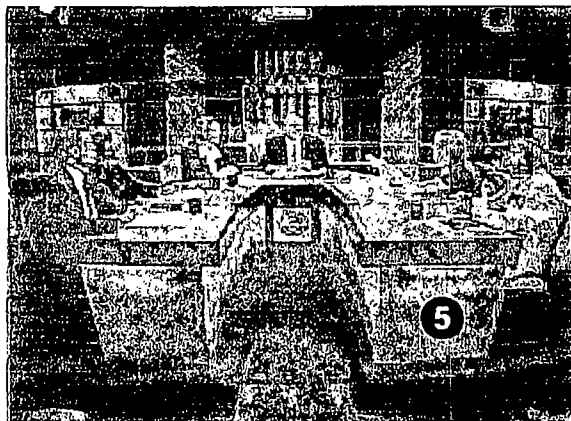
A selection of television shows that featured Parents Anonymous®, its parents, and President and CEO Dr. Lisa Pion-Berlin.



1. Four parents appeared on the **The Geraldo Rivera Show** Apr. 23, 1998 with President and CEO Dr. Lisa Pion-Berlin. The syndicated show aired in 204 cities across the nation and focused entirely on Parents Anonymous®.

2. "You Spank, You Pay" was the topic for the Sept. 20, 1996 **Leeza**. It featured appearances by a parent leader and Dr. Pion-Berlin who served as an expert and offered commentary on the negative impact of corporal punishment and how parents can nurture their children.

3. KCET-TV's (PBS) "**Life & Times**" featured a Parents Anonymous® parent, her family and Dr. Pion-Berlin on a documentary about child abuse and neglect prevention.



4. NBC-TV's **Today Show** selected Parents Anonymous® as the lead segment to kick off a month-long series on parenting. Appearing in the segment "Today's Parents," on Jan. 4, 1997, were Elizabeth Hart, a parent leader from Texas, and Dr. Pion-Berlin who reinforced the message that asking for help is a sign of strength. Thousands of parents seeking help called the phone number provided at the end of the segment.

5. For Bill Rosendahl's **Week in Review** (Sept. 27, 1996), Dr. Pion-Berlin, guest expert on child abuse and neglect, answered questions from a diverse panel of professionals.

6. KTTV-TV's **Midday Sunday** (Jul. 16, 1996) with Tony Valdez featured Dr. Pion-Berlin and a parent leader who served as an inspiration for other parents who want to turn their lives around.



SPECIAL MARS AND VENUS SECTION! John Gray on Parenting and Passion

REDBOOK

BALANCING FAMILY • WORK • LOVE • TIME FOR YOU

5,000 Married Men Confess:

- What keeps him **HOT** for YOU
- What deepens **LOVE**
- Plus: The **TOP 10 LIES**
Happy Husbands Tell

Stop Rushing!

20 No-Stress Secrets

The New Way to Eat Thin

LIAM NEESON

Star Wars'

sexiest leading man
tells all—about
his struggle to protect
his family, the
pressures that nearly
broke him, and the
shocking career move
he's about to make

101 Summer Beauty Ideas

Your No-Nag Guide to Keeping Him Healthy

JUNE 1999

\$2.50



www.redbookmag.com



The day I hurt my child

The beginning of the end came on an ordinary summer day. I was home with my three daughters; my husband was at work. I'd been having trouble with Emily, my eldest, who was five years old. She was still wetting her bed, a habit I hoped she'd break before she started kindergarten in the fall. On this morning, I wanted to try a holistic remedy, a pill a friend had recommended, and I was optimistic we would finally get this problem under control.

But the pill was huge, and Emily refused to take it. I tried everything. I coaxed. I pleaded. I opened the capsule and stirred the contents into apple sauce. Nothing worked. She kept clamping her mouth shut, squirming away. Then I snapped. I grabbed her, held her down, yanked her head back, shoved the pill in her mouth, and started pouring water down her throat. All the while, Emily was crying and choking and begging, "Please, Mommy, don't. I love you, Mommy." Looking back, the incident seems like an out-of-body experience—me, Normal Julie, looking down on Crazy, Out-of-Control Julie. I didn't stop until Emily had swallowed the pill.

That's why I found myself anxiously waiting for a meeting of Parents Anonymous to begin. All I'd ever wanted was to be a good mother—I didn't even believe in

I didn't even believe in spanking. Suddenly my daughters were cringing whenever I lifted my hand. How, I wondered, did I get here—and how would I ever stop? **AS TOLD TO NANCY KALISH**

spanking—yet I was about to confess to my husband, Paul, and a roomful of strangers that I had abused my children. I had to end this nightmare, and this was the only way I knew to do it.

The nightmare began on November 11,

1994, when my third child, Hayley, was born. I had suffered through bouts of depression after giving birth to both Emily and Lauren, my middle daughter, then two and a half years old, but this time, the black mood just wouldn't move on.

Paul and I were going through a difficult time. We were struggling financially, living in a cold, moldy old house in a small California town. Emily had begun wetting her bed almost every night since the baby was born. And Hayley had developed a severe respiratory infection when she was three months old that put her in the hospital. For eight days, I spent practically every minute with her. Although Paul took a little time off, he soon had to return to his job as a medical supplies salesman.

Fortunately, I had one good friend, Joanne, who saw me through the ordeal. We had met at a breast-feeding clinic and quickly found that we shared the same ideas about parenting, about staying at home and devouring ourselves to our kids. Joanne sat with me through long nights, comforted me as I watched Hayley struggle for breath in her hospital crib, and brought magazines to distract me from my anxieties.

She was also there for me when I brought Hayley home from the hospital and when I came down with an awful case of the flu. She listened patiently as I browbeat myself for being a terrible mother. (continued)

My little girl was afraid of what I'd do—and so was I.



YOU'VE CROSSED THE LINE TO ABUSE WHEN...

What mom hasn't lost it once or twice? Exhaustion, overextension, or a preschooler's obnoxious comment can occasionally transform any mom from Dr. Jekyll to Ms. Hyde. But how do you know when you've gone too far? Chris Monaco, Ph.D., director of the National Child Abuse Hotline, offers the following warning signs that can indicate it's time to get help.

1. You leave marks on your child's body when you discipline her.
2. Your only form of discipline is spanking.
3. Your child winces whenever you come near.
4. You have thoughts of harming her.
5. You give her lots of timeouts just to get her away from you.
6. You criticize or embarrass her with phrases like "You're so stupid."
7. You have fantasies of leaving your child.
8. Your child is displaying acts of aggression.
9. You push your child to the floor. —Molly MacDermot

I hurt my child

(continued)

who was unable to care for my children properly, keeping them in a moldy house that the pediatrician said may have contributed to Hayley's illness.

All winter I had felt as if I was spinning from one crisis to another, unable to get a handle on my life. Then spring brought surprisingly good news. Paul's brother generously loaned us the cash to move to a small house in a rural community nearby, and Paul was working so much—sometimes as many as 60 hours a week—that we would have plenty of money. Even though that meant he wouldn't be around as much as I would have liked, I'd have Joanne and her brood to keep us company.

Soon after we moved, however, Joanne told me her husband had gotten a new job; she would be moving 1,000 miles away to North Dakota. I was crushed. I loved the new house, but neither the kids nor I had any friends in the area. When my car died, I couldn't even take Emily and Lauren to their playgroup. Every morning, I'd watch Paul drive off to work and feel more and more isolated.

