

Family & Community Development Parenting Education Programs 2022



Tompkins Families!

This report recognizes accomplishments realized while facing the COVID-19 pandemic.



2022

Tompkins' Families!

Family & Community Development (F&CD)

MISSION, VISION & VALUES



MISSION

Tompkins' Families works with communities, parents, children and their extended families from diverse cultural and socioeconomic backgrounds, as well as individuals from higher risk populations. We seek to collaborate with community agencies, leaders and stakeholders from the villages, towns, and cities of Tompkins County.

VISION

Cornell Cooperative Extension of Tompkins County is a leader in empowering individuals, families, and communities to thrive, live well, and reach their potential.

VALUES

- ◆ Strengthen and support parents, families and communities through education
- ◆ Focus on the well-being of children, reducing child abuse and neglect through parenting education
- ◆ Strength-based family and community development approach
- ◆ Develop the capacity of community members for taking on leadership roles
- ◆ Use a collaborative model that is community driven and encourages community decision making
- ◆ Responsive to community needs, including linking individuals to services and opportunities
- ◆ All programming is accessible and affordable
- ◆ KASA focused- (**K**nowledge, **A**ttitudes, **S**kills and **A**spirations)
- ◆ Use research, evidence –informed and evidence-based models
- ◆ Strengthen the Five Protective Factors: Resilience, Social Connections, Concrete Supports, Knowledge of Parenting and Child Development, Social –Emotional Competence of Children

Contents

Mission, Vision, Values	2
Parent & Caregiver Workshops	4-8
Parenting the Hardest Job in the World (PS: It Works! aka Parenting Skills Workshop Series©).....	5
Parenting Styles Workshop Series/Thriving with your Spirited Child.....	6
2021 Workshop Participants Feedback.....	7
Parenting Workshops Increase Protective Factors	8
Facilitated Parenting Time/ Family Visits	9
Workshops for Special Groups	10-15
Parents Apart© (PA)/Parenting Education in the Jail.....	10
Community Justice Center.....	11
Food, Fitness & Fun Activity Series.....	11
Institutional Challenge Grant.....	12
Better Together Project.....	13
Coalition for Families/FRCT.....	14
Baby Doll Circle Time/Holiday Dance Party/Youth Game Club.....	15
Professional Development	16-18
PS: It Works! Personal – Professional, Peer, Parent, Partner-Communication Skills for All People/Standards of Quality Certification Training.....	16
Standards of Quality Certification Training.....	16
Protective Factors Framework Training	17
Community Café Conversations Host Training.....	17
Early Childhood Development Collaboration (ECDC).....	18
Family Resource Connection Tompkins (FRCT).....	18
Funding	19
Collaborators	20
Family and Community Development Program Development Committee	20
Contact Information	21

Workshops for Parents/Caregivers

All 2022 Workshop Series were Virtual

4—Parenting the Hardest Job in the World[®]

(PS: *It Works!*[®] aka Parenting Skills Workshop Series)

2—Thriving with your Spirited Child[®]

1— Parenting Styles

2022 Stats:

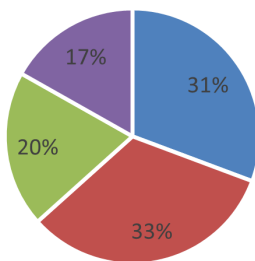
7 workshop series

101 Participants

68 Females

33 Males

2022
Participant Attendance



■ Perfect Attendance ■ Certificate of Completion
■ Certificate of Participation ■ Attended 1 or 2 sessions

These interactive workshops support positive communication between parents/caregivers and children and were offered free of charge.

