

Memorandum

To: Policy Board Members and Alternates

From: Robert D. Miller, Director, NRP

Date: April 18, 2005

Subject: Hennepin County "Second 7.5%" NRP funds for Bryant

The Bryant Neighborhood Organization is requesting \$8,000 of Hennepin County "Second 7.5%" NRP Funds, which have been allocated for the Bryant Neighborhood, to provide funding for the Center for Child Abuse Prevention and Treatment. NRP funds will be matched by \$35,000 from other sources, including McKnight Foundation, Jay and Rose Phillips Foundation, SAAM, individuals and other sources.

Policy Board approval is required for the use of Hennepin County "Second 7.5%" NRP funds and will be contingent upon the approval of the Hennepin County Board of Commissioners.

This is an appropriate use for these funds and I recommend that the Neighborhood Revitalization Program Policy Board adopt the following resolution.

RESOLVED: That the Minneapolis Neighborhood Revitalization Program Policy Board approves the use of \$8,000 of Hennepin County "Second 7.5%" NRP Funds to provide funding for the Center for Child Abuse Prevention and Treatment in support of programs offered in the Bryant Neighborhood.

RESOLVED FURTHER: That this approval is contingent upon the approval of the Hennepin County Board of Commissioners.

The Center for Child Abuse Prevention and Treatment respectfully requests funding for youth programs in the Bryant Neighborhood. The Center has consistently brought quality services to the youth and families in the Bryant Neighborhood. We wish to continue and expand these services but will need additional financial support to do so.

We are requesting \$8,000 to help support the following:

1. Continue to involve youth in structured activities, which increase the connection between youth and positive adult role models. These structured activities will be designed to increase youth self-confidence, increase awareness of individual strengths, increase skills in their specific areas of strength, and enhance appreciation of community service. These programs will include; Circle of Friends, Youth Martial Arts, Art Exploration, and Community Service Projects. Most programs will operate out of the Phelps Park building and our office on Chicago Ave.
2. Increase youth skills in the area of interpersonal relationships, while decreasing risks for interpersonal violence. This program will involve youth at Phelps Park, at Greater Friendship Baptist Missionary Church, and other locations in a 4-week violence prevention experience. While involved in this group experience, participants will be given information on developing healthy interpersonal relationships, non-violent conflict resolution, and avoiding sexually abusive situations. Group members will participate in role-plays, problem solving exercises, and will play games designed to practice skills needed for healthy interpersonal relationships. They will also participate with their parents in larger community activities around the topic of violence prevention. This program is led by experienced group facilitators who can relate to youth through cultural similarities. Youth who have completed the program can continue to expand their learning by mentoring the next group of youth to begin the program.
3. Increase family ability to communicate with their children on important topics related to safety, violence prevention and healthy development. Parents of youth involved in all youth programming will be encouraged to join in experiences designed to help them increase family nurturing and knowledge regarding the healthy development of their youth. Parent experiences will be offered several times per year at various locations including Green Central Clinic, Southside Clinic, Phelps Park, Greater Friendship Baptist Missionary Church, and other locations.
4. Continue parent access to education and support groups for general and specific concerns; These include; Circle of Parents Group – This free group meets weekly to provide education and support area general parenting concerns. Group for Parents of Sexually Abused Children – This free group meets weekly to address the specific concerns of parents who have a child or children who have experienced sexual abuse. This group helps parents support their children's recovery from trauma.
5. Community members will be recruited to volunteer in these programs acting as parent and youth mentors. The volunteers will receive training in communication, group facilitation, conflict resolution, youth development, and family health. These volunteers will gain "job experience" through the volunteer participation and receive a small stipend. They will increase their level of employment as a result of their volunteer experience with us. This will benefit the community as a whole both economically and socially.