DEPRESSION TURNED TO VIOLENCE

With a barren summer looming, I started zoning out. The kids wanted me to play with them, but I rarely had enough energy. I'd do a minimal amount of housework, then sit in the living room for hours on end, sleeping or doing nothing.

Emily and Lauren knew something was wrong, and they struggled to get my attention. When I didn't respond, they misbehaved; they knew just how to push my buttons. I'd always been so careful to avoid spanking them. Although I'd been beaten only once as a child, I had seen my father whip my older sisters frequently. He ruled our family with fear. I couldn't bear the thought that my children would see me as we had seen him.

But as my world began to shrink, my sense of doom deepened, and I could no longer control my frustration. I would explode suddenly and begin yelling, screaming, and sometimes spanking. I didn't want to, but I literally didn't know what else to do.

After each episode, I was ashamed and remorseful and promised myself it would never happen again. I'd stick to it for a while. I'd overlook behaviors my girls had been severely punished for before. One minute I'd be a happy, wonderful, nice

mommy, and the next I'd be a depressed, horrible mommy. They never knew whom to expect, and frankly, neither did I. It got to the point where they would cringe whenever I lifted my hand, even if I was just reaching up to get something out of a kitchen cabinet.

Things were the worst with Emily. We were similar in personality and frequently butted heads. She was excited about starting kindergarten, although she still had several boring months to wait. She became more difficult with each passing day. My husband kept telling me that I wasn't tough enough on her. I now know that he meant I should have been more consistent with Emily, but at the time, I thought being tougher meant being meaner. I felt unable to control my daughters, and force seemed the only way to maintain order.

One day I really lost it. Emily talked back to me, and I spanked her hard—so hard she fell to the floor. Then I kicked her. Luckily, something stopped me there. I watched in amazement and horror as my daughter ran to her room crying, and I burst into tears myself. Inside, I was screaming: That's not me! That wasn't me! I was terrified that whoever it was would do it again.

NO ONE WOULD HELP ME

Less than two weeks later it happened again—I almost drowned Emily trying to get her to take that huge pill. I had finally crossed a line that horrified me. Hysterical, I called a child abuse hot line I found in the phone book. I thought, if I can do *this* to my daughter, what might I do next? The woman who answered said she could send a social worker out to see me, but that what I'd done was probably an isolated incident. I didn't sound like a child abuser, she said, and desperate to believe her, I hung up the phone. Still, I knew something was very wrong. I tried a few other numbers, with no luck. One hot line operator said she could help me only if my child had been sexually molested. The other numbers had been disconnected.

Over time, I became increasingly depressed. One day I was driving into town with all three kids in the car. Emily and Lauren were bouncing around; I couldn't hear myself think. I saw a truck coming toward me in the opposite lane and had an almost overwhelming impulse to drive head-on into it. After that, I couldn't get the thought of killing myself out of my head. What if I wasn't able to hold myself back the next time? What was I capable of? I didn't know. (continued)

WHERE TO TURN WHEN YOU NEED HELP

HOT LINES

Parents Anonymous: 909-621-6184
(or visit the Web site at:

www.parentsanonymous-natl.org)

This organization has more than 2,000 branches nationwide that provide a nonjudgmental place for parents to share their frustrations and learn better child-rearing skills.

The program (including childcare during meetings) is free.

Childhelp USA: 800-4-A-CHILD

The national 24-hour hot line is staffed by trained counselors who can help with a range of problems, from "How do I stop his crying?" to "I think I'm going to harm my baby."

WEB SITES

National Clearinghouse on Child Abuse and Neglect Information:

www.calib.com/nccanch

National Council on

Child Abuse and Family Violence:

www.nccafv.org

American Academy of Pediatrics:

www.aap.org

National Committee to Prevent Child

Abuse: www.childabuse.org

Shaken Baby Syndrome Prevention Plus:

www.sbsplus.com

BOOKS

Positive Parenting from A to Z,

by Karen Renshaw Joslin

Change Your Child's Behavior by

Changing Yours, by Barbara

Chernofsky and Diane Gage

How to Talk So Kids Will Listen/How to Listen So Kids Will Talk, by Adele Faber

and Elaine Mazlish

—M.M.

WORK THE WEB

Log onto these great Web sites for special offers and information!



CLEAR PLAN™ The Clear Plan Easy™ Fertility Monitor provides women with daily fertility status information and helps maximize their chances of conception.

For more information, call 1-800-931-1122 or visit www.clearplan.com.

Visit www.redbookmag.com to enter the Gatorade Playbook for Kids Contest.

The grand prize is a Ford Windstar minivan. Two contestants win a \$1,000 sporting goods gift certificate and a one year supply of Gatorade.



Gatorade is searching for parents' game-tested tips for preparing their young athletes physically and emotionally to play hard and have fun. See page 23 for details.



Gillette® for Women Satin Care® Moisture Rich Shave Gel has seven special moisturizers and skin conditioners. It now comes in a unique Soft Touch bottle that's really easy to handle. Use it with your SensorExcel® razor for a satiny-smooth shave. Nothing Else Feels Like Satin. Visit www.Gillette.com for more information.



Visit www.recipesecrets.com for hundreds of easy and delicious recipes using Lipton Recipe Secrets®. You'll find terrific, family pleasing recipes using your favorite ingredients in our "Recipe Search" section. Don't forget to enter the "Cook Off" contest for your chance to win great prizes!

Liz Claiborne

Visit www.lizclaiborne.com to view the latest Liz Claiborne fashions, learn about new products and in-store events, enter our sweepstakes and find the store nearest you that carries Liz Claiborne merchandise.



This summer, go cyber-surfing at www.sallyhansen.com to catch the wave of summer's hottest nail and lip collections. Click into personalized manicure tips for your favorite "Nail Styles"; read up on expert advice for growing strong and healthy nails; and vie for the chance to win over \$30 worth of free Sally Hansen products!

I hurt my child

(continued)

But I knew I had to get help or I could die.

I remembered that a friend's mother was a drug- and alcohol-recovery therapist. With nowhere else to turn, I called her. She listened as I sobbed out my story, and suggested I call the Children's Bureau, an organization that does at-home counseling for families in crisis. The woman who answered the phone told me there was a waiting list for the service. In the meantime, she recommended a support group run by Parents Anonymous.

The next meeting was an interminably long two days away, but just knowing I was finally going to get help made me feel better. Paul volunteered to attend the meeting with me, which made me a little nervous. He knew I had a problem, but he didn't know just how big that problem had grown. I was afraid he would leave me when he found out.

LEARNING TO BE A GOOD PARENT

By the time we arrived at Parents Anonymous, I was determined to get it all out in the open, no matter what the consequences. When my turn to talk came, I blurted out the entire shameful story. I could see that Paul was stunned, not only by what I had done to the kids but also by my thoughts of suicide. His own mother had died of a suspicious overdose of pills. But Paul squeezed my hand to show his support, and this gave me the strength to continue.

The rest of the group was not surprised by my revelations. Many of them had done similar or more serious things. Many of the women sat there alone, without supportive

husbands like mine. And I actually thought, Well, it could be a lot worse. The group leader told me I had done something really positive for myself and my family by coming to PA. For the first time in months, I didn't feel like a horrible mother. I felt a little hope, and I wept in relief.

