



"We work to treat and prevent child abuse by nurturing and advocating for the health of all children, parents and families."

UPSTREAM RESOLUTION of ALIGNMENT
Aligning CALIFORNIA PARENTING INSTITUTE'S Practices and Activities
With the Sonoma County Upstream Investments Initiative

Resolution Date: Tuesday, March 1, 2011
Board of Directors Meeting

RESOLUTION of CALIFORNIA PARENTING INSTITUTE

WHEREAS, the County of Sonoma is sponsoring a community-wide strategic initiative called Upstream Investments with the following **mission**: To facilitate the implementation of prevention-focused policies and interventions that increase equality and reduce monetary and societal costs for all residents of Sonoma County.

WHEREAS, the Upstream Investments **vision** for all residents of Sonoma County is that poverty is eliminated and all people have an equal opportunity for quality education and good health in nurturing home and community environments.

WHEREAS, the Upstream Investments Initiative is designed to target the following **factors**:

Social and economic factors

Poverty and racial/ethnic disparities
Community conditions
Public opinion, public policy, and laws

Family and individual factors

Family dysfunction
Negative peer influences
Early antisocial behavior

WHEREAS, the Upstream Investments Initiative seeks to promote four community **goals**:

1. The whole community is engaged in supporting the healthy development of children.
2. Community members have access to education and training and are adequately prepared for the challenges of the future.
3. All community members are well sheltered, safe, and socially supported.
4. Sonoma County has a thriving diverse economy that produces economic security for all.

WHEREAS, the Upstream Investments Initiative seeks to expand **funding** for Model Upstream Programs and also seeks to promote **organizational practices** that support the Upstream Vision.

WHEREAS, the Upstream Investments Strategic Initiative promotes the implementation of **outcomes-based practices** including Evidence-Based Practices, Promising Practices, and Emerging Practices.

WHEREAS, Twenty-two **indicators of success** will inform the community about the success of Upstream Investments.

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| 1. Reduced child maltreatment | 12. Improved higher education |
| 2. Reduced youth binge drinking | 13. Improved housing affordability |
| 3. Reduced youth drug use | 14. Reduced homelessness |
| 4. Reduced youth depression | 15. Reduced juvenile arrests |
| 5. Reduced youth tobacco use | 16. Reduced adult arrests |
| 6. Reduced teen births | 17. Reduced domestic violence |
| 7. Reduced obesity | 18. Reduced gang membership |
| 8. Improved pre-school attendance | 19. Improved youth connectedness |
| 9. Improved 3 rd grade reading | 20. Reduced poverty |
| 10. Improved 3 rd grade math | 21. Reduced unemployment |
| 11. Improved high school completion | 22. Improved health insurance rates |

NOW, THEREFORE, BE IT RESOLVED that CALIFORNIA PARENTING INSTITUTE (CPI) shares the Upstream Investments **mission, goals**, commitment to improving the **indicators of success**, and **vision** and has aligned its organizational practices with the Upstream Investments Initiative as follows:

CPI is committed to the use of evidence-based strategies including the Triple P Parenting Program, a form of behavior intervention based on social learning principles that has the strongest empirical support of any intervention with families and children. California Parenting Institute began training staff in this model in 2005. Currently 26 staff members are accredited in various levels of Triple P. Importantly, CPI embraces the diversity of the Sonoma County population and offers this resource with highly trained bilingual educators for parents who primarily speak Spanish. Our Triple P Program is currently listed on the Portfolio of Model Upstream Programs.

In addition to Triple P, therapists in CPI's Children's Counseling Services are trained in Trauma Focused Cognitive Behavioral Therapy. This is a components-based psychosocial treatment model that incorporates elements of cognitive-behavioral therapy, attachment, humanistic, empowerment and family therapy models. There is strong scientific evidence that this therapy works in treating trauma symptoms in children. CPI will submit this program to the Portfolio of Model Upstream Programs.

Several other programs offered at CPI have a strong research base and will be submitted for consideration in the Portfolio of Upstream Programs. These programs include The Strengthening Families Program, ACT (Adults and Children Together) Raising Safe Children, Strengthening

Families by Building Protective Factors, Kid’s Turn and Facilitated Supervised Visitation. These programs offer a broad range of services for families which face multiple challenges.

CPI has been serving families in Sonoma County for over 30 years. Our organization is responsive to the needs of the Sonoma County community and takes a leadership role in advocating for funding and for a coordinated community response to child abuse and other challenges to the health of families. In this regard CPI coordinates the Prevent Child Abuse- Sonoma County Council. This offers an opportunity to develop inter-agency cooperation and coordination.

CPI’s Board of Directors is committed to maintaining CPI as a strong community organization. The Board went through a lengthy Strategic Planning process in November of 2007 and regularly reviews short term and long term goals.

The principles established in our Strategic Plan align well with the Upstream Investments Initiative.

- Adverse childhood experiences impact lifelong health outcomes. Thus, we will assess the needs of each individual, family and professional and offer them a coordinated menu of prevention, intervention, and advocacy services to improve the well-being of children and families.
- As needed, we will make referrals and coordinate with other health and social service providers.
- We embrace and respect all families as our clients and believe that interventions should empower both parents and children. We respect that seeking support or information is how change and growth will occur and we view this as a family strength, not a deficit.
- We have a strength-based philosophy and will use both proven evidenced-based and innovative practices to help and heal children, educate and support parents, and enhance parent competency.

Approved and adopted the 1ST day of March 2011. I, the undersigned, hereby certify that the foregoing Resolution was duly adopted by the Board of Directors of California Parenting Institute.

Following Roll Call Vote: Ayes: 8
 Nos: 0
 Absent: 2

Lydia Stewart, Secretary
CALIFORNIA PARENTING INSTITUTE
Board of Directors