

Tompkins' Families

Family & Community Development
Parenting Education Programs
2020



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



2020

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.....	6
Thriving with your Spirited Child.....	6
2012 Workshop Feedback.....	7
Protective Factors Framework.....	8
Facilitated Parenting Time/ Family Visits	9-10
Workshops for Special Groups	11-15
Parents Apart© (PA).....	11
Strengthening Families Program SFP.....	12
Institutional Challenge Grant.....	13
Better Together Project.....	14-15
Community Justice Center (CJC).....	16
Parent Resource Zoom Chats.....	16
Professional Development	15-16
PS: It Works! Personal – Professional, Peer, Parent, Partner-Communication Skills for All People.....	17
Standards of Quality Certification Training.....	17
Protective Factors Framework Training	18
Community Café Conversations Host Training.....	18
Family Development Credential (FDC).....	19
Early Childhood Development Collaboration (ECDC).....	19
Funding	20
Collaborators	21
Family and Community Development Program Development Committee	21
Contact Information	22

Workshops for Parents/Caregivers

7—Parenting the Hardest Job in the World®

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

1—Thriving with your Spirited Child®

2020 Stats:

8 completed series

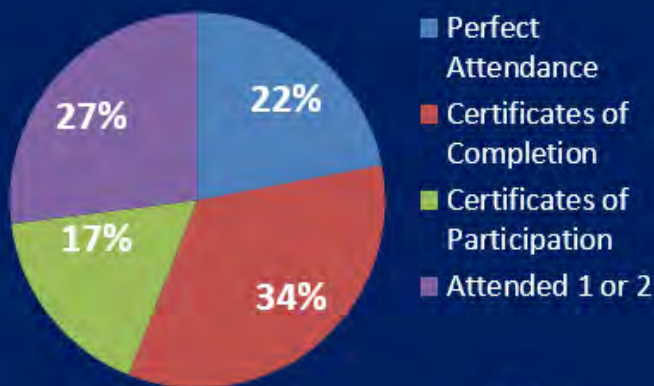
1 in-complete series

82 Participants

58 Females

24 Males

Attendance % Across Workshops



2020

These interactive workshops support positive communication between parents/caregivers and children and childcare during were both 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

Children of Participants (147 Total) 2020



Tompkins' Families 2020 Workshop Collaborators

- Southside Community Center
- Dryden Central School
- Dryden Parent Teacher Association
- Lansing Central School
- NYS Children's and Family Trust Fund (NYSOCFS)
- New York State Parent Education Partnership

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.

"Hearing all the stories and going through examples to learn how to apply our parenting skills in the most effective way [was most helpful]."

"[I really liked] all the skills we got to learn and getting to hear them once and then hear them again in different situations."

2020 WORKSHOP PARTICIPANTS' COMMENTS

"I take a breather instead of yelling at my daughter. I'm not as aggressive. I [try harder now] to think about what's she's trying to tell me what she's trying to tell me."

"It's a class to help you be a better parent and it's for everyone and anyone. It's a class about how to listen to people better."

"There's something for parents with children of all ages."

"It was really nice to have this class available to take and learn new things."

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:

- ⇒ "Have more discussion of the actual skill before practicing."
- ⇒ "I really liked having the class at 5:30 and getting home earlier."
- ⇒ "More male facilitators needed."
- ⇒ "There was an immense amount of information packed into a short time."
- ⇒ "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

"I don't have many friends with children my sons age. It's easy to think these behaviors are just my son or just my family."

"This class is very helpful, especially if you have a strong passion to be a good parent. This course steers you in that direction."

PARENTAL RESILIENCE

Helps parents manage stress and functioning well when confronted with challenges

"The "Can Do" communication helps me out a lot given my baby is really young still."

"The skills [have given] me more self-control. I'm not flying off the handle anymore. I have better ways to do things than yelling."

"It's made me more aware of the tools that might be helpful to deal with my kids more patiently."

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

"It's a great program that helps you learn more about your child and their feelings."