My life started to turn around that night more than two years ago, but it's been a long, tough road back. There have been many meetings since. I began individual therapy and discovered that my depression is an illness, for which I now take medication. Most important, though, I learned how to be a different kind of parent. I really didn't know how to discipline my children without yelling and hitting. Now I take away their privileges and use time-outs. When I can't handle the pressure, I take a time-out myself. I tell the kids I'm going into the bedroom for five minutes alone, and when I come out we'll play a game. And sometimes when Emily starts getting upset about something, she'll give *herself* a time-out in her room until she calms down.

Paul has stood by me every step of the way and has used the PA techniques to become a better parent himself. We go to marriage counseling once a month, and I no longer fear he's going to leave if I screw up. We're together for the long haul, and it's safe to talk to him about things that are bothering me before they blow up.

I still have difficult times. I still raise my voice. But most of the time, I feel confident and in control. While I realize I'll never be a perfect mom, I'm finally the good mom I've always wanted to be. Best of all, Emily, Lauren, and Hayley are happy. When they look at me, I no longer see fear in their eyes. I see respect. □

HOW TO CONTROL YOUR ANGER

These exercises, supplied by Lisa Pion-Berlin, Ph.D., president and CEO of Parents Anonymous, can pull you back from that dangerous blow-your-stack point:

First, learn the cues that signal you're about to lose it. Does your voice reach an abnormally high pitch? Does your child's expression move from defiance to fear?

When you recognize the cue, retreat to your room or take a quick

walk—even if it's to pick up the paper from the stoop or circle the yard. If your kids are little and need constant supervision, you can still walk to the other side of the room to put on the radio or water the plants.

Call a friend for a comfort chat or a hot line (see page 82) for advice.

Let go. Sometimes the fight isn't worth the cost. Give her another cookie. Let her paint her lips purple this one time.

To gain perspective, pretend you're looking at yourself through a one-way mirror. This should give you the clarity to calm down a bit.

Rail at the behavior, not the child. Instead of saying, "You're driving me crazy, you're making me late for work!" try, "This crying has to stop because it's making us late." The depersonalization will be good for both of you. —M.M.

Where You Can Turn

By CARLA KOEHL

AVID "TELE-PARENTS" WILL TELL YOU THAT THERE'S nothing like a phone jack and 16 megabytes of RAM for navigating the mysteries, hurdles and hassles of life with an infant or toddler. If only you had Netscape and a 28.8 modem—or at least speed-dial—they'll say, you'd be surfing and dialing your way to parental bliss with all the child-rearing info that's available by PC and phone. Are they batty? No. Just a little excited.

There are now more places than ever to phone for help when mothers and fathers feel parentally challenged. And the explosion of parenting Web sites and newsgroups that's taken place on the Internet over the last five years is connecting families from household to household the way the telephone did for the first time in 1876. Only this time the advance in communications isn't just overcoming distance and isolation. It's conquering stigmas.

Kate Ripley was nursing her newborn in her cabin half an hour outside Fairbanks,



Online support: Rory and Kate

Alaska, when she found an online breast-feeding newsgroup. "I was really lonely," she says. "It was a huge relief." Now that Rory's 9 months, the baby books are hinting that he's eating too often. Ripley's group (misc.kids.breastfeeding) says otherwise. "You don't just want to have someone validate everything you think," she says. "But it's such a variety of voices, you can cull." Even in Los Angeles, where there's no such thing as a remote location, actor Brian Markinson logs on whenever he and his wife are stumped about their 9-month-old. "It's another resource," he says, "rather than call a doctor and feel like you're being a pain."

Technological alarmists, of course, take delight in warning that millions of modem-happy moms and dads will do nothing but produce millions of antisocial, monitor-gazing kids. A reliance on dial-tone parenting, they insist, keeps families, friends and neighbors from trading advice the old-fashioned way: in person. But a glance at all the live, wired interaction out there suggests that, so far, the alarmists are wrong.

On the Net

Usenet

alt.parenting and misc.kids
Great places to start on the Usenet—the Internet's collection of newsgroups—for discussions on hundreds of topics from teething and breast-feeding to pets and snoring. Also, rec.arts.books.children is a 24-hour-a-day book group on children's literature.

Childbirth.Org

<http://www.childbirth.org>
Top discussion forums here, and a home page that gets right to the point on tough issues, including "Pregnancy & HIV," "Having Your First Baby Over 35" and "Complications."

Family.com

<http://www.family.com>
Disney's new site has been criticized for being more upscale than helpful. But their bulletin boards and chat rooms are filled with the voices of intelligent, caring parents. They must be doing something right.

ParentTalk Newsletter

<http://www.tnpc.com/parentalk/index.html>
Clearly written articles by physicians and psychologists. What this site lacks in graphic creativity, it makes up for in sheer mass of information.

ParenthoodWeb

<http://parenthoodweb.com>
Pediatricians and psychiatrists respond (in due time) to your e-mail. Meanwhile, they've posted their stock answers to anything-but-stock questions, including "Did we make a mistake by having a child?"

Parenting Q&A

<http://www.parenting-qa.com/>
This site calls itself the only one on the Web "solely devoted to providing parents with answers to their most pressing questions." It does answer questions faster than most other sites we tried. But it also offers essays on touchy subjects like spirituality, and suggests reading lists for kids, games for rainy days.

ParentSoup

<http://www.parentsoup.com/>
Excellent discussion forums address everything from step-parenting and disciplining closely spaced siblings to premature babies and children with attention deficit disorder.

Zero to Three

<http://www.zerotothree.org>
The Washington, D.C.-based child-advocacy group has just launched its Web site. On it: a wealth of research and information on physical, cognitive and social development of infants and toddlers.

On the Phone

Child Care Aware

800-424-2246
Operators refer parents anywhere in the country to licensed and accredited child-care centers in their area. They'll also send, at no charge, an information packet on how to choose quality child care. Coordinated by the National Association of Child Care Resource and Referral Agencies. Weekdays, 9 a.m.–5 p.m. CST.

ChildHelp National Hotline

800-4-A-CHILD
Twenty-four-hour advice and referrals for children and adults with questions or in crisis. Staffers with graduate degrees in counseling field calls on issues ranging from child-abuse prevention to whether it's normal for a 3-year-old girl to try urinating while standing up. (Yes, says a hotline counselor, it is.)

Gerber Information Line

800-443-7237
Tipper Gore's recorded welcome message jolts you from thoughts of strained peas on this 24-hour consumer-info line (she reminds callers that doctors recommend having babies sleep on their backs). Moms, dads, grandparents—not nurses—work the phones, advising

callers on nonmedical essentials like diapering, sleeping and "lots and lots of questions about food," says one operator.

National Parent Information Network

800-583-4135
NPIN boasts the largest parenting database in the country. Researchers hunt down referrals, abstracts and answers—and send them free of charge—to hundreds of callers every month. Trouble with toilet training, the merits of co-op playgroups vs. private preschools, baby bowel movements: absolutely nothing is out of bounds here. Weekdays, 8 a.m.–5 p.m. CST.

Parents Anonymous

909-621-6184 (not toll-free)
The national office in Claremont, Calif., refers parents to 45 state and regional affiliates, which offer support groups, counseling, referrals. Weekdays, 8 a.m.–4:30 p.m. PST.

Single Parents Association

800-704-2102
This line, which has just gone national, helps parents find support groups and resources in their communities, fields questions on parenting skills and reminds single parents that they're not alone. Weekdays, 9 a.m.–6 p.m. CST.

