





2021

## ***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- (Knowledge, Attitudes, Skills and Aspirations)
- ◆ 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

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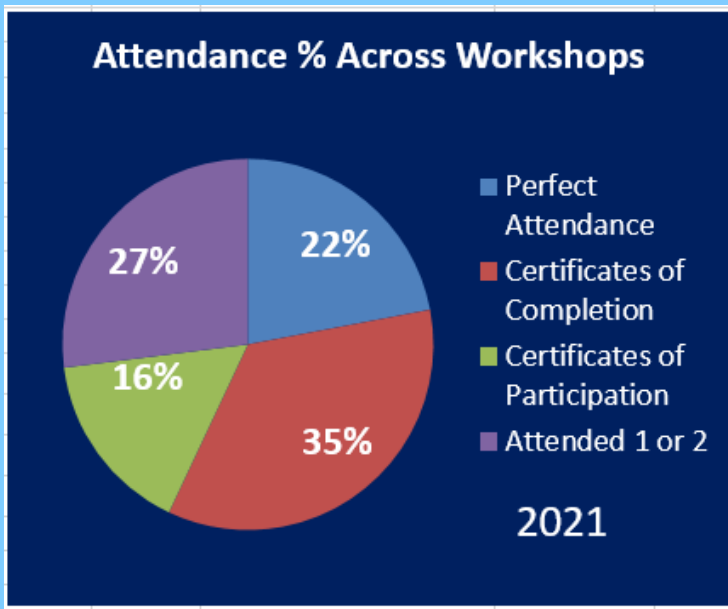
# Workshops for Parents/Caregivers

## All 2021 Workshop Series were Virtual

5—Parenting the Hardest Job in the World<sup>®</sup>

(PS: *It Works!*<sup>®</sup> aka Parenting Skills Workshop Series)

2—Thriving with your Spirited Child<sup>®</sup>



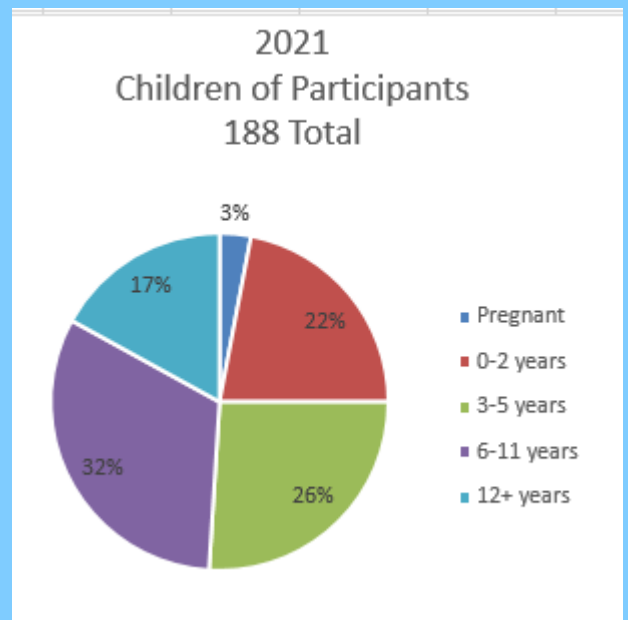
These interactive workshops support positive communication between parents/caregivers and children and childcare and were both offered free of charge.

**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*



# Parenting the Hardest Job in the World (PS: It Works! aka Parenting Skills Workshop<sup>©</sup>)

## 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.

2021  
WORKSHOP  
PARTICIPANTS'  
COMMENTS

*"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.]"*

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

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

*"I learned to be more patient. I learned not to yell because this too shall pass. Compliment your child, even if it's something small."*

*"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:

- ⇒ "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

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

*"[This class helped me with] listening more and understanding [my children's] feelings."*

## PARENTAL RESILIENCE

Helps parents manage stress and functioning well when confronted with challenges

*"The program helped me gain confidence on the communication with my kids in the future."*

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

*"Learning skills on parenting, talking about parenting issues we have, and showing support and giving advice to each other [is what I liked best]."*

## 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

*"The program is interactive. We had many opportunities practicing with each other."*

*"The instructors are very kind and helpful. The cohort is welcoming and supportive."*

*"[The instructors] were so great– they made me feel comfortable to ask questions. They made me feel that it's ok to get overwhelmed and ask for help."*

## CONCRETE SUPPORTS

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

*"I loved how we role play. Parent and child. I loved how [the parent educators] broke down the steps of information into sessions."*

*"The Zoom option! I could be elsewhere and still participate and I am so thankful!"*

*"[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.