"Gave me different ways to deal with problems, new tools. Makes me think about my child's feelings more."

SOCIAL CONNECTIONS

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

"Being able to hear some of the other parents stories that were similar to mine, made me feel not so alone."

"I was able to interact with parents who struggle with similar behavioral challenges as I do from my child."

<http://www.cssp.org/reform/strengtheningfamilies/about#protective-factors-framework>

CONCRETE SUPPORTS

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

"Learning how to use effective communication skills and hearing all the great examples on how other parents get through being a good parent."

"Being a first time father I thought I was the only one who went through what I was going through. Come to find out this course put me in a place where I noticed I am not alone in growing to be the best parent possible."

Facilitated Parenting Time / Family Visits

12 visits

2-hour each

3 one-hour goal setting meetings

Family Visits (FV) Objectives:

- Families receive in-home support from a parenting educator
- FV provides one-on-one guidance and ways for parents and children to interact positively with one another utilizing the 5 PSWS communication skills
- Facilitators model the 5 skills and coach parents in using the skills with their children
- Demographics include families who either have children in foster care, children who were recently returned from foster care or children at risk of being placed in foster care
- FVs are tailored to each family's needs, goals, ages of children and understanding of parenting skills

Child Welfare Goals:

Leave the family with a positive building relationship, as [parent] progresses and looks to graduate from Family Treatment Court • For [parent] to remain clean and sober • Developing skills to address potential domestic violence situations • For the family to be reunited • Be able to have consistent discipline and rules for children • For [child] to remain in the home and not have to deal with the department • Make sure the children are taken care of, even when parents are not getting along • Parent get custody of child back • Improve parenting/ communication

2020 Stats:

6 Families

137 hours of direct coaching

1 man • 5 women

12 children in the home

1 child in foster/relative care

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.

Parents' Goals:

Set limits and follow through • Increasing support for each other as parents • Learning and hearing new things to try • [Helping the child] deal with stress at times • Guide each of the children to strengthen their individual abilities and redirect challenging behavior • Make the house more safe for kids • How to keep [child] from running off, follow verbal directions • Getting help with [child] to listen and stop hurting himself and others • Ways to handle [children's] crying • Better communication, listening skills, respecting others

Facilitated Parenting Time / Family Visits

DSS Caseworker Goals for Parents:

Effectively supervise children and monitor their safety

- Learn developmentally appropriate expectations, activities and discipline
- Learn tools to manage challenging behaviors
- Learn the 5 parenting skills

Participant Feedback

“I’ve gotten better about recognizing feelings of children, which has also affected my temper with them”

“I’ve become better about recognizing when I’m getting frustrated and how to deal with frustration in a healthy way.”

“These visits have helped me deal with difficult behaviors in public settings, as well as preventing the conflict to begin with.”

DSS Caseworker Feedback

“[Parent] more closely and appropriately monitors [daughter], especially around things that can be more hazardous [daughter].”

“[Parent] is more encouraging of [daughter] and able to multitask to a greater extent while appropriately supervising,”

Parenting Educator Feedback

“I enjoy doing Facilitated Visits. It is a privilege to get to know parents and children one-on-one and help them reach their goals”

“[Parent] is learning about and dealing with the her different temperaments of five children.”

“ I appreciate how flexible families have been during the pandemic to find ways to work together by phone, by zoom and outside when allowed.”

Parents Apart[®] (PA)

Helping Children Cope with Separation & Divorce

2020 Stats:

- 39 participants
- 17 males
- 22 females
- 27 full or partial scholarships
- 22 paid in full
- 27 court ordered

CCE-Tompkins is a New York State Certified provider of this program. The focus of this 6 hour workshop 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 may attend voluntarily or may be referred or ordered to attend by Family or Supreme Court
- Parents of the same child(ren) are placed in different workshops

Parents Apart Pilot Program in Tompkins County Jail

6, 2 hour classes in 2020

Collaborators:

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

2020 Demographics:

- 12 male participants
 - 6 Black
 - 5 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/

Strengthening Families Program(SFP) 1:1 Visits

SFP is 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.