With T. TRENT GEGAN

SPECIAL EDITION

YOUR CHILD

Newweek

Spring/Summer 1997 \$3.50

From Birth to Three

What You Need
To Know

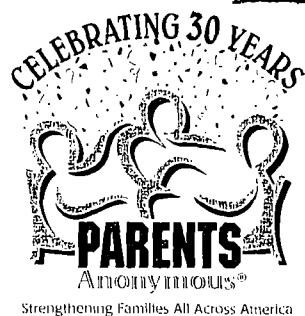
How Speech
Begins

A Baby's Brain

Genes &
Emotions

What's Normal,
What's Not





THE NATIONAL ORGANIZATION
675 WEST FOOTHILL BLVD.
SUITE 220
CLAREMONT, CALIFORNIA
91711-3475

(909) 621-6184 ext. 207
FAX (909) 398-1864
e-mail: palpb@juno.com
www.parentsanonymous-natl.org

LISA PION-BERLIN, Ph.D.
PRESIDENT AND
CHIEF EXECUTIVE OFFICER



with communities, individuals, and other organizations to strengthen families. Volunteers throughout the country donate thousands of dollars worth of services each year ensuring the availability of Parents Anonymous® programs in their community. Through collaborations with schools, Head Start programs, shelters, the courts, tribal councils, public health entities, social service providers, and civic organizations, Parents Anonymous® groups build and support caring communities for parents and children so that the next generation of families can live and grow in safe, nurturing environments.

Creating Cost Savings Nationwide

Parents Anonymous® programs effectively prevent child abuse and neglect, thereby eliminating the estimated lifetime cost of more than \$2 million to our society for each abused child. Through prevention, Parents Anonymous® decreases child maltreatment as a risk factor that can escalate into other costly social problems such as juvenile delinquency and

teen pregnancy. Investing in Parents Anonymous® not only saves society millions of dollars, it also saves the lives of millions of America's children.

Building for the Future

As a leading expert on family strengthening, Parents Anonymous, Inc. creates innovative strategies to achieve meaningful parent leadership; conducts training and customized technical assistance for public and private agencies and communities regarding effective systems reform strategies; and shapes the direction of public policies through strategic advocacy and media efforts. Educational materials, newsletters, technical assistance bulletins, and consultation are provided to enhance practice and improve service delivery resulting in stronger families, safer communities, and more positive outcomes for children and youth. With an emphasis on capacity building, Parents Anonymous, Inc. ensures the programmatic and organizational success of Parents Anonymous® activities throughout the United States.



Strengthening Families All Across America
PARENTS
 ANONYMOUS, INC.
 CELEBRATING 30 YEARS
 THE NATIONAL ORGANIZATION
 675 WEST FOOTHILL BLVD, STE. 220
 CLAREMONT, CA 91711-3475
 (909) 621-6184
 FAX (909) 625-6304
 www.parentsanonymous-national.org
 e-mail: parentsanon@nhi.com

PARENTS

Anonymous, Inc.

Strengthening
 Families in
 Partnership with
 Communities



*"Thanks to all of the **Help** I got from Parents Anonymous®, my kids are happier and I enjoy them even more."*



Strengthening Families All Across America

and behaviors, and create long term positive changes in their lives. Reaching out to families in need, Parents Anonymous® operates 24-hour hotlines to provide an immediate response to parents seeking help; raises awareness and educates the public on critical family issues and community solutions; and partners with policy makers to ensure effective services for families all across America.

Demonstrating Effectiveness and Success

National research definitively confirms the effectiveness of Parents Anonymous® in diminishing the impact of risk factors while dramatically increasing the resiliency of parents and children resulting in the prevention of child abuse and juvenile delinquency. Through Parents Anonymous®, parents identify and build on their strengths, increase their ability to deal with stress, expand their social support networks, and develop realistic expectations of themselves and their children. One national study concluded that Parents Anonymous® had a significant impact on alleviating child abuse and neglect, irrespective of other services provided including parent education classes and individual therapy. Furthermore, national research on Parents Anonymous® children's programs revealed significant improvements in children's self-esteem, behavior, and social interaction skills. In recognition of this demonstrated effectiveness, federal law highlights Parents Anonymous® as the benchmark for child abuse prevention and treatment programs throughout the United States. Moreover, the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention, acknowledges

*"I now have the **Strength** to make lasting changes in my relationship with my children... I don't feel alone anymore."*

and promotes Parents Anonymous® as a national Model Family Strengthening Program to prevent juvenile delinquency. The first national Bulletin in OJJDP's Family Strengthening Series was on Parents Anonymous, Inc. and highlighted the critical linkages between Parents Anonymous® and juvenile delinquency prevention efforts.

Building Stronger, Safer Families

As the nation's premier family strengthening program, Parents Anonymous® encourages parents to ask for help early, whatever their circumstances, to effectively protect today's children and strengthen tomorrow's generation of parents. Parents Anonymous® builds upon the strengths of parents to ensure that children live and grow in safe, nurturing homes by offering families help today and hope for the future.

Responding to the Diverse Needs of Families

Parents Anonymous, Inc. is strongly committed to providing culturally responsive services that meet the diverse needs of families all across America. As a result, Parents Anonymous® programs integrate the values, languages, and strengths of local communities by joining with American Indian, Latino, African-American, Asian-American, Caucasian and



*"My first Parents Anonymous® group meeting replaced hopelessness with **Hope**. My second group meeting replaced helplessness with new ideas."*

other families living in urban and rural areas to develop and implement neighborhood-based Parents Anonymous® groups. To ensure the accessibility of Parents Anonymous® programs to all community members, whether they are married, single, divorced, teen parents, grandparents, or step parents, Parents Anonymous® groups meet in settings such as local community centers, churches, schools, housing projects, shelters, and prisons.

In addition, Parents Anonymous, Inc. provides a quality Children's Program model that is implemented nationwide by its National Network. The Parents Anonymous® Children's Program seeks to improve the emotional growth and social development of children and youth by creating an environment where children can develop healthy social skills, build self-esteem, and take a break from daily life stresses.

Building Community Partnerships

As a pioneer in building community partnerships, Parents Anonymous, Inc. successfully collaborates



Strengthening Families All Across America

NATIONAL PARENTS ANONYMOUS® HELPLINE AN EFFECTIVE MODEL FOR STRENGTHENING FAMILIES AND PROTECTING CHILDREN

What Is the Need?

- Child maltreatment is an extremely serious social problem, with high costs and severe lifelong consequences for children and families. More than one million children are abused and neglected annually, at a rate of 23 per 1,000 (Sedlak & Broadhurst, 1996). The annual monetary costs are \$9 billion, at minimum, for child welfare, health care, and out-of-home care. In addition, related costs for services such as emergency room treatment, special education and family preservation services increase this figure significantly (National Child Abuse Coalition, 1999).
- The impact of child maltreatment extends far beyond the family, affecting a broad array of significant social problems and needs, including crime, delinquency, health, mental health, education, substance abuse and child welfare.
- Being a parent is a critically important job, 24 hours a day, every day of the year. All parents need help and support at some time in order to provide safe and caring homes for their children. Millions of parents feel isolated, alone and frustrated and need a safe and easily accessible avenue for reaching out for help.
- There is no national toll-free telephone system that is designed to provide immediate support to parents seeking help and to connect them with proven effective community-based programs for on-going support and assistance. There are national toll-free telephone lines for help in domestic violence situations, help with poison control issues and help for children and youth who are experiencing problems. It is distressing to recognize that there is no accessible national avenue for parents who have the courage and tenacity to reach out for help in being the best parents they can be.
- Critical situations can arise anytime and parents can avoid a crisis by having the opportunity to find help before reaching the point that their emotions and behaviors are out of control. When a parent is awake at night with a crying baby, has just lost a job, is entering into a divorce or other significant relationship loss, is a single dad who is worried about his teen-aged daughter who is long past her curfew, or has never learned from her own parents how to provide a safe and caring home for a child, there is a greater possibility that the child will become a target of the parent's frustration, stress and rage. Calling a caring, supportive advocate at the National Parents Anonymous® Helpline will provide a vehicle for managing these feelings and learning new parenting strategies that avoid making the child a target.
- Parents are our greatest hope for preventing child abuse before it damages their families and harms their children. It is the responsibility of all of us to support parents in providing safe and caring homes for their children.

