

Bringing the Protective Factors Framework to Life in the I/DD Community

Grantee: Prevent Child Abuse Arizona

ADDPC Grant Renewal – FY2023

Narrative Response:

- 1. Provide a one-page Executive Summary of your funded program, to include the following: What is the intent of the program; Who is the target audience; Explain how the program impacts the I/DD community; Summarize the data collected to date; and Why the ADDPC should continue funding your program for another one-year period.**

The following is an executive summary of the project funded in FY2022, an overview of plans for FY2023, and the intent of the program. In FY2022, Prevent Child Abuse Arizona partnered with Care 4 the Caregiver (formerly called Differently Abled Mothers Empowerment Society Charities, Inc. (DAMES)), to design and deliver trainings intended to prevent child abuse and strengthen families with children with disabilities. To do this, Care 4 the Caregiver adapted the Strengthening Families™ Protective Factors Framework curriculum, a curriculum designed for professionals who work with families, to create a special disability edition. Care 4 the Caregiver also designed two caregiver-specific trainings: After the Diagnosis, which supports families with knowledge and information after they have received a disability diagnosis for their child, and the Grandparent Connection, which supports grandparents of differently abled grandchildren to understand how to best support their grandchild's parents. Our target populations are parents and grandparents of children with disabilities and organizations that serve the disability community. Each of these three target populations are currently underserved in the realm of child abuse prevention. Our goal in FY2022 was to work with 150 families and at least six organizations by delivering the following trainings: 9 Protective Factors Trainings, 4 After the Diagnosis Trainings, and 4 Grandparent Connection Trainings.

To date, we have successfully finalized the adapted Strengthening Families curriculum, the After the Diagnosis curriculum, and the Grandparent Connection curriculum. We have conducted 7 Protective Factors courses to a total of 126 people from over 10 organizations. We also completed 1 After the Diagnosis and 1 Grandparent Connection training, each with 9 participants.

Our goal in FY2023 is to deliver up to 38 hours of training to professionals and families by offering Protective Factors trainings, After the Diagnosis Trainings, and Grandparent

Connection Trainings. We intend for the vast majority of these training hours to be spent in delivering 2-hour protective factors trainings for professionals. We estimate we will deliver 15 protective factors trainings, 1 After the Diagnosis Training, and 1 Grandparent Connection Training, but we would like to keep the type of training offered flexible to meet the needs and demand we encounter this year. Our goal with the 38 hours of training we deliver will be to impact 200 families with the knowledge and information offered through our trainings. This impact will be measured by the number of parents and caregivers that attend our After the Diagnosis and Grandparent Connection trainings, and the number of families served by the professionals we train through protective factors trainings.

Children with disabilities are 3.7 times more likely to be abused than their typically developing peers (Jones, L et al. 2012), thus, it is critical for organizations to enhance interactions with the whole family, not just the child. The Protective Factors Framework curriculum will help professionals who work with parents with differently abled children to help families decrease stress, build resiliency, and strengthen bonds with their child. By building the five protective factors, which include social connections, parental resilience, concrete support in times of need, social and emotional competence of children, and knowledge of parenting, organizations can mitigate the inherent child abuse risk factors experienced by parents of children with disabilities.

The parental stress of raising a child with a disability can lead to post-traumatic stress disorder-like symptoms that can attack their physical and mental health (Schanbel, A. et al. 2020). This increased stress, inability to cope with their children's behaviors, and inability to work past the initial grief of having a child with a disability creates conditions that can lead to child abuse (Teague, S. et al. 2018). This population is greatly underserved, which is problematic considering that studies continually show the wellbeing and mental health of the parent is critical for the successful outcomes of the child (Gilson, K et al 2018, Aran A 2007). The After the Diagnosis and Grandparent Connection trainings will provide caregivers this knowledge and support directly.

2. Detail the program for the current funding year based on your implementation plan and how it met the original scope of work. Include all key activities that have been undertaken. Also describe activities that are left to complete in the last quarter of your funded contract. Detail any barriers that were addressed.

