

The North Carolina Parenting Education Network (NCPEN) is working to build the field of parenting education in the state with a focus on partnership between parents and child care providers, teachers, and parent educators. Working together, we can help each child reach his or her potential. NCPEN is an unfunded collaboration of parenting education organizations and agencies. For more information about NCPEN, see our web site at www.ncpen.org.

Self-Help Parent Support Programs

by Katrina Gay, PCANC Circle of Friends coordinating staff member

Prevent Child Abuse America and the National Family Support Roundtable are collaborating to expand family support services to include mutual self-help parent support groups across the country according to a national model called the Circle of Parents. These efforts are supported through federal grants from the Office of Child Abuse and Neglect and the Office of Juvenile Justice and Delinquency Prevention.

What are mutual self-help parent support groups?

Mutual self-help parent support programs are a time-tested child abuse prevention approach that promote positive parenting



The Circle of Parents model epitomizes the concept of shared leadership with families.

The Circle of Parents model epitomizes the concept of shared leadership with families. Parents participate in planning at the national, state, and local levels and also lead the groups with the support of a professional facilitator. Sites often provide parallel children's programs as well.

What are the objectives of this program?

- To help reduce isolation, build self-esteem and reinforce positive parenting.
- To provide reassurance that the challenges a parent faces are neither unique to his or her family, nor insurmountable.
- To allow parents to discuss with peers the frustrations and successes involved in particularly challenging family circumstances, such as parenting teenagers or raising children as a single parent.

- To promote parent leadership, by giving participants the opportunity to provide help as well as receive it.
- To help parents feel more competent and confident in their parenting role!

How do self-help groups operate?

The Circle of Parents model spells out key elements the program should have for successful groups:

- A trained group facilitator and parent leader who facilitate the support groups
- Weekly group meetings that are offered at no cost to participants
- Groups that are driven by parent need and feasibility
- An accompanying children's program, if possible, or quality childcare provided at no cost
- The group facilitator, parent leader, and other group members being available to one another between group meetings
- Groups that are ongoing, require no intake, and with few exceptions are open to all parents.

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Mutual self-help parent support programs are . . . free to anyone in a parenting role.

through open-ended weekly meetings free to anyone in a parenting role. The groups are confidential and non-judgmental.

Become Credentialed!

If you have not applied for your Parenting Educator credential, join the more than 65 credentialed parenting educators and apply now. North Carolina is one of only 3 states in the nation to offer a credential for parenting educators. With the rise in demand for parents who need support and skills to raise their children, we as a profession must assure that the information that is delivered is accurate and delivered by someone who has an educational and experiential base to be helpful to parents. This credential is a step in that direction.

NCPEN anticipates a review of the criteria in the coming year and a potential change in the way credentials are awarded to continue to raise the bar on professional credentials. In addition, the credential will soon be marketed as a professional milestone setting parenting educators apart from other educators as having a base of special knowledge and skills particularly for parents.

Apply for your credential now. The credential is a four-level system. Once achieved, parenting educators can note their credential on employment applications as a mark of professionalism and achievement.

NCPEN is proud of the work of the credentialed parenting educators. For more information visit:
www.ncpen.org

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- Assurance of confidentiality in a non-judgmental environment within the limits of the law
- Availability of community resource information to all group members supporting healthy family development

How can I start a self-help group in my community?

Prevent Child Abuse North Carolina (PCANC) officially launched its Parent Support Group Network on October 1, 2002 through a grant from Prevent Child Abuse America. PCANC will be working to establish a network of mutual

self-help parent support groups in North Carolina, based on the Circle of Parents national model, with the goal of preventing child maltreatment and strengthening families. It is envisioned that these programs will eventually be available statewide, providing families with open-ended, non-judgmental, confidential, supportive weekly meetings that promote positive parenting and self-improvement.

Initially, PCANC will be working with a small group of pilot sites to implement local programs according to this national model, focusing in particular on minority families. Training and technical assistance in program development, evaluation and quality assurance will be provided to assist these local com-

munities in developing and operating the program. A statewide advisory committee will be developed to guide PCANC's work to build and maintain the network. □

Feel free to contact Katrina Gay at 919-829-8009 or kgay@preventchildabusenc.org for more information or to become a part of the network.

