

APFC Experience
Working w/ Parents:
Thousand Hands Joined Together

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CSAP Learning Communities

Workshop 6/24/03 - 6/26/03

(Denver, CO)

Pacific Clinics Budget Composition

- Private, non-profit agency established in 1926
- Annual budget 55.3 M
- 92% Dept. of Mental Health (4 counties)
- 8% Other funding source
 - Federal grants: SAMHSA, HUD
 - State funding
 - County: ADPA, DCFS, Supervisor office
 - City
 - Private donation

APFC Budget Composition

- **A division of Pacific Clinics, founded in 1986**
- **Annual budget of 4.5 M**
- **60%: Mental health and related services**
- **40%: prevention projects**
 - **Child abuse prevention**
 - **Gang affiliation prevention**
 - **Substance abuse & HIV/AIDS prevention**
 - **Youth violence prevention**
 - **Parenting & family life enhancement**

History of the CAFEN-East Project

- CSAP Family Strengthening Initiative: Cohort II (Oct., 2000 - Sept., 2002)
- Chinese American Family Enhancement Network-East (CAFEN-East)

CAFEN-East Timeline

- Jan. - April, 2001 - focus groups / community roundtable
- Feb., 2001 - Model Program Demonstration Workshop (New Orleans)
- April, 2001 - Community selection (Strengthening Multi-ethnic Families and Communities, by Marilyn Steele et al.)
- May, 2001 - Model Program Training Workshop (San Diego)
- June to August 2001 - Manual/instrument translation & revision

History of the CAFEN-East Project (II)

- Sept. 8, 2001- Joint kick-off event
- Sept. 11, 2001 - First day of class
- Jan., 2002 - Graduation ceremony for the 1st cohort (n=85)
- Jan., 2002 - 2nd cohort started
- April, 2002
 - 3rd cohort started (CAYFEP curriculum)
 - sustainability program committee meeting
- May 11, 2002 graduation ceremony for the 2nd cohort
- June, 2002 - 3rd cohort completed
- July - Aug.
 - facilitator training class
 - curriculum revision
 - volunteers launched fund-raising campaign

History of the CAFEN-East Proj. (III)

Timeline (beyond CSAP funding)

- **Oct. 2002**
 - Cohort 4 started: two basic classes, one “advanced” class
 - TAWA Supermarket made a major donation
- **Nov. 2002: presented at the “New Grantee Workshop” (DC)**
- **January 2003**
 - Cohort 5 started: basic & advanced classes
 - support group facilitator training class started (Jan. - June)
 - APFC fund-raising committee formed
- **April 2003 - Cohort 6 started**
- **June 2003**
 - Cohort 4 to 6 joint graduation ceremony
 - first issue of “Family Strengthening Network” published
 - fund-raising campaign continues
 - present at the “Learning Communities Workshop” (Denver, CO)

Results: Family Relations and Attitudes

Table 1

Note: ** $p < .01$

*** $p < .001$

	<i>M</i>	<i>SD</i>	<i>t</i>
Family Strengths			
Pretest	46.12	9.50	-4.73***
Posttest	50.37	7.51	
Family Conflict			
Pretest	22.35	6.20	2.92**
Posttest	20.34	6.14	
Family Cohesion			
Pretest	19.95	4.04	-2.87**
Posttest	21.52	3.55	
Family Attachment			
Pretest	9.63	.21	-3.57**
Posttest	9.95	.77	

Results: Parental Personal Adjustment

Note:
* $p = .05$
** $p < .01$

Table 2

	<i>M</i>	<i>SD</i>	<i>t</i>
Maladjustment			
Pretest	11.05	2.30	2.00*
Posttest	10.42	1.95	
Overall Health			
Pretest	3.44	1.04	-3.19**
Posttest	3.77	1.00	
Perceived Adult Drug Risk			
Pretest	29.34	2.38	-2.75**
Posttest	30.03	2.10	
Perceived Child Drug Risk			
Pretest	11.56	2.38	-.79
Posttest	11.70	.87	
Alcohol Use			
Pretest	.78	3.83	.27
Posttest	.74	3.66	
Alcohol Use to Intoxication			
Pretest	.00	.00	-1.00
Posttest	.02	.12	
Drug Use			
Pretest	.00	.00	
Posttest	.03	.25	-1.00

Note:

** $p < .01$ *** $p < .001$

Results: Family Functioning (Cohort 1 and Cohort 2 Combined)

Table 3

	<i>M</i>	<i>SD</i>	<i>t</i>
Parental Community Involvement			
Pretest	2.87	1.24	-7.07***
Posttest	3.52	1.17	
Parent Child Relations			
Pretest	55.17	6.73	-8.13***
Posttest	61.79	10.46	
Parental Self-efficacy			
Pretest	33.73	5.17	-
Posttest	38.24	4.70	11.62**
Child #1 Functioning			
Pretest	29.61	4.90	-7.49***
Posttest	32.07	4.33	
Child #2 Functioning			
Pretest	30.42	4.44	-6.50***
Posttest	32.86	4.06	
Parental Involvement			
Pretest	50.04	4.84	-3.09**
Posttest	51.04	3.20	
Family Conflict			
Pretest	13.99	2.46	
Posttest	12.21	2.79	9.21***

The Success of the CAFEN-East Project

- **Staffing pattern:**
 - community organizer (0.5 FTE): Lydia Ko
 - parent educators (2 x 0.25 FTE): Betty Cheng, Allison Yang
- **587 parents graduated; original targeted for 30 parents**
 - 6 cohorts, 29 classes
 - Low attrition, high attendance
 - 500 hrs+, 4 revision of manual translation
 - Most classes continue to meet monthly after class
 - Parents involve in community & help fund-raising

Recruitment Strategies

- Grass-root approach
- Be available
- Be personal & encouraging: willing to listen
- Find gate keepers
 - Opinion leaders
 - Existing organization: PTA, Civil groups
 - Informal meeting through party, reception, and meals
- Persistent yet courteous
- Follow through

Retention Strategies

- Clear expectation from the beginning
- Dynamic instructor
 - how this service is different from other parenting programs
- Understand parents' needs
- Be flexible to accommodate their needs
- Make a big deal with kick-off / graduation
- Supportive services:
 - consultation
 - referral

Retention Strategies (cont.)

- Encourage parents to do make up sessions
- Follow through w/ absent parents
- Emphasize on community involvement
- Other helpful strategies
 - Convenient schedule
 - Food
 - Transportation
 - Child care

Support Your Staff

- Provide training opportunities
- Utilize your supervision, team meeting time
- Listen, support, praise, and strategize
- Realistic goal setting
- Marketing strategies
 - Utilize the media:
TV/Radio/Newspaper
 - Testimonies
 - Word of mouth
 - Meetings

Conclusion

- **Rome is not built in one day:**
 - Long history working w/ local communities (6th year doing parenting)
 - Agency reputation
 - Community readiness
- **Community mobilizing is hard to accomplish in one single project!**
- **Co-create a community vision & get the buy-in from stake-holders**