Our goals for FY2022 were to develop a disability edition of the Strengthening Families™ Protective Factors Framework curriculum, finalize the After the Diagnosis and Grandparent Connection trainings. With those curricula, we intended to impact 150 families and at least six organizations by delivering 9 Protective Factors Trainings, 4 After the Diagnosis Trainings, and 4 Grandparent Connection Trainings.

We have successfully designed and finalized the three curricula. To date, we have engaged more than 10 organizations by delivering 7 Protective Factors trainings through conferences and trainings, reaching 126 professionals. The remaining two Protective Factors trainings will be delivered by the end of the FY22 grant cycle.

We were only able to deliver one After the Diagnosis and one Grandparent Connection training this year, each attended by 9 people, as we encountered several barriers. First and foremost was COVID-19. When we wrote the original grant proposal, our thoughts were that COVID would have been largely behind us when it came time to do the in-person classes for the community, but virus variants such as Delta and Omicron continued to affect the feasibility of in-person courses. Our inability to fill courses were also due to a lack of direct contact with caregivers in this population.

Though we worked to form strategic partnerships with AARP and the Kinship Coalition, these connections failed to recruit significant parent and grandparent participation in our courses.

Now that we are aware of these barriers, we are forming strategies to overcome them for the next year of the grant cycle. In FY2023, we will largely focus on providing Strengthening Families Protective Factors trainings to organizations that serve families with disabilities so that we can positively impact the services they provide for families with disabilities. During these trainings, we will offer the possibility for organizations to host an After the Diagnosis or Grandparent Connection Training for the families that they serve, therefore using their natural connections to our target audience.

3. Describe community partners involved and their role in this project. State if outreach to new organizations be undertaken.

We formed many community partnerships within the span of this year's project, and plan to create many more to disseminate the curricula we have developed through this grant. This year, Ability 360 offered us a discounted rate for the use of their space for in-person trainings. We also developed relationships with AARP, The Kinship Coalition, SARRC, and Guthrie.

We already have requests from SARRC and Guthrie to continue hosting Strengthening Families™ Protective Factors trainings. Through the partnership with SARRC, we have discovered how to make the trainings more beneficial to ABA companies by offering CE credits for ABA therapists who take the training.

Hope group, Kyo, and Bista have expressed interest in the Protective Factors curriculum. We also have two other organizations- Easterseals and The Children's Clinic in Tucson, who are interested in taking all of the Protective Factors courses. Should ADDPC renew our grant, we are ready to serve the training requests of these

new partners, and continue to conduct outreach to identify organizations interested in receiving or hosting our trainings.

4. Describe how feedback from participants, family members or other stakeholders is used to support or change your project.

The feedback from participants, as captured in post-training surveys, has been overwhelmingly positive. Those who have taken our trainings share that they see the value in our objective: acceptance and embracing of the disability community.

After our Protective Factors training, staff at Guthrie stated that they will work on developing a more positive attitude about disability and take a holistic approach when working with families. Those at SARRC who have taken our trainings have expressed that it has changed how they think about, talking about, and work with parents. They also shared that they've transformed their mindset about disability and will work to be more intentional with their words, use strength-based approaches, and embrace disability pride and culture.

We use post-training survey quantitative and qualitative feedback to clarify areas that may need more clarity, and continue to emphasize content areas that resonate strongly with our participants. In FY2023, to strengthen the capturing of feedback, we will create a standard training feedback survey using the SurveyMonkey platform. The staff at PCAAZ will be responsible for the compilation and reporting of this data, and will share it with Care 4 the Caregiver trainers so that they can incorporate feedback into their training delivery.

5. Describe efforts to work in or promote the program in underserved or unserved areas of the state or with certain populations that are often overlooked.