In person SFP sessions bring families together for a meal, parent group, youth group and family group.

2020

**1— 8 week series
Started in Dryden — unable to
complete due to the pandemic.**

**Virtual SFP home visits with
individual families replaced the
14-week group workshops.**



For more information visit:
<https://strengtheningfamiliesprogram.org/>
<https://www.extension.iastate.edu/sfp10-14/>

In 2020, CCE-Tompkins in collaboration with Tompkins County Department of Social Services and Tompkins County Family Treatment Court, a shift was made from in-person group workshops to virtual 1:1 family visits . An in-person SFP 10– 14 series was started in Dryden, in collaboration with Dryden Central School and Dryden PTA and with funding through WT Grant Foundation. Unfortunately due to COVID restrictions the series was unable to be completed.



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 was a response to increasing rates of opioid abuse and child maltreatment in low-income, rural communities in upstate New York. The partnership is 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. The project is called Cornell Project 2Gen which aims to build a vibrant research community focused on the two-generation approach by connecting researchers, practitioners and policymakers in New York State and beyond. <http://2gen.bctr.cornell.edu/practice#opioid-and-family-life-project>

2020 Programming

In 2020 CCETC/F&CD work on this project was expanded to include reviewing parenting ed curricula with a lens of cultural humility, social justice, diversity, equity and inclusion. When programming went virtual we shifted from leading the Strengthening Families Program to piloting the Chicana M(other)work Social Justice curriculum.

[Benefits of Incorporating the Strengthening Families Program Into Family Drug Treatment Court Services](#)

The opioid epidemic has become a public health crisis; it is important to understand practices Extension educators can use to support affected families. We explored the benefits of a parenting program delivered by Extension educators, the Strengthening Families Program (SFP), for families involved in family treatment court services. Data came from 41 parents who participated in SFP from 2014 to 2018. Findings from retrospective questionnaires showed increases in parental warmth, positive discipline, stress management, and family organization, as well as decreases in family conflict. Findings show the potential for SFP to support families as they work through challenges amid the opioid epidemic.

[Substance Misuse Program Database](#) We completed a systematic review of the intervention literature, scanning over 500 programs that serve families dealing with substance misuse. This database contains information on the most promising of these programs. <http://2gen.bctr.cornell.edu/library/substance-misuse-program-database>

[Chicana M\(other\)work Social Justice Curriculum](#) Cohorts of 3-4 families participated in this virtual learning about different forms of oppression and social justice and how to create a socially just world through art, activism, critical thinking, writing and relationship building. <http://2gen.bctr.cornell.edu/library/cce-internship-blog-jessica-lindenstrauss-hlh3f>



Tompkins Families! Better Together/BT! Project!

With support
in 2020 from TC Community Foundation COVID Emergency Foundation Funds
and Park Foundation

FRCT is a community-based initiative to connect parents and families in the rural towns in Tompkins County helping to build the most supportive environments possible for infants, toddlers, young children, and those who love them! The ability to provide a wide variety of offerings relies on local partners and collaborators.

In 2020 the BT! project shifted in response to the COVID-19 pandemic. While the pandemic did not change the work we do it did change how we did the work, making many things more challenging. Virtual interface has a bigger time footprint. Adapting to the technical requirements needed for staff and for supporting families presented multiple challenges.

Responses to the pandemic.

