

2009 Grant Recipients

Total Amount Awarded: \$484,886

STATEWIDE PROGRAMS

Best Beginnings/United Way

\$16,667 Serving Anchorage / Statewide

Best Beginnings is creating family friendly versions of the Alaska's Early Learning Guidelines (ELGs) in languages other than English. ELGs inform parents, caregivers, community members, and leaders about expectations for children's development and learning. Best Beginnings will share Alaska's Early Learning Guidelines with expecting, new, and first-time parents and other community members in the most common non-English languages read by Alaskans.

Resource Center for Parents and Children (RCPC)

Cuddle Cure

\$12,500 Serving Fairbanks / Statewide

The Cuddle Cure program is a two-hour class that teaches five immediately useful techniques, the 5 S's, based on Dr. Harvey Karp's, *The Happiest Baby on the Block* curriculum, for calming a fussy newborn from 0-3 months of age. Participants receive a Parent Kit which includes: a baby bag, a swaddling blanket, the *Happiest Baby on the Block* DVD, and a Soothing Sounds CD valued at \$80. A planning grant from 2008 will allow for culturally relevant modification and expansion of the Cuddle cure program into the communities of Barrow, Bethel, Dillingham, Fort Yukon, Haines, Kenai, Kotzebue, Nome, and Valdez.

Alaska parent Line

\$51,799 Serving Fairbanks / Statewide

The Alaska Parent Line offers parenting advice and referrals for Alaska parents and care givers; 12 hrs/day, 7 days/week, 9:00 AM-9:00 PM.

Southcentral Foundation

Family Wellness Warriors Initiative (FWWI)

\$12,500 Serving Anchorage

The Family Wellness Warriors Initiative (FWWI) is a movement that brings together

leaders of the Alaska Native Community, the faith community, regional corporations and agencies, health care providers, and many other interested people, in an effort to restore wellness to the Alaska native community. It specifically addresses all forms of violence that occur within the family. These include child abuse and neglect, sexual abuse, vulnerable adult abuse and neglect, domestic violence, and adult sexual assault. The Initiative seeks to work with individuals toward the healing of personal wounds and learning how those wounds have impacted and continue to affect the entire family. The program offers seven Arrigah House trainings each year and the majority of participants come from villages across the state of Alaska.

SOUTHCENTRAL ALASKA

Akeela, Inc.

Strengthening Families Program

\$33,333 Serving Anchorage

The Strengthening Families Program, as funded by ACT and the Division of Behavioral Health and implemented by Akeela, Inc. is a nationally recognized and proven model of best practice in the area of parent/family services. The goal of this program is to improve and enhance the participating families' dynamics, lessening the risks of substance abuse and other associated issues. The Strengthening Families Program is structured, 10-14 week series of weekly classes for which the curriculum includes parent/caregiver (parenting skills), child (social/behavioral skills), and the family (interaction/communication skills) training.

Alaska Injury Prevention Center

Positive Parenting

\$22,147 Serving Anchorage

The Positive Parenting Program is a six week workshop designed to strengthen families. The weekly classes provide skills training for the whole family in self-esteem, safety, discipline, communication, etc.

Chugachmiut, Inc.

Safe and Smart Parenting

\$33,322 Serving Anchorage

Chugachmiut's Safe and Smart Parenting is an innovative demonstration project providing community-based primary prevention services, targeting expecting parents, first-time parents, and those with young children. The goal of the program is to empower young parents with the skills and knowledge to make informed parenting decisions about child health and safety, thus lessening the impact of child

abuse and neglect on the children and families of Nanwalek, Port Graham and Seldovia. Workshops are scheduled 2 times per month, 2 hours each. Recruitment is from Head Start parents, schools, health clinics, churches and through self referrals.

Cook Inlet Tribal Council

Child Wellness Project

\$33,075 Serving Anchorage

The CITC Child & Family Services Department Outreach for Child Wellness Project is aimed at increasing both awareness of and access to supportive services in the Anchorage community for Alaska Native or Native American adults and children who have recently relocated to this urban area or who have not utilized resources available to them. Resource information to prevent child abuse and neglect is disseminated directly to families through program volunteers as well as through monthly community orientation sessions. The Outreach for Child Wellness project connects families with both primary and secondary prevention services that promote healthy parenting skills and strengthening families within CITC and the larger system of resources in the Anchorage community.

SeaView Community Services

Play and Chat

\$11,365 Serving Seward

The Play and Chat program provided primary prevention through positive influence with parents and children through weekly playgroups, where parents have the chance to meet and discuss concerns and issues that relate to raising young children.

Standing Together Against Rape (STAR)

STAR Education

\$12,500 Serving Anchorage

STAR provides educational services regarding sexual assault within the Municipality of Anchorage. Educational presentations within the schools are age appropriate and designed to meet the development needs of students. The early grades K-2 receive presentations on Three Kinds of Touches; 3rd and 4th grades receive Personal Safety; 5th-6th grades receive Personal Safety and Who To Tell; 7th and 8th graders receive Rape Myths and Realities; 9th through 12th graders receive Sexual Harassment, Date Rape Drugs, Safer Dating, and Criminology: Sexual Assault in Alaska.

thread

Positive Parenting Support Classes

\$9,375 Serving Anchorage

The Positive Parenting Support project includes parenting classes and quality developmental information for the purpose of supporting parents, sharing developmental knowledge, and enhancing parenting skills as a child abuse and neglect prevention strategy. thread offered 27 parenting classes per year. These classes are offered to empower parents to communicate positively with their children and teach constructive discipline strategies that will support their parenting in times of stress as well as in everyday circumstances. To achieve the project goals and have meaningful outcomes, the grantee provides parenting classes that cover information about growth and development, temperament, positive discipline, self-care, violence, and parenting styles. Trainers also instruct participants on how to access additional services and resources within the community.

