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Jane White Vulliet, Vice Chair

Kathryn Barnard, Deanna Briese, Colleen Brandt-Schluter
Huda Giddens, Steve Hamai, Vincent Herberholt
Laura Humrich, Joshua McCall, Brooke McCurdy
Raymond Miller, Carol Mizoguchi, Eric Nobis
Constance Rice, Joan Sharp, Michelle Terry



WHO WE ARE

- ▶ Citizen based group that improves the quality of life in King County communities through partnerships and sustainable prevention programs.
- ▶ Highly accountable and metrics-based
- ▶ Innovative
- ▶ Uniquely positioned as liaisons between government and communities

OUR MISSION

To work in partnership with families, youth, schools, businesses, private funders, service providers and government to build and sustain a healthy community.

OUR VISION

All children and youth grow in healthy families becoming confident, competent, and caring individuals.

OUR PURPOSE

EDUCATE the community and policy-makers about the benefits of prevention and early intervention so that their actions are informed and deliberate.

ADVOCATE for policies and actions that advance the healthy development of children, youth, families and communities.

BUILD PARTNERSHIPS that inspire working together improving the lives of children, youth and families.

FUND community-based prevention and early intervention programs that build family and individual strengths, demonstrate measurable results, and prevent youth from entering the criminal justice system.

WHAT WE VALUE

- ▶ **PREVENTION** as the key to building and sustaining healthy communities
- ▶ **DIVERSITY** and the ability to work cross-culturally
- ▶ **INNOVATION** thru thought-provoking and research-proven approaches
- ▶ **BUILDING ON STRENGTHS** of individuals, families and communities
- ▶ **LEVERAGING** resources
- ▶ **EVALUATION** of programs and tracking of data to assure programs are effective and outcomes achieved

STAFF

Carol Maurer, Manager, Jim Ott, Program Analyst

*King County Children and Family Commission, 401 5th Ave, Suite 1300, Seattle, WA 98104
206-263-8766*

King County Children and Family Commission

Program Areas of Investment

2008 Program Budget \$ 1,897,258

Private/Public Partnerships

- Communities Count— a public, private, and non-profit partnership that issues a community report card on the health and well being of people and communities in King County. www.communitiescount.org
- SOAR—a public, private, and non-profit partnership working to create a network to improve the quality of information and support for parents; improve school readiness; improve the quality and affordability of early education and child care; and improve the quality and affordability of after-school programs and youth development. www.childrenandyouth.org
- Portal to Partners—An innovative project that acts as link in enabling small and medium size businesses to provide much-needed assistance to family support programs. www.portaltopartners.org
- FACES—Family and Child Early Support—sub regional consortiums of early childhood educators, providers, agencies, funders school staff and government that support local early childhood and family support collaborations and projects. www.childrenandyouth.org/faces.html
- Prevention Pays—A statewide collaboration that promotes cost effective prevention and early intervention programming. www.wcpcan.wa.gov/Files/Toolkit/prevention_pays.pdf
- State Wide Post Partum Depression Steering Committee—A steering committee made up of representatives from the public, private and nonprofit sectors overseeing the statewide Speak Up When Your Down post partum awareness campaign. www.wcpcan.wa.gov/ppd/aboutus_campaign.htm

Healthy Families Programs - Intensive early childhood home visiting projects

- Best Beginnings – Serves 100 families in South King County. A partnership with Public Health based on the Nurse Family Partnership model. www.metrokc.gov/health
- Healthy Start—Serves 300 families in North and East King County. A partnership with Friends of Youth as lead agency that incorporates the Parents as Teachers curriculum. www.friendsofyouth.org/HealthyStart_main.asp

Safe Communities - Projects that provide healthy options and role models for youth at risk

- Auburn Parks and Recreation—Olympic Leadership Academy after school academic/leadership project for targeting Latino youth. Serves 40 youth in Auburn. www.ci.auburn.wa.us/parks_arts_recreation.asp
- Center for Human Services –an after school academic and youth development project for pre-teens and teens based on the family support principles. Serves 100 youth in North King County. www.chs-nw.org/programs.htm#support
- Learning Disabilities Association—CHOICES life skills project targeting youth with learning disabilities and or ADD/ADHS. Serves 75 youth throughout King County. www.idawa.org/programs-services/smart-choices-social-programs
- Powerful Voices—a peer mentoring project targeting African American female youth. Targeted to serve 26 youth in South Seattle/South King County. www.powerfulvoices.org
- RAYS – Rites of Passage Project—a school based youth development project in the Renton School District. Serves 130 youth in South King County. www.rays.org/services/whfec.html#youthdevelopment
- Safe Futures – an intensive case management project targeting youth of color. Serves 25 youth in South Seattle/South King County. www.sfyc.net/programs_home.html
- Southwest YFS – Native American Youth Advocate project. A case management and peer mentoring project targeting Native American Youth. Serves 15 youth in South Seattle/South King County. www.swyfs.org
- YES— Juventud Seguras Project—an intensive Latino youth development and mentoring project. Serves 15 youth in East King County. www.youtheastideservices.org/services