What we did

- ⇒ Virtual Parenting Education
- ⇒ Check in Survey and Resource Sharing
- ⇒ Child/Family Activity Kits—over 300 distributed, partnering within CCETC and in Groton, Dryden, Freeville & Ithaca
- ⇒ CCETC's Nutrition Education, Farm to School & Groton Public Library zoom cooking classes with weekly food delivery
- ⇒ Dryden Family Meal Connection parent/child zoom cooking classes with weekly food delivery
- ⇒ Parent Resource Zoom Chats
- ⇒ Loaner Tablets for Families
- ⇒ And More

Collaborators

- ⇒ CCETC's Seed to Supper Gardening Education
- ⇒ Tompkins County Food Task Force
- ⇒ Groton Food Pantry
- ⇒ Dryden Family Meal Connection
- ⇒ Our Children's Future Dig'Nity Gardens
- ⇒ Early Childhood Development Collaborative
- ⇒ TC Health Department
- ⇒ Dryden Volunteer Food Network
- ⇒ Mutual Aid Tompkins Sharing Cabinets
- ⇒ And More



Tompkins Families! Better Together/BT! Project

Thanks to Tompkins County Community Foundation and Park Foundation funding

Better Together/BT! began in 2012 as a pilot project funded by the Community Foundation. The project brought the Community Café approach to several rural communities in Tompkins County, engaging parents of young children in meaningful parent-hosted conversations that fostered information sharing, relationship building, discovery, and action planning. The BT! Project and Community Café' Conversations help to grow the research based five Protective Factors shown to make positive outcomes more likely for young children and their families. Cafés offer parents and community members an opportunity to discuss open-ended questions relevant to their communities, exploring how they can use their strengths to advocate for their families and coming together to build stronger neighborhoods and communities.

We take a community driven approach, listening and watching for specific needs and projects to emerge. Building relationships and connections, identifying parent/community leaders, takes time. Strong sense of commitment for parent/community leaders and communities to support community change, often requires an intensive level of mentoring and support. It can take years to build these relationships and see projects come to fruition. We focus on providing the ongoing tools/support needed to help shifts become self-sustaining, as well as helping new projects as they emerge.

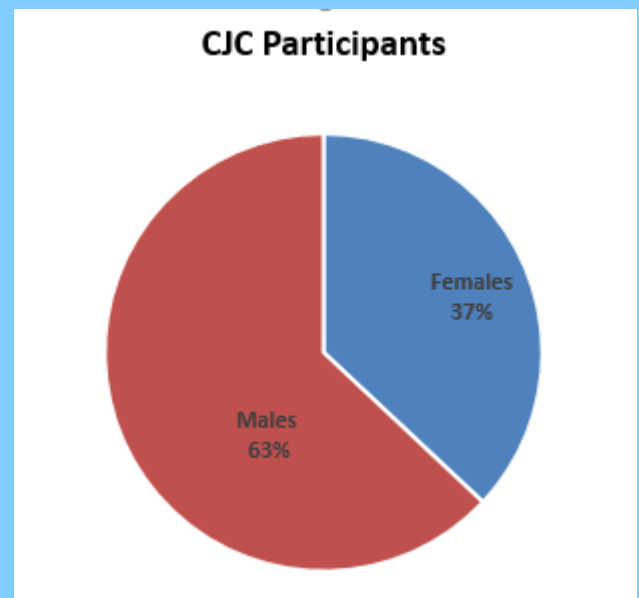
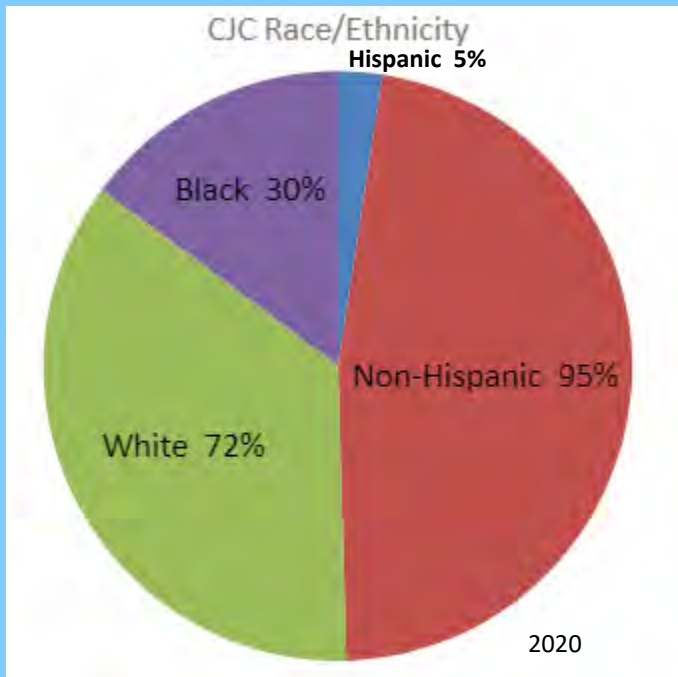
Encouraging/supporting ongoing collaborative projects in communities can be difficult in the best of times, especially in the absence of a larger framework/project. Engaging parent leaders, especially those with limited resources, are often juggling multiple responsibilities and life challenges.