### 2021 Stats:

Facilitated Parenting Time  
3 Families

65 hours of direct coaching

1 man • 2 women

5 children

Strengthening Families Program

4 Families

18 hours of direct coaching

1 man • 3 women

6 children

### Child Welfare Goals:

Ensure the children's safety

Ensure safety and cleanliness of the home

Ensure children's basic medical needs are met

Participation in parenting skills education

### Facilitated Parenting Time

#### Parents' Goals:

Positive discipline techniques ◊ potty trainings ◊ ways to childproof the house ◊ ways to not give in ◊ figure out how to address children's behaviors, attitudes and be able to work with their emotions.

#### DSS Caseworker Goals for Parents:

Follow through ◊ Positive reinforcement ◊ Age appropriate supervision, expectations, language and conversations ◊ Complete parenting classes

#### 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

# Parents Apart® (PA) - Virtual

*Helping Children Cope with Separation & Divorce*

## 2021 Stats:

135 participants

48 males

87 females

91 full or partial  
scholarships

44 paid in full

54 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

9, 90 minute classes in 2021

Collaborators:

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

2021 Demographics:

- 33 male participants
  - 9 Black
  - 20 White
  - 4 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/>

# 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 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>

### 2021 Programming

In 2021 CCETC/F&CD work on this project continued our work was reviewing parenting ed curricula with a lens of cultural humility, social justice, diversity, equity and inclusion and expanded to include helping to lead a Cornell Cooperative statewide inclusive parenting task force. We continue to connect with Tompkins County Department of Social Services, providing workshops and 1:1 programming, exploring best practices and ways to engage families in 1:1 virtual programming Strengthening Families Program visits.

### 2018—2021 Highlights

#### [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>



Pre-pandemic pictures from the 2020 cohort of Strengthening Families Program for Parents and Youth 10-14

# Tompkins Families! Better Together/BT! Project

Funding from the Mother Cabrini Health Foundation, with additional support from the Community Foundation's Emergency COVID Response Fund and United Ways Legacy Foundation, helped support the continuation of Tompkins Families initiatives that began in 2020, the long standing Better Together Community Cafe Project (begun in 2012), supported emergent projects and parent & community leaders work to strengthen their communities. 2021 began with a community check-in survey. We gathered input from 220 families on a wide range of topics including resource needs around food access, parenting, mental health, internet/tech support, interest areas/needs, COVID testing & vaccine info/access & more. The survey helped guide our work & has been helpful for community partners as well. *See page 13 for more detail about survey responses.*

In response to what we learned, 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 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 intend to address in 2022 by re invigorating a long standing CCETC Family and Community Development initiative; monthly Coalition for Families networking and resource sharing meetings.

In addition, we've been able to support community leaders in a rural mobile home park by helping them to access TC Food Task Force mini grant funds to help with monthly food distribution events. The community was able to connect with the local Mutual Aid group for additional resources including a food sharing cabinet, supported by volunteers. In another rural community we were able to support a parent leader volunteering as a food pantry coordinator in her community-helping her to access Task Force mini grant funds & additional funds via a local foundation to support local food distribution efforts. In yet another rural community we supplied mini grant funds for a community strengthening project, assisting with food costs for weekly family gatherings at an elementary school during the summer months.

The Better Together project has been bringing the Community Café approach to communities in Tompkins County since 2012, engaging parents and community members in meaningful community/parent-hosted conversations that foster information sharing, relationship building, discovery, and action planning. **Community Café' Conversations help to grow the research based five Protective Factors**-shown to make positive outcomes more likely for children, their families and community members. 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 build stronger neighborhoods and communities.

