

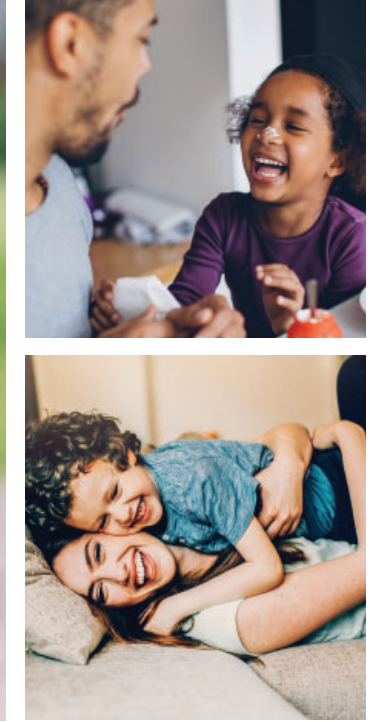


**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES



## Nebraska Child Abuse Prevention Fund Board **Annual Report**

Fiscal Year 2018-2019



## Purpose of the Nebraska Child Abuse Prevention Fund Board

The Nebraska Child Abuse Prevention Fund Board was created in 1986 by the Nebraska Legislature to provide prevention information, education and resources to parents, professionals and the public. Board members are appointed by the Governor and approved by the Legislature. The Board is administered by the Nebraska Department of Health and Human Services.

The board's plan for 2018-2019 included the following priorities:

- Supporting evidence-informed approaches to child abuse prevention in Nebraska's communities
- Administering a statewide public awareness campaign with local child abuse prevention councils and coalitions
- Providing training and technical assistance on evidence-informed child abuse prevention strategies to community grantees and other partners

## Grants

*The NCAPF Board provides grants to community collaborations to support evidence-informed strategies to improve the lives of children and families.*

Funding also supports training and technical assistance to community grantees. The funded strategies reflect a continuum of prevention that range from universal prevention to high-risk populations and high-need individuals. Universal strategies included Parents Interacting with Infants (PIWI) and Community Cafés. Circle of Security-Parenting™ (COS-P) is a universal and high-risk population strategy. Parent-Child Interaction Therapy (PCIT) is a high-need individual family strategy. These four strategies reached families in English, Spanish, and other languages, and over 300 families and 400 children participated in multiple sessions. Ninety-two percent of these families were in poverty and thirty-nine percent identified as Hispanic, Black, Native American, or another minority. Over 800 parents and children participated in Community Cafés.

All strategies were implemented by community collaborations that are also working on other approaches to build protective factors that research has shown to reduce child abuse and neglect. These protective factors are knowledge of parenting and child development, social-emotional competence of children and youth, resilience, social connections, and concrete supports.

## KEY FINDINGS

- Parents participating in Parents Interacting With Infants made significant and meaningful changes across all areas of parenting skills measured by the Healthy Families Parenting Inventory. These changes included parenting efficacy, home environment, and parent-child interaction.
- Ninety-five percent of parents said they learned new techniques to use in interactions with their children.



Teen parents in PIWI session

Members of Everett Community Café Team

## KEY FINDINGS

- Families were strengthened through new connections and support.
- Parent engagement and leadership was cultivated through teamwork and opportunities to learn and work towards shared goals.
- Partnerships between families and community organizations were developed to create new resources and activities, including free summer programs for children, neighborhood clean-ups, block parties, and parent hotline groups.

## Strategy for Universal Populations

*Parents with infants and young children ages 0-2*

### Parents Interacting With Infants (PIWI)

PIWI is an evidence-informed strategy from the Center on Social and Emotional Foundations for Early Learning. PIWI brings parents of very young children together in small groups to increase their confidence, competence, and joy in parenting. The developmental topics of each PIWI session promote mutually enjoyable and beneficial interactions between parents and their young children. PIWI sessions also help to make it normal and positive to ask questions about family challenges before larger problems develop.

