

The Parenting Journey: A Foundational Approach to Working with Families

Supportive Housing Network of
New York Conference

June 2, 2022

**PARENTING
JOURNEY** 

Building stronger communities one family at a time

AGENDA

SHNNY Conference

June 2, 2022

- Welcome & Introductions
- Agenda
- Overview of Parenting Journey
- Overcoming Barriers
- Our Approach
- Question & Answers

WHO WE ARE

Parenting Journey is a nonprofit organization headquartered in Somerville, Massachusetts with a chapter office in New York City.

For over 35 years, the organization has sought to break the systemic cycle of parenting in poverty. We provide parenting programming, as well as train human service professional in our evidence-based parenting curricula.

*Our programs have been replicated in nearly
600 locations across 26 states!*



OUR VALUES

Vision

We envision a world where **all families thrive**.

Mission

We build authentic partnerships to **engage families and foster vibrant communities**.

Core Principles

- **We trust** that all parents want what is best for their children
- **We acknowledge** that there are external factors and obstacles, including systemic injustice, that prevent many parents from realizing the futures they, and their families, deserve.
- **We believe** resilient parents are a catalyst for social change, and that all of us have a role to play in harnessing this power to build stronger communities.



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PARENTING JOURNEY

OVERCOMING BARRIERS



The Wall Street Journal, 2020



FAMILY SYSTEMS & SYSTEMIC OPPRESSION

- Poverty
- Access to healthcare
- Affordable childcare
- Affordable housing
- Access to transportation
- Food deserts
- Access to quality education and higher education
- Over policing



INTERGENERATIONAL TRAUMA & CONSIDERATIONS

- Intergenerational Trauma is “a phenomenon in which the descendants of a person who has experienced a terrifying event show adverse emotional and behavioral reactions to the event that are similar to those of the person himself or herself.” (APA, 2022)

- Historical Trauma & Epigenetics

- Challenges

- Unhealthy/unhelpful parenting practices or family dynamics
- Predispositions to MH and SA/misuse
- Poverty
- System involvement

- Gifts

- Traditions
- Values
- Culture
- Resilience
- Talents/Hobbies

(Howell, et al, 2022)



Our Approach

- Strategic Self-disclosure
- Nurturing the Nurturer
- Routine & Rituals
- Self-determination
- Strength-based
- Trauma-Informed



IMPACT STUDY

In 2016, Parenting Journey conducted a quasi-experimental study in collaboration with the Institute for Community Health and ABCD Head Start to measure the effectiveness of the *Parenting Journey I* program.

244 Parents

COUNTRY OF BIRTH

52.5%
Born
in the
USA



47.5%
Born outside
the USA

RACE / ETHNICITY

3.3% Asian*



30.6% Black*



38.8%
Hispanic/
Latino



17.4% White*



4.5% Other*



5.4% More than one race*



(*NOT HISPANIC)

YEARLY HOUSEHOLD INCOME

40.2%

< \$10,000

25.4%

\$10,000-\$19,999

10.7%

\$20,000-
\$29,999

7%

\$30,000-
\$39,999

5.7%

\$40,000-
\$49,999

6.1%

> \$50,000

Approximately 70% of participating families live on a household income of less than \$24,600 per year.*

(*4.9% DID NOT RESPOND)

\$24,600
FEDERAL POVERTY LEVEL
(family of four)

MEASURING OUR SUCCESS QUANTITATIVE RESULTS

The Parenting Journey measures improvements across seven parenting domains:

1. Hope and Optimism
2. Insight
3. Identifying Personal Goals
4. Self-Efficacy
5. Self-Nurturing Ability
6. Self-Awareness
7. Social Networks

The Parenