
	<h2 style="text-align: center;">LiGHT Grant Application 2022</h2>	
	<h3 style="text-align: center;">2022 LiGHT Grant Cover Form and Guidelines</h3>	

Name of individual, group or organization: Helping Hands

Contact name(s): Nick Boratenski

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Name of the program as it would appear on the grant award: Helping Hands Parenting in Progress

Describe who the grant award will serve, and approximate number affected: This grant would help serve and educate parents who are looking to break the generational cycles of neglect and abuse. We are requesting funding for our Parenting in Progress program that is currently serving 10 parents, which includes 8 mothers, 2 fathers, and 20 children.

Dollar amount requested: \$2500

Would the program be offered if only a *partial* grant from LiGHT is made? Yes

Summary paragraph of the grant award requested:

➤ May be utilized for part of the presentation.

Breaking the generational cycles of neglect and abuse is not easy. Parenting in Progress is recognized as a Tier-3 Intervention Program in combatting the generational cycles of neglect and abuse by the Indiana Department of Children's Services. This 16-week course teaches positive parenting skills such as routines, responding to conflict in positive ways, healthy discipline methods, and models loving behaviors towards children to foster a nurturing lifestyle in the home. Children are also taught similar age-appropriate principles, self-awareness, identifying emotions, and nurturing behaviors, to provide a whole-family intervention approach.

Project Narrative

Community Need

Helping Hands serves a client population that carries multiple high-level risk factors for child abuse and neglect. Approximately 80% of the clients we serve live in a continual state of family disorganization, changing partners or home locations more than once a year. Additionally, the majority of these families live within the same six impoverished neighborhoods in our community. Many of our clients report growing up in homes where abuse and neglect were the modeled parenting style, which has caused us to ask the question: how can we expect parents, who experienced abuse and neglect as a child, to know how and have the skills to love and nurture their own children without continuing those cycles? The answer is: we can't. What we can do is provide education and guidance to intervene and break those cycles. Helping Hands stands in a perfect position to provide education that is effective in preventing and treating child abuse and neglect to the ideal target audience.

The target populations for this grant are men and women expecting or parenting a child or children. Others who stand to benefit from grant funds are those who help parent children, such as the child's grandparents or stepparents, as well as those who do not currently have custody of their children due to DCS involvement or custody situations. In 2022 alone (through July), there have been 257 children placed in out-of-home foster care in Wells County. We would like to assist these families in learning the skills they need, so that, when appropriate, their families can be reunified.

The children also directly benefit from the grant funding as well, with programming offered for children, that is designed to go hand in hand with the principles being taught to parents and adapted according to a variety of age ranges. Children participate in a variety of activities that increase developmental skills, social and relational skills, active listening, school-ready skills, and learning through developmental and interactive play. Children are also present for 90% of one-on-one Client Advocacy visits.

Our vision for bringing this to our community, however, is not just to educate those who come to Helping Hands on their own. We want this program to be the parenting program of choice to which the professionals in our community refer, such as obstetricians, mental health providers, pediatricians, our community's developing women and children's transitional housing program, and our local Department of Child Services.

What Will Be Done

Helping Hands is requesting LiGHT Grant to make it possible for us to continue providing the Parenting in Progress course, which utilizes Dr. Bavelok's Nurturing Parenting curriculum. This necessary continuity allows us to have a more effective, comprehensive, and measurable impact on families in our community.

The Nurturing Parenting curriculum supplies core competencies and supplemental materials that are taught throughout Parenting in Progress. It will also be applied in our Family Life Group by the trained

paid staff persons and in the Client Advocacy one-on-one meetings. Many Helping Hands' client couples also choose to attend our MomTime and Man2Man groups, and some also choose to work directly with a Client Advocate. Because of this, Helping Hands will utilize the supplemental Nurturing Parenting curriculum within those programs, to keep the content across our programming cohesive, but providing a variety of options of settings and group dynamics, for maximized opportunities to provide a layered approach, as we foster transformational relationships with our clients.

As a matter of lesson delivery, we have found that a group of 8-10 participants per cohort is ideal, with a maximum occupancy of 12, with groups greater than 12 participants hindering necessary discussion during the lesson. The Nurturing Parenting curriculum runs for 16 weeks, so we would feasibly be able to run this curriculum 2 times in a year, serving 24 parents. This could mean anywhere between 4-6 parent couples, 8-12 single parents, or a blend of couples, single parents, stepparents, other parental caregivers, and expectant parents per class.