Veterans and Human Services Levy - Strengthening families at risk prevention and early intervention projects

- Healthy Start – Expansion and Enhancement Project -- project will increase staff training, enhance home visiting services to parents, decrease caseloads and expand service to Renton. www.friendsofyouth.org/HealthyStart_main.asp
- University of Washington -- Promoting First Relationships – A research based program that promotes children's social-emotional development through responsive, nurturing caregiver-child relationships. www.pfrprogram.org
- Child Care Resources – Family Friend and Neighbor Network & Play and Learn Project -- a community network of play and learn groups that operate for parents and caregivers with high risk children under the age of five. www.childcare.org/ffn-care/index.htm & www.childcare.org/ffn-care/CCR-play-learn.htm
- Chinese Information and Service Center – Cultural Navigator Project – a innovative project that assists limited and non-English speaking individuals and families in accessing appropriate services and navigating through service systems. Project uses bilingual and bicultural staff. www.cisc-seattle.org

King County Children and Family Commission 2007 Program Outcomes Summary

The King County Children and Family Commission (CFC) funds projects in two specific core program areas: Healthy Families and Safe Communities. The CFC contracted with ten community-based agencies to provide innovative, best practice or promising practice projects that serve children, youth and families throughout King County in 2007. Healthy Families and Safe Communities programs are described in detail below. CFC awards to these programs totaled \$950,678 in 2007.

All awards are granted through an open and competitive process and extend up to three years. The purpose of these awards is to create systemic change in the community by providing money, technical assistance, and an evaluation component. All new projects are required to generate a minimum cash match of 35%. Project contracts are framed utilizing a logic model and are outcome driven. Projects are monitored annually and evaluated. What is learned from the evaluation is shared with other King County departments, funders, communities and providers.

In addition to the Healthy Families and Safe Communities core projects, the Commission also awarded \$92,900 to eight early childhood and family support projects in King County through an innovative One Time funding process. The One Time funding process was structured to reach grassroots organizations and address issues of equity in the provision of service and in the allocation of funding.

Other CFC 2007 contracted services included:

- economic development services provided to the Healthy Families programs
- production of a postpartum depression awareness video for family members
- a consultant contract to move forward work identified in the Irreducible Needs summit
- a family support project located at the Center for Community Alternatives to Corrections
- the Portal to Partners project
- a capacity building project with a postpartum depression organization
- one-time funding to an early intervention program based in South King County focusing its service to homeless and Latino families
- SOAR—Helping Kids Reach for the Sky

These projects are not detailed in this report.

The Commission seeks to identify and promote the development of effective prevention and early intervention programs. The focus of all CFC contracted services is preventative in nature. Prevention and early intervention projects provide significant benefits to children, youth and their families by improving their quality of life. Project activities are designed to promote the well being of children, youth and families and to prevent problems from occurring (or to intervene early when problems do occur) which may lead to serious consequences such as child abuse and neglect or involvement with the criminal justice system.

Prevention funds invested early in the lives of children, youth and families result in decreased cost later on. Instead of spending vast dollars picking up the pieces of broken children, youth and families, dollars are invested to strengthen them before they reach their breaking point. Prevention programs seek to strengthen individuals and families by breaking cycles of dysfunction and promoting healthy behaviors that can be passed down from one generation to the next. In this way prevention programs pay off huge benefits downstream and decrease the need for government funding in areas such as medical services, remedial education and the criminal justice system.

Contracted services are spread throughout local communities in King County. Most projects are located in incorporated King County but also serve unincorporated residents. All projects are family focused and driven at the grassroots level by community input and process. Projects are designed to be inclusive and culturally competent. Most projects engage in proactive outreach activities.

Healthy Families

The King County Children and Family Commission contracted with two community-based organizations in King County to provide Healthy Families projects. The total 2007 CFC budget for these programs was \$505,078. Healthy Families projects provide early childhood intensive home-visiting services to families transitioning into parenthood.

The common goal of each project is to promote the healthy and optimal brain development for children under the age of three, lay the foundation for future academic success and achievement, and minimize future involvement in the criminal justice system.

These projects are community collaborations based on promising, best practice and research-based programs. Services offered are multi-faceted and individualized to each family's needs and desires. Each family receives the necessary support to optimize the social, emotional and cognitive development of their newborn. Each family is also equipped with the knowledge and skills to lay the foundation for optimizing their child's future academic success and achievement while minimizing future involvement in the criminal justice system. This is accomplished by family support, home visitation projects that are designed to promote healthy pregnancies, optimum health for children and families, and improve participants' knowledge of local resources

Activities

Project activities include a host of prevention, promotion and educational activities targeted at expectant and new parents identified as high risk. These activities include:

- Home visiting
- Peer mentoring
- Health information
- Well baby care
- Parenting/child development education
- Economic development services
- Support groups
- Family advocacy
- Emergency assistance
- Public health nurse services
- Child development education
- Information and referral

Population Served

Healthy Families participants are referred to contracted projects through a variety of avenues including referrals from hospitals, schools and Public Health. Programs serve high-risk, young mothers, their babies, and families. The average mother participating in the projects is in her late teens. Participants generally reflect the ethnic diversity found in the surrounding geographic areas. An exception to this is the population of Latino families being served by North/Eastside Healthy Start which is much higher than the general population. In total the two projects served 466 families in North, East and South King County in 2007.

Outcomes

While each of the early childhood projects use different models of operation, they all provide comprehensive family support and intensive home visiting services in collaboration with community partners to promote healthy families and to reduce risk factors associated with neglect, child abuse and infant mortality. While each project has its own specific set of outcomes focusing on bonding, attachment, health, nurturing and parent education, all projects shared common outcomes in their contracts.

Each common outcome is stated below in bold print with individual statistics for each agency listed in bulleted format. Statistics on the outcomes listed below are gathered and reported by agencies. Sources include participant self-reporting and surveys.

At least 95% of the families participating in the project will not be involved in incidences of domestic violence or child abuse and neglect in the home.

- Best Beginnings Program: 99% of the families participating in the project were not involved in incidences of reported domestic violence or child abuse and neglect in the home.
- North/Eastside Healthy Start: 97% of the families participating in the project were not involved in reported incidences of domestic violence or child abuse and neglect in the home.

100% of the parents participating in the projects, who are identified with parental stress, will have interventions offered.

- Both programs achieved this outcome

At least 85% of parents participating in the projects delayed their second pregnancy for a minimum of two years after the first pregnancy.

- Best Beginnings Program: 95% of parents participating in the project had delayed their second pregnancy for a minimum of two years after the first pregnancy.
- North/Eastside Healthy Start: 97% of parents participating in the project had delayed their second pregnancy for a minimum of two years after the first pregnancy.

100% of children and pregnant women will have access to health care and be linked with a medical provider.

- Both programs achieved this outcome

Additional outcomes are included in each contract that are unique to each specific program. These outcomes are listed below:

Additional Outcomes by Agency

Best Beginnings Program

Outcomes are tracked using NFP protocol. Outcomes are in bold with results noted below in bulleted format.

85% of NFP mothers will have positive birth outcomes as evidenced by not experiencing LBW or premature birth

- 87% of the NFP clients in King County had positive birth outcomes as evidenced by not experiencing LBW or premature birth.

Mothers enrolled in the NFP who are smokers will reduce their rate of use.

- There was a 36% reduction in smoking during pregnancy.

For more information on outcomes that can be attributed to the Best Beginnings Program see attachment A.

North/Eastside Healthy Start

Outcomes are tracked by a variety of survey tools and tests. Outcomes are in bold with results noted below in bulleted format.

At least 80% of the parents participating in the program will experience decreased parental stress.

- 89% of the parents participating in the program reported decreased parental stress.

Parents participating in the program will increase positive parenting skills to prevent child abuse and neglect.

- 99% of parents participating in the program reported feeling more confident in their parenting skills.

Safe Communities

The King County Children and Family Commission contracted with 8 community-based agencies to provide Safe Communities projects. The total 2007 CFC budget for these programs was \$445,600. Safe Communities projects offer services that engage youth and promote individual success.

These projects are community collaborations based on promising and best practice programs designed to prevent recidivism or entry into the juvenile justice system. Services are multi-faceted and targeted to meet the specific needs of individual youth. Services are designed to build on the assets and strengths of youth to maximize their social and academic success in the transition from adolescence to early adulthood.

The common goal of each project is to mobilize all elements of the community to work together for community safety and for opportunities for youth. Projects assist communities in providing positive options and role models for youth and in reducing youth crime, violence, and involvement in the juvenile justice system.

Activities

Project activities include a host of early intervention, prevention, promotion and educational activities targeting at-risk youth and their families. These activities include:

- Social skills training
- Mentoring
- Adult/Youth mentoring
- Mental health counseling
- Case management
- Support groups
- Crisis intervention
- Information and referral
- Homework support
- Community outreach
- Health information
- Anti-violence education
- Leadership training

Population Served

Safe Communities projects target youth who have had contact with, or are at risk for entering the juvenile justice system. Individuals may be referred to the projects through the courts, schools or by word of mouth. Projects serve middle school and high school age youth. Several programs specifically target youth from communities of color. The 8 Safe Communities projects served a total of 634 youth in 2007 from all over King County.

