



**CHARITABLE
CONTRIBUTIONS**

8802 27th Ave NE
Tulalip, WA 98271

TulalipCares.org

Funds Distribution Report

Recipient Organization:

Parent Trust for Washington Children

Address:

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Seattle, WA 98144

Contact:

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<https://www.parenttrust.org>

Organization's General Goals:

We equip parents and caregivers to raise safe, healthy and strong children.

Date of Award:

2021 Q2

Level:

\$2,501 to 5,000

For more information, please read the attached report from
Parent Trust for Washington Children.

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PROGRAMS

Parent Education & Support
--Circle of Parents™
--Families in Recovery Network
Family Help Line Services
--Live Support Line
--Statewide Resource Database
Child & Teen Services
--SMART™
--Developmental Screenings
New & Expectant Parent Services
--Conscious Fathering™ Classes
--Great Starts™ Classes

OUR VISION

Strong Families Begin at Home.

OUR MISSION

Parent Trust for Washington Children creates lasting change and hope for the future by promoting safe, healthy families and communities.



September 1, 2022

Ms. Marilyn Sheldon, Director
Tulalip Tribes Charitable Fund
8802 27th Avenue NE
Tulalip, WA 98271

Dear Ms. Sheldon,

Please find our annual report to the Tulalip Tribes Charitable Fund attached. Our report code is: **Q2 2021 14.2**

On behalf of the families we serve, our Board of Directors, and the staff at Parent Trust for Washington Children, we thank you for the [REDACTED] grant in support of our Snohomish County programs that strengthen families and prevent child abuse and neglect. This funding helped us continue to adapt our services to the ever-changing conditions of the pandemic over the last year.

We treasure our ongoing relationship with the Tulalip Tribes Charitable Fund. Our partnership with you is instrumental in our ability to offer intensive training, education, and support to at-risk families, and we are so grateful.

Your commitment to child abuse prevention has changed the lives of so many families. And with your help we are keeping stress and adversity from becoming tragedy during these difficult times. The need for our services – and your funding – has never been greater.

I am also attaching a photo from one of our Families in Recovery Groups. Our Parent Leaders, all moms recovering from substance addiction, created the banner in the photo and sent us this image as part of a group project. It is one of my favorite memories of the last year – made possible by your support.

Sincerely,

A handwritten signature in blue ink that reads "Linda L. McDaniels".

Linda L. McDaniels, MSW
Executive Director

September 2022 Year-End Report to Tulalip Tribes Charitable Fund

Report Code: Q2 2021 14.2

Parent Trust for Washington Children is pleased to submit this report of results achieved from the [REDACTED] the Tulalip Tribes Charitable Fund contributed to Parent Trust in September 2021. Your funding helped keep our services going, bringing parenting education and support to families in Snohomish County despite the ongoing challenges of the pandemic. Together, we are keeping kids safe and families strong.

Even though hospitalization rates and deaths are down, transmission rates for COVID-19 remain high – and pregnant people and children who have not yet received vaccinations/boosters are at high risk. **The pandemic has made it so much harder for families to get help – leaving so many more children at risk.**

In response, Parent Trust has doubled our efforts to ensure that families with low income and other systemic barriers have access to a range of high-quality, comprehensive, research-based parenting education and support services. We are running a Technology Access Program, providing eligible low-income families in Snohomish County with laptops and hotspots so that they can access our services and other vital supports. We have also invested in live translation services, texting and auto-call platforms; our focus groups and surveys consistently report that families of low income often rely exclusively on their phones to communicate and track appointments and we want to be sure that we are equipped to reach vulnerable families.

Parent Trust's research-based programs prevent child abuse and neglect by ending the transmission of Adverse Childhood Experiences (ACEs) from one generation to the next. Your ongoing investment in ACE Prevention is keeping the pandemic from hurting our most vulnerable families for decades to come.

Rates of Perinatal Mood and Anxiety Disorder (PMAD) tripled during the pandemic. (<https://www.washingtonpost.com/health/2022/05/08/pregnancy-depression/>) – and experts predict that it could be another two years until COVID-19 becomes endemic, (<https://news.yale.edu/2022/07/05/covid-19-endemic-stage-could-be-two-years-away>).

PMADs are associated with a higher risk of preterm births and behavioral difficulties in children— factors that place families into a higher risk category for child abuse and neglect. Our **Great Starts and Conscious Fathering** programs ensure the families receive information about their PMAD risks. Our instructors are trained to recognize the warning signs of PMADs and ensure that expectant and new parents get the help they need.