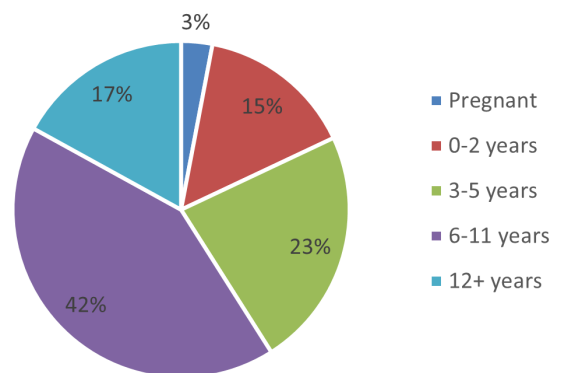
CERTIFICATES

Certificates of Participation: Attend 3-4 sessions

Certificates of Completion: Attend 5 or more sessions

Perfect Attendance: Receive a Certificate of Completion with a gold star

2022
Children of Participants
142 Total



Parenting the Hardest Job in the World (PS: It Works! aka Parenting Skills Workshop®)

5 Communication Skills

8 Sessions

2-hours each

Learn more about **skill streaming** at <http://ccetompkins.org/family/parenting-workshops/parenting-skills-series>

Communication Skills

1. Encouragement
2. Can Do
3. Shared Decision Making/Choices
4. Self-Control—"Body Messages" & "Choosing A Way"
5. Respecting Feelings

ASSESSMENT

- Try out different approaches
- Deal with challenging situations
- Use **encouragement**
- Use **can do**
- Use **choices (shared decision making)**
- Use **self-control, identify "body messages"**
- Use **self-control, use "choosing a way"**
- Use **respecting feelings**

A retrospective post/pre survey is completed at the end of the series where participants rate their ability before and after on the following:

Participants also assess themselves, before and after, on these statements:

- How confident are you about parenting?
- How big an issue are conflicts in your family?
- How satisfied are you with your family?
- How positive do you feel about yourself as a parent?

Learn more about PS: It Works Parenting Skills Workshop Series at:

- ♦ <https://www.human.cornell.edu/pam/engagement/parenting/faculty-students/workshops>
- ♦ <http://ccetompkins.org/family/parenting-workshops>

Parenting Styles Workshop Series

The 6, two-hour, **Parenting Styles Workshop Series® (PStyles)** sessions are designed to increase parents' knowledge, understanding, and skills to raise competent and confident children. Key knowledge and skills presented are:

- **Child Development - Ages and Stages**
- **Cultural Influences**
- **Parenting Styles & Discipline**
- **Environmental Issues**

Parenting Styles Workshop Series® has been adapted to complement the Cornell Cooperative Extension Parenting Skills Workshop Series® curriculum with CCE-NYC colleagues from their Enhanced Parenting Skills and the Effective Black Parenting® evidence-based curriculum; see: <http://ccetompkins.org/family/parenting-workshops/parenting-styles-series>

Thriving with your Spirited Child

7, 2-hour sessions, are designed to provide resources and tools to parents/guardians of spirited children for dealing effectively with their children's temperamental traits.

Topics include:

- ◆ Understanding your child's temperamental traits
- ◆ Identify cues leading up to challenging behavior
- ◆ Cope with tantrums and blow-ups when they do occur
- ◆ Develop strategies for reducing or eliminating power struggles (especially at mealtime, bedtime, dressing)
- ◆ Learn more about strategies for parenting spirited kids
- ◆ Help your child deal with spiritedness
- ◆ Make parenting a spirited child positive, even joyful

SPIRITED CHILD

Assertive • Energetic
• Persistent • Strong
• Independent •
Sensitive • Creative
• Curious

*University of Wisconsin-Extension Lori Zierl's 7 Part Parent Program Thriving with Your Spirited Child, based on Mary Sheedy Kurcinka's book "Raising Your Spirited Child".

<http://ccetompkins.org/family/parenting-workshops/thriving-with-your-spirited-child>

Workshop Feedback

At the conclusion of a workshop series, participant retrospective post/pre self-evaluations showed that discussing specific parenting issues and learning skills/techniques **increases** their awareness of their parenting role and **supports positive change** in how they interact with their children.

