

Parent Trust for Washington Children: A model program

Cost Effectiveness

- Parent Trust programs are community models for responsible investments of time and resources. It costs less than \$4.00 per week to serve each family member.
- Agency administrative and fundraising costs are 15%. All other funds directly help more than 3,500 parents and children attending the groups each year.
- Collaborative agreements with 29 community-based agencies and organizations insure local oversight and responsiveness to families' needs.

Parent Trust for Washington Children

Since 1978, when founded as Parents Anonymous, the State Office has provided the following to communities across the state:

- professional training and development
- statewide networking and consultation
- ongoing support and technical assistance
- community organizing
- training curriculum including over 80 parent tip sheets.



Funding Sources

Dept. of Social & Health Services, Children's Administration, Division of Alcohol & Substance Abuse, USDHHS Children's Bureau ACYF, The Boeing Company, City of Seattle, Human Services Department, AirTouch Cellular, Plum Creek Timber, The Horizons Foundation, United Way of King County, Board events, and various other individual and corporate contributions.

Volunteer Opportunities

Parent Trust involves over 300 volunteers in the following available capacities. Most opportunities require orientation, training, and a minimum time commitment.

Children's Program

Work with children, infants to twelve year olds, in a structured, nurturing group environment. Two hours per week. Minimum six month commitment. Training provided.

Family Help Line

Provide caring, non-judgmental listening for a parent under stress. Training provided.

Facilitator

Guide a weekly, mutual help parent group. Two hours per week. Minimum one year commitment. Training provided.

Organizer

Provide creative impetus to found a new group in a community or neighborhood needing free weekly support for distressed parents. Two hours per week. Six month commitment.

Parent/Child Advocate

Participate in a volunteer project with a group of friends or co-workers. Have a yard sale, host a community spaghetti dinner, plan a silent auction...to raise money for a Parent Trust Children's Program. Help publicize the programs locally.

Contact the Parent Trust State Office for additional information at 206-233-0156



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Seattle, WA 98101
206.233.0156
206.233.0604 fax

Parent Trust for Washington Children builds communities of strong, healthy families dedicated to helping each other and keeping children safe from harm.

- bringing families together in mutual support
- easing the isolation faced by many parents today
- learning to take better care of children
- sharing positive ways to manage family stress
- building family strengths

Statewide Family Support Network
Parents AnonymousSM
Filipino Network
Familias Latinas Unidas
Families in Recovery
Family Help Line
Filipino Youth Empowerment
Teens 4 Teens

PROGRAMS

PARENT SUPPORT GROUPS

Parent Trust provides free, immediate, and ongoing parent support groups. The parents, teens and children meet in separate, developmentally appropriate groups to work towards improving critical family management skills and creating a positive social support system for their family. Each group has a facilitator trained by Parent Trust State Coordinators. Group content is determined weekly by the facilitators and the group members. Facilitators and family members are trained to develop group structure based on the Parent Trust principles of mutual help and shared leadership. These grassroots groups are family support partnerships, utilizing the services of parent leaders, professional facilitators, volunteers, and participants.

SPECIALTY PROGRAMS

FAMILIES IN RECOVERY NETWORK

The Families in Recovery Network provides ongoing, weekly parent support groups as part of the treatment offered to parents recovering from alcohol and drug addiction. These support groups increase the drug-free social support system for the family and improve family management skills to reduce the risk of child abuse/neglect and substance abuse relapse.

THE FILIPINO NETWORK

The Filipino Network provides ongoing family support groups and community projects for Filipino youth to learn life skills and develop their leadership skills with the help of mentors who have shared their same life experiences.

CHILDREN'S & TEENS PROGRAM

Parent Trust offers free children and teens programs that operate in conjunction with many of the parent support groups.

- The children's program offers structured activities and a flexible agenda, creating a safe, interactive, supportive "neighborhood" of children.
- The children's program usually involves children ranging in age from infancy to twelve years old. Activities are geared toward teaching communication and problem solving skills to children of all ages.
- Teen programs can operate with a parent group or can operate on their own, providing teens an opportunity to gain leadership and communications skills.

THE LATINO NETWORK

The Latino Network provides ongoing, weekly Spanish-speaking support groups for Latino families to increase their family management skills and increase their social support system.

THE PARENTS ANONYMOUSSM PROGRAM

The Parents AnonymousSM Program provides a weekly parent support group following the national Parents AnonymousSM model. These groups include a trained Parents AnonymousSM Facilitator who develops a parent leader to lead the group in sharing parenting concerns and building supportive connections while maintaining anonymity. Group structure and content are determined by the parents on a weekly basis.

CALL THE FAMILY HELP LINE

Help is just a phone call away

The Family Help Line is a 24-hour, statewide toll-free line staff by trained workers to provide immediate listening, support and appropriate resource referrals to families under stress and therefore at risk for child abuse and neglect.

Parents often need new ideas as their children grow. They can get them from a variety of free parenting tip sheets from the **Family Help Line** on topics including:

- discipline
- the teen years
- communicating with young children



1-800-932-HOPE (4673) Statewide
Or in Seattle only: 233-0139

PARENT INFOLINE

The Parent InfoLine provides 24-hour access to recorded information about the most recently updated parenting classes, events, and activities for families in Puget Sound and Spokane County.

The Parent InfoLine can be reached by calling (206) 233-0139 or by visiting our Website: www.parenttrust.org