Past Accomplishments

We have focused our prevention activities during the past year in three primary areas;

- 1. Involve youth in structured activities designed to increase connection between youth and community mentors, increase youth self-confidence, develop skills, and increase understanding of the benefits of serving their community.**

We have offered a number of activities for youth during the past year. All of these activities involved youth in a positive atmosphere where they are able to connect with other youth as well as community mentors. Highlights during the past year include; Circle of Friends group, Quilting group, Praise Dance, and Tae Kwon Do.

The Circle of Friends group involved youth between the ages of 5 and 16 years old in social outings, contacts with community leaders, and group discussions on a variety of topics. The Circle of Friends group included 48 participants.

The Praise Dance activity served 15 youth. The Praise Dance group ended with a performance for parents and other community members.

The Quilting group served 37 youth. These youth did a special project in which they worked with a local nursery school; creating pillows for the preschoolers enrolled there.

The Tae Kwon Do activity served 40 youth, giving many inner city youth an opportunity to engage in a class that is often price prohibitive. Many Tae Kwon Do youth have achieved goals related to getting martial arts belts. Parents of youth involved in the Tae Kwon Do class report improved self-esteem and confidence among their children.

The Special Events this year included; a Back to School Bash, a Holiday Party, a Safe and Healthy Community Fair and a Family Picnic. 166 individuals attended these events during the past year.

- 2. Help youth develop healthy interpersonal relationship skills and avoid interpersonal violence.**

We were able to involve 48 youth between the ages of 5 and 16 years old in the Circle of Friends group. This group met weekly for 3 months. While involved in the group, participants were given information on developing healthy interpersonal relationships, non-violent conflict resolution, and avoiding sexually abusive situations. Group members participated in role-plays, problem solved tough situations, and played games designed to practice skills needed for healthy interpersonal relationships. They also participated with their parents in larger community activities around the topic of violence prevention.

The Circle of Friends created a number of “Public Service” announcements of the topic of violence prevention. They have shared these announcements with adults in a variety of settings; community activities at a local Park, the Boys and Girls Club and Faith communities. Graduates of the group were encouraged to continue on in the groups acting as older youth mentors for the new group members. Many did so and have been involved over the entire year.

To measure changes in knowledge about the development of healthy relationships and avoiding abuse, we used the C-KAQ revision III in the Circle of Friends group. We have started to look at a subset of 5 questions in the C-KAQ measure. We have 25 youth that completed both pre and posttests. About half of the youth (13) gave correct answers for all 5 questions before entering the program. Almost all of the remaining youth (10 of 12) increased their knowledge and intent to prevent violence in their relationships after program involvement. See chart and summary on CKAQ-R for more details.

3. Support families towards the development of a nurturing family atmosphere where parents have accurate, culturally specific knowledge regarding children's needs and know how to create a safety net for youth as they mature and begin making decisions regarding their own dating relationships.

Because we felt strongly that it is important to involve the whole family in any change we were trying to make with the youth, we also involved parents in educational sessions and activities about helping youth develop healthy interpersonal relationships and abusive ones. We had 70 parent/grandparents attend educational sessions regarding this topic. The program was named "Parents as Partners in Prevention". "Parents as Partners in Prevention" sessions were offered 4 times a year and most parents were involved in 2 or more of the sessions. During "Parents as Partners in Prevention", we used a number of techniques to involve participants and add to their knowledge base. We used games, speakers, and presentations from the youth to their families. We measured the parents' knowledge and behavior about protecting children from abuse with a questionnaire we developed ourselves. We have had 36 parents complete both pre and posttests. 75 % of parents showed an increase in knowledge and intent. I have included a summary table that shows these results.

In our Solid Starts pre-natal program at two medical clinics, we have connected with 47 expectant parents. We have added a third group to meet the needs of clinic patients. These expectant parents are involved in weekly group meetings where they have met other expectant parents and learned about community resources. At Green Central clinic, we offer a Spanish-speaking group and at Southside clinic we offer two groups; an English-speaking group and a Spanish-speaking group. We have used the social network map developed by Whittaker, Tracy, and Marckworth as a method for measuring change in social support among the participants. This social network map measures both formal and informal support and resources. We have collected pre and post evaluations on 15 participants. Most (11 out of 15) of these participants increased their social network after being involved in the groups..