"It was helpful to be reminded how our children model our behavior."

"Learning to help my children understand how to express their feelings [was most helpful.]"

2022 WORKSHOP PARTICIPANTS' COMMENTS

"[This class] made me more aware of tools that might be helpful to deal with my kids more patiently."

"Learning the skills helps with my patience in any given moment. I pause, think about the skills and apply them."

"I appreciate hearing about other people's parenting experiences and realizing I'm not alone."

"I learned some alternative ways to respond as needs come up for my kids."

Participants also value the **comfortable and inclusive atmosphere**, with emphasis on the support and knowledge they gained from the instructors and other parents.

Participants' recommendations for workshop improvements include:

- ⇒ "Offer a hybrid model"
- ⇒ "Create breakout groups based on children's ages"
- ⇒ "Create a group chat for the group and workshop facilitators to connect during the week between sessions."
- ⇒ "Would like a little section where we talk about resources/community activities"
- ⇒ "Would be nice if we could continue to get together one time a month for an open ended parenting group where we could give each other advice."

Protective Factors Framework

Participant workshop
feedback indicates
changes
in the following
Protective Factors

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

Increases Parental knowledge and strategies

"[The class] helped me learn how to deal with my children when they are misbehaving."

"I liked the class about stages of development and I had to recognize that I have to watch for even my infant child, teaching him about math, for example, because I want him to be smart."

PARENTAL RESILIENCE

Helps parents manage stress and functioning well when confronted with challenges

"Using skills has made me more patient with my daughter."

"Finding out many parents have the same struggles that I do [was helpful]."

"We talked about self-care and paying attention to your own needs. It was a great reminder and I've altered my schedule and it's really working."

SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

Promotes family and children interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

"[This class] is so worth the time and investment. You will learn useful ideas you can use right away with your kids and you have a space to come back and check in and ask for help."

"Parents will study the ways to handle different situations with their kids by role plays. A lot of fun!"

SOCIAL CONNECTIONS

Promotes positive relationships that provide emotional, informational, instrumental and spiritual support

"It was very helpful to hear from other parents that you're not alone."

"Most helpful? The camaraderie of the group. I have a high stress situation, came here, felt safe, got input."

"This is the third class I've taken, very interesting to interact with colleagues and share experiences."

CONCRETE SUPPORTS

Promotes access to concrete support and services that address a family's needs and helps minimize stress caused by challenges

"They showed us that there are a multitude of different resources out there; friends and family, groups like this, internet."

"Even when I'm not in class, I'm going through skills and thinking about how to use them."

"[It was helpful] to put [my child's] actions into context and show me that he and my experiences are more normal than abnormal."

<https://cssp.org/resource/understanding-the-protective-factors/>

1:1 Virtual and In-Home Visits:

Facilitated Parenting Time / Parenting Skills & Strengthening Families Program / SFP

Coached visits 1-2 hours each

Guided goal setting meetings & guided reflections along the way

Parenting Time visits are tailored to each family's needs & goals. Educators model & coach use of the 5 communication skills : Encouragement, Can Do, Shared Decision Making, Self-Control & Respecting Feelings.

SFP visits are a skills training program designed to increase resilience and reduce risk factors for substance abuse, depression, violence and aggression, delinquency, and school failure among youth.

1:1 visits take place virtually and in-homes, with parents and children present. Parenting educators provide guidance on ways for parents and children to interact positively with one another.

2022 Stats:

Facilitated Parenting Time

3 Families

106 hours of direct coaching

5 women

15 children

Strengthening Families Program

3 Families

50 hours of direct coaching

2 men & 1 woman

7 children

Facilitated Parenting Time

Parents' Goals:

Learning to express emotions in a positive way ◇ public outings ◇ more things to do together ◇ more parenting tools

DSS Caseworker Goals for Parents:

Bedtime routines with out meds ◇ appropriate conversations, ◇ limit visits in the home ◇ recognize potential conflict before it happens ◇ encourage and recognize strengths ◇ take care of self ◇ more ways to discipline

Goal Setting & Evaluation

Family members define goals and evaluate their use of skills during weekly meetings. Progress, family strengths and changes in goals are discussed and recorded on weekly log sheets as well as mid-point and final review sheets.