Furthermore, on average, current attendees bring 1-3 children with them to groups, allowing those children to learn the concepts being taught, as well. If we averaged even one child to each parenting group, to account for some expectant couples who do not currently have children, as well as those with multiples in attendance, we could feasibly impact 24 children per year directly with curriculum.

In addition to this number, the related content would be taught in our MomTime and Man2Man support groups. While some parents attend both Parenting in Progress plus a support group, there are some individuals who only attend the support groups. Because of this, 6-10 different individuals could also be learning the related material, representing different households, and their children.

Helping Hands plans to use the Nurturing Parenting curriculum in one-to-one Client Advocate meetings as well. Historically, Client Advocates who are early in the working relationship, will only have one client, as the demands of establishing a trusting working relationship are more intense at this time. As a client's situation stabilizes and the relationship becomes well established, advocates can retain that client while also being matched with a new client. For this reason, serving clients is directly linked to the number of trained advocates.

Parenting in Progress is proven effective in preventing and treating child abuse and neglect. Child abuse and neglect is known to lead to lower educational attainment, increased incidence of mental illness, and increased criminal activity in adulthood, particularly increased risk for sex crimes (Horan & Widom, 2015) (Widom & Massey, 2015). Teaching this curriculum to families through Helping Hands has the power to interrupt these negative generational outcomes. We hope by offering this class, and teaching positive parenting behaviors, as well as alternatives to abusive and neglectful parenting, we can interrupt the negative generational outcomes, prevent neglect in their homes, and stop the intergenerational cycle of child abuse.

Not only do we want to impact family relationships, but also friendships. Throughout the 16 sessions, or 4-month program, participants learn to work together with one another, encourage and support each other, and problem-solve together. Throughout their time of sharing stories and providing insights, they

then form bonds and relationships among them. More often than not, our parents find themselves in a place of community with a sense of belonging.

Timeline

December 2022	Take sign-ups and referrals for the January cohort.
January 16, 2023 – May 8, 2023	Run the 16-week cohort of classes, administering all required assessments and evaluations.
May 2023	Review outcomes of evaluations, assessments from facilitators, and make necessary quality improvement changes; begin marketing the August cohort to offices, organizations, and community.
May-July 2023	Take sign-ups and referrals for the August cohort.
August 14, 2023 – December 4, 2023	Run the 16-week cohort of classes, administering all required assessments and evaluations.
December 2023	Review outcomes of evaluations, assessments from facilitators, and make necessary quality improvement changes; begin marketing for the January cohort.

Expected Results

Each facilitator goes through training that is exclusive to this program and includes training on administering and scoring program-specific assessment and evaluation tools. These tools are the Nurturing Skills Competency Scale (NSCS) and the Adult-Adolescents Parenting Inventory (AAPI). The NSCS measures their knowledge and use of nurturing skills, and provides the facilitator with insight on their childhood, parent partner, and their children. The AAPI measures the degree of risk each parent is at, in topics like restricting power and independence, low levels of empathy, use of corporal punishment, inappropriate expectations, and reversed family roles. After the tests are scored, the facilitator can see if they are in a high, medium, or low risk zone.

These tests are administered both before and after the course, and the scores of these assessments are then used to evaluate program effectiveness and for quality improvement measures. Data will be collected from all participants, regardless of whether they enrolled as Helping Hands' clients, to earn incentives, or were referred or mandated from outside agencies. At Helping Hands, staff facilitators will also plan to internally assess ability to maintain strict adherence to the delivery model and correlate how that impacts program outcomes.

Once classes begin, our facilitator continually tracks progress made by the parents through weekly evaluations. Within these session evaluations, each participant scores their knowledge on the competencies that were discussed in class that evening. If a participant scores themselves low, the instructor reaches out to schedule a one-on-one with the parent or couple. Depending on their levels of

need, the instructor offers appropriate levels of support and intervention through services provided by Helping Hands.

Per Nurturing Parenting's website:

"The Nurturing Programs have various tools to assess and evaluate the program. The Adult Adolescent Parenting Inventory gathers beliefs parents have about raising children in five individual constructs. The Nurturing Skills Competency Scales gather information about the parents, their partners, knowledge the parents have of different parenting practices and how often parents use appropriate parenting practices. The Family Nurturing Plan is a form the parent educators use to measure the progress the parents are making. The Family Nurturing Journal is a document the parents use to monitor their progress in learning program competencies," (Family Development Resources, Inc., 2015).

