

**INDIANA STATE DEPARTMENT OF HEALTH
MATERNAL AND CHILD HEALTH DIVISION**

**Appendix F
Be Strong Families Parent Café Model
Service Standard**

We will accept applications that are interested in implementing the Be Strong Families Parent Café Model. Below you can find more information about the Be Strong Families Parent Café Model created by Be Strong Families. This model serves various populations including: Parent Cafe, Teen Café, Dad Café, and Grandparent Café.

Program Description:

Be Strong Families is a national organization that promotes the empowered engagement of vulnerable parents, youth, children, and extended family members in ways that nurture the spirit of the family and promote well-being, healing and peace. Be Strong Families is internationally known as an innovator in using structured, small group conversations called cafes to facilitate transformation and healing within families this peer-to-peer learning process has a families working together to grow stronger.

The organization is comprised of a passionate, dedicated, diverse team that works in partnership with systems, service providers, and parents and has deep experience and specific expertise fostering the leadership of:

Child Welfare administrators and front-line staff and child-welfare-involved parents (birth, foster, and adoptive) and youth in residential and foster care and alumni.

Community violence prevention staff and parents in high-need, urban communities

Early childhood program staff – both center- and home-based providers – and parents, including Head Start parents – in both urban and rural settings.

Target Population:

Youth, Children and Families at or below 250% of the Federal Poverty Level.

Required Components of Service or Program

Strengthening Families Training: Family Strengthening and Parent Education Training

The selected vendors will be responsible for facilitating the implementation of the Be Strong Families Parent Café model in their identified community or communities. Parent Cafés are a method of facilitating meaningful, reflective conversations that promote parent leadership and

collaboration. These peer-to-peer learning events provide a safe, non-judgmental opportunity for parents and caregivers of families/households involved in the mental health system, to build their protective factors while engaging in conversations about what it means to keep their children safe and families strong. Parent Cafés will provide a space for parents to learn about systems of care and mental health resources and to shed light on the unmet needs of the community.

Selected vendors will also be responsible for acting as the fiscal agent of funding for supports and services for youth and families in their community/communities. This includes tracking and reporting of supports/services provided.

The purpose of this funding will be to increase engagement and support for parents/families who are involved in the mental health system, with a focus on those families who are at or below 250% of the federal poverty level.

Deliverable One: Parent Café Delivery- 3 hour presentation:

In 2007 the Parent Café process was created and developed by Strengthening Families Illinois to educate parents on the five research based Strengthening Families™ Protective Factors that keep children safe and families strong. The purpose of Parent Cafés are to build the protective factors while teaching parents about them through individual deep self-reflection and peer-to-peer learning. Be Strong Families Parent Cafés are based on the principles of adult learning and family support and can be utilized as a gateway to providing parent leadership opportunities. The cafes provide a safe space for parents and caregivers to explore their strengths, and also asks parents and caregivers to examine how they can strengthen their own families in relation to the protective factors as well as other themes—essentially asking parents to look at their lives, and evaluate for themselves, the areas that need to be strengthened. Parent Cafés are highly sustainable with training reinforcement, institutional support, and a commitment to an overall approach to parent engagement that affirms parents’ leadership role in their families and their communities.

Deliverable Two: *Assisting Parents with Living the Protective Factors presentation – 1.5 hour presentation*

This presentation delivers a portion of the ½ day workshop designed to help professionals apply their knowledge of the 5 Strengthening Families™ Protective Factors in their work with families while simultaneously enhancing meaningful parent engagement. Participants will get assistance in bringing the Protective Factors directly into their work with families by:

- Deepening their knowledge of the 5 Strengthening Families™ Protective Factors
- Identifying the barriers that get in the way of strengthening families
- Mitigating barriers by helping families live the protective factors on a daily basis

Part 1 - Parent Café

i. Training – respondents must identify a minimum of four (4) individuals to participate in the 2-day Parent Café Training Institute (PCTI).

1. The group of individuals to be trained must include:
 - a. A minimum of two (2) parents of a children who have had involvement in the early childhood systems (i.e. home visitation, first steps, head start/early head start, Help Me Grow, mental health system).
 - b. At least one (1) organization staff member.
2. Respondents may identify up to ten (10) individuals to participate in the PCTI.
3. Ratio within group identified for training must be 2 parents: 1 staff.

ii. Implementation – respondents must provide a plan for implementation of the Parent Café model in their community.

1. ISDH expects each contracted agency to collaborate with parents and local community stakeholders to facilitate Parent Cafés.
2. ISDH expects each contracted agency to provide two (2) cafés per month for each county/identified community that the agency serves or has partnerships in.
3. Respondents must provide implementation plan/timeline to hold first two (2) cafés within 3 months of PCTI completion.

iii. Ongoing Support and Technical Assistance – selected respondents will be required to participate in ongoing support and technical assistance (as outlined by ISDH and Be Strong Families) to ensure fidelity to the Parent Café model.

iv. Child Care and Transportation – respondents must provide a plan for the following support to Parent Café attendees: (to support Title V)

1. Child Care during Parent Café
2. Transportation reimbursement

3. Part 2 - Supports and Services

i. Respondents should provide a description of community need, existing resources, and plan for.

The following services/supports are to be provided pursuant to Title V and thus are subject to the income limitation

Transportation: Vouchers for transport to and from Parent Café(s) so that families may attend and participate. (Maximum allowable 5 hours per week (Actual Cost)

Child Care: Child Care Services for families attending Parent Cafes so they may attend and participate. (Actual Cost)

Data Collection Methods/Reporting

- i. Verification of client eligibility (particularly for services subject to the income limitation), retention of related documentation and annual re-verification;
- ii. Accumulation of service records for individuals and families who participate such that Client Level Detail reports may be submitted;
- iii. Preparation and tracking of Accounts Payable reports for purchases that will be charged to the Grant, so that Accounts Payable Detail reports may be submitted.
- iv. Preparation and submission of monthly claims for grant funds, including identification of Program Expenses as opposed to related Administrative Expense.
- v. Organization and maintenance of auditable Program records.
- vi. Cumulative Data Collection and Reports around parent surveys distributed at end of Café, quarterly

Other Funding:

Be Strong Families Parent Café Model has been implemented throughout the State of Indiana through other state agencies. When applying for this grant, please list other state funding that you receive around the Be Strong Parent Café Model. Please list the source, the amount and when funding will expire.