Seven community grantees received support for PIWI:

- Growing Community Connections, based in South Sioux City
- Fremont Family Coalition, based in Fremont
- Community and Family Partnership, based in Columbus
- Saline-Jefferson Rooted in Relationships, based in Crete
- Families 1st Partnership, based in North Platte
- Norfolk Family Coalition, based in Norfolk
- York County Health Coalition, based in York

One hundred twenty-four families and their children participated in PIWI groups or home-based services for an average of eight weeks.

## Strategy for Universal Populations

*Parent engagement and leadership*

### Community Cafés

The Community Café approach strengthens families and communities by sparking the leadership and relationships needed to create more inclusive and equitable systems. Community Cafés spotlight neighborhood wisdom and transform it into community action. Each Café series is planned, led and monitored by family members who can relate to the participants, build on their own assets, and connect with others in the community to make meaningful improvements.

In 2018-2019, the NCAPF Board awarded grant funds to three Nebraska communities to conduct Community Cafés—Lincoln, Norfolk and Auburn. A total of 38 Cafes were conducted. These Cafés were led by 21 parent hosts and were attended by 805 parents and their children, and 174 other community members. Many Cafés involved interpreters for participants from multiple languages.

# Strategy for Universal and High-Risk Populations

Parents, other caregivers, and their children, including many who have experienced trauma and involvement with child welfare

## Circle of Security™ - Parenting (COS-P)

COS-P classes are designed to enhance attachment security between parents and children. Research tells us that children with attachment security are more empathetic, have stronger self-esteem, and build better relationships with both parents and other children. They're also better prepared to start school and have a greater capacity to handle emotional challenges. Families participating in COS-P have often experienced trauma or other factors that can disrupt attachment security. More than 165 families with 288 children participated in locations across the state from Omaha and Lincoln to Grand Island, Broken Bow, Kearney, Alliance and other communities.

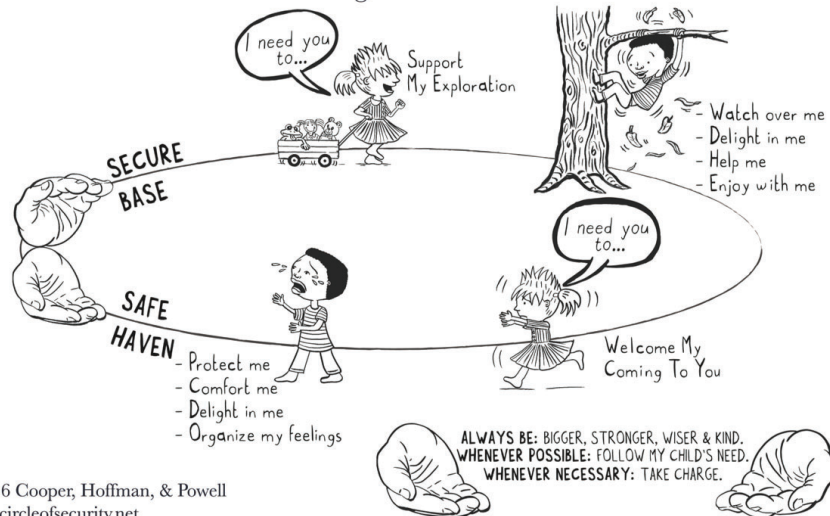


### KEY FINDINGS

- Parents interactions with their children were significantly improved in four areas measured by the Dyadic Parent-Child Interaction Coding System.
- The intensity of children's negative behaviors was significantly reduced as measured by the Eyberg Child Behavior Inventory.
- Eighty-eight percent of parents reported an improved relationship with their child.

## Circle of Security®

Parent Attending To The Child's Needs



# Strategy for High-Need Individuals

Parents and children ages 2-7 with challenging behaviors

## Parent-Child Interaction Therapy (PCIT)

PCIT is an evidence-based strategy for children with behavioral problems that are often significant. Over a series of therapeutic sessions, PCIT helps parents develop skills to establish a nurturing and secure relationship with their child while decreasing their child's negative behaviors. Overall, PCIT improves the quality of the parent-child relationship, parent-child interaction patterns and children's behavior.