Child Welfare Goals:

Appropriate supervision

Children to remain in the home

Mental health treatment and managing anger

Make sure people in the home and around children are safe

Parents Apart® (PA) - Virtual

Helping Children Cope with Separation & Divorce

2022 Stats:

97 participants
43 males
54 females
53 full or partial
scholarships
44 paid in full
65 court ordered

CCE-Tompkins is a New York State Certified provider of this program. The focus of this 4 hour workshop (2—2 hr sessions) is for parents to learn how to help children adjust to parental separation or divorce. The United Way of Tompkins County provided funding for participant scholarships.

Parents Apart Highlights

- Parents of the same child(ren) are placed in different workshops
- Parents may attend voluntarily or may be referred or ordered to attend by Family or Supreme Court

Parenting Education in the Jail

24, 90 minute classes in 2022

Collaborators:

- Alternatives to Incarceration/ Probation/Day Reporting
- Tompkins County Jail

2022 Demographics:

- 32 male participants
 - 9 Black
 - 22 White
 - 1 Hispanic

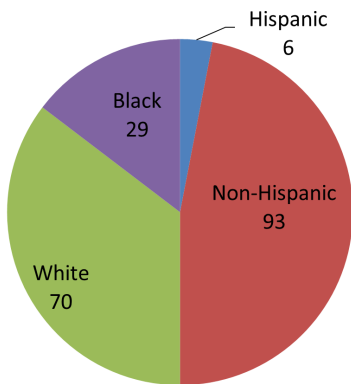
Visit these websites for more information:

<http://ccetompkins.org/family/parenting-workshops/parents-apart>
New York State Parent Education and Awareness Program <https://www.nycourts.gov/ip/parent-ed/>

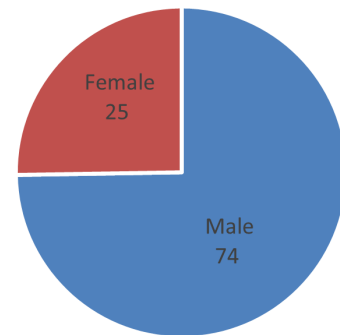
Community Justice Center/CJC

CCE-Tompkins hosts weekly 1-hour "Healthy Family Relationships" workshops with CJC participants as part of the Tompkins County Day Reporting Program, Alternatives to Incarceration (ATI).
There were a total of 42 classes in 2022.

Community Justice Center
Healthy Families 2022



Healthy Family Relationships
2022



For more information visit: <http://www.tompkinscountyny.gov/probation/ati-dr>

Food, Fitness & Fun Activity Series

In July and August, we hosted a series of special events to help parents and children feel a sense of community and reduce feelings of isolation. The partnership between Family and Community Development and Nutrition staff, the Finger Lakes Toy Library, an I-JUMP instructor and the Food Bank of the Southern Tier brought participants together weekly on Wednesday mornings. Parents and kids together participated in a cooking class, joined in group jump rope sessions, enjoyed a play area, received healthy food, and received free books. Over the course of the program, families were visibly more engaged as they had fun, made connections, and socialized in a healthy setting.

Cornell Project 2Gen ~ Institutional Challenge Grant

Children Caught in the Crosshairs of the Opioid Epidemic

William T. Grant Foundation's *Institutional Challenge Grant*

Since 2018 CCETC/F&CD has been working in partnership with Cornell University's College of Human Ecology on an Institutional Challenge Grant funded by the William T. Grant Foundation. This research/practice partnership began as a response to increasing rates of opioid abuse and child maltreatment in low-income, rural communities in upstate New York. The first several years of the partnership was based on examining the role of family drug treatment courts in mitigating child maltreatment among families struggling with treatment, as well as evaluating evidence-based interventions that may reduce the risk of opioid abuse for low-income youth and families. In 2020, the focus of the research/practice partnership expanded to include an in-depth assessment of diversity and inclusion within our parenting education programs. This began with reviewing the current curricula with a lens of cultural humility, social justice, diversity, equity and inclusion, and expanded in 2022 to include leading a statewide Inclusive Parenting Education Task Force.