Strengthening Families Support

\$35,000 Serving Anchorage

Utilizing the five protective factors (parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, and healthy child social and emotional development) this project expands on current efforts that help early educators integrate family support principles in their program. thread provides specific training, support, and financial incentives that help child care programs enhance their abilities to support families. Early Education Trainers in Alaska have been fortunate to receive national training on quality curricula around the prevention of child abuse and neglect. As a result, participating child care programs will have access to Partnering with Parents: Prevention of Child Abuse and Neglect by Zero to Three, the nation's leading resource on the first years of life, and Stronger Together by the Parent Services Project, a national organization dedicated to integrating family support in early education programs. The prevention of child abuse and neglect is strongly connected to quality relationships between families and child care programs in both these curricula.

WESTERN ALASKA

Lower Kuskokwim School District

Parenting Classes

\$15,000 Serving Bethel

This project will provide three sessions of parenting classes consisting of eight lessons. The sessions, which will be presented in the Yup'ik language will be

delivered via teleconferencing to eight sites in the Lower Kuskokwim School District and will have the potential to serve parents of up to 500 children.

SOUTHWEST ALASKA

Safe and Fear Free Environment

KISS for KIDS

\$12,500 Serving Dillingham

The KISS for KIDS (Keeping it Safe & Sober) initiative is part of the SAFE for LIFE program – an integrated and comprehensive approach to providing children and their families the tools and information necessary to prevent domestic violence and sexual abuse and other problems related to family violence such as substance abuse and chronic mental and physical health issues. The MOMS program (Maintaining our Mother's Safety and Sobriety) offers Day and Evening child care for children whose parents/custodians are in aftercare treatment.

INTERIOR ALASKA

Fairbanks Resource Agency

Supported Parenting Program

\$33,000 Serving Fairbanks, North Pole

The Supported Parenting Program has been recognized for its innovative approach to parenting education and to meeting the diverse learning styles of parents who fall into high risk groups for substance abuse, ineffective coping skills, and/or poor socialization skills due to cognitive disabilities. Through its unique interactive curriculum design, the project focuses on the prevention of substance abuse and alcohol related birth defects while strengthening the resiliency and skills of parents. Two components of the project, onsite childcare and home visits, serve to encourage regular class attendance and help parents apply learned class skills to practical use in other settings. A third component, which helps parents to independently connect to community resources and services, provides additional skills to assist parents with problem solving and choosing healthy and safe alternatives to coping with life challenges. Classes are offered every other Tuesday from September through June. Families are welcome to attend together and actively participate in parent child interactive nights that are planned once a month.

Open Arms Child Development Center

Preventing Child Abuse and Neglect

\$26,304 Serving Fairbanks

Open Arms offers full time care and education for children ages 6 weeks to 10 years

of age. Services offered through the ACT grant include A Four Point Connect plan with new families, Parents Navigators, Parent Coaching, Professional Counseling Services, Parenting Classes, and Wednesday Evening Family Dinners and activities. These services are available on an ongoing basis throughout the year and address three of the five protective factors highlights in the Strengthening Families Initiative.

SOUTHEAST ALASKA

Catholic Community Services

Family Resource Center: Expanding Capacity

\$33,333 Serving Juneau

The Catholic Community Services Family Resource Center and the Young Parent Healthy Teen Center offer the Casey Family Programs, Powerful Families curriculums. These include: Financial Literacy, Parent Advocacy and Parent Leadership. These classes run on scheduled cycles. Additionally CCS facilitates Our Time parent support groups which meet at different locations weekly.

Juneau Family Health & Birth Center

Strength in Families Program

\$12,500 Serving Juneau

The Strength in Families Program is a prevention program that supports families, infants and children in the earliest, most crucial stages of development and beyond. The Strength in Families Program utilizes education, support, and health care from a team of providers including a physician, midwives, doulas, and educators, and is designed to enhance parent/infant bonding, a proven protective factor in preventing child abuse and allowing for normal child development.

Strength in Families Program

\$15,000 Serving Juneau

The Strength in Families Program, a program of the Juneau Family Birth Center, is a prevention and support program designed to positively influence families, parents, and children before child abuse or neglect occurs. This free education and social support program has been designed to serve all families – but especially families who are at-risk and under-served – and exist as a program within the context of a community family center, birth center, and clinic. The program utilizes education, support, and health care from a team of providers including a physician, midwives, a doula, and educators. Services are received voluntarily and seek to promote positive family functioning built upon participants' strengths, attempt to influence social forces (birthing and parenting practices) which impact parents and children,

and are culturally responsive to the program participants, building on the cultural strengths of the family and community.

REACH, Inc.

STAR Project

\$35,000 Serving Juneau

STAR Project goals include providing screening, assessment and early intervention services for 25 children and their families, increasing staff skills for understanding and supporting infant/toddler mental health, and increasing families' capacity to contribute to their young child's social, emotional and behavioral well being.