Additionally, we know now that the risk of developmental delays are elevated for babies born during the pandemic (<https://psyarxiv.com/i7kcn>). The cause of this uptick in developmental delays is not yet known – but these delays must be addressed to prevent cascading increases in risk factors for children born during

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Total number of families served in Snohomish County with support from the Tulalip Tribes Charitable Fund

the pandemic as they grow older. Our **Family Help Line** helps parents get the referrals and resources they need to decrease stress, and to work through the issues families are facing **TODAY**. Our work keeps stress and adversity from becoming tragedy – and we could not do it without your partnership.

Parent Trust Direct Services in Snohomish County During the Past Year:

Circle of Parents Families in Recovery Program: Parents overcoming substance addiction and/or homelessness learn to build healthy family relationships, stop the family cycle of Adverse Childhood Experiences (ACEs), maintain custody of their children, and become part of a supportive, drug-free community.

Many of our weekly groups are transitioning back to in-person services, including our four groups in Snohomish County. We still meet virtually in the case of COVID-19 exposures, and/or changing guidelines, and we are doing all we can to keep our groups logistically flexible, safe, and practical for our families. Our statewide virtual group continues to welcome parents in recovery from all parts of the state, including Snohomish County. Our Group Facilitators and volunteer Parent Leaders meet families where they are when they need us, both virtually and in-person.

- **89 parents attended Circle of Parents Families in Recovery support groups in Snohomish County:**
 - 77% of participants reported an increase in family management skills.
 - 70% reported an increase in healthy/nurturing relationships.
 - 72% reported an increase in social supports.

A mom fleeing domestic violence, struggling to stay in recovery, and living in a shelter was referred to us by the school her children attended. At first, she was reluctant to participate in group – overwhelmed by the demands of her circumstances. Encouraged by gentle check-ins from our professional Group Facilitator, she eventually began attending group. Our volunteer Parent Leaders offered support, attended court dates and school meetings with her, and helped her learn vital time management skills. Today, this family has stable housing, and Mom has learned to advocate for herself and her kids. “I wouldn’t be here without Parent Trust,” she says.

Great Starts/Conscious Fathering Programs: helps pregnant families navigate fears, anxiety, and isolation during the pandemic while preparing expectant and new parents for the challenges of parenting. Our class series focus on research-based, unbiased education about birth and parenting including how to meet the developmental needs of newborns, and vital information about the signs and risks of postpartum depression/anxiety. Our classes reinforce the importance of a strong, nurturing parent/child relationship, which improves a child’s early learning and school readiness, and reduces the risk of child abuse and neglect.

- **352 expectant or new parents attended Great Starts/Conscious Fathering classes in Snohomish County:**
 - 97% increased their parental roles and responsibilities.
 - 95% increased their knowledge of age-appropriate child/youth development and behaviors.
 - 90% increased their ability to manage parenting duties/situations.
 - 93% increased their knowledge of strategies that foster secure attachment and/or nurturing relationships.

A public health nurse contacted us for childbirth and parenting classes for a Spanish-speaking couple. We were able to offer the family a free, private, class series with live interpretation through Boostlingo. Since the family only had a phone smart phone to attend class, we quickly mailed them a laptop and hotspot so they could better participate in their private, interpreted class with information tailored to their needs.

Family Help Line Program: Our Family Help Line is the WA State number for Prevent Child Abuse America. During the darkest days of the pandemic, and still today, we hear over and over from the families who call us: ***“You are the only ones answering the phone!”*** Police, sheriffs, and other first responders across the state and in Snohomish County refer families to us. We provide immediate parent coaching, training, and referrals specifically to prevent child abuse/neglect and keep families strong.

Our website provides dozens of practical articles on parenting and a statewide database of critical parenting resources ranging from children’s mental health to information on car seats. We also provide resources via email, text, Twitter, Instagram, YouTube, and Facebook.

- **There were 240 contacts from Snohomish County to the Family Help Line:**
 - 99% of callers decreased their stress.
 - 99% of callers increased their family management skills and knowledge of positive parenting techniques.
 - 98% of callers increased their confidence to improve communication and interactions with family members.
 - 100% of callers increased their knowledge of available resources/support.
 - 99% of callers increased their confidence to self-advocate for their family.
- **In addition, there were approximately 1,258 unique visitors to the Family Help Line website and resource database from Snohomish County.**

A mom who had recently given birth called our Family Help Line just days after the birth of her child. She was alone, anxious, and terrified of hurting her baby. Everywhere else she looked for support, the answer was that she did not fit the criteria for help, or she faced a waiting list.

Because of your support, Parent Trust was able to offer Mom immediate short-term in-home parent education, along with ongoing parenting support, referrals and problem-solving from our Parent Coaches.

We are so grateful for your generous support of our programs. Together, we are equipping some of the most vulnerable families in Snohomish County families with the skills/support they need to raise safe, healthy, and resilient children – even during a global pandemic.

Thank you for everything you are doing to keep kids safe and families strong in Snohomish County.



Linda L. McDaniels, MSW
Executive Director