

BOARD OF DIRECTORS



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Lincoln, District I



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Chair



Dr. David Hansen,
Lincoln, At Large



Emily Kluver,
Personnel Required
by Statute



Sara Morgan,
Personnel Required
by Statute

Emily Kluver and Sara Morgan represented the Nebraska Department of Health and Human Services, Divisions of Children and Family Services and Public Health, respectively.

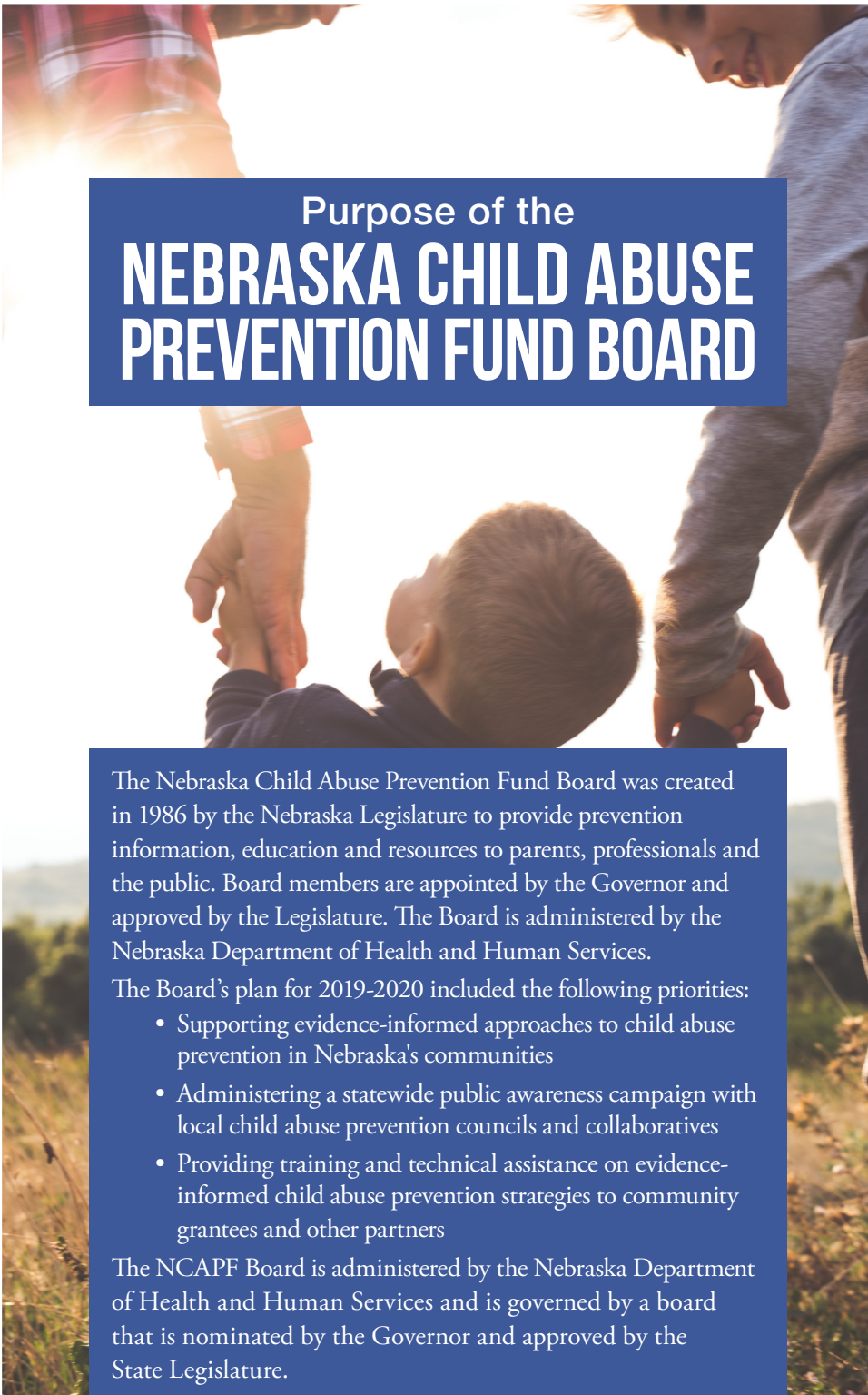
Nebraska Child Abuse
Prevention Fund Board