Our outreach to unserved populations (caregivers and grandparents of children with disabilities) occurred this year through strategic partnerships with AARP, The Kinship Coalition, our social media accounts, and our email list serves. Our outreach to organizations that work closely with caregivers occurred primarily by holding the introduction to the protective factors training at conferences, which were natural outreach opportunities that generated interest in hosting further training. We plan to continue offering our trainings to the connections we made at conferences in FY2022, and continue our outreach efforts to connect to new organizations, in FY2023.

6. Summarize evaluation findings to date, including the number of participants served, and their level of satisfaction. Explain if the program

is on track with proposed target numbers; if not, describe barriers to reaching target numbers. Include other data/performance measures you are tracking and reporting to the ADDPC.

Over the course of the grant to date we have trained a total of 144 people representing more than 10 organizations. Though we will fall short of our goal to work directly with 160 families due to barriers including the continuing pandemic, we estimate that we indirectly impacted 600 families with our extended work with SARRC and Guthrie. In FY2023, we plan to measure this indirect impact specifically by asking the professionals we train to report the approximate number of families they serve each year. We will share the total number of families impacted in our final FY2023 report to ADDPC.

The results from this year's post-training survey demonstrated that 100% of respondents agreed or strongly agreed that the training increased their knowledge of the subject. 89% agreed or strongly agreed that they were confident using the knowledge they acquired, while 11% were neutral. 100% agreed or strongly agreed that the materials provided were applicable, and that the trainers were knowledgeable.

74% of training participants were professionals who work with a person or child with an Intellectual/Developmental Disability, 18% were parents of a child with an Intellectual/Developmental Disability, and 8% were other caregivers of someone with an Intellectual/Developmental Disability.

7. Describe any new changes that will be implemented in Year 2, including program design, target numbers, collaborators, implementation, staffing, evaluation, and other activities.

While FY2022 focused on curriculum development, making connections to family-serving organizations, and delivering training to organizations, parents, and caregivers, FY2023 will focus solely on delivering trainings, primarily to organizations that serve parents and children with disabilities. Our goal in FY2023 is to deliver up to 38 hours of training to professionals and families by offering Protective Factors trainings, After the Diagnosis Trainings, and Grandparent Connection Trainings. We intend for the vast majority of these training hours to be spent in delivering 2-hour protective factors trainings for professionals. We estimate we will deliver 15 protective factors trainings, 1 After the Diagnosis Training, and 1 Grandparent Connection Training, but we would like to keep the type of training offered flexible to meet the needs and demand we encounter this year. Our goal with the 38 hours of training we deliver will be to impact 200 families with the knowledge and information offered through our trainings. This impact will be measured by the number of parents and caregivers that attend our After the Diagnosis

and Grandparent Connection trainings, and the number of families served by the professionals we train through protective factors trainings.

In FY2023, we plan to streamline the collection of training data by using a standard SurveyMonkey survey, adding a question that assesses the indirect reach/impact on families of our trainings to professionals, and hosting After the Diagnosis and Grandparent Connection trainings only upon the request of organizations we are connected to. Organizations will have the opportunity to host After the Diagnosis and Grandparent Connection trainings at their locations for the clientele (parents and caregivers) they serve.

8. Provide one or two success stories, individuals with I/DD and or their family who have participated in your program.

This year, we saw a major breakthrough for one of our families at the After the Diagnosis/Grandparent Connection seminar. One grandmother did not fully understand what her daughter was experiencing, nor how much her support meant to her on this journey. It felt like walls were torn down and that the daughter was finally able to get the support that she desperately needed from her mother.

Another group of grandparents said how nice it was to know that they were not alone. That it was great to bond with other grandparents who could relate to them and saw the same joys and struggles they were experiencing.

After both of our conference seminars presenting on the Protective Factors, we had parents come on and talk about how much they appreciated that someone was out there encouraging parents and organizations to embrace disability. That they wish someone would have been spreading this message years ago when their children were younger.

Attachment 1: Implementation Plan

Bringing the Protective Factors Framework to Life in the I/DD Community FY2023 Work Plan

Month	Care 4 the Caregiver	PCAAZ	Measurables (tracked each month)
July 2022	<ul style="list-style-type: none"> Deliver 2-4 hours of training (1-2 trainings) Ongoing outreach 	<ul style="list-style-type: none"> Ongoing data collection and fiscal administration Ongoing outreach and coordination support 	<ul style="list-style-type: none"> # of trainings conducted # of individuals trained # of families impacted by trainings
August 2022	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
September 2022	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
October 2022	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
November 2022	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
December 2022	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
January 2023	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
February 2023	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
March 2023	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
April 2023	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
May 2023	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
June 2023	<ul style="list-style-type: none"> Deliver 2-4 hours of training Ongoing outreach 		
Total	<ul style="list-style-type: none"> Deliver 38 hours of training 		<ul style="list-style-type: none"> 17-20 trainings conducted 120 individuals trained 200 families impacted

Budget Request Form

Contractor Name: Prevent Child Abuse Arizona


Contractor Address: PO Box 26495 Prescott Valley AZ 86312
Street Address City State Zip

Project Name: Bringing the Protective Factors Framework to Life in the I/DD Community

Budget Category	Requested ADDPC Funds	Non-Federal Cash Match	Non-Federal In-Kind Match	Total Program Cost
Personnel/Salaries	5,040	3,360		8,400
Fringe Benefits				-
Supplies / Operating Expenses				-
Travel	1,000			1,000
Rent or Cost of Space			300	300
Contracted Services / Professional Services	10,600	3,000		13,600
Administrative / Indirect Costs	2,330			2,330
Total Costs	18,970	6,360	300	25,630

It is understood that Non-Federal Funds identified in this budget will be used to match only ADDPC Federal Funds, and will not be used to match any other Federal Funds during the period of the ADDPC funded Project.

Additional description and background information shall be included as a budget narrative, including for match. The contractor agrees to submit additional background information to the ADDPC upon request.



 Name of Certifying Official

 Executive Director
 Title of Certifying Official

 928-925-6493 claire@pcaaz.org
 Phone Email

Attachment 2: Budget Narrative

Personnel/Salaries: The requested funds will support the time of Prevent Child Abuse Arizona's Executive Director Claire Louge and Training Coordinator Simone Tavassoli in supporting outreach and marketing, collecting post-training survey data, compiling reports, and providing oversight and support to the Care 4 the Caregiver contracted service providers. Prevent Child Abuse Arizona's state rate for services is \$70/hour, and we anticipate spending 120 hours on this project in FY23. We anticipate that time will be distributed fairly evenly month by month. \$3,360 of the \$8,400 in personnel/salaries will be supported by a non-federal cash match donation Prevent Child Abuse Arizona has received from First Christian Church in Prescott. \$5,040 of the time is being requested from ADDPC funds.

Fringe Benefits: No funding is requested.

Supplies/Operating Expenses: No funding is requested.

Travel: The \$1,000 of travel expenses will support Care 4 the Caregiver trainers to travel to in-person trainings or conferences that they present to in FY2023. We will reimburse travel at the state government rate of \$0.445 per mile. \$1,000 (all) travel expenses are being requested from ADDPC funds.

Rent or Cost of Space: The \$300 in non-federal in-kind match represents donated space to hold in person trainings. Organizations that choose to host trainings for their staff or clientele will be asked to provide the space free of charge. The estimated value of the space will be considered an in-kind donation.

Contracted Services/Professional Services: The \$13,600 in contracted services represents the Care 4 the Caregiver Executive Director Michele Thorne's time spent coordinating trainings and conducting outreach, as well as trainer stipends for Ms. Thorne and Dr. Gabrielle Ficchi to conduct 38 hours of training in FY23. Training stipends will be \$100 per hour of training. Michele Thorne's coordination and outreach time will be reimbursed at \$50/hour. We anticipate Ms. Thorne spending 120 hours of coordination and outreach time on this project in FY23. Half of this time (\$3,000) is requested from ADDPC funds. The other half (\$3,000) will be donated time, which will be used as non-federal cash match.

