



# Funds Distribution Report

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**Recipient Organization:**  
**Parent Trust for Washington Children**

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Seattle, WA 98144

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<https://www.parenttrust.org>

**Organization's General Goals:**  
Parent Trust for Washington Children creates lasting change and hope for the future by promoting safe, healthy families and communities.

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<b>Date of Award:</b>	<b>Level:</b>
2022 Q4	\$2,501 to \$5,000

For more information, please read the attached report from Parent Trust for Washington Children.

8802 27th Ave NE  
Tulalip, WA 98271  
**TulalipCares.org**

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## July 2024 Year-End Report to Tulalip Tribes Charitable Fund Report Code: Q4 2022 14.2

Parent Trust for Washington Children is pleased to submit this report of results achieved from the [REDACTED] that Tulalip Tribes Charitable Fund donated to Parent Trust in 2023. Your support was critical in allowing Parent Trust to bring our services to the most vulnerable families, including those recovering from substance addiction and/or homelessness.

Parent Trust is a child abuse prevention agency. We equip parents and caregivers to raise safe, healthy and strong children. We specialize in reaching parents recovering from substance addiction, and/or homelessness, parents with low income, and parents who lived through child abuse and neglect as children. We create strong families and keep kids out of foster care. We work to end the generational cycle of Adverse Childhood Experiences and family traumas.

An overwhelming majority (88%) of Child Protective Services investigations in Washington State are cases of neglect. Chronic neglect and lack of parent-child bonding can create the same serious developmental delays and life-long mental health and physical health issues as severe physical abuse. But it can be difficult for parents to overcome generational patterns of neglect without education, support, and modeling of alternative, positive behaviors.

Too many parenting programs for high-risk families focus on educating parents on what NOT to do and feel punitive to the families they serve. Parents we work with say, ***“Don’t just tell me what NOT to do. I need to know what to do instead.”*** We help parents create healthy parent-child bonds, build on family strengths and learn positive parenting techniques. We also help parents heal from their own childhoods of trauma and scarcity.

**1,763**  
Total number of family members served in Snohomish County with support from Tulalip Tribes Charitable Fund

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### Parent Trust Direct Services in Snohomish County During the Past Year:

**Circle of Parents Families in Recovery Program:** Parents overcoming substance addiction and/or homelessness learn to build healthy family relationships, stop the family cycle of Adverse Childhood Experiences and maintain custody of their children, and become part of a supportive, drug-free community.

Addiction relapse rates have skyrocketed since the pandemic. Our inpatient, outpatient and online groups provide support for all parents in every stage of recovery. Our Families in Recovery program is helping to keep struggling parents in recovery.

**In our Families in Recovery Program, 42% of parents have 4 or more ACEs – 3 times the number of ACEs in the general population.** 42% of the parents in this program have suffered chronic emotional neglect,

and 43% have suffered chronic emotional abuse as children. In addition, poverty and the stigma of addiction make it even more difficult to break out of this intergenerational cycle.

➤ **93 parents attended Circle of Parents Families in Recovery support groups in Snohomish County:**

- 78% of participants reported an increase in family management skills.
- 71% reported an increase in healthy/nurturing relationships.
- 69% reported an increase in social supports.

Many of the parents in our Families in Recovery groups have open cases with Child Protective Services, and are working to rebuild their lives, and regain or maintain custody of their children. Often, the parents in our groups also experienced foster care themselves as children and are distraught to see their children continue that cycle.

- One of our Group Facilitators reports, *“Recently, several parents in my group discussed the stigma of having their child in foster care. And other parents reflected on the secondary trauma that they feel from their own experience of being in foster care as a child and now having a child in foster care.”*

Our group members offered empathy, understanding and suggestions.

- A dad with a toddler in foster care said that he wanted better communication with the foster parent. He said that when his son comes for an overnight visit he doesn't know his child's current eating, sleeping and behavior patterns. This makes it hard for him to anticipate the needs of his toddler. Our Group Facilitator suggested sending a notebook back and forth so that the dad and the foster parents can more easily share these details. The suggestion was well received by the foster parents.*
- Parents tell us that our groups make a huge difference in their lives. As one Mom puts it: ***My mother is a heroin addict and introduced me to my first crack cocaine use at age 16. Now at 23 years old I am aware that I don't want that for my children. My Families in Recovery group gives me the strength and the support I need to imagine what is like to become a strong healthy parent.***

**Great Starts/Conscious Fathering Programs:** helps families navigate fears, anxiety, and isolation while preparing expectant and new parents for the challenges of parenting. Our classes focus on research-based education about birth and parenting including how to meet the developmental needs of newborns, and vital information about the signs and risks of postpartum depression/anxiety. Our classes reinforce the importance of a strong, nurturing parent/child relationship, which improves a child's early learning and school readiness, and reduces the risk of child abuse and neglect.

➤ **547 expectant or new parents attended Great Starts/Conscious Fathering classes in Snohomish County:**

- 97% increased their knowledge of parental roles and responsibilities.
- 98% increased their knowledge of age-appropriate child/youth development and behaviors.
- 87% increased their ability to manage parenting duties/situations.
- 90% increased their knowledge of strategies that foster secure attachment and/or nurturing relationships.

In recent years, we have noted that many of our families are in high-risk categories for complications during labor and birth. For example, a parent revealed to us that she had been homeless and using substances before

this pregnancy. She had suffered a miscarriage at 13 weeks in a previous pregnancy so she was under a lot of stress worrying about the health of her baby. We know that socio-economic factors, substance use and housing insecurity can increase the risk of preterm birth, perinatal depression/anxiety and adverse birth outcomes, so our staff worked to support her in class, and by connection her to our comprehensive parenting support.

The parent later shared that she felt her stress decreased significantly after attending our Parent Trust classes for new parents. She also let us know that she received a voucher which will allow her to move into an apartment when her baby is born. She said she qualified for her voucher because, ***“They could see how I got sober and I really turned my life around. I’m doing great now and every day is a victory!”***

**Family Help Line Program:** We are the Washington State number for Prevent Child Abuse America to provide immediate, ongoing parent support and referrals specifically to prevent child abuse and neglect. Our Family Help Line Coaches work with parents on everything from addressing basic needs to addressing complex family situations. Since the pandemic, our calls are longer in duration and require more follow-up. We have increased and enhanced our online presence to reach more families through our website, social media channels, and parenting resource database.

***“I really appreciate reaching a real person instead of a phone tree or voicemail. You’ve been more help than anyone I’ve talked to in months.” Parent Trust Caller***

- **There were 283 contacts from Snohomish County to our Family Help Line:**
  - 99% of callers decreased their stress.
  - 99% of callers increased their family management skills and knowledge of positive parenting techniques.
  - 98% of callers increased their confidence to improve communication and interactions with family members.
  - 100% of callers increased their knowledge of available resources/support.
  - 97% of callers increased their confidence to self-advocate for their family.
  
- **In addition, there were approximately 840 unique visitors to our Parent Trust website and resource database from Snohomish County.**

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We are so grateful for your generous support of our programs. Together, we are equipping some of the most vulnerable families in Snohomish County families with the skills/support they need to raise safe, healthy, and strong children.

**Thank you for everything you are doing to keep kids safe and families strong in Snohomish County!**



Linda L. McDaniels, MSW  
Executive Director