In 2021 we offered two virtual Community Cafe Conversations with a focus on growing resilience, and on invitation collaborated on a cafe conversation that was part of the TC Mental Health Conference. We helped to support an in-person rural community cafe conversation spearheaded by two high school students with a strong desire of bringing a conversation to their community about belonging/anti-racism, asking the question what does it mean to be an inclusive community. We offered one virtual Community Cafe Host training in 2021 to 15 community members interested in learning more about how to use the cafe approach in their lives and work.

## Community check-in survey

220 responses

## Better Together Community Coalition

10 meetings

29 parents & professionals

## Community Café Host Training

15 participants



# Tompkins Families! Community Survey

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 continues to present multiple challenges.

An on-line community wide check-in survey, conducted in spring 2021, received 220 responses, which indicated continuing challenges for families. By far, the most common challenge mentioned was isolation and/or struggling with a lack of outlets for kids (and grown-ups, too!). Challenges with finances and trouble finding information and/or support re: money/bills/financial assistance were also mentioned somewhat frequently.

Re: topics for remote support/online programming/resource sharing, repeat requests were gardening and farming, exercise, cooking, parenting support, elder care, and financial support. Everyone indicated spending a lot of time -- including a lot of passive time -- in front of screens, so respondents advocated for more interactive virtual content (e.g., cook-a-longs) and resources for technology-free and outdoor activities.

One last thought is that a lot of what people are looking for are things that may already be available if they know where to look. Rather than focus on creating new programming, FRCT is striving to publicize CCE-TC's existing programs even more widely and to work to connect community members with other existing programs even more widely and to work to connect community members with other existing local and online resources. Input from survey respondents confirmed parents were feeling especially isolated and that additional support was needed. In addition, access to the internet, and the increased emphasis on digital access/literacy made it difficult for some families to find and secure the assistance needed.

A Tompkins Families resource directory targeting needs was shared with all survey participants. As one of our efforts to increase awareness of existing resources the Tompkins Families resource directory is available online and as hard copy,



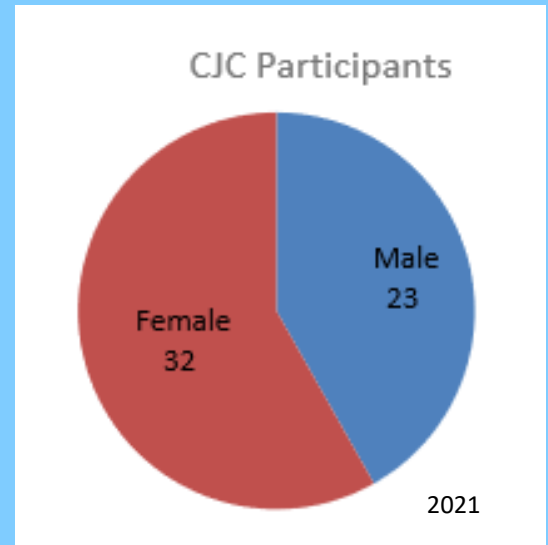
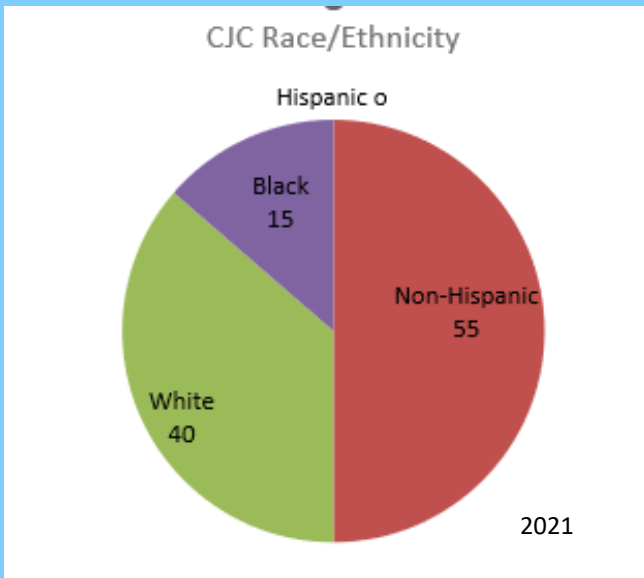
Pre-pandemic pictures from the 2020 cohort of Cooking Together.