THE NATIONAL ORGANIZATION

675 WEST FOOTHILL BLVD.

SUITE 220

CLAREMONT, CALIFORNIA

91711-3475

(909) 621-6184

FAX (909) 625-6304

www.parentsanonymous-natl.org

e-mail: parentsanon@msn.com

What Is the Solution?

- Parents Anonymous, Inc., the nation's oldest child abuse prevention program, proposes to develop and operate a National Parents Anonymous® Helpline so that parent throughout the country, in all states, on reservations, in urban and rural areas, can access immediate support and help where trained advocates provide 24-hour assistance every day of the year to parents who call. From 1970 - 1992, Parents Anonymous, Inc. operated a national toll-free telephone helpline for parents seeking help. Congressional support is now needed in order to reinstate this critically needed service and take it to full national scale.
- Since 1970, parents have reached out to Parents Anonymous® as a vehicle for making lasting, effective, positive changes in their lives. With a name parents trust and a thirty-year history of successfully responding to the immediate and long-term needs of parents seeking help, Parents Anonymous, Inc. has responded to needs of millions of parents who have reached out for help, support, strength and hope.
- Based on a comprehensive plan developed in collaboration with Superior Consulting Company, the National Parents Anonymous® Helpline will utilize the most up-to date communication strategies and ensure the greatest accessibility and most immediate help for parents via the telephone system and via real-time electronic communication, utilizing e-mail and other technology. Almost all parents can access a telephone and most can access a computer through schools or the public library if they don't have one at home.
- When parents contact the National Parents Anonymous® Helpline, in addition to the immediate assistance provided, they are connected to a National Network of dynamic community-based Parents Anonymous® programs where on-going support is available free of charge to participants. A data bank of other local resources will ensure connections to appropriate additional services and written materials on a variety of parenting issues will be available in multiple languages. The Helpline will assist parents with the wide range of issues they face, whether it is problems with discipline, communication, drug and alcohol abuse, child development, educational needs for their children or other issues.
- Given the diversity in our country, assistance will be available in more than 140 languages through the use of multi-cultural staff and the A.T.& T. language line and for the hearing impaired through the use of TDD services.
- Through publicizing the National Parents Anonymous® Helpline, the message will be conveyed that "It is a sign of strength to ask for help" and parents will be encouraged to reach out for help at anytime, whatever their current situation or the parenting problems they are facing.
- Based on the Parents Anonymous® principles of parent leadership and shared leadership, the National Parents Anonymous® Helpline will be developed and operated with the meaningful involvement of parent leaders from across the country who will provide their experience and suggestions to help ensure the effectiveness of all aspects of this valuable service.
- The anticipated costs for the National Parents Anonymous® Helpline are a small investment to make to strengthen our nation's families and help protect our most vital resource, our children.

CHILD ABUSE PREVENTION AND TREATMENT ACT
AMENDMENTS OF 1995

JULY 20 (legislative day, JULY 10), 1995.—Ordered to be printed

Mrs. KASSEBAUM, from the Committee on Labor and Human
Resources, submitted the following

REPORT

[To accompany S. 919]

The Committee on Labor and Human Resources, to which was referred the bill (S. 919) to reauthorize the Child Abuse Prevention and Treatment Act, Family Resource and Support Programs, Adoption Opportunities and Family Violence Prevention and Services Programs, and for other purposes, having considered the same, reports favorably thereon with an amendment in the nature of a substitute and recommends that the bill, as amended, do pass.

CONTENTS

	Page
I. Summary of the bill	2
II. Background and need for legislation	2
III. Legislative history and committee action	10
IV. Committee views	11
V. Agency views	24
VI. Cost estimate	25
VII. Regulatory impact statement	27
VIII. Section-by-section analysis	28
IX. Changes in existing law	31

The Child Abuse Prevention and Treatment Act Amendments of 1995 (CAPTA) reauthorize and amend the Child Abuse Prevention and Treatment Act, the Family Resource and Support Programs, the Adoption Opportunities Act, the Family Violence Prevention and Services Programs, the Abandoned Infants Assistance Act, the Missing Children's Assistance Act, and the Children's Justice Act.

99-010

★(Star print)

The committee encourages the Secretary, through this demonstration category, to pursue innovative approaches to responding to reports of child abuse and neglect. For example, Florida and Missouri are conducting demonstration projects that permit child protective service agencies to develop different courses of action responsive to and appropriate to the variety of reports received. The committee intends that these demonstration projects would include at least two responses: one comprehensive assessment that provides for the delivery of services to prevent child abuse and neglect and advance the well-being of the child and other family members; the other, an investigation in cooperation with law enforcement of the most serious reports. This investigation shall place an emphasis on intensive, possibly judicial, intervention to protect the child and shall be accompanied by services and supports designed to prevent further abuse and neglect. The committee intends that a triage system be developed which shall respond to reports in a manner most appropriate for protecting the safety of the child, to achieve family preservation (where possible), and to enhance the well being of all family members.

The committee also concludes that child protective service agencies, even in conjunction with law enforcement and the courts, cannot alone fulfill all of society's responsibility for protecting children. Throughout the Nation, a wide array of voluntary organizations concerned with the quality of neighborhood and community life participate in partnerships to assist in the prevention of child maltreatment.

Community agencies (including community social service agencies), schools, and religious institutions often possess a unique capacity to initiate activities necessary for the promotion of a responsive community child protection system. This involvement must be fostered and developed.

The committee does not intend that these other sectors of the community replicate the roles appropriate to child protection service agencies (particularly the acceptance, screening and initial assessment of reports and the investigative or intensive intervention roles). Rather these other sectors of the community should each assume their own appropriate roles (particularly outreach to families, an ongoing assessment of strengths and needs, and the provision of services and supports in both preventing and responding to child abuse and neglect).

The committee is particularly interested in demonstrations which enable families reported for child abuse and/or neglect to receive the needed services and supports through collaborative partnerships between the child protective service agency and other sectors of the community. The committee intends that this reliance on the larger community for services for children and families complements rather than replaces the provision of services by staff of the child protective service agency. The committee urges States participating in this demonstration to reallocate some of the resources currently committed to investigations.

The committee recognizes that building on the strengths of families by promoting parental competencies and capacities is an important component of child abuse prevention. Therefore, the committee has included bill language authorizing a demonstration grant to

Secretary, through this demonstrative approaches to responding to child abuse and neglect. For example, Florida and other States have implemented demonstration projects that permit child protective services to take different courses of action in response to a variety of reports received. The demonstration projects would include comprehensive assessment that prevents child abuse and neglect and other family members; coordination with law enforcement of investigation shall place an emphasis on intervention to protect the child and supports designed to prevent child abuse. The committee intends that child protective services shall respond to reports in a timely manner to ensure the safety of the child, to the extent possible, and to enhance the

child protective service agency and the courts, and the availability of voluntary organizations in the neighborhood and community life in the prevention of child maltreatment.