Administrative Costs: The standard rate requested by Prevent Child Abuse Arizona for administrative costs related to grants is 10%. Administrative costs incorporate financial administration, technology and software expenses related to coordinating and administering the grant, office space and utilities for staff, and other overhead expenses that support Prevent Child Abuse Arizona's ability to successfully perform on grants. All administrative costs for this grant (\$2,330) are requested from ADDPC.

Attachment 3: Key Staff/Personnel

Michele Thorne has a Master of Science degree from Arizona State University, worked as a geneticist and educator with experience in altering curriculum and protocols, teaching classes, evaluating surveys, and writing journal articles. Michele is the mother of two children diagnosed with autism, a Certified Autism Specialist by the IBCCES, a Strengthening™ Families Protective Factors trainer, a Stepping Stones Triple P group facilitator, and a Flourishing Families practitioner. She is also the founder of Care 4 the Caregiver (formerly known as DAMES Inc.), a member of the Department of Developmental Disabilities advocate focus group, an Interagency Coordinating Council financial committee member, an Arizona Long Term Care System advisory board member, a member of Arizona's Comprehensive System of Personnel Development Leadership committee, and a graduate of the AZ Partners in Leadership Pilot Parent program. Michele also worked on legislation in 2021 SB1633 which Senator Sean Bowle introduced. Michele is the lead trainer and curriculum developer for the project. Her extensive experience in the I/DD community positions her to be well-equipped for this role. Additionally, as a parent of two children diagnosed with autism, she can relate to the target population in both the curriculum design and training delivery.

Dr. Gabrielle Ficchi is a disabled woman, the Vice President of Care 4 the Caregiver, a licensed associate counselor as well as a certified rehabilitation counselor. Gabrielle has five years of both teaching and counseling experience. She currently works as the clinical director at Helping Everyday Youth, working with children to help provide community and school-based treatment programs that address youth's external behaviors to help at-risk youth succeed in everyday life. She also works at the University of Arizona as an adjunct professor. As a counselor at the nonprofit DIRECT Center for Independence, she established a counseling program for individuals with disabilities and their families. She has taught at both the undergraduate and graduate levels. Teaching courses in both rehabilitation and counselor education. Her specialty and research areas focus on disability adjustment, independent living, resilience, and disability identity. She also serves as the chair of the mayor's commission on disability issues to help raise awareness around bettering the lives of disabled individuals in our community. Her passion is to advocate for equality and justice for the disability community. Dr. Ficchi will co-train with Michele Thorne.

Claire Louge is the Executive Director of Prevent Child Abuse Arizona, a statewide nonprofit organization dedicated to strengthening families and protecting children through collaboration, education, and advocacy. Claire obtained her Bachelor's degree in Human Development from Cornell University and her Master's of Education in Human Relations from Northern Arizona University. Claire is also certified by the National Alliance of Children's Trust Funds to teach the Strengthening Families™ Protective Factors Framework, and an authorized Stewards of Children® facilitator. She is a graduate of the American Express Leadership Academy and has a Certificate of Nonprofit Executive Leadership from the ASU Lodestar Center. She is also an AmeriCorps VISTA alum. Claire will oversee the financial and administrative portions of the grant.

Simone Tavassoli is the Training Coordinator for Prevent Child Abuse Arizona. Simone has both work and volunteer experience in the child welfare system. Before coming to Prevent Child Abuse Arizona she worked as a volunteer coordinator training and supporting court appointed special advocates (CASA) for foster children in Maricopa county. She has also been an active CASA in Pinal county since 2017 and currently serves as a mentor CASA for new volunteers. She earned her Bachelor's degree in Psychology

from Northern Arizona University and her Master's degree in Family and Human Development from Arizona State University. Simone will be responsible for data collection and reporting, as well as supporting marketing and outreach efforts.



