

COMMUNITY ROOTS

January 2019 to December 2019

Overview:

Olalla Center for Children and Families, with funding and support from InterCommunity Health Network Coordinated Care Organization (IHN-CCO), grew a strong network of support for high-risk families by forming avenues for safe and sustainable reunification of children in the foster care system with their parents. Community Roots pilot combined innovative nature connection mental health techniques with evidence-based and compassion-focused therapies and curriculum for families in crisis.

Successes:

- * Decreased child abuse and neglect in families served
- * Implemented and growing a program for underserved families to have parenting support services and additional therapy for children and families
- * The community of Lincoln County and Toledo continue to be supportive helping to make Community Roots a comforting place

Key Activities:

- * **Parenting Redefined** provides a healthy easy meal during the class that a printed recipe is provided. The recipes use 2 or less pots, 6 ingredients or less, a prep time of 10 minutes or less, and serving costs are under \$1.00 each
- * **Snackivities** is an hour that revolves around a topic where a book is read, songs are sung, there are activities, free time, and a fun snack and has been really successful at building a connection to the community
- * Provided three hours of respite care weekly to help reduce family stress.

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Challenges and Learning Experiences:

- * Difficulty in finding parent-mentors
- * Staffing and volunteers to help support the program and services
- * Summer months are challenging to have community nights for programs such as Art and Mindfulness, Nutrition Class, and Family Game Night

Next Steps:

Olalla Center for Children and Families will continue to support the activities developed through this pilot. Parenting Redefined will happen several times a year. Outreach and therapy services will continue and Olalla is looking to hire additional staff. Snacktivities will be revised on the how often it is held as it is time and resource heavy, but will be held about once a month. Looking at the growth the number of families served will easily double by the end of 2020.

Key Terms:

- **Parenting Redefined:** a 10-week parenting support class, that includes evidence-based curriculum, positive reinforcement, and a variety of different child developmental stages
- **Snacktivities:** an hour that revolves around a topic where a book is read, songs are sung, there are activities, free time, and a fun snack.
- **Respite Care:** temporary care to provide relief for caregivers such as parents, foster parents, and/or guardians