Community social service agencies often possess a unique capacity for the promotion of a response. This involvement must be

that these other sectors of the community are appropriate to child protection services, screening and initial assessment, and intensive intervention. The community should each assist in outreach to families, and needs, and the provision of services and responding to child

as demonstrated in demonstrations which use child abuse and/or neglect to receive services through collaborative partnerships with child protective agency and other sectors. The committee intends that this reliance on the community and families' involvement in the provision of services by staff of child protective services. The committee urges States to reallocate some of the resources to

building on the strengths of families and communities is an important goal. Therefore, the committee encourages a demonstration grant to

maintain a national network of mutual support and self-help programs as a means of strengthening families in partnership with their communities. It is critical to enhance the capacity of community-based services which promote working partnerships with families in need to address problems before child protective service intervention is required. Families should be able to ask for and receive help early through programs such as Parents Anonymous which effectively deal with potential child abuse situations.

The unique Parents Anonymous model of shared leadership between parents and professionals exemplifies the notion that by building on the strengths of families, child abuse and neglect can be prevented. This cost saving effort fosters community ownership, self-reliance, and mutual support in neighborhoods all across the United States.

MEDICAL NEGLECT

CAPTA currently allows, but does not require, States to exempt parents from prosecution on grounds of medical neglect if the parent was employing alternative means of healing as part of the parent's religious practice. CAPTA currently requires the States to have procedures in place to report, investigate and intervene in situations where children are being denied medical care needed to prevent harm.

In recent years, HHS has moved to disqualify certain States from CAPTA funding based on the State's application of the religious exemption for medical neglect. In the fiscal year 1995 Labor/Health and Human Services/Education appropriations bill, Congress placed a 1-year moratorium to prevent HHS from enforcing its policy.

A concern has been raised by several religious organizations with respect to the current law.

The committee intends through section 115(b) to clarify that a State's child protection system should be structured so as to ensure that the State is able to prevent the withholding of medically indicated treatment from children with life threatening conditions (including "Baby Does") and in cases where the child is in jeopardy of serious harm.

Section 113 of the bill adds a new section 115 that addresses the issue of spiritual treatment of children. The section does not require a parent or legal guardian to provide a child with medical service or treatment against their religious beliefs, nor does it require a State to find, or prohibit a State from finding, abuse or neglect cases where the parent or guardian relied solely or partially on spiritual means rather than medical treatment in accordance with their religious beliefs. The section does require a State to have in place authority under State law to pursue any legal remedies necessary to provide medical care or treatment when such care or treatment is necessary to prevent or remedy serious harm to the child or to prevent the withholding of medically indicated treatment from children with life-threatening conditions.

The committee affirms the States' sole discretion over its case by case determinations relating to medical neglect. Section 115 should not, however, be interpreted to discourage the reporting of such

process, and an information clearinghouse, will improve the lead entities and statewide networks.

CHILD ABUSE PREVENTION AND FAMILY RESOURCE SUPPORT PROGRAMS

Section 207(a)(5) requires States to combine or leverage private, State, and Federal funds and to direct those funds to integrated prevention services. The committee intends that the child abuse and neglect prevention activities be part of the integrated network of services among a variety of services available through Family Resource Centers. The committee further intends that the centers ensure universal access to services provided.

RESPIRE AND NON-CORE SERVICES

The committee recognizes that respite is a critical and cost-effective component of family support. Therefore, section 206(3)(B) requires States to provide access to respite care and other optional services, although individual resource and support centers are not required to provide these services on-site. In using the phrase "to the extent practicable," the committee has not intended to limit the ability of the lead entity or the local program to providing or arranging for respite as part of a broader array of family resource services. The local program should make every effort to provide, or to locate and assure access to, such services for the families who require respite care, especially those at risk of abuse or neglect.

PRIORITY FOR LOCAL FUNDING

In section 206(b) the committee intends that local initiatives which are funded by any of the programs consolidated into the Family Resource and Support Program may apply for continued local program funding as part of a State's network as long as they meet local program requirements.

PARENTAL INVOLVEMENT

The committee believes that parents should have a vital role in the development and maintenance of the services planned under this title. The lead entity and local programs are strongly encouraged to foster and maintain leadership roles for parents in partnership with professionals. It is the committee's belief that strong parental involvement will result in community-based prevention services which better address family needs at the neighborhood level. Meaningful, ongoing and effective parental involvement in policy and program decisions will require a strong commitment by the lead entity and local programs. To ensure parental involvement, the lead entity and local programs should establish mechanisms, conduct training, and devise parent leadership strategies, with the assistance of organizations such as Parents Anonymous.

GRANTS TO TRIBES

Section 203(a) reserves 1 percent of funding for Indian tribes, tribal organizations and migrant programs. Recognizing that all of the requirements for State programs contained in this title may not be appropriate for tribes, the committee urges the Secretary to

Calendar No. 290

106TH CONGRESS }
1st Session }

SENATE

{ REPORT
{ 106-166

DEPARTMENTS OF LABOR, HEALTH AND HUMAN SERVICES, AND EDUCATION AND RELATED AGENCIES APPROPRIATION BILL, 2000

SEPTEMBER 29, 1999.—Ordered to be printed

Mr. SPECTER, from the Committee on Appropriations,
submitted the following

REPORT

[To accompany S. 1650]

The Committee on Appropriations reports the bill (S. 1650) making appropriations for Departments of Labor, Health and Human Services, and Education and related agencies for the fiscal year ending September 30, 2000, and for other purposes, reports favorably thereon and recommends that the bill do pass.

Amount of budget authority

Total bill as reported to Senate	\$324,157,991,000
Amount of adjusted appropriations, 1999	300,627,424,000
Budget estimates, 2000	325,069,040,000
The bill as reported to the Senate:	
Over the adjusted appropriations for 1999	+ 23,530,567,000
Under the budget estimates for 2000	- 911,049,000

treating victims of child abuse. The program coordinates housing, police, and medical facilities in a single, nonthreatening environment. The Committee understands that if the facility were expanded, it could meet the needs of additional numbers of children.

The Committee is aware of the Hale County School System's efforts to deliver hypertension services, child abuse prevention counseling, and abstinence and healthy lifestyle education to residents of Hale County, AL.

The Committee recognizes the work of Parents Anonymous, the oldest and largest child abuse prevention organization. Through funding from the Child Abuse Prevention Act, Parents Anonymous works in community-based settings to help at-risk parents develop good coping skills. The Committee notes that continued funding of Parents Anonymous will strengthen families and their communities in the fight against child abuse.

The Committee is also aware of the efforts of other parent self-help organizations that are working to prevent child abuse. The Committee recognizes that Child Abuse Prevention Act funds would allow these organizations to help more families in crisis.

The Committee has supported Family Place in Louisville, Kentucky as a family-centered model for treating victims of child abuse. The Committee recognizes that the funding provided by the Department in fiscal year 1999 was not sufficient to fully support Family Place's protocols. Additional funding would allow the demonstration to be conducted in a scientific and statistically valid way so it can be determined if this program should be replicated nationally.

The Committee applauds the success of the Healthy Families Home Visiting Program in Alaska for its success in preventing child abuse. The Committee has learned that Alaska has one of the highest rates of child abuse in the nation. The Healthy Families Home Visiting Program is supported by the State of Alaska, in cooperation with the Bristol Bay Native Association and the Rural Alaska Community Action program. The Committee believes that incidences of child abuse could be lowered dramatically if the Department were to provide additional funds to this program. The Committee believes that funding for the Better Beginnings project in Alaska would help further address the serious child abuse problem in the State.