Eight community grantees received supported for PCIT:

- Growing Community Connections, based in South Sioux City
- Community and Family Partnership, based in Columbus
- Families 1st Partnership, based in North Platte
- Fremont Family Coalition, based in Fremont
- Norfolk Family Coalition, based in Norfolk
- York County Health Coalition, based in York
- Saline-Jefferson Rooted in Relationships, based in Crete
- Hastings One Stop Shop, based in Hastings

A total of forty families and forty children participated in an average of seven sessions with some families participating in up to twenty sessions.

### KEY FINDINGS

- Ninety percent of COS-P participants met the program goal of adopting positive parent-child interactions and relationships.
- Improvements included participants thinking about what their child's behavior is telling them before they react and better recognition of their own behaviors that trigger negative responses in their child.



First Lady with DHHS staff and family members



## Public Awareness

In April, Child Abuse Prevention Month, the NCAFP Board supported the national Pinwheels for Prevention public awareness campaign with a focus on promoting the protective factors that all families need to thrive. Seventeen local child abuse prevention councils and other partners used the Nebraska Pinwheels website and campaign tools to inform and engage parents and community members in activities to help build stronger families. The campaign included displays of over 24,000 pinwheels and distribution of over 12,600 products.

The NACPF Board sponsored 292 radio ads on KIOS, and Nebraska Radio Network stations from April through June. The ads reached over 300,000 people an average of 5.8 times for 1,776,800 gross impressions.

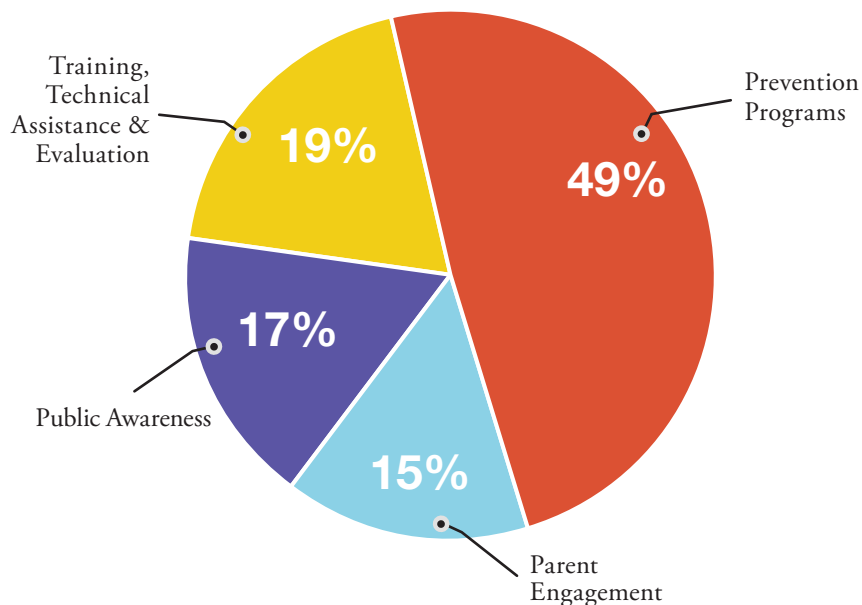
Four ads in English and Spanish were sponsored on Facebook and Instagram.

April's events included a Governor's Proclamation, DHHS press release, pinwheel garden planting at the Governor's Residence, distribution of pinwheel lapel pins and information cards to state senators, and local events for families in communities across the state.