Target Population (Number, age and location):

The Center for Child Abuse Prevention and Treatment is in an urban area of Minneapolis. The Bryant and surrounding neighborhood is our target community. This community is racially diverse with many African American and Hispanic families. It is a community that has concerns about drug and violence problems. Many residents are fearful of neighbors and are concerned about safety in their area. This fear increases the isolation residents often feel. The community is struggling economically and many residents live in poverty. Because of these factors, the families in this community often do not receive the information and access to community support that other communities enjoy. It is an under served community. Here are statistics for the past year in regard to target population served:

Ethnicity for each client	Numbers
African American	127
American Indian/Alaskan Native	3
Hispanic/Latino	36
White, not Hispanic origin	12
Other	10
Age back down for each client	
Number of youth served ages (0-17) years	83
Number of Adults served (over 18) years	105
Number of volunteer hours contributed	500

Evaluation plan:

Measurement will occur as follows:

- Volunteer participation will be logged during entire program duration to ensure hour requirements are met.
- Employment levels of volunteers will be measured before and after program participation.
- Children's violence prevention knowledge and skills will be evaluated by administering the CKAQ (Children's Knowledge About Abuse Questionnaire) Revision III before and after program participation.
- Parent's knowledge and skills will be evaluated by an already created measure of knowledge, intent and behavior towards violence prevention.
- Family use of resources and social support will be measured through social mapping, which will be given pre and post program participation.

Description of Agency: The Center for Child Abuse Prevention and Treatment (CCAPT) is a non-profit organization that was formed in 1993. CCAPT is a grassroots, community based organization. It's prevention activities are based on suggestions from a steering committee made of 8 neighborhood residents who reflect the diversity of the community in regard to race.

CCAPT has utilized fee-for-service activities, grants from government and private foundations in addition to general fundraising, to generate a sound financial base. CCAPT has provided community child abuse prevention services, education, consultation, and mental health services to children and families for the past ten years.

Summary of organization mission and goals

The mission of CCAPT is "to build a violence-free community by enhancing the family's capacity to instill in its children dignity, self-worth and potential for meaningful lives by providing an innovative program of education, prevention, and intervention." The goals of CCAPT are:

- Goal 1. Provide innovative, community based programs that involve children and parents focusing on strengthening families.
- Goal 2. Provide counseling, support and therapy for children and families who have experienced child abuse.
- Goal 3. Develop community partnerships towards a strong and violence-free community.

Budget:

YOUTH MENTORING & PREVENTION
PROGRAMMING 6-1-05 TO 12-31-05

EXPENSE

Salary	\$ 10,010.00
Fringe	\$ 1,201.20
Training	\$ -
Stipends	\$ 1,080.00
Telephone	\$ 375.00
Postage	\$ 50.00
Printing	\$ 50.00
Program Supplies	\$ 1,000.00
Childcare	\$ 500.00
Food	\$ -
Activities and Cultural events	\$ 4,000.00
Transportation	\$ 1,000.00
Office	\$ 2,400.00
Audit	\$ 450.00
Bookkeeping	\$ 660.00
Insurance	\$ 1,000.00
Contracted Staff	\$ 2,180.00
Total	\$ 25,956.20

INCOME	
Source	Amount
Government Grants *	\$ -
County Contracts*	\$ -
McKnight Foundation **	\$ 5,000.00
Individual Contributors *	\$ 5,000.00
Bryant Neighborhood Organization*	\$ 8,000.00
Jay and Rose Phillips Foundation**	\$ 5,000.00
Fees for Service***	
Fundraising *	\$ 2,956.20
Total	\$ 25,956.20

* Secured

** Pending

*** Estimated