For more information about the Circle of Parents model, please visit:

<http://www.circleofparents.org/>



“Staying Focused on Youth... Putting Families First”

Catherine Anderson has been the treasurer of NCPEN for the past three years. She works for the Department of Juvenile Justice and Delinquency Prevention as a projects manager. The North Carolina Department of Juvenile Justice and Delinquency Prevention (DJJDP) was established in July, 2000, by pulling together pieces of state government that previously worked independently to address juvenile delinquency and crime. The Department has the responsibility for protecting the public from juvenile crime and promoting the positive development of youth. Creating success is what DJJDP is all about... success for youth and their families, DJJDP staff, and the citizens and communities of North Carolina. One of DJJDP's primary jobs is to help youth in the juvenile justice system develop appropriate life skills and make healthy life choices. A calendar, devel-



oped by DJJDP's education section, has been created as celebration of this important work... and as a reminder of the work yet to do. You can download it at the Department's website:

www.ncdjjdp.org

“Safer Schools Begin at Home”

One of the pieces that make up DJJDP is the Center for the Prevention of School Violence. Established in 1993 as one of the nation's first state school safety centers, the North Carolina Department of Juvenile Justice and Delinquency Prevention – Center for the Prevention of School Violence (DJJDP—Center) serves as a resource center and "think tank" for efforts that promote safer schools and foster positive youth development. The Center's efforts in support of safer schools are directed at understanding the problems of school violence and developing solutions for them. The DJJDP—Center focuses on ensuring that schools function so that every student who attends does so in environments that are safe and secure, free of fear and conducive to learning. Positive youth development efforts are emphasized as the DJJDP—Center focuses beyond the school into the community and works in support of youth-serving programs and agencies which target the development of attitudes, behaviors, and conditions that enable youth to grow and become productive members of their communities. Currently, DJJDP—Center is working on the second statewide anti-bullying artwork campaign with the theme “What We Want to Be is Bully-Free”.

Information regarding this year's campaign and the calendar associated with last year's anti-bullying campaign “Bullies Don't Belong” as well as additional school violence prevention resources can be found on the DJJDP—Center's website:

www.cpsv.org

Quick Facts

The North Carolina Department of Juvenile Justice and Delinquency Prevention . . .

- provides services and programs in each of North Carolina's 100 counties and emphasizes the importance of community leadership with Juvenile Crime Prevention Councils (JCPCs)
- interacts with over 100,000 youth annually with an emphasis on working with youth and their families within their communities
- operates thirty-nine field units which provide juvenile court services
- operates five youth development centers
- has reduced the number of youth confined in its youth development centers each year since reform
- has over 1699 youth-serving employees with 3/4s of these employees providing direct care to youth
- is moving toward systemic data-driven decision making through the development of assessment, data collection, and data tracking tools □

To learn more about The North Carolina Department of Juvenile Justice and Delinquency Prevention you can visit the website at: www.cpsv.org

North Carolina Parenting Education Network

If you or your organization is interested in becoming a member of the North Carolina Parenting Education Network please visit our website at www.ncpen.org or fill out the following information. If you are an individual wishing to subscribe to the North Carolina Parenting Education Network Newsletter without becoming

a member you can fill out the following information.

Taken from the NCPEN by-laws: Membership Dues – Each member of the association shall pay annual dues of ten (\$10.00) and organizational dues of twenty-five (\$25.00) dollars due and payable on July 1, of the calendar year. Nonpayment of dues, after one year, shall cause a

member to be dropped from membership in the association. Benefits of membership include alerts via e-mail, access to the North Carolina Parenting Educator Credentialing system, and affiliation of a growing profession.



NCPEN Annual Membership Application

Please print:

Individual membership (\$10.00) OR Organizational Membership (\$25.00)

Name/Name of Organization: _____

Address _____

Employer _____

Phone Number (____) _____ Email _____

Number of parent educators in organization _____

Organizational website if applicable _____

Mail to:

NCPEN

c/o Catherine Anderson, Treasurer
DJJDP - CPSV 1801 Mail Service Center
Federal EIN 56-2223885

Make check or money order to:
North Carolina Parenting Education Network
Raleigh, NC 27699-1801.

Some Helpful Links:

National Center For Educational Statistics: <http://www.nces.ed.gov/>

Federal Resources for Education Excellence: <http://www.ed.gov/free/index.html>

KidSource: <http://www.kidsource.com/>

Early Childhood.com: <http://www.earlychildhood.com/>

National Association for the Education of Young Children: <http://www.naeyc.org/>

National Parenting Education Network: <http://www.ncpen.org>

Children, Youth and Families Education and Research Network: <http://www.cyfernet.org/>

Department of Family and Consumer Sciences at NC State University:
<http://www.ces.ncsu.edu/depts/fcs>

For Upcoming Events please check the NCPEN website at: <http://www.ncpen.org>