The Committee is aware of the efforts of the Texas A&M University-Corpus Christi's early childhood development center in assisting low-income children. Recognizing that parents are the child's first teachers, the center will focus on ways to help parents interact positively with their children. The Committee recognizes the value of the center in reducing child abuse by teaching parents good coping skills. Strategies to reduce child abuse include parenting classes, family nights, and home visits.

The Committee is aware that respite services can prevent more costly out-of-home placements by providing planned and emergency relief to primary caregivers of individuals with disabilities. Respite services can prevent child abuse by allowing parents the opportunity to receive periods of relief from the enormous burden of caring for their disabled children. A national resource center like ARCH has helped many families find the respite services they



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Administration for Children and Families
Administration on Children, Youth and Families

Child Abuse Prevention and Treatment Act, As Amended

October 3, 1996



National Center on Child Abuse and Neglect

neglect through collaborative analysis of current recruitment, selection, and training programs and development of model programs for dissemination and replication nationally; and

(C) for the establishment of resource centers for the purpose of providing information and training to professionals working in the field of child abuse and neglect.

(2) **MUTUAL SUPPORT PROGRAMS.**—The Secretary may award grants to private nonprofit organizations (such as Parents Anonymous) to establish or maintain a national network of mutual support and self-help programs as a means of strengthening families in partnership with their communities.

(3) **OTHER INNOVATIVE PROGRAMS AND PROJECTS.**—

(A) **IN GENERAL.**—The Secretary may award grants to public and private nonprofit agencies that demonstrate innovation in responding to reports of child abuse and neglect including programs of collaborative partnerships between the State child protective services agency, community social service agencies and family support programs, schools, churches and synagogues, and other community agencies to allow for the establishment of a triage system that—

(i) accepts, screens and assesses reports received to determine which such reports require an intensive intervention and which require voluntary referral to another agency, program or project;

(ii) provides, either directly or through referral, a variety of community-linked services to assist families in preventing child abuse and neglect; and

(iii) provides further investigation and intensive intervention where the child's safety is in jeopardy.

(B) **KINSHIP CARE.**—The Secretary may award grants to public and private nonprofit entities in not more than 10 States to assist such entities in developing or implementing procedures using adult relatives as the preferred placement for children removed from their home, where such relatives are determined to be capable of providing a safe nurturing environment for the child and where such relatives comply with the State child protection standards.

(C) **PROMOTION OF SAFE, FAMILY-FRIENDLY PHYSICAL ENVIRONMENTS FOR VISITATION AND EXCHANGE.**—The Secretary may award grants to entities to assist such entities in establishing and operating safe, family-friendly physical environments—

(8) shall demonstrate an implementation plan to ensure the continued leadership of parents in the on-going planning, implementation, and evaluation of such community based, *prevention-focused, family resource and support programs.*

SEC. 208. NATIONAL NETWORK FOR COMMUNITY-BASED FAMILY RESOURCE PROGRAMS. [42 U.S.C. 5116g]

The Secretary may allocate such sums as may be necessary from the amount provided under the State allotment to support the activities of the lead entity in the State—

- (1) to create, operate and maintain a peer review process;
- (2) to create, operate and maintain an information clearinghouse;
- (3) to fund a yearly symposium on State system change efforts that result from the operation of the Statewide networks of community-based, prevention-focused, family resource and support programs;
- (4) to create, operate and maintain a computerized communication system between lead entities; and
- (5) to fund State-to-State technical assistance through bi-annual conferences.

SEC. 209. DEFINITIONS. [42 U.S.C. 5116h]

For purposes of this title:

(1) **CHILDREN WITH DISABILITIES.**—The term "children with disabilities" has the same meaning given such term in section 602(a)(2) of the Individuals with Disabilities Education Act.

(2) **COMMUNITY REFERRAL SERVICES.**—The term "community referral services" means services provided under contract or through interagency agreements to assist families in obtaining needed information, mutual support and community resources, including respite care services, health and mental health services, employability development and job training, and other social services, including early developmental screening of children, through help lines or other methods.

(3) **FAMILY RESOURCE AND SUPPORT PROGRAM.**—The term "family resource and support program" means a community-based, prevention-focused entity that—

- (A) provides, through direct service, the core services required under this title, including—

- (i) parent education, support and leadership services, together with services characterized by relationships between parents and professionals that are based on equality and respect, and designed to assist parents in acquiring parenting skills, learning about child development, and responding appropriately to the behavior of their children;

- (ii) services to facilitate the ability of parents to serve as resources to one another (such as through mutual support and parent self-help groups);

- (iii) outreach services provided through voluntary home visits and other methods to assist parents in becoming aware of and able to participate in family resources and support program activities;

- (iv) community and social services to assist families in obtaining community resources; and

- (v) follow-up services;

(B) provides, or arranges for the provision of, other core services through contracts or agreements with other local agencies, including all forms of respite care services; and

(C) provides access to optional services, directly or by contract, purchase of service, or interagency agreement, including—

- (i) child care, early childhood development and early intervention services;

- (ii) referral to self-sufficiency and life management skills training;

- (iii) referral to education services, such as scholastic tutoring, literacy training, and General Educational Degree services;

- (iv) referral to services providing job readiness skills;

- (v) child abuse and neglect prevention activities;

- (vi) referral to services that families with children with disabilities or special needs may require;

- (vii) community and social service referral, including early developmental screening of children;

- (viii) peer counseling;

- (ix) referral for substance abuse counseling and treatment; and

- (x) help line services.

(4) **OUTREACH SERVICES.**—The term "outreach services" means services provided to assist consumers, through voluntary home

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

RESEARCH PROFILE

 N U M B E R 1 • F E B R U A R Y 2 0 0 0

by Lisa Pion-Berlin, PhD, ACSW, President and Chief Executive Officer
Margaret L. Polinsky, MSW, PhD, Director of Research

INTRODUCTION

Child maltreatment is an extremely serious social problem, with high costs and severe lifelong consequences for children and families. More than one million children are abused and neglected annually, at a rate of 23 per 1,000 (Sedlak & Broadhurst, 1996). The annual monetary costs are \$9 billion, at minimum, for child welfare, health care, and out-of-home care--and related costs for services such as emergency room treatment, special education, and family preservation increase this figure significantly (National Child Abuse Coalition, 1999). The impact of child maltreatment extends far beyond the family, affecting a broad array of significant social problems and needs, including crime, delinquency, health, mental health, education, substance abuse, and child welfare.

PARENTS ANONYMOUS® STRENGTHENS FAMILIES

Parents Anonymous, Inc. was founded in 1970 as the first child abuse prevention and treatment program in the United States. A courageous mother seeking help to create a safe and caring home for her family partnered with her social worker to launch a national movement to bring help, support, strength, and hope to millions of families all across America. Their vision inspired thousands of parents, professionals, and community volunteers to establish Parents Anonymous® groups throughout the United States. Currently celebrating its 30th anniversary, Parents Anonymous, Inc. remains the nation's oldest child abuse prevention organization dedicated to strengthening families

through innovative strategies that promote mutual support and parent leadership.

As the nation's premier family strengthening program, Parents Anonymous® encourages parents to ask for help early, whatever their circumstances, in order to effectively break the cycle of abuse by strengthening parents and ensuring that children live and grow in safe, nurturing homes with hope for the future. Parents Anonymous® has benefited more than a generation of families of all social, economic, and cultural backgrounds, and has touched the lives of millions by partnering with communities and involving volunteers, agencies, and parents seeking help.

