



SCHOOL BOARD MEETING REPORT

Board Meeting Date: May-16 Superintendent: David Holmes

Administrator/Staff: Dennis Misner

Type of Item: Informational Action

Please state your proposal briefly and clearly. What do you want the board to know, discuss, or decide?

North Valley would like permission to be part of a collaborative grant opportunity to address improved student-parent communication among our most difficult to manage students. Potential partners are Juvenile Justice, DHS, YMCA and The Boys and Girls Club. The grant application is written and would be sent to potential granting agencies like Fred Meyer, Four Way Community, Oregon Department of Justice and the Ford Family Foundation. YMCA has agreed to be the grant agency if the district agrees.

Provide history/background information on your proposal:

North Valley has 35-45 students currently enrolled whose mental health issues are so significant that their academic performance is negligible or none. By fostering better communication and problem solving skills within families the grant application seeks to see improved personal responsibility and academic performance. Many of the students we seek to better serve have very little parent support, encouragement and communication. Our efforts to engage these families have been poor or futile.

List the advantages of your proposal:

We will be able to leverage resources not currently available to address situations that we cannot currently handle. Families would be taught strategies to help their students deal with the trauma caused by adverse childhood experiences. An overview of the grant is attached.

List possible disadvantages of your proposal:

None at this point.

List possible alternatives that could also offer a solution to your proposal. Why were they not recommended?

Current resources and working relationships for building/supporting families are stretched thin. We could offer a parent education class but would need a change in our structure at North Valley.

Superintendent's recommendation(s):

Approve: Yes No

SB U:\Forms\Misner grant 4.14.16

HOPE IN EVERY HOME: EXECUTIVE SUMMARY

"We need to show children — not just with words, but with action — that they are not alone in this struggle. We need to show them that we believe in them, and we need to give them everything they need to believe in themselves." -- First Lady Michelle Obama

Families are the key to a healthy social, economic and political future for America. Strong families are imperative for making our education system more productive and reducing youth gang involvement.

In Minidoka County, Idaho by focusing on this key insight, in three short years, unprecedented improvements were made in every metric of success: juvenile court petitions declined 33%, juvenile probation cases declined 30%, juvenile probation drug violations fell 20%, juvenile detention days declined 24% and school dropouts and expulsions plummeted to zero (from 17% and 72 respectively). Hope in Every Home is meticulously designed to help other communities replicate this level of impact. And it was designed to be within reach for all communities--costing between \$50,000 and \$150,000 in the first year, from a "Total Cost of Ownership" perspective (including salaries of relevant personnel).

Hope in Every Home is a "community-wide intervention" program providing immediate, meaningful and sustainable transformation to communities facing alcohol-related, drug-related and violence-related behavior in juveniles. The challenge of youth exhibiting these types of destructive behaviors has grown from a niche problem found mostly in inner cities into a widespread epidemic threatening the fabric of our society. This problem affects all communities from those where it is a well-known problem to those with "closet-denial". Almost no American community can claim to be free of these problems, which now affect more than 50 percent of America's teens. Across the nation, parental involvement and engagement have decreased; truancy, systemic failures in public education, and the use of courts to address juvenile behavioral issues have increased. Hope in Every Home empowers parents with immediate intervention and long-term prevention models to achieve marked and sustainable results.

Hope in Every Home combines evidence-based, researched programs with best practices collected from over 20 different communities nationwide. The program has achieved significant results in reducing calls-for-service, truancy and ultimately youth violence and drug use. Trained facilitators engage community and local government organizations to focus resources where they can have the greatest impact: helping families build a stable environment for at-risk kids. Through a unified effort to harness community resources in a synchronous fashion, Hope in Every Home builds positive momentum in the lives of participants much as a snowball gathers momentum rolling downhill. Government organizations (such as police enforcement, probation, judicial and city) provide references and support, while NGOs provide family-related services and faith-based organizations provide support--this structured program is designed to focus on

the strengths and capabilities of each organization while *always, always, always* keeping our eye on the prize: helping families.

The results speak for themselves. The year before implementing Hope in Every Home, Minidoka County, Idaho had 72 students expelled from public school and a 17 percent school-dropout rate. By improving teen-parent relationships and teen self-esteem, the program reduced both statistics to zero. Juvenile detention days declined 24 percent. Juvenile court petitions and juvenile probation drug violations decreased 33 percent and 20 percent, respectively.

The Implementation:

Hope in Every Home has a meticulous 6-phase implementation plan:

- Phase 1: Assemble a "Core Team": The core team is comprised of three members: two community leaders (such as a school principal, chief of police, district court judge, mayor) and a team leader. This team sets up and sustains program structures which ensure sustainability.
- Phase 2: Solidify Commitments and Include Constituents: The core team recruits community leaders, informs these leaders about the project, and gets their commitment to support the project with resources they control. Additionally, the core team determines the project budget and sources of financial support at this stage.
- Phase 3: Kick-off the "Child Services Council": The "Child Services Council" is a group of leaders representing all community organizations serving children and families. It meets monthly to keep the groups coordinated and address any emergent issues. The Child Services Council helps focus community resources to support at-risk families in a coherent manner. Completing Phase 3, the community is ready to begin intervention.
- Phase 4: Training and Preparation Parent Project staff train facilitators on the key program curricula. Facilitators and core team members secure specific project resources (rooms, schedules, consolidated references, disciplinary plans). Conclusion of this phase marks readiness to begin working with families. The core team notifies the Child Services Council the project can accept referrals, and provides contact information for the first facilitator.
- Phase 5: First Intervention and Cross-Referrals: Community organizations serving families in crisis begin referring families to the project, ensuring there is no stigma. The project is a way for the community to keep itself healthy. Any form of participation is a community service. The entire community participates in supporting the families at this stage--from those directly involved in the intervention and support groups to the organizations required to sustain the families (mental health support, medical support, educational support, financial/food assistance).
- Phase 6: Maintenance The success of this community-wide intervention depends on its longevity. The project becomes more effective the longer it is in place. Therefore, support groups, the Child Services Council, and the core team make project continuity a top priority.

Evidence-based and Scientific Research: Parents are the Solution

Parents and their behavior are directly tied to destructive youth behavior. Enhancing parenting is key to the solution—here is an Excerpt from *Journal of Addictions & Offender Counseling*, (June 2015, Dumas) which identifies some of the key academic studies connecting parents (vs system/education) with at-risk behavior.

Parenting Practices and At-Risk Behavior

Parental monitoring reflects the degree of involvement of parents with their child, including the parents' awareness of their child's activities and friends, as well as the degree to which parents set and enforce clear standards for their child (Kim & Neff, 2010). Researchers have found that parental monitoring and involvement are related to lower levels of adolescent alcohol use (Barnes, Hoffman, Welte, Farrell, & Dintcheff, 2006; Luthar & Goldstein, 2008; Simons-Morton & Chen, 2005; Simons-Morton, Haynie, Crump, Eitel, & Saylor, 2001; Vakalahi, 2002; van der Vorst, Engels, Meeus, Dekovic', & Vermulst, 2006), fewer episodes of heavy episodic drinking (Dumas, Hausheer, & Esp, 2015; Guilamo-Ramos, Turrisi, Jaccard, Wood, & Gonzalez, 2004; Kim & Neff, 2010; Reifman, Barnes, Dintcheff, Farrell, & Uhteg, 1998), and fewer reported alcohol-related consequences (Arata, Stafford, & Tims, 2003). Researchers have also found that parental monitoring is associated with lower levels of adolescent antisocial behavior and delinquency (Barber, Stolz, & Olsen, 2005; Dekovic', Janssens, & Van As, 2003; Griffin, Botvin, Scheier, Diaz, & Miller, 2000; Laird, Pettit, Dodge, & Bates, 2003; Stolz, Barber, & Olsen, 2005). Finally, in a longitudinal study examining the impact of parental monitoring on substance use and delinquency, findings indicated that monitoring significantly affected these adolescent problem behaviors (Barnes et al., 2006).

Parent-Teen Communication and At-Risk Behavior

Parent-teen communication is considered to be a fundamental component of positive family functioning and is incorporated into most family-based interventions for teen drinking.

Parent-teen communication is associated with lower levels of adolescent alcohol use (Ackard, Neumark-Sztainer, Story, & Perry, 2006; Dumas et al., 2015; Guilamo-Ramos et al., 2004; Hausheer, Dumas, Esp, & Cuffee, in press; Simons-Morton, 2004; Smetana, Crean, & Daddis, 2002). Although the emphasis of prevention programs is often on improving parent-teen alcohol-specific communication rather than general communication, parental listening in general and parental knowledge regarding daily events and expectations contribute to an overall protective effect regarding drinking initiation (Simons-Morton, 2004). Parent-teen communication, including arguing and negative interactions, is also related to antisocial behavior (Dekovic' et al., 2003).

Parental disapproval of teen alcohol use has also been identified as one of the primary protective factors against the initiation of drinking in adolescence (Donovan, 2004). Parental disapproval of teen alcohol use may be communicated directly or indirectly through the setting of limits or by the expression of values regarding alcohol use (Wood, Read, Mitchell, & Brand, 2004). Researchers have indicated that parental disapproval of drinking is associated with lower levels of alcohol use (Arata et al., 2003; Dumas et al., 2015; Foley, Altman, Durant, & Wolfson,

2004; Mares, van der Vorst, Engels, & Lichtwarck-Aschoff, 2011; Nash, McQueen, & Bray, 2005) and fewer alcohol-related consequences (Arata et al., 2003; Mares et al., 2011; Nash et al., 2005) among adolescents. Thus, communication of parental disapproval of adolescent substance abuse, both verbally and through rule setting, is associated with a decrease in teen substance use.

About Parent Project

"Because the tougher it gets to be a kid, the tougher it gets to be a parent!"