2022 Highlights

Parenting Workshop with Family Treatment Court Participants We were excited to return to some in person programming this year, including the delivery of two PS. It Works! series at the Department of Social Services (DSS). These classes were exclusively for Family Treatment Court (FTC) participants, and were a collaboration between DSS/CCETC and FTC. One of the strengths of PS.It Works is that the skills are taught through practice, and situations are drawn from real-life scenarios generated by participants. Thus, while the curriculum is the same regardless of where the class is offered, these classes offer participants an opportunity to be in community with others that are traversing the unique challenges of parenting in recovery.

PS. It Works : 2 Gen curriculum In the summer of 2022 F&CD continued work on the development of a 2 Gen (parents and youth together) version of the PS. It Works curriculum. In the 2 Gen iteration, youth ages 6-10 are invited to join their parents in the workshop. As with the original PS. It Works curriculum, the course teaches 5 communication skills and utilizes situations generated from participants' real-lives to practice the skills. For the first hour youth and parents are in separate groups, in the second hour families come together to practice. Work was done to design sessions that would be engaging and accessible for the youth, as well as the families together. This project was enhanced by the work of an Engaged Cornell summer intern, Jane Guo ('24) and Professor Laura Tach; plans are in the works for the program to be piloted in 2023.

Inclusive Parenting Education Task Force The Inclusive Parenting Education Task Force was established as part of the Institutional Challenge grant, to examine issues and strategies related to inclusivity in parenting education. The task force met monthly over the course of the 2022, and included parenting educators from across the NY state extension system. During meetings members would share resources and research evidence- books, journal articles, research briefs, relevant to the work of creating more inclusive programming. On several occasions guest presenters were brought in to speak to the group. Notably, after reading a brief from Chapin Hall, *Elevating Culturally Specific Evidence Based Practices*, the group was able to meet with the authors and ultimately host them at the Cornell Cooperative Extension Parenting Education Program Work Team's annual in-service. Other in-service highlights included a presentation from Dr. Jerel Ezell (Weill Cornell Medical), founder of Cornell Center For Cultural Humility, whose training on cultural humility is designed for organizations & individuals working in human services, such as the participating CCE parent educators.

After the in-service , all CCE Parent Educators in NY State were invited to meet with the task force. This larger group of educators has now evolved, using a Community of Practice model, with the focus on deep learning around creating more inclusive parenting education.

Tompkins Families! Better Together/BT! Project

The Better Together Community Coalition was launched in June of 2021 on a virtual platform with a community chosen area of focus- support for caregivers of children with special needs, social, emotional & behavioral challenges via resource sharing & monthly gatherings. The virtual platform has allowed us to expand the reach of this collaborative effort & all in Tompkins County are welcome.

Because we strive to be responsive to parent/community needs, ongoing connections, conversations and feedback are essential to keep our work relevant and useful to families. The Better Together Community Coalition has identified gaps, needed resources and supports, that we have addressed in 2022 by re invigorating a long standing CCETC Family and Community Development initiative; monthly Coalition for Families networking and resource sharing meetings.

Moving forward, we invite caregivers who are parenting children with social, emotional, behavioral, or developmental challenges, foster and adoptive parents, kinship caregivers, and those parenting through challenges of all sorts, as well as those working with families, to join us.

Bring your wealth of lived experience, knowledge (both personal and professional), passion and vision to create a more supportive and inclusive community. Together, let's build opportunities for connection and understanding, resource sharing and more.