Outcomes

While each project is unique in its approach to making a positive impact on youth that are at risk, all projects shared common outcomes in their contracts. Each common outcome is stated below in bold print with individual statistics for each agency listed in bulleted format. Statistics on the outcomes listed below are gathered and reported by agencies. Sources include participant self-reporting and surveys.

At least 75% of youth participating in the project will experience reduced rates of recidivism or avoided contact with the juvenile justice system.

- **Auburn Parks, Arts and Recreation:** 93% of youth participating in the project experienced reduced rates of recidivism or avoided contact with the juvenile justice system.
- **Center for Human Services:** 92% of youth participating in the project experienced reduced rates of recidivism or avoided contact with the juvenile justice system.
- **Learning Disabilities Association:** 95% of youth participating in the project experienced reduced rates of recidivism or avoided contact with the juvenile justice system.
- **Powerful Voices:** 90% of youth participating in the mentoring project experienced reduced rates of recidivism or avoided contact with the juvenile or adult justice system.
- **Renton Area Youth and Family Services:** 90% of youth participating in the project experienced reduced rates of recidivism or avoided contact with the juvenile justice system.
- **Safe Futures:** 80% of youth participating in the project experienced reduced rates of recidivism or avoided contact with the juvenile justice system.
- **Southwest and Family Services:** 86% of youth participating in the project experienced reduced rates of recidivism or avoided contact with the juvenile justice system.
- **Youth Eastside Services:** 100% of youth participating in the project experienced reduced rates of recidivism or avoided contact with the juvenile justice system.

At least 75% of youth participating in the project will decrease their risk-taking behavior.

- Auburn Parks, Arts and Recreation: 78% of youth participating in the project decreased their risk-taking behavior.
- Center for Human Services: 79% of youth participating in the project decreased their risk-taking behavior.
- Learning Disabilities Association: 89% of youth participating in the project decreased their risk-taking behavior.
- Powerful Voices: 100% of youth participating in the project decreased their risk-taking behavior.
- Renton Area Youth and Family Services: 85% of youth participating in the project decreased their risk-taking behavior.
- Safe Futures: 88% of youth participating in the project decreased their risk-taking behavior.
- Southwest and Family Services: 93% of youth participating in the project decreased their risk-taking behavior.
- Youth Eastside Services: 75% of youth participating in the mentoring project decreased their risk-taking behavior.

Additional outcomes are included in each contract that are unique to each specific project. These outcomes are listed below.

Additional Outcomes Tracked by Individual Agency

Auburn Parks, Arts and Recreation

Outcomes are tracked using a variety of pre- and post-surveys. Outcomes are noted below in bold with results in the bulleted format

At least 75% of regular project participants will increase their participation in school and extra-curricular activities

- 75% of regular project participants increased their participation in school and extra-curricular activities.

At least 50% of regular project participants will meet or surpass State standards set for the students' grade level in both reading and mathematics

- 23% of regular project participants met or surpassed State standards set for the students grade level in both reading and mathematics.

At least 50% of project participants' parents will participate in the OLA program activities and/or school activities and events.

- 25% of participants parents' participated in the OLA program activities and/or school activities and events

At least 50% of regular project participants will incur fewer disciplinary actions at school.

- 95% of regular project participants incurred fewer disciplinary actions at school.

Center for Human Services

Outcomes are tracked using surveys issued twice a year. Outcomes are noted below in bold with results in the bulleted format.

At least 50% of project participants will increase their skills for academic success.

- 71% of project participants reported an increase in their academic skills.

At least 75% of project participants will increase their social support network.

- 84% of project participants reported an increase in their social support network.

At least 50% of project participants will demonstrate increased leadership skills and capacity.

- 82% of project participants demonstrated increased leadership skills and capacity.

Learning Disabilities Association

Outcomes are tracked by a pre- and post-test as well as by 6 month, 12 month and 24 month follow-up surveys. Outcomes are noted below in bold with results in the bulleted format.

Youth participating in the program will improve their development of positive social skills, including peer relationships, communication, decision-making, and stress reduction

- 80 % of participants showed improvement in peer relationship.
- 88 % of participants showed improvement in communication.
- 85 % of participants showed improvement in decision making.
- 89 % of participants showed an increase in their skills and knowledge in areas related to reducing stress.

Increase community awareness of the acute social skill deficits that frequently accompany LD and ADD.

- The agency responded to over 1500 information and referral phone calls and e-mails from the public. The agency served 469 individuals in community trainings to the public on LD and ADD and its impact on the justice system.

Powerful Voices

Outcomes are tracked by a variety of surveys. Outcomes are noted below in bold with results in the bulleted format.

At least 70% of youth participating in the project will create a plan for achieving future educational goals.