Helping Hands plans to teach the Nurturing Parenting curriculum to a minimum of 16 participants in this LiGHT Grant Cycle. It is expected that the assessment tools specific to the Nurturing Parenting curriculum will allow Helping Hands to demonstrate that most participants will have learned protective factors that will reduce the risk of child abuse and neglect in the families in our community.

Other Partnerships

Currently, no other organizations are helping us reach this financial goal for 2023.

Program Description and Fund Usage

Total Program Costs:	Requested Budget Items to be Funded by LiGHT:	Other Funding Sources and Amounts:
Program development	\$700.00	\$71,500.00
8 Volunteer Teachers for Children: 108hrs each @ \$28.54/hr.	\$0	\$24,658.56
16 meals @ \$125 + 3 Volunteer Hours per meal @ \$28.54/hr	\$0	\$3,369.92
Purchase of Handbooks, Parent Assessments, and child/teen activities for three groups	\$1,000.00	\$1,500.00
Material assistance items for parents (i.e., cribs, car seats, strollers, highchairs, diapers)	\$800.00	\$1,500.00
Total Requested by LiGHT Grant:	\$2,500.00	
TOTAL PROGRAM BUDGET:		\$102,528.48

Program Development

\$71,500.00

Parenting in Progress Coordinator, Maria Bates, works full-time directing all programs at Helping Hands. In this role, she will be responsible for all reporting pieces. Maria has extensive experience with tracking data, evaluating outcomes, and reporting on programs funded at the state and federal level. Maria has been trained to facilitate the curriculum with clients, as well as oversee the implementation of the curriculum into the above-mentioned programs.

Brandy Aschliman is in a full-time position as Executive Director at Helping Hands. Brandy collaborates with Kylie Tomlin in program development and oversight at Helping Hands. Brandy has been trained to facilitate the Nurturing Parenting curriculum with clients in the Family Life Group and will collaborate with Kylie to track data and create required reports. Brandy also serves as a client advocate for some female clients with complex situations.

Kylie Tomlin is the Client Relations Specialist at Helping Hands. In this role she meets with clients to identify individual needs and refers them to appropriate Helping Hands and community programs. Kylie does a great deal of direct communication and support with clients, as well as their advocates, and helping to coordinate meetings, transportation, and resources. Kylie also serves as a client advocate for those female clients with complex situations.

Volunteer Hours

\$1,279,162.80

By sharing the number of hours donated with a monetary value attached, as assigned by the Federal Government, Helping Hands is able to show the power volunteers have as active-change agents in our community. Helping Hands is honored to have dedicated volunteers to mentor and come alongside parents as they strive for increased family stability. Volunteers are critical to the success of these programs by serving as client advocates, encouraging attendance, building relationships that go beyond the once-a-week meetings, providing practical support such as transportation when needed, as well as being present as coaches and mentors in the meetings themselves, and delivering the children's programming during the groups.

Materials

\$ 700.00

Program costs are lower this year, as we do not have the initial start-up costs that come with funding a brand-new program. However, there are additional materials because we are aiming to reach 30 participants and their children this coming this year. Through increasing the number of clients per 16-week session, each parent participant will receive a parent handbook and a nurturing touch handbook as part of the curriculum materials. This represents a total of 20 handbooks, 60 assessments, 15 child activities, and 6 baby books for the year, totaling \$300.00.

Material Assistance Incentives

\$ 800.00

We do anticipate the likelihood of additional clients being eligible to earn incentives. We would like to invite LiGHT to partner with us to not only teach parents about providing a home that is nurturing and safe physically, mentally, emotionally, and sexually, but in making sure these parents have the tools to make sure their children are safe and not neglected. These items include cribs, infant carriers, stage-two car seats, and diapers and wipes. The consumable items, such as diapers and wipes, are important motivators for our clients. We are never a client's only source of these items, but we help meet the need when a shortfall occurs.

Present and Future Funding Partners

\$2,500.00

Specific to the funding of this program:

- Currently, over 70% of all Helping Hands assets go directly into client programs. Current individual, church, and business support streams will continue to offset indirect costs of providing these programs to the community.
- Helping Hands has and will be applying to other community grant opportunities, as well as seeking the support of special interest organizations looking to partner in the efforts to reduce the impact of child abuse and neglect.
- Helping Hands is currently under contract to provide Tier-3 intervention for Indiana Department of Child Services Region 7 referrals for Parenting in Progress as an evidence-based program for parents who are at high-risk for abusing or neglecting their children.

Applicants Signature:

Board President Signature:

A handwritten signature in black ink, appearing to be "J. B. Smith", is written over two horizontal lines. The signature is stylized with a large, looped initial "J" and a prominent "S".