The uniqueness of Parents Anonymous® is embedded in its shared leadership-mutual support model, which builds on the strengths of parents in their families and communities. Parents Anonymous® simultaneously eliminates risk factors such as unrealistic expectations, destructive attitudes, and harmful behaviors, while enhancing protective factors such as increased self-esteem, increased competencies, and provision of a nurturing environment for parents and their children (Pion-Berlin, 1999). This twofold approach has been identified as the most effective strategy for the prevention of child maltreatment (Kumpfer & Alvarado, 1998; National Research Council, 1993). In addition, Parents Anonymous® addresses the enhancement of the five major types of family protective factors:

- Supportive parent-child relationships.
- Positive discipline methods.
- Monitoring and supervision.
- Families who advocate for their children.
- Parents who seek information and support.

(Kumpfer & Alvarado, 1998, p. 3)

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

INNOVATIONS

Winter 2000

Parents Anonymous, Inc.— Strengthening Families All Across America

VOL. IV, No. 1

Parents Anonymous® Programs Expand in Diverse Communities

The demand for Parents Anonymous® programs in communities throughout the country continues to grow. State-wide and community-based organizations, public agencies, professional staff, community volunteers and parents are joining with Parents Anonymous, Inc. to ensure that families in their areas have access to quality Parents Anonymous® programs.

Parents Anonymous, Inc., the country's oldest national child abuse prevention organization dedicated to strengthening families through parent leadership, mutual support and shared leadership, is committed to making Parents Anonymous® groups available to families all across America. To accomplish this goal, activities are underway to develop new Parents Anonymous® programs in communities

where no Parents Anonymous® groups currently exist and to expand and strengthen established Parents Anonymous® programs.

For example, Parents Anonymous, Inc. received an e-mail message from a staff member in the Department of Youth Services for the Commonwealth

Parents Anonymous, Inc. is committed to making Parents Anonymous® groups available to families all across America.

of the Northern Mariana Islands (C.N.M.I.) seeking assistance in developing a Parents Anonymous® program in Saipan, the largest island and the center of Commonwealth activities. Thus began numerous contacts, resulting in almost a full week of training and consultation in Saipan in September 1999 with a diverse

group of community representatives.

Social workers, educators, counselors, parents who are potential group members, representatives of the faith community, and business and government leaders all came together to plan and implement a new Parents Anonymous® program for the families and children on Saipan. Representatives from the near-by island of Rota participated in the training and plan to establish a Parents Anonymous® group there as soon as possible.

The Northern Mariana Islands mark the dividing line between the Pacific Ocean and the Philippine Sea and stretch 400 miles northward from Guam. The area is a U.S. Commonwealth and the residents are U.S. citizens. Funds received by the C.N.M.I. Department of Youth Services from the Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice, provided support for the efforts of Parents Anonymous, Inc. and local staff and community



**FROM THE PRESIDENT & CEO
DR. LISA PION-BERLIN**

As we think about the New Millennium, I would like to reflect briefly on the past, examine the present, and call us to action about the future with regard to our work in the field of child abuse and neglect. As we think of the past, present, and future, I raise these questions for each of us—staff, parent leaders, and volunteers—to ask ourselves: Can we do better? How do we begin? Are we willing to challenge ourselves with new ideas, strategies and partnerships? Can we shape the direction of the future by how we partner with families and communities to address strengthening families?

When we consider the psychological, economic and social costs of maltreatment and the impact on future generations, we need to make a solid commitment to ensure real and positive outcomes for families struggling to seek help before or after problems have arisen by effectively partnering with them in their local communities. We as staff cannot achieve these vital goals alone. Without parents as significant partners, we are bound to create limited and unresponsive services which are not directed to any real outcomes. We at Parents Anonymous®, believe our success hinges on our ability

continued on page 11

CELEBRATING 30 YEARS



Strengthening Families All Across America

Inside this issue:

- New Children's Program 2
- Parent Leadership Training . . . 4
- National Network News 6
- Bosnian Families 8

continued on page 3

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.

The Parent Networker



Summer 1999

By parents, for parents

Employer Support of Parents AnonymousSM Beneficial to All

by Sue Smith, MO

The contributions of Parents AnonymousSM parent leaders are vital to the success of Parents AnonymousSM programs and add to the well-being and safety of local communities. Parent leaders throughout the country depend upon the support of their employers and, in return, become positive representatives of their companies' commitment to the families in their own communities. Sue Smith, a member of the National Parent Leadership Team, tells how her employer supports her work with Parents AnonymousSM.

When I have a Parents AnonymousSM-related activity, I know I can count on my employer for support.

I work for the Family Resource Center in St. Louis, MO, a treatment center for child abuse and neglect prevention. The Center offers a variety of services including family and parental counseling, therapeutic pre-school, intensive family preservation services and group therapy.

They just embraced my involvement with Parents AnonymousSM in any way they could, right from the start.

I found out about Parents AnonymousSM through the St. Louis

Neighborhood Network. Parents Anonymous, Inc. was holding a facilitator training and I decided to attend. They were only expecting 25 people but more than 100 showed up for the training.

After the presentation, the St. Louis Neighborhood Network began asking parents if they would like to join a Parents AnonymousSM group. Within one month, we had a group started.

As a Parents AnonymousSM parent leader I've learned a lot as far as disciplining my children, and I have more confidence than I've ever had. I have also learned how to *truly* have fun with my kids. In the group I feel

and trainings and make presentations about Parents AnonymousSM, like the one I gave recently for Children's Trust Fund of Missouri.

Thanks in large part to the Family Resource Center, I was able to attend the Parents Anonymous, Inc. National Conference in Washington, DC. The Center allowed me to take the necessary time off.

Even my work as a member of the National Parent Leadership Team is encouraged.

My work with Parents AnonymousSM would not be possible without the support of my colleagues Greg Echele, Loren Ripley, Catherine Coyle, and Pam Moussette.

I would encourage all those who employ Parents AnonymousSM parent leaders and volunteers to support the work that these individuals do.

I would encourage all those who employ Parents AnonymousSM parent leaders and volunteers to support the work that

supported, **not** judged.

The group was especially helpful in supporting me during the pregnancy of my 17-year-old daughter. I was re-living my own teenage experience so it was particularly difficult. Both the Parents AnonymousSM group and my family were absolutely wonderful.

The Family Resource Center allows me to take the time I need to serve as a parent leader for Parents AnonymousSM. In fact, my starting date at Family Resource Center was spent at a planning meeting in Washington, DC held by Parents Anonymous, Inc.

Even though my job as a family support worker keeps me busy, I am still able to make time for Parents AnonymousSM activities. I attend media events, information sessions,

these individuals do. By doing so, the organization is making a great contribution to its community by improving the lives of families and, most importantly, helping to prevent child abuse.

Catherine Coyle, Family Treatment Supervisor, Family Resource Center, St. Louis, MO

“*I think Parents AnonymousSM has given Sue a lot of opportunities to expand her knowledge base and grow as a parent and as an employee.*

*Our support of Parents AnonymousSM is a message to other employees that we support and appreciate Sue's efforts in helping parents.”***”**

Inside:

- 2 1999 Award Winners
- 3 “Imagine”
- 4 1999 National Leadership Conference
- 6 Group Tips
- 7 OOBLECK