## 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.

# 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 19 classes in 2021.



Strong

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

## 2021 Strong Roots Trainings — *Sex Positive Talks to Have With Kids*

**Creating a Consent Conscious Home** covered strategies relevant to supporting children in the earlier years when approaching common areas of consent such as: affection and physical boundaries with others, hygiene, health, and everyday care, mealtime, dealing with family or other adults who disagree.

**Tackling Tasks About Porn (So You're Prepared Not Scared)** walked participants through strategies that support safer device usage (cell phones, devices, apps, gaming, web browsers, and social media) and open talks, at every age and stage, about online porn and sexually explicit media. Participants learned about: how to take a sex positive vs. shame-based approach to porn conversations, when to begin the talks (earlier than parents and caregivers may think), what to say, to both kids who have and who have not seen sexually explicit media, top resources to support the talks.

**Presenter:** Melissa Pintor Carnagey (she/they), a Black and Latinx, Austin-based sexuality educator and licensed social worker who founded Sex Positive Families on the belief that all children deserve holistic, comprehensive, and shame-free sexuality education so they can live informed, empowered, and safer lives. Melissa is confident that the work starts in homes with families and caregivers, and she enjoys helping parents learn the strategies for raising sexually healthy children. Her professional experience spans just shy of 15 years in the field of sexual health, having taught comprehensive sexuality education in schools and worked within HIV/AIDS case management and prevention at both nonprofit and state government levels. She is the author of the best selling book titled *Sex Positive Talks to Have With Kids: A guide to raising sexually healthy, informed, empowered young people*, and their work has been featured in media such as HuffPost, Parents Magazine, Mashable, and more. Melissa's most relevant experience comes from being a sex positive parent to three young people ages 21, 11, and 7. They are the constant inspiration for the work.

# PS: It Works! aka Parenting Skills Workshop<sup>®</sup>

*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*<sup>®</sup>. *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://csetompkins.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](mailto:ams69@cornell.edu) or [dthomas@tompkins-co.org](mailto:dthomas@tompkins-co.org)

## 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.

# 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, Tompkins County Jail, William T. Grant Foundation, Cornell Innovations and Engaged Cornell, 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**.

Community Foundation Tompkins County COVID Emergency Funds

Primary funding for Parents Apart® comes from participant fees, supplemental funding comes from donations. In 2021 **United Way** provided funding to support scholarships to Parents Apart® participants.

In 2021 **Tompkins County Probation** supported Parenting Education in the Jail and Healthy Family Relationships at Day Reporting.

Mother Cabrini Health Foundation *A one year grant 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 to support increasing protective factors across the community. August 2021-July 2024*

CCE-Tompkins provides supplemental support for all projects



# Collaborators

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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.

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## 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

## **2021 CCE-Tompkins Family & Community Development Staff and Interns**

Megan Tifft, 4-H Youth Development/ F&CD Issue Leader  
Aloja Airewele, CCETC Leaderships Team, Coordinator of Equity, Diversity & Inclusion Committee  
Anna Steinkraus, F&CD Program Coordinator, [ams69@cornell.edu](mailto:ams69@cornell.edu)  
Jude Rose, Family Resource Connection Tompkins Program Director, [jkr6@cornell.edu](mailto:jkr6@cornell.edu)  
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Melissa Naylor, Binghamton University, MSW Intern  
Nina Drake, Binghamton University, MSW intern  
Rose Ippolito, Cornell University, undergraduate intern  
Elizabeth Day, Cornell Post-Doc, Institutional Challenge Grant Fellow  
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, Elissa Wolfson,  
Susan Perkins, Katy Pearce, Nina Drake, Zach Sims, Sue Chaffee

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

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

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

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

To sign up for Parenting Workshops: [https://cornell.ca1.qualtrics.com/jfe/form/SV\\_bf4lmcyd2MDZDoy](https://cornell.ca1.qualtrics.com/jfe/form/SV_bf4lmcyd2MDZDoy)

For more information about programs in this report, contact:  
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