***Attachment D***

***Project Proposal Name PARENT CAFÉS Name of Agency or Individual COMMUNITY RESOURCES IN SERVICE TO PEOPLE***

***County MADISON Amount AWARD $7,550***

**Indianola DCAT Mini Grant Projects**

**Q4 RESULTS MATRIX FY16**

|  |  |  |  |
| --- | --- | --- | --- |
| **Goals** **&****Objectives** | **Program/Service****Components** | **Action Steps****and****Time Frames** | **Program/Service Outcome & Performance Measures***(What is the expected measurable result? How will it be measured throughout the project period?)* |
| **In Q4>** We are very excited to announce that we were able to hold four additional Cafe' sessions within the 4th Quarter. Three of these were above and beyond the initially projected 12 planned within the budget. Because of this we held a total of 15 café sessions (5 Series)!We continued to promote all items promoted in previous quarters as well as to mentor our main Parent Leader.We now have two additional parents who will assist as Parent Leaders for the cafe's but only alongside full trained Parent Leader Facilitators. They have expressed interest in, and we wish to eventually have them also attend the full Be Strong Families Parent Cafe' Training as soon as possible.During this 4th Quarter a total of 8 parents were directly served through the cafe' experiences and in turn 23 children indirectly.**When including the previous quarters, a total of 50 children have been impacted and 21 parents. These would be parents that are only counted once, but attended several cafe's.****In Q3>** we accomplished working on the following at 8 Parent Café sessions.Continued to promote all of the items promoted in Q2.Continued to mentor the 4 Table Parent Hosts and further develop our lead parent leader.Impacted the lives of an estimated 43 Madison County children indirectly and 17 parents directly. When including the previous quarters, a total of 49 children have been impacted and 20 parents.**In Q2>** In Q2 we accomplished working on the following at 3 Parent Café sessions equaling one Café Series.Promoted peer-to-peer family/parenting support.Encouraged community based, parent driven communication with local community organizations.Encouraged participants to be more aware of themselves and what they want for their lives.Increased network support for parents outside of the “traditional” service organizations.4 Parent Table Hosts were further developed. These table hosts show great potential in becoming great parent community leaders. An additional parent leader has been identified as a potential future parent facilitator for Parent Cafés and will be so mentored in the future. Identifying and developing Parent Leaders is the ultimate goal of Parent Cafés and we saw this at work in Madison County.The lives of an estimated 18.2 Madison County children were impacted by Parent Cafés to date based on a 2.6 child average per parent family (7).**In Q1** >we successfully developed a strong parent leader who will actually assist with facilitation and not only table hosting.Promoted increased network support for parents outside of the “traditional” service organizations in our targeted ads and/or discussions with parents while promoting the upcoming café series. | **In Q4>** 4 sessions took place with the following themes:1. Staying positive for your kids even when times are tough.
2. Building strong relationships with your children. “What does your child do best? What do you like about your child?”
3. Taking care of yourself challenge: for five days take 5 minutes everyday to have self-care.
4. Help! My kids won’t listen to me! Repeated but with new focus questions.

**Covered the following Protective Factors:**1. Knowledge
2. Communication
3. Resilience
4. Relationships
5. Concrete Supports

**In Q3>** 8 sessions took place in Q2. The themes were:1. Raising Strong Children
2. Building Strong Relationships with your children
3. Staying positive for you and your kids even when times are tough
4. Full time job, full time parent. Finding balance.
5. Parenting together when you’re not together
6. Taking care of yourself
7. HELP! My kids won’t listen! Striking balance between screen time and scream time
8. Building strong relationships

The following Strengthening Families Protective Factors were covered:1. Resilience
2. Support
3. Relationships
4. Communication
5. Knowledge

3 Parent Table Hosts continued to be developed.Additionally, one of the Parent Table hosts was started as a parent leader for session, together with the previously trained Parent Leader.A total of 25.5 additional hours were used by 3 Parent Leaders (together all hours) for additional training and planning.**In Q2>** 3 sessions (1 café series) took place in Q2. The themes were:* Taking Care of Yourself
* Full Time Parent – Full Time Job
* Staying Positive for You and Your Kids

The following Strengthening Families Protective Factors were covered:* Resilience
* Support
* Relationships
* Communication
* Knowledge