ANNUAL REPORT

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



Fiscal Year 2019-2020



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 2019-2020 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 collaboratives
- Providing training and technical assistance on evidence-informed child abuse prevention strategies to community grantees and other partners

The NCAFP 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.

EVIDENCE-INFORMED STRATEGIES



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

The funded strategies reflect a continuum of prevention that range from universal prevention to high-risk populations and high-need individuals. Parents Interacting with Infants (PIWI) and Community Cafés are universal prevention strategies.

Circle of Security Parenting™ (COSP) is a universal and high-risk population Prevention strategy. Parent-Child Interaction Therapy (PCIT) is a high-need individual and family prevention strategy. Overall, more than 170 families and more than 300 children were direct participants in the strategies this year. More than half of these families were at risk due to poverty and

approximately twenty-seven percent identified as Hispanic or Latino, American Indian or Alaska Native, or other. Over 800 additional parents and children participated in Community Cafés. These strategies were implemented by community collaborations as part of a larger array of approaches to strengthen families and reduce child abuse and neglect.

While work continued throughout the year, COVID restrictions on meetings with and among families limited normal progress for all strategies, even as adaptations and virtual options emerged.

STRATEGY FOR UNIVERSAL POPULATIONS

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



Parents participating in Parents Interacting With Infants experienced statistically significant increases across all areas measured by the Healthy Families Parenting Inventory.

These changes included parent-child interaction, home environment to support child learning and parenting efficacy.

More than seventy-five percent of participating families had incomes below the poverty level. Over sixty-six percent identified as Hispanic/Latino.



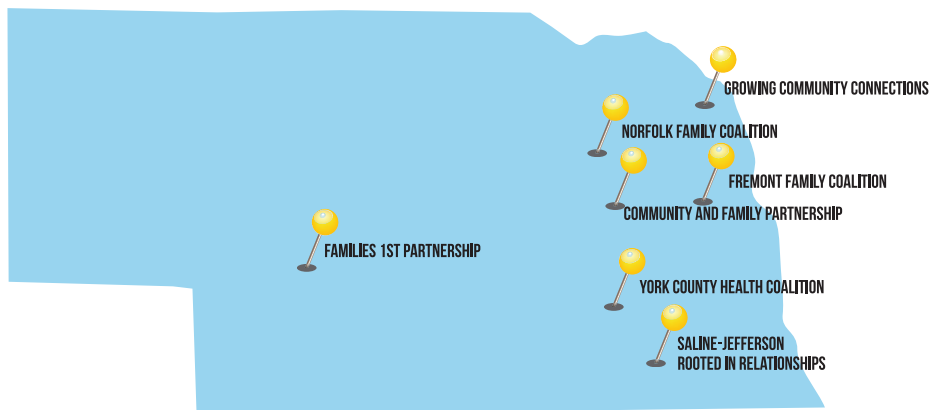
100%

of parents said they learned new techniques to use in interactions with their children



97%

said their family relationships improved



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 2019-2020, the NCAFP Board awarded grant funds to two Nebraska communities to conduct Community Cafés—Lincoln and Auburn.



AS A RESULT OF COMMUNITY CAFÉS:



Families were strengthened through connections to each other and the support of staff and many neighborhood organizations.



Parent engagement and leadership was cultivated within and across each of the 12 teams.



Parents created new resources and activities including: a community strengths directory; a community garden; an anti-racism book group; bi-monthly coffees for parents with school administrators and other community members; a graduation celebration for elementary school children and families; and childcare for working parents effected by the pandemic.