SARRC

Southwest
Autism
Research &
Resource
Center

Re: Letter of Support for Prevent Child Abuse Arizona and Care 4 the Caregiver ADDPC grant

April 6, 2022

To the Arizona Developmental Disabilities Planning Council:

I am writing to express support for the renewal of the grant funding the "Bringing the Protective Factors Framework to Life in the I/DD Community" project lead by Prevent Child Abuse Arizona in partnership with Care 4 the Caregiver.

We know that in order to promote the best developmental outcomes for children with disabilities, it is critical to support and strengthen their families. The trainings coordinated and offered by Prevent Child Abuse Arizona through Care for the Caregiver will help professionals view families through the lens of their strengths, and work to build these strengths as a solution to family challenges.

Established in 1997, SARRC is the state's leading and largest nonprofit organization serving individuals with autism spectrum disorder (ASD) and the people who love, care for, and support them. Our mission is to advance research and provide a lifetime of support for individuals with autism and their families. We are one of only eight organizations nationally who provide programs and services across the lifespan of an individual with ASD while conducting its own independent research. Our organizational goals are to provide more than 1,000 research and individualized services for children, teens and adults with ASD; serve over 8,000 parents, family members, typical peers and community members; and provide training to more than 2,000 educational and medical professionals each year.

Our vision is that people with autism and their families are meaningful integrated into an inclusive community. To accomplish this SARRC partners with other organizations who share this mission and vision to support growth and progress in our community. Care 4 the Caregiver is a natural partner in helping us to realize our mission and vision.

The pandemic has not been an easy time for families. Even after other families have been able to 'return to a sense of normal,' families with disabilities continue to be negatively affected because of differing health needs and the greater risks they need to consider. Helping professionals to understand the unique needs of families with children with disabilities will support this disproportionately affected population to build resilience and navigate stress in this challenging time.

Thank you for your consideration.

Sincerely,

Maureen Jordan
Chief Development Officer
Southwest Autism Research & Resource Center

300 N. 18th Street
Phoenix, AZ 85006

Phone (602) 340-8717
Fax (602) 340-8720
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Guthrie Mainstream Services LLC

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Re: Letter of Support for Prevent Child Abuse Arizona and Care 4 the Caregiver ADDPC grant

April 5, 2022

To the Arizona Developmental Disabilities Planning Council:

I am writing to express support for the renewal of the grant funding the "Bringing the Protective Factors Framework to Life in the I/DD Community" project lead by Prevent Child Abuse Arizona in partnership with Care 4 the Caregiver.

We know that in order to promote the best developmental outcomes for children and adults with disabilities, it is critical to support and strengthen their families. The trainings coordinated and offered by Prevent Child Abuse Arizona through Care for the Caregiver will help professionals view families through the lens of their strengths, and work to build these strengths as a solution to family challenges.

At Guthrie Mainstream Services we provide care for nearly 400 individuals with developmental disabilities and about half of our employees care for their own family member. Our Mission Statement is, "Inspiring an enhanced quality of life by building meaningful relationships one life, one family, one employee at a time." We know that we are not only caring for the individual with disabilities, but that we can impact the lives of everyone in the family. Our focus this year is to "provide quality care". This is best done through building relationships and providing continuing education for the caregiver and the entire family. We have already had two training sessions with Care 4 the Caregiver and look forward to completing more. We were in the process of implementing some new programs and after receiving the training we were able to make some changes that have already had a positive effect. We are coming up with plans to partner with them to enhance the training and activities we offer.

The pandemic has not been an easy time for families. Even after other families have been able to 'return to a sense of normal,' families with disabilities continue to be negatively affected because of differing health needs and the greater risks they need to consider. Helping professionals to understand the unique needs of families with children with disabilities will support this disproportionately affected population to build resilience and navigate stress in this challenging time.

Thank you for your consideration.

Sincerely,



Ann Despain | Training & Development Director

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