3 Parent Table Hosts received an additional 15 mins of leadership training and Protective Factors Training for each of the 3 café sessions (45 mins total).An additional 5 hours for each session for each facilitator was used to prep the café, locate & organize the parents, and account for additional Q&A time needed, table host trainings, and survey/paperwork, etc.**Q1>** The first café series for FY16 will be titled “Parent Zone” and it will be held on 10/21, 10/28 and 11/11. Several other dates in calendar year 2016 have also been planned for the 2nd, 3rd and 4th series of cafés. The hours are 5:30-7:00 p.m. on Wednesdays. This café was planned at a time with daycare or activities for kids are available in the community at churches or other locations.The initial session questions will focus on: Taking Care of Yourself, Being a Strong Parent, and Building Strong Relationships with Your Children. | **Q4>** On going trainings once a month continue to take place as either webinars from Be STRONG Families or together as a group or one-on-one between the director of CRISP and the Parent Leaders. **Accomplished for FY 16**We held additional Cafe' sessions on April 6, May 13, May 18, and May 25th within the 4th Quarter. **Accomplished for FY 16****Q3>** The Parent Leaders/Facilitators have begun attending Be Strong Families webinar trainings for Parent Cafés one Friday afternoon each month. The topics in Q3 were:1. Diversity in Parent Cafés: Building bridges, creating community and defusing conflict.
2. Creating Powerful Themes. Drawing in the Parents.

The 8 sessions in Q3 took place on these dates: 3/2 3/9 3/16, 3/30, 2/10, 2/24, 1/27, 1/13The initial 12 funded sessions that were budgeted were completed as of Q3. The project is under budget so we will the funds to allow for an additional 3 cafe’s to be done prior to the end of FYI 2016, and make this request in April 2016 Q4. **Accomplished for FY 16**If approved, April will be used for planning these additional 3 sessions.One additional wrap up and year review meeting among all Table Hosts and Leaders/facilitators will occur in Q4, probably in early June. **Accomplished for FY 16****Q2>** Held 3 sessions/events in October & November or 1 café series and surveyed parents at each event.Held 2 planning sessions in Q2 and set dates & times for 3 café sessions for Q3 (Jan. through March). More will be organized at January planning meeting. Also worked on marketing and promotions. **Accomplished for FY 16****Q1>** Created facilitator contracts & identified facilitators and 5 parent table hosts to date. We don’t know if these parents will be able to attend all sessions at this time though.Provided refresher training and planning for facilitators.Set dates, times and theme for the first 3 café sessions or first café series. Also set tentative dates for the other 9 sessions in calendar year 2016.**Accomplished for FY 16** | **Q1 Q2 Q3 Q4 cumulative>** 100% of participating families improved or maintained healthy functioning, problem solving and communication (Protective Factor Survey)**Accomplished for FY 16**100% of participating families increased or maintained social supports (Protective Factor Survey) **Accomplished for FY 16**100% of participating families connected to additional concrete supports (Protective Factor Survey)100% of participants increased knowledge about child development and parenting (Protective Factor Survey)**Accomplished for FY 16**100% of participants improved nurturing and attachment between parent(s) and child(ren) (Protective Factor Survey)**Accomplished for FY 16****Q1>** No café sessions were held to date, therefore, no survey results could be reported for Q1. |

**Comments from Parents Attending:**

**Q4 Comments**

*Never Stop! Please!*

*Never Stop! (Yes different parents said this exactly the same)*

*Wonderful Instructor! (They were referring to the Parent Leader facilitating that day)*

**Q3 Comments**

*Enlightening!*

*Very good “class”!*

*It’s making us better parents, stronger; we’re feeling like family.*

*Great group of people!*

*Wonderful group of ladies tonight!*

*Thank you for letting me cry!!!*

One parent commented the following to one of our Parent Leaders/Facilitators: *“Don’t wait too long for the next sessions please. It’s the only time I get out and the ONLY place she can come and have real conversations with adults!”*

**Q2 Comments**

*Let’s keep this going!”*

*I will try to take more time for my family*

*Loved it, very helpful and eye opening.*

*I just would like this good experience for more parents.*

*I want the funders to know to never stop this program. It’s really very helpful.*