- 31** Total number of Cafés conducted
- 12** Number of parent hosts teams who led Community Cafés
- 810** Parents and their children (and many other community members) attended
- Several 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™ (COSP)

COSP 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 COSP have often experienced trauma or other factors that can disrupt attachment security. The NCAFP Board provided support to the Nebraska Association for the Education of Young Children for COSP classes across the state. More than 96 families with 235 children participated in fifteen onsite or virtual classes. Forty-three percent of participants identified as male and fifty-seven percent identified as female.

Parents who participated COSP reported statistically significant change including:

- Improved interactions with their children.
- Improved relationships with their children.
- Decreased stress related to parenting for 55% of participants.



Parents said their COSP goals were to:

- Break the pattern of negative parenting I experienced as a child.
- Learn more positive ways to parent, especially in tough situations.
- Address challenging behaviors, trauma or other needs, e.g., Attention Deficit Disorder.
- Help my family get stronger.



STRATEGY FOR HIGH-NEED INDIVIDUALS

Parents and children ages 2-7 with challenging behaviors

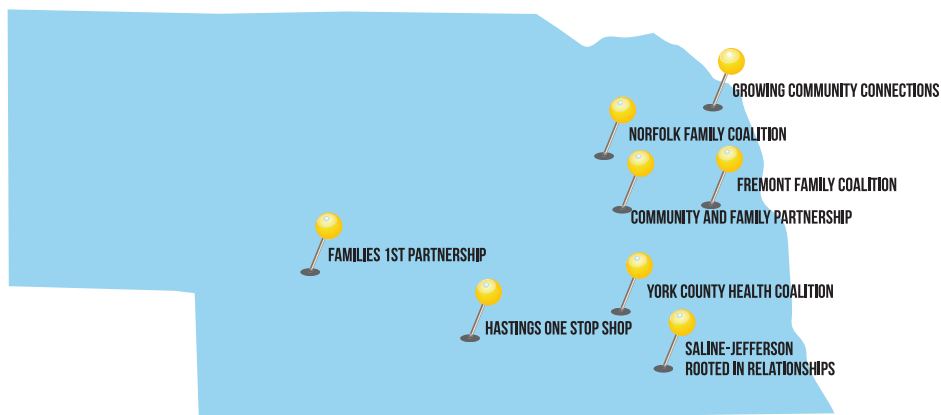
Parent-Child Interaction Therapy (PCIT)

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

A total of forty-seven families and forty-seven children participated in an average of nine sessions with some families participating in up to twenty-seven sessions. Ninety percent of families served had incomes that placed them below the poverty level.



AS A RESULT OF PCIT:

- The intensity of children's negative behaviors and parent's perception of behaviors as being problematic were statistically reduced as measured by the Eyberg Child Behavior Inventory.
- The quality of parent-child interactions was significantly improved in four areas measured by the Dyadic Parent-Child Interaction Coding System.
- Eighty-eight percent of parents reported an improved relationship with their child.
- One hundred percent of families said they learned new techniques.



A PCIT therapist reported working with a child who was on the verge of being kicked out of school due to highly disruptive and sometimes aggressive behaviors. By the end of the sessions, the child was still in school and had earned an award for being citizen of the month. The parents reported a significant decrease in negative behaviors and improved attitude and listening at home.



PUBLIC AWARENESS

The NCAPF Board supported the national Pinwheels for Prevention public awareness campaign in coordination with Bring Up Nebraska.

Seventeen local child abuse prevention collaboratives and other partners used the campaign website and tools to inform and engage parents and community members in activities to help build stronger families. Their involvement included displays of over 20,000 pinwheels and distribution of over 5,100 products.

The NCAPF Board sponsored 168 radio ads on KIOS, and Nebraska Radio Network stations from April through June. The ads reached 435,700 people.