## Training and Technical Assistance

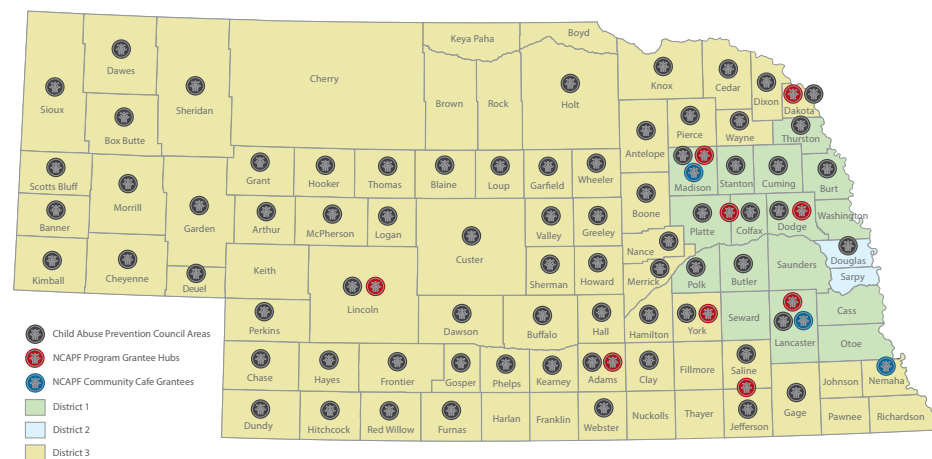
All grantees received support for initial training, implementation and evaluation in NCAFP supported strategies, including PIWI, Circle of Security-Parenting™, PCIT, and Community Cafés. Additional support was provided for development of community systems to support and use these strategies, including but not limited to, Community Well-Being, Collective Impact and Community Response. This support was provided through on-site training and technical assistance, regional meetings, peer learning calls and other means.

# Allocations



| Community Programs  |          |  |
|---|----------|--|
| Public Health Solutions   | \$22,500 | PIWI and PCIT  |
| York County Health Coalition                                      | \$22,500 | PIWI and PCIT  |
| CASA of South Central Nebraska                                    | \$22,500 | PCIT   |
| Norfolk Area United Way   | \$22,500 | PIWI and PCIT  |
| East Central District Health                                      | \$13,750 | PIWI and PCIT  |
| Fremont Area United Way   | \$15,000 | PIWI and PCIT  |
| Siouxland Human Investment  | \$22,500 | PCIT   |
| West Central District Health                                      | \$15,000 | PIWI and PCIT  |
| Nebraska Association for the Education of Young Children (NeAEYC) | \$35,500 | COS-P  |
| Parent Engagement   |          |  |
| Lincoln Community Foundation                                      | \$28,676 | Community Cafés  |
| Norfolk Area United Way   | \$11,144 | Community Cafés  |
| Auburn Public Schools   | \$10,000 | Community Cafés  |
| National Alliance of Children's Trust and Prevention Funds        | \$10,000 | Community Café support                                       |
| Public Awareness  |          |  |
| Unanimous   | \$39,000 | Prevention Store   |
| Learfield   | \$30,000 | Radio ads and social media                                   |
| Training, Technical Assistance & Evaluation                       |          |  |
| Nebraska Children & Families Foundation                           | \$73,807 | Training, technical assistance, coordination, and evaluation |

**TOTAL \$394,377**



## Board of Directors 2018-2019

The NCAPF Board is administered by the Nebraska Department of Health and Human Services and is governed by a board that is nominated by the Governor and approved by the State Legislature.

### District I

Dr. Lisa Knoche (Chair), Lincoln

### District II

Mary Beth Hanus, Omaha  
Dr. Paul Nelson, Omaha

### District III

Dr. Todd Bartee (Vice Chair), Kearney  
Shelly McQuillan, Ogallala

### Personnel Required by Statute

Emily Klaver and Judy Martin represented the Nebraska Department of Health and Human Services, Divisions of Children and Family Services and Public Health, respectively. Sara Morgan was appointed following Judy Martin's retirement.

Report prepared by Nebraska Children and Families Foundation.