Reflections from 2020:

- We need to be especially attentive/ vigilant to and for those fragile families who can and do easily fall beneath the radar. Families already isolated before COVID became increasingly so. Families found themselves more alone with fewer supports available, making juggling work, supporting children with home school learning and care for children challenging.
- Inequities already of great concern became alarmingly apparent.
- Not all families have access to a car. not all families have a driving license.
- Communication with families can be more difficult, especially when enrolling families in programming. Everything takes longer. Registration/ collecting required information is more easily done in person and on paper than virtually or over the phone. Converting intake forms to fillable forms takes time.
- Many of our program participants don't have access to or knowledge of the necessary technology to interface with fillable forms and other virtual platforms. Some families have Trac phones only and don't have access to smartphones. Offering loaner tablets can help to alleviate some of the barriers but can't address all of them.
- Access to broadband/internet is a bigger challenge, especially if families live in parts of the county that are not well connected.
- Strong relationships with collaborators, and with families are essential. Flexibility in approach is the key to being responsive to the ever shifting needs of families, and to the demands of this pandemic.
- Zoom fatigue is real, and the zoom platform is a barrier for some families due to limited technical skills and internet access.
- As we slowly transitioned to some face to face outdoor meetings we put in place a number of COVID related safety protocols. Logistics around this process are challenging, as is the ever shifting COVID landscape.
- Challenging times make us value anew the power of relationship and face to face learnings. We look forward to being able to work with families and community members while sitting together in the same room. Pandemic or no, we will incorporate virtual offerings and learnings into all future endeavors, braiding the two together to create a more effective way to work with families.

Community Justice Center

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 16 classes in 2020.



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

Zoom Resource Chats

During 2020, in response to the COVID pandemic, Tompkins Families, in collaboration with the Early Childhood Development Collaborative/ECDC featured virtual Parent Resource Zoom Chats with presenters and dialogue about current information and resources for families, welcoming service providers and families an opportunity to come together to exchange information and resources to support individuals, families and the community traverse the challenges faced during the COVID pandemic.

2020 Zoom Chats

"What's happening currently in Tompkins County with Early Intervention, Preschool Services and WIC?" , "What's currently happening with daycare and how can we help families get resources and take care of themselves during the time.", "Are you worried about Food Resources or Baby Supplies and Support during the Covid Crisis? Free Baby Supplies program and Postpartum Support Group and Lactation Consultants ", "Are you worried about Food Resources for the Summer? Food Resources for the Summer", "Are you worried about Transportation? Transportation Options"

ECDC is open to all, meets monthly, if interested in joining the group email: ams69@cornell.edu or dthomas@tompkins-co.org

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>

The Five Communication Skills

Encouragement
Can Do
Shared Decision Making
Self-Control
Respecting Feelings

CCE-Tompkins
Colleagues: 4-H Youth
Development
Urban Outreach

4-H Urban Youth Camp Staff included a two-hour workshop to instruct the summer camp staff members on the proper use of the PS: It Works! five communication skills with campers and each other.