April's events included a Governor's Proclamation, DHHS press release, pinwheel garden planting at the Governor's Residence and local activities across the state.



Paid Social Media on Facebook and Instagram in English and Spanish reached 378,000 additional people.

TRAINING AND TECHNICAL SUPPORT

All grantees received support for initial training, implementation and evaluation in NCAPF 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 PREVENTION PROGRAMS – PIWI, PCIT, COSP

| | | |
|---|----------|---------------------------------|
| Public Health Solutions | \$22,452 | PIWI AND PCIT |
| York County Health Coalition | \$22,459 | PIWI AND PCIT |
| CASA of South Central Nebraska | \$22,500 | PCIT |
| Norfolk Area United Way | \$15,000 | PIWI AND PCIT |
| School District of Columbus Foundation | \$14,800 | PIWI AND PCIT |
| Fremont Area United Way | \$15,000 | |
| Siouxland Human Investment Partnership | \$22,500 | PIWI AND PCIT |
| Nebraska 4-H Foundation | \$15,000 | PIWI AND PCIT |
| Nebraska Association for the Education of Young Children (NeAEYC) | \$52,489 | PIWI, PCIT, AND MULTI-SITE COSP |

PARENT ENGAGEMENT – COMMUNITY CAFÉS

| | | |
|--|----------|------------------------|
| Lincoln Community Foundation | \$38,500 | Community Cafés |
| Auburn Public Schools | \$7,995 | Community Cafés |
| National Alliance of Children's Trust and Prevention Funds | \$8,500 | Community Café support |

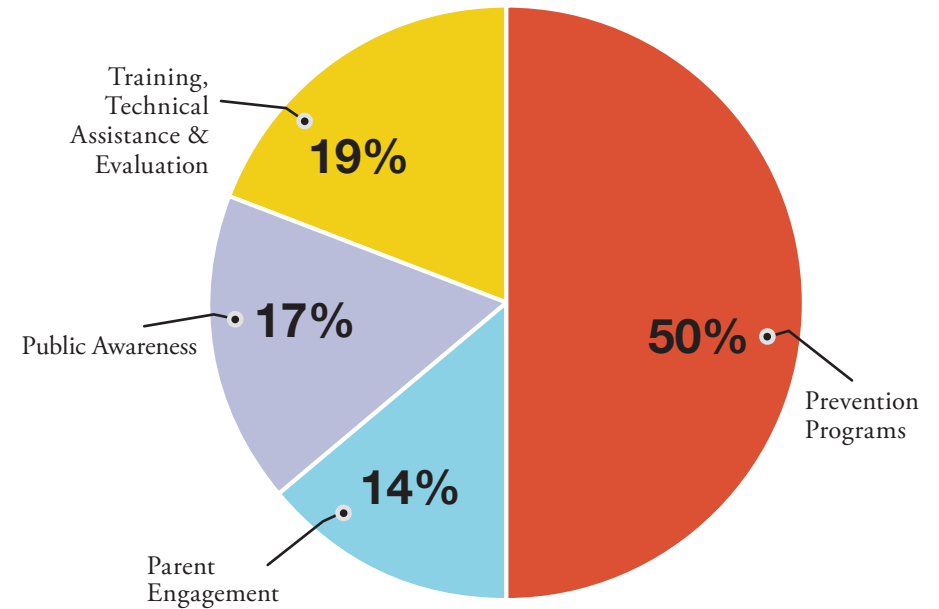
PUBLIC AWARENESS

| | | |
|-----------|----------|------------------|
| Unanimous | \$39,000 | Prevention Store |
| Learfield | \$7,995 | Community Cafés |

TRAINING, TECHNICAL ASSISTANCE & EVALUATION

| | | |
|---|----------|--|
| Nebraska Children and Families Foundation | \$73,996 | Training, technical assistance, coordination, and evaluation |
|---|----------|--|

TOTAL \$400,000



STATE WIDE IMPACT