Better Together Community Coalition

13 meetings during 2022

Attended by 79 parents & professionals

Family Resource Connection Tompkins / FRCT

A 3-year grant from the New York State Office of Children and Family Services started August 1st, 2021. FRCT aims to strengthen community-based learning, mutual support and leadership. Participants and their families add new skills and develop new connections, adding to their parenting "toolboxes" through participation in parent-chosen activities. Using Community Cafés and other forums, community parenting assets and needs are identified. Drawing on ABCD and other models for community development, FRCT engages with stakeholders in each town to envision ways to build support for families and collaborates with others work to enhance local resources/supports for families. Some resources and assets are unique to each community, while others may overlap, with commonalities such as; needing supports for extended families, childcare providers, schools, civic and youth organizations, health care providers, libraries, congregations, town boards and businesses. Our intention is to continue to identify, celebrate, and encourage each community to create places, programs and synergies that nurture families from within. Our work in specific communities has led to established pathways for collaboration that strengthen capacity to share resources for optimal outcomes. Specifics include: community cafés with parent/community led topics and follow-up action plans. Additionally, FRCT brings parent voice and participation to county wide initiatives.

Noteworthy FRCT projects during 2022 included the in-person Food, Fitness & Fun Activity series (held weekly during July and August at CCETC), a jump-roping workshop at Enfield School (July 2023), Coalition for Families presentations (monthly by Zoom), the Better Together work group (met monthly by Zoom), Youth game Club (in person the first Saturday morning of each month), Baby Doll Circlet Time (presented at local libraries) and the Holiday Dance Party held in December at CCETC.

Coalition for Families

Coalition for Families focuses on creating family-centered services, enhancing collaboration between agencies, and exploring policy issues. Monthly dialogues focus on current research and best practices with guests from local organizations and colleges. Coalition meetings bring together families and professionals for a variety of topic presentations. In 2022, there were 8 sessions which focused on the following topics:

March : Tompkins Health Department MOMS PLUS+

April: Early Experiences Have Big Impacts with Renee Hettich, AFFCNY & Jude Rose, CCETC

May: Parenting In Anxious Time; A Conversation with the Mental Health Mamas

June: Food Resources During the Summer

August: Children with Special Health Care Needs

October: Mothering Through Domestic Violence

November: Fostering Early Literacy & Learn About the Nook!

December: Support for Transgender, Nonbinary and Gender Diverse Youth



Family Resource Connection Tompkins / FRCT

A new 3-year grant from the New York State Office of Children and Family Services started August 1st. FRCT aims to strengthen community-based learning, mutual support and leadership. Participants and their families add new skills and develop new connections, adding to their parenting “toolboxes” through participation in parent-chosen activities. Using Community Cafés and other forums, community parenting assets and needs are identified. Drawing on ABCD and other models for community development, FRCT engages with stakeholders in each town to envision ways to build support for families and collaborates with others work to enhance local resources/supports for families. Some resources and assets are unique to each community, while others may overlap, with commonalities such as; needing supports for extended families, childcare providers, schools, civic and youth organizations, health care providers, libraries, congregations, town boards and businesses. Our intention is to continue to identify, celebrate, and encourage each community to create places, programs and synergies that nurture families from within. Our work in specific communities has led to established pathways for collaboration that strengthen capacity to share resources for optimal outcomes. Specifics include: community cafés with parent/community led topics and follow-up action plans. Additionally, FRCT brings parent voice and participation to county wide initiatives.

Baby Doll Circle Time

Baby Doll Circle Time™ is a way to ensure that children experience the attachment, attunement, and social play required for optimal brain development. Lessons are designed to support the executive skills including attention, self-regulation, impulse control and initiative, and the teaching of language and literacy, numbers, spatial awareness, body parts and body awareness, and cooperation. As the children play with their dolls, they relive and strengthen the attachment and connection that they have with their caregivers and parents.