Parent Project is the nation's largest and most effective program for parents dealing with children's and teens' destructive behavior. In our 30 years, we have partnered with over 500,000 parents to teach prevention and intervention strategies for destructive behaviors from difficult or out-of-control children. Parent Project has been the subject of numerous academic studies, consistently showing significant improvement in parental knowledge and skills, reduction in youth destructive behavior and increases in expressions of love in the home. Learn more about Parent Project at www.parentproject.com

Amongst a wide array of parenting programs, the Parent Project stands apart for the following reasons:

- Parent Project was built piece-by-piece by thousands of parents under the leadership of Bud Fry, a Pomona County police officer. Thirty years ago, Bud recognized the impossibility of "arresting his way" out of poverty, despair and drugs and began working with the parents to understand their daily struggle, testing different basic parenting methodologies and refining those that worked.
- Because it was designed from the onset to tackle the hardest challenges of drugs, youth violence and gangs, Parent Project is uniquely equipped to tackle exactly the problems and obstacles parents face today: from iPhone/social media addiction and ADHD to SnapChat-bullying and sexual predators.
- Not only has the program been validated by psychological theories and experimentation, it has achieved unparalleled results (view Summary of Impact below)
- Parent Project is the largest court-mandated juvenile diversion program in the country and is affordable by all agencies.

Strong, loving families are the foundation on which our future is built, and Parent Project is the best tool for rebuilding these families. Parent Project envisions a world where all children are raised in a family filled with love and respect; a world where children appreciate the value of education, responsibility and even discipline.

We hope to achieve this vision through our 10-year goals:

- Reach 10 million families, improving the quality of life for children everywhere--from rural towns to inner-city youth
- Reinvigorate the value of family for the next generation
- Embrace the diversity of religion and secular society while inspiring appreciation for God and spirituality in each family

Summary of Impact

The Parent Project curriculum consistently delivers long-lasting, positive impact to families--and their communities-- on metrics such as parenting knowledge, parental oversight, child

engagement, effectiveness of discipline, reduction in destructive youth behavior (drugs, alcohol, violence), school attendance and family time together.

- The Roseville Police Department saw a 73% reduction in calls-for-service from families who participated in Parent Project
- An Idaho county performed a “community-wide intervention” implementing Parent Project broadly in the judicial and educational systems simultaneously, and saw incontrovertible results:
 - 33% reduction in petitions filed for juvenile offenses
 - Over 30% decline in minors on probation for any cause
 - 20% reduction in drug-related probation violations
 - 24% reduction in days spent by youth in detention
 - The school dropout rate fell from 17 percent to 0 percent, and school expulsions plummeted from 72 to 0.
- Kaiser Permanente, the largest HMO in the country, has been using Parent Project at its Northern California sites, recently resulting in their acceptance of Parent Project as its Model Treatment Standard for diagnoses including Oppositional Defiant Disorder, Conduct Disorder, Bi-polar, and youth drug and alcohol issues.
- In 2009, the East Los Angeles Parent Project Collaborative graduated.:
 - 347 parents took the class, all of the juveniles were on probation, mostly court-mandated.
 - 180-day post-graduation showed an almost 50% reduction in recidivism: only 6.63% were rearrested and 2.59% incarcerated. (vs. an average recidivism for LA County juvenile probationers of ~15%.)
 - For more information on their research, please contact Albert Gomez with the East LA County Collaborative.

Parent Project is currently undergoing a series of split-test statistical validation studies, and we welcome communities and researchers interested in advancing this effort to contact us.

- Concluded that trained facilitators can be effective in helping parents with the themes of behavior influence (vs control), family, parent education, out-of-control behavior and even external factors.
- Court-ordered participants had the same level of positive comments as voluntary attendees after attending the class.
- The Judge attending the class graduation had a marked impact on the teen in their perception of a "punitive" vs a "corrective" judicial system.
- Parent project helps to save whole families "The *Parent Project* allowed me to learn, share and implement a plan that worked for our family. My daughter was not the only one who was at-risk. Our whole family was at risk and it was getting worse by the day. The *Parent Project* gave me the tools that I need to make changes in our family's life"
- Parent project gives hope: all 10 participants expressed hope for change at the end of the program.
- "Parents with strong-willed, at-risk or out-of-control adolescents cannot be successful by focusing only on the adolescent."
- Published in December 2008, University of Idaho Dissertations under Professor Russell A. Joki. Kunau, Nancy L.: "An Investigation of Benefit: Parent Perceptions of the *Parent Project* for Adjudicated or At-Risk Youth in Rural Communities"

Roseville Police: Impact on calls for service

- Study conducted by Michael Salsbury, Roseville PD.
- 60-80% of calls for service are juvenile related.
- 15 first families referred to Parent Project generated 87 juvenile-related calls for service in 6 months prior to class.
- Post-class study: the same 15 families generated 4 calls for service in the 6 months following the class.
- Short-term: At approximately \$200/call \$16,600 in 6-month costs-savings from a class with a total cost of < \$10,000 to implement.
- Long-term: After 3 years, they continue to show a 73% reduction in calls for service, saving over \$72,000 over 3 years.

American Bar Association: Parent Project is the largest court-mandated juvenile diversion program.

- Found further, that Parent Project is the only structured program with a published curriculum offering rigorous training which has been delivered and tested in multiple states.
- Published August, 2001 in "Parental Involvement Practices of Juvenile Courts, Report to the Office of Juvenile Justice and Delinquency Prevention, United States Department of Justice."