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>

Family Development Credentials (FDC)

National Family Development Credential® Program

Designed by Cornell University, endorsed by NYS, and nationally recognized. An integrated learning experience involving classroom and field service components intended to move participants and their organizations towards an empowerment approach to human and organizational relationships emphasizing strengths, prevention, collaboration and self-determination. 10 classroom modules incorporate 90 hours of interactive learning. Field advisors assist workers in exploring principles, testing skills, demonstrating competencies, and completing the portfolio required for credentialing Family Development Credential Course: <http://www.familydevelopmentcredential.org/Plugs/default.aspx>

Early Childhood Development Collaboration

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 **SEE PG. 16 ZOOM RESOURCE CHATS**

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

Funding

Many thanks to the following agencies who generously provided contracts and grants in 2019 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, New York State Parent Education Partnership (NYSPEP), Community Foundation Tompkins County COVID Emergency Funds, United Way of Tompkins County, Park Foundation, Legacy Foundation, Tompkins County Jail, William T. Grant Foundation, Cornell Innovations and Engaged Cornell

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). Many thanks to Southside Community Center, Dryden Central Schools, Lansing Central Schools and Southside Community Center for providing space and promotion. One series was completed in person before the pandemic. Two series were underway and incomplete in mid-March, with a virtual option for completion. The remainder of the workshop series, from mid-March - the end of 2020 were held virtually.

Parenting Skills Facilitated Parenting Time/Home Visits are funded by Tompkins County Department of Social Services (mandated/preventive funds). In 2020 in mid-March visits shifted to virtual, in the latter part of the year some were able to be held outside following strict COVID safety protocols.

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

Community Foundation Tompkins County COVID Emergency Funds

Legacy Foundation, Parents & Caregivers Better Together!

Better Together 4 and Groton Harvest were funded by Park Foundation Foundation of Tompkins County Children & Youth Fund.

Primary funding for Parents Apart® comes from participant fees, supplemental funding comes from donations. In 2020 United Way provided funding to support scholarships to Parents Apart® participants.

In 2020 Tompkins County Probation supported Parenting Education in the Jail and Healthy Family Relationships at Day Reporting.

CCE-Tompkins provides supplemental funding for all projects.



Collaborators

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

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

CCE-Tompkins family & community educators and parenting educators strong relationships to agencies, schools, and parents helps connect participants from diverse parts of 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

2020 CCE-Tompkins Family & Community Development Staff and Interns

Megan Tifft, 4-H Youth Development/ F&CD Issue Leader, megan.tifft@cornell.edu
Anna Steinkraus, F&CD Program Coordinator, ams69@cornell.edu
Elizabeth Wolff, Family and Community Educator, ebw52@cornell.edu
Jennifer Gray, Family and Community Educator & Childcare Coordinator, jcg33@cornell.edu
Juliana Garcia, Two Generation Family and Community Educator, jag394@cornell.edu
Melissa Naylor, Binghamton University, MSW Intern
Nina Drake, Binghamton University, MSW intern
Rose Ippolito, Cornell University, undergraduate intern
Elizabeth Day, Cornell Post-Doc, Strengthening Families Program volunteer
Zach Sims, Louisiana State University, MSW intern
Francesca Vescia, Cornell University Program Assistant
Matthew Sheen, Cornell University, undergraduate summer intern
Lauren Kessler, Cornell University, undergraduate summer intern
Jessica Palominos, Cornell University, undergraduate intern
Marissa Campiz, Cornell University, undergraduate intern
George Dong, Cornell University, undergraduate intern
Ashley Brianna Acosta, Cornell University, undergraduate intern

F&CD Program Advisory Committee Members (Volunteers)

Hallie Chase, Kathy Lind, Susie Hatch, Carol West,
Susan Perkins, Katy Pearce, Jude Rose, Nina Drake, Zach Sims

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/>

Visit us on the **CCT-Tompkins website:** <http://ccetompkins.org/family>
<http://ccetompkins.org/family/tompkins-families>

For more information about programs in this report, contact:
Anna Steinkraus: ams69@cornell.edu 607-272-2292 ext. 145