- 100% of youth participating in the project created a plan for achieving future educational goals.

At least 70% of youth participating in the project will demonstrate a measurable improvement in their positive attitude toward work and school.

- 75% of youth participating in the project demonstrated a measurable improvement in their positive attitude toward work and school

Renton Area Youth and Family Services

Outcomes are tracked by a pre- and post-test. Outcomes are noted below in bold with results in the bulleted format.

Youth participating in the program will develop and strengthen their resistance skills

- 85% of youth participating in the program developed and strengthened their resistance skills.

Youth participating in the program will experience increased levels of social support

- 90% of youth participating in the program reported increased levels of social support.

Youth participating in the program will increase their involvement in pro-social community activities

- 85% of youth increased their involvement in pro-social community activities

Safe Futures

Outcomes are tracked using a variety of methods including surveys. Outcomes are noted below in bold with results in the bulleted format.

At least 75% of youth participating in the project will experience a reduction in gang involvement.

- 79% of youth participating in the project, who are gang involved, experienced a reduction in gang involvement.

At least 75% of youth participating in the project will avoid being truant or experience reduced rates of truancy.

- 88% of youth participating in the project avoided being truant or experienced reduced rates of truancy.

At least 75% of the youth participating in the project involved with the juvenile justice system will complete probation on time.

- 75% youth participating in the project who were involved with the juvenile justice system complete probation on time.

At least 75% of youth participating in the project will increase their school attachment and improve their academic achievement.

- 88% of youth participating in the project increased their school attachment and improved academic achievement.

At least 75% of youth participating in the project will increase their family and community attachment.

- 92% of youth participating in the project increased their family and community attachment.

At least 50% of youth will decrease their use of alcohol and other drugs.

- 88% of the youth participating in the project who were involved with the use of alcohol or other drugs decreased their use.

Southwest Youth and Family Services

Outcomes are tracked by a quarterly survey. Outcomes are noted below in bold with results in the bulleted format.

At least 60% of youth participating in the project will increase their pro-social family time with family members.

- 60% youth participating in the project increased their pro-social family time with family members.

At least 60% of youth participating in the project will increase their understanding of, and participation in, Native American culture and activities.

- 100% of youth participating in the project increased their understanding of, and participation in, Native American culture and activities.

Youth Eastside Services

Outcomes are tracked using surveys issued twice a year. Outcomes are noted below in bold with results in the bulleted format.

At least 65% of youth participating in the project will increase their positive social skills and behavior.

- 75% of youth participating in the project increased their positive social skills and behavior.

At least 65% of youth participating in the project will increase their conflict resolution and resistance skills.

- 63% of youth participating in the project increased their conflict resolution and resistance skills.

At least 65% of youth participating in the project will experience a reduction in the number of behavior reports from school, expulsions and suspensions.

- 88% of youth participating in the project experienced a reduction in the number of behavior reports from school, expulsions and suspensions



Healthy Families Project Descriptions

Project	Project Description	Families served in 2007	% of participants of color and/or immigrant or refugee	CFC Funding 2007	CFC funding as % of project budget
Public Health Best Beginnings Program	<p>The Best Beginnings project replicates the Nurse Family Partnership program, a research-proven, intensive nurse home visiting model that has a 15-year longitudinal study to support the model. Staff have all been trained by national experts and receive ongoing technical assistance.</p> <p>Project serves first-time high-risk teen parents. Project links parents to a public health nurse who provides in-home visiting. Project starts prior to the birth of the child until age two. Results have shown marked reduction in child abuse and neglect, fewer arrests of mothers and reduction in the child's involvement in the criminal justice system. Project covers South King County</p>	143 families	50% estimate	\$225,000	33%
Friends of Youth Healthy Start Program	<p>The Healthy Start project is based on a successful nationally recognized program model that engages young parents with intensive home visiting by trained professional and volunteers. The project utilizes Parents as Teachers curriculum.</p> <p>Participants are families where one parent is 22 years of age or younger and expecting or parenting their first child. Participants may remain in the project until child is three. Individuals receive intensive in-home services, as well as mentoring, education, family support and access to resources.</p> <p>Project is community collaboration linking five major human service agencies. Serves the greater Eastside and North King County</p>	323 families	58%	\$280,078	55%

Safe Communities Project Descriptions

Project	Project Description	Youth served in 2007	% of participants of color and/or immigrant or refugee	Funding 2007	CFC funding as % of project budget
Auburn Parks, Arts and Recreation	A school-based, after-school project for middle school youth at Olympic Middle School in Auburn. Project has academic and youth development components. Project operates four days a week for 2½ hours a day during the school year.	107 Youth	67%	\$40,000	65%
Olympic Leadership Academy	Project builds academic skills that reinforce what is learned in the class and utilizes curriculum adopted by the Auburn School District. Youth development activities are focused on socialization skills, youth leadership and cultural enrichment along with observances and celebrations of cultural customs, historical events, music and holidays.				
Center for Human Services	Family center based project with three areas of service for middle school and high school students in the Shoreline School District.	297 Youth	76%	\$80,000	63%
Family Support for Tweens and Teens	1) Out of School Time activities which include homework clubs and one on one tutoring. 2) Service Learning Youth groups provides increased peer support for youth as they participate in service learning projects 3) Volunteer Opportunities for youth. Project participants receive individual mentoring from staff and participate in activities that benefit others in the community. Project is provided in three separate locations				
Learning Disabilities Association CHOICES Project	A life/social skills project for learning disabled youth 11-18 years old involved with the criminal justice system or at risk for entering the system. Project serves learning disabled youth of all backgrounds, many of who have fallen through the cracks of school eligibility requirements for special education or diagnosis and accommodation for learning disabilities. The project focuses on teaching and promoting specific assets and skills found at a deficit in youth with learning disabilities. Provided at locations throughout the County.	56 Youth	50%	\$72,000	58%

Project	Project Description	Individuals served in 2007	% of participants of color and/or immigrant or refugee	Funding 2007	CFC funding as % of project budget
<p>Powerful Voices</p> <p>Peer Education and Develop Your Voice Project</p>	<p>The Peer Education project operates during the school year in the Renton School district. Participants are high-risk, female high school students. Girls are supported to build concrete skills in public speaking, group facilitation, positive role-modeling, and peer relationship-building. They develop positive relationships with peers and adults, develop and strengthen their social skills and begin building strong connections to supportive services in their communities.</p> <p>The Develop Your Voice Project operates during the summer. Girls come together with program instructors to work for seven weeks to develop job-readiness and social skills. Building on skills gained and personal growth, the group produces a summer project.</p>	32 Youth	80% estimate	\$40,100	44%
<p>Renton Area Youth and Family Services</p> <p>Rights of Passage Project</p>	<p>The Rites of Passage Project engages high-risk middle school and high school age adolescents to strengthen assets and avoid self-destructive behavior through a unique social skills program. Project focuses on reaching disaffected youth that are at risk of dropping out of school, entering the criminal justice system or expressing violent behavior. Serves Renton, Kent and Tukwila schools. Project meets weekly during the school year. Participants are eligible for a summer leadership project.</p>	93 Youth	74%	\$63,500	42%
<p>Safe Futures Youth Center</p> <p>Case Management Project</p>	<p>The Case Management Project provides intensive case management services to middle and high school age youth in West Seattle. Youth are assessed to determine appropriate placement in services offered by the agency and partner agencies.</p> <p>Typical services include academic support, leadership development, peer groups and advocacy for youth. Project offers family support services including individual family support assistance and parenting support groups.</p>	26 Youth	100%	\$58,000	49%

Project	Project Description	Individuals served in 2007	% of participants of color and/or immigrant or refugee	Funding 2007	CFC funding as % of project budget
<p>Southwest Youth and Family Services</p> <p>Native American Youth Advocate Project</p>	<p>The Native American Youth Advocate project engages Native American youth in a multifaceted project led by a Native American advocate.</p> <p>The advocate meets one on one with youth and their family. The advocate also holds youth peer groups. Youth are provided culturally relevant case management, family support and advocacy services, including planning to meet tangible needs and referral to intra-agency and community resources. The project serves west and southwest Seattle.</p>	15 Youth	100%	\$62,000	58%
<p>Youth Eastside Services</p> <p>Juventud Seguras Project</p>	<p>Juventud Seguras (Safe Youth) is a project serving Latino youth in Bellevue Schools middle and high schools. The project seeks to increase youths understanding of violence, decrease violent and criminal behavior, develop resistance skills and create supportive relationships.</p> <p>The project has two parts, a culturally adapted Aggression Replacement Therapy component for youth, after which youth are placed with a bilingual/bicultural mentor. Mentors are trained and supported by the agency which also provides opportunities for structured activities for the mentor and youth.</p>	8 Youth	100%	\$30,000	64%

Attachment A

Additional Best Beginnings Information

In addition to the outcomes for Best Beginnings in the body of this report , mothers and their children who successfully engage program services are expected to experience additional long term outcomes similar to the outcomes tracked in the original randomized case-control study of the "Olds"/NFP program randomized case-control study. These outcomes include, but are not limited to:

- 31% reduction in subsequent pregnancy by the first child's fifteenth birthday, with two years greater interval between the birth of the first and second children.
- 56% % fewer hospital emergency room visits where injuries were detected.
- 54% fewer arrests and 69% fewer convictions among the 15 year old children of mothers enrolled in the program.

As the Best Beginnings Program is a replication of the "Olds"/Nurse Family Partnership program, not a primary research project, these long term outcomes are not be specifically tracked but are proven outcomes attributable to strict adherence to Nurse Family Partnership protocol by the Best Beginnings Program. To ensure the likelihood that the programs adherence to the Nurse Family Partnership protocol will achieve the same outcomes as the original research, the program provides service data obtained using standardized tools to the Olds research team at the Center for the Study and Prevention of Violence at the University of Colorado for compilation and analysis.



Seeds of Compassion is an initiative to nurture kindness and compassion in the world starting with children and all those who touch their lives. At the base of *Seeds of Compassion* is a premise that when children grow from strong foundations emotionally, socially, cognitively and culturally, they can develop into happy, successful, compassionate adults and positive members of society. What we do to nurture our children and youth is essential to preparing them for success in school and life.

Many organizations and programs are working to make a significant impact in these areas. *Seeds of Compassion* will serve as a unifying catalyst to amplify this work by bringing the collective heart of the Northwest and the world together through a four-day, highly visible event, April 12-15, 2008 in Seattle, Washington. Anchored by the deep wisdom of His Holiness the Dalai Lama, this community-focused event will celebrate and explore the relationships, programs and tools that nurture and empower children, families and communities to be compassionate members of society.

Why Seeds of Compassion and why now?

- **Less than 50% of all children entering kindergarten are prepared for school.** *Children who start behind are at risk of staying behind in school and in life. Social and emotional skills are often identified as those in the greatest need of further development.*
- **By the time a child turns five as much as 80% of the brain's architecture is already developed.** *The formation of neuro-pathways for life-long learning grows from this foundation, which is profoundly influenced by the quality of early relationships.*
- **Investing in early childhood development is a winning strategy for long-term strength in a global economy.** *Research shows that investing in children early in life is a critical step toward strengthening our nation's future. One study reported that investments in early education for disadvantaged children can produce a rate of return of about 16% a year.*

What will Seeds of Compassion do?

- **Inform:** *Seeds of Compassion* will highlight brain science and programmatic research that shows that early learning and nurturing kindness and compassion throughout childhood has a profound and positive impact on the lives of children, families, schools, communities and society at large.
- **Inspire:** His Holiness the Dalai Lama and other luminaries will join leading scientists, community leaders, educators, parents and children to share real-world, everyday examples of tools and programs that successfully build the foundation of learning and compassion. Parents, caregivers, educators, business and community leaders will learn how their actions, even small ones, can have a huge impact on our children and our community resulting in the public will necessary for sustainable social change.
- **Connect:** Before, during and after the four-day event, *Seeds of Compassion* will engage community leaders and stakeholders from a broad spectrum of constituencies to transform the insight and momentum generated by *Seeds of Compassion* into practical, effective, sustainable and measurable action including changes in systems and policies.

A primary goal of Seeds of Compassion is to reach and involve as many communities as possible in the compassion movement. To that end, the four-day ticketed event will be free, and accessible to children, educators, parents and caregivers who might not otherwise afford admission. It will require many generous supporters to accomplish this goal. To supplement the existing donations from individuals, businesses, and educational foundations, we are seeking financial and in-kind sponsors, hundreds of volunteers and visible partners who will help the messages of His Holiness the Dalai Lama and *Seeds of Compassion* reach and transform the most lives possible.

This is a gathering of hope. While the effort will launch in Seattle, the movement will reach additional cities, states and countries around the world. By working together, we can mobilize our communities to a new level of action - to help our children thrive in the world with creativity, resilience and compassion as they face challenges and opportunities. Please join us in this effort.

Get Involved: www.seedsofcompassion.net | E-mail: Emily@seedsofcompassion.net | 206-817-4241

February, 2008

Dear Friend of Portal to Partners,

*"Love unlocks doors and opens windows that weren't even there before."
~Mignon McLaughlin*

And that's exactly what you have done. Thanks to the incredible generosity and support from you and others in the community, we have made a difference in the lives of countless children and families in our neighborhoods. So from us to you, Happy Valentine's Day and heartfelt thanks for your continuing involvement.

Portal to Partners began in 2004 with a vision of connecting local businesses with Family Support Centers in order to make direct and significant impacts in the community for families in need. As I write this and reflect back on our collective achievements, it's gratifying to note that we are delivering on that vision, and I wanted to share some of our successes with you. They have ranged from providing the most basic necessities such as children's clothing and warm winter coats to providing scholarships or reading programs to help children become confident, competent, and caring individuals. A few examples:

- ♥ A \$5,000 grant from Expedia helped fund New Futures After School Program, which provides 120 children living in high-crime, low-income apartment complexes with a literacy based After-School Program and homework help. As a result, the kids at Arbor Heights started a book club which is now going strong, and giving them new found skills and confidence. Another young man received tutoring and mentoring and was able to increase his reading level five grades and received a Presidential Award for his incredible achievement.
- ♥ Scholarships to DigiPen Institute of Technology's summer computer workshops have enabled six youth to receive computer training and an opportunity to explore the possibility of a career in game programming or computer animation. One senior told me that 'he thought he knew where he was going, but now all that has changed.' He sees a broader horizon and new possibilities for his life.
- ♥ Me 'n Moms consignment stores in Issaquah, Lynnwood and Ballard have given approximately \$100,000 in in-kind donations in the last three years. The donated children's clothing and baby equipment is distributed to all of our Family Support Centers and is a huge and invaluable resource for them.
- ♥ Bellevue-based business Atigeo closed their office one day last summer and 17 employees donated a day's labor to the Center for Human Services. For the Center, keeping their building in good repair is a luxury that they generally cannot indulge in, so Atigeo's donation was priceless, and allows them to maintain a warm, welcoming environment for the families and children they serve.

This program is a vital asset to Family Support Centers in our communities and these are just a few of the many, many examples. Please know that your efforts are making a difference in a myriad of ways. On behalf of the King County Children and Family Commission, Portal to Partners and all our Family Support Centers, deepest thanks for your continued generosity and commitment.

Warm regards,



Katherine Jordan

ANGER
DEPRESSED
TRAPPED
LONELY
SCARED
BUSINESS
WONDER

**SPEAK UP
WHEN YOU'RE DOWN**
RECOGNIZING POSTPARTUM DEPRESSION

HOP TOGETHER
E SUPPORT
S RELIEF
UPPORT
RELIEF
JOY
SAFETY

**FEELING DOWN?
IT COULD BE POSTPARTUM DEPRESSION (PPD).**

LIFE WITH A NEW BABY CAN BE HAPPY, BUSY AND SOMETIMES UNEXPECTEDLY SAD. FOR MANY WOMEN AND THEIR FAMILIES IT ALSO MEANS IT'S TIME TO SPEAK UP WHEN YOU'RE DOWN.

- PPD AFFECTS 8,000 - 16,000 WOMEN IN WASHINGTON EACH YEAR.
- PPD IS REAL AND IT CAN AFFECT ANYONE.
- PPD WILL NOT LAST FOREVER AND IT CAN BE TREATED!
- HELP IS AVAILABLE AND YOU CAN FEEL BETTER!

WHAT DOES POSPARTUM DEPRESSION LOOK AND FEEL LIKE? SPEND A FEW MINUTES LOOKING THROUGH THE EYES OF SOMEONE SUFFERING FROM PPD AND HEAR FROM A NATIONAL EXPERT ON WHAT TO WATCH FOR - AND HOW TO GET HELP.

NEED HELP? CALL TODAY! 1-888-404-PPMD

"Women need to understand that postpartum depression is real and it is common. They need to know they are not alone. Even the most well-educated, mentally balanced woman can experience this painful illness."

Mary Yglesia
Director of Midwife Education, Seattle Midwifery School

SPECIAL THANKS TO:
KATHRYN E. BARNARD, PH.D.
HEIDI KOSS NOBLE
THE SPEAK UP WHEN YOU ARE DOWN LEADERSHIP COMMITTEE

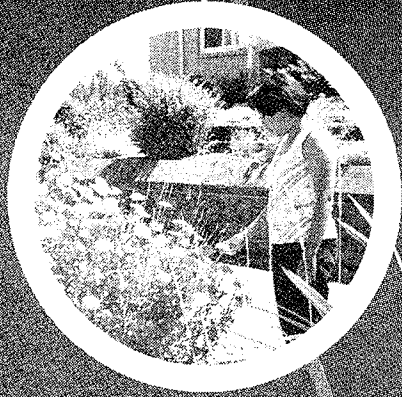
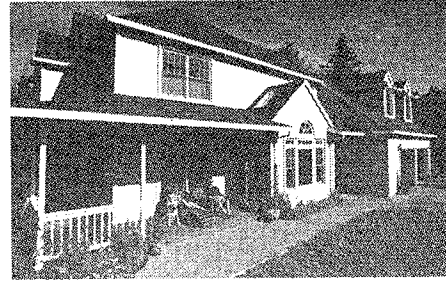
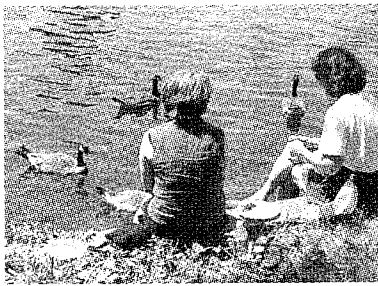
A WHITE NOISE PRODUCTION IN ASSOCIATION WITH:



King County



Communities Count 2005



A REPORT ON THE STRENGTH OF King County's Communities