Holiday Dance Party

In December we held the first in a monthly series of Family Potluck events. The Holiday Dance Party was a free family event and included a science activity, a shared meal and a holiday dance party.



Youth Game Club

The idea of creating a monthly Youth Game Club came from parents who attended the Better Together meetings. Parent Leaders identified a monthly gathering as a way to meet some of the needs of neurodiverse youth in our community while also promoting community and connection among youth and families.

Youth Game Club met twice in 2022 with plans to continue monthly in 2023. Each session is free and open to all. It is designed for ages 7-12 with caregiver supervision and games are provided by the Finger Lakes Toy Library.

PS: It Works! aka **Parenting Skills Workshop**®

Personal – Professional

Peer, Parent, Partner-Communication Skills for All People

This two day, in-depth professional development training provides a foundation in the five communication skills, skill-streaming, and facilitation of the *Parenting Skills Workshop Series*®. *Parenting Skills for Literacy* is included to offer the option of children's books as an additional learning tool with family literacy activities.

For more information visit: <http://ccetompkins.org/family/professional-training/ps-it-works-parenting-skills-facilitator-training>

**Replace
impulsive
behavior
with these five
communication
skills**

Encouragement

Can Do

Shared Decision Making

Self-Control

Respecting Feelings

The nationally-adopted **Standards of Quality for Family Strengthening & Support** are used by public departments, foundations, networks, community-based organizations, and parents used as a tool for planning, providing, and assessing quality practice. Based on the Principles of Family Support Practice and the Strengthening Families Framework and its research-based evidence-informed 5 Protective Factors, they have created a common language across different kinds of Family Strengthening and Family Support programs such as Family Resource Centers, home visiting programs, and child development programs. For more information visit: <https://nationalfamilysupportnetwork.org/>

Protective Factors Framework Training

The Protective Factors Framework Training focuses on helping families, programs, and communities create and maintain five key protective factors.

The Five Research-Based Evidence-Informed Protective Factors

PARENTAL RESILIENCE

The ability to recover from difficult life, and often to be strengthened by and even transformed by those experiences.

SOCIAL CONNECTIONS

Positive relationships that provide emotional, informational, instrumental and spiritual support.

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

SOCIAL AND EMOTIONAL COMPETENCIES OF CHILDREN

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

CONCRETE SUPPORT IN

TIMES OF NEED

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

For more information visit: <http://www.cssp.org/reform/strengthening-families/basic-one-pagers/Strengthening-Families-Protective-Factors.pdf>

Community Café Host Training

Learn how to host a successful community café. Changing the lives of children, families and communities, through a series of guided conversations that matter. For more information visit: <http://www.cssp.org/community/constituents-co-invested-in-change/community-and-parent-cafes>

Early Childhood Development Collaboration / ECDC

VISION

Every child in Tompkins County will have optimal developmental outcomes.

MISSION

A collaborative of multiple perspectives, including parents, grandparents, community members, organizations, businesses, and government agencies, who:

- ⇒ Focused on prenatal – 0 – 5, recognizing the vital importance of the first five years of life in the physical, social-emotional and cognitive development of children.
- ⇒ Maximize resources and fill gaps to assure children have what they need to grow and flourish and those who care for them have information and access to the level of support they need when they need it.
- ⇒ Champion the needs of children during their early years by taking individual and collective action.

GOALS

- ⇒ Promote a community culture that embraces all infants, toddlers, preschoolers and the people who love them through neighborhood-based opportunities and venues for building connections and support for families.
- ⇒ Sustain and grow a network of caring service providers who put the family in the center by using strengths based family developmental approaches and ensuring services are easily accessible to families.
- ⇒ Collaborate with parents to inform and engage providers, funders, and policy makers in the quest to support families in meeting their goals for optimal development of their youngest members.

CURRENT FOCUS

- ⇒ Access and availability of resources to meet the needs of our community.

ECDC is open to all, meets virtually, noon—1 the first Monday of the month (most months).

**if interested in joining the group email: ams69@cornell.edu
or dthomas@tompkins-co.org**

Funding

Many thanks to the following agencies who generously provided contracts and grants in 2022 to support Family and Community Development and Parenting Education programs of Cornell Cooperative Extension of Tompkins County:

Tompkins County Department of Social Services, Tompkins County Probation, United Way of Tompkins County, Tompkins County Jail, William T. Grant Foundation, Cornell Innovations and Engaged Cornell, Ithaca College Federal Work Study, Mother Cabrini Health Foundation, New York State Office of Children and Family Services.

Parenting Skills Workshop Series, Parenting Styles Workshop Series and Thriving with Your Spirited Child are funded primarily by the **Tompkins County Department of Social Services** (through Community Optional Preventive Service [COPS] funding).

1:1 Parenting Skills Facilitated Parenting Time and Strengthening Families Program Visits are primarily funded by **Tompkins County Department of Social Services** (mandated/preventive funds). 2021 visits were mostly held virtually.

Institutional Challenge Grant, Children Caught in the Crosshairs of the Opioid Epidemic, a research practice partnership with Cornell University is funded by the **William T. Grant Foundation**.

Primary funding for Parents Apart® comes from participant fees, supplemental funding comes from donations. In 2022 **United Way** provided funding to support scholarships to Parents Apart® participants.

In 2022 **Tompkins County Probation** supported Parenting Education in the Jail and Healthy Family Relationships at Day Reporting.

Mother Cabrini Health Foundation funding focused on improving the health and wellbeing of vulnerable families across Tompkins County.

New York State Office of Children and Family Services *A three year grant, August 2021-July 2024, supports increasing protective factors across the community.*

CCE-Tompkins provides supplemental support for all projects



Tompkins Families!

a program of CCE Tompkins County



Collaborators

Parenting education in Tompkins County continues to be supported and enhanced by partnerships, collaboration and in-kind contributions.

Co-sponsoring workshops with agencies or schools helps provide a safe bridge connecting parents with relevant community resources.

CCE-Tompkins family & community staff, including parenting educators, develop strong relationships with agencies, schools, and parents which helps to connect participants from diverse backgrounds from across the community to programs.

F&CD Program Advisory Committee

The CCE-Tompkins Family and Community Development Program Development Committee volunteers serve in an advisory capacity, providing input and support to staff and to the CCE Board of Directors on local program needs. The Family and Community Development Committee is key in identifying and prioritizing the needs of local residents to ensure that Cornell Cooperative Extension's work is relevant and focused, to make the best use of available knowledge, money, time and other resources allocated to the Family and Community Well-Being Program. An effective committee provides input for timely, sound educational programming; adequate resources, responsible program administration; effective staff; and good communications with clientele and decision-makers. *If you are interested in knowing more or serving on the program committee please contact one of our staff.*

Contact Information

2022 CCE-Tompkins Family & Community Development Staff and Interns

Aloja Airewele, CCETC Leaderships Team, Coordinator of Equity, Diversity & Inclusion Committee
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Parents Apart Legal Presenters (Volunteers)

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Beth Reiter, Jason Leifer, Angelica Parado-Ababya

F&CD Program Advisory Committee Members (Volunteers)

Hallie Chase, Kathy Lind, Susie Hatch, Carol West, Elissa Wolfson,
Susan Perkins, Katy Pearce, Sarah Levin-Stevenson, Sue Chaffee

For more information & to keep up to date on what 's happening:

Sign up to receive our **monthly newsletter Family Matters**: <http://ccetompkins.org/>

Like us on **Facebook**, **Tompkins Families**: <https://www.facebook.com/TompkinsFamilies/>

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<http://ccetompkins.org/family/tompkins-families>

To sign up for Parenting Workshops: https://cornell.ca1.qualtrics.com/jfe/form/SV_bf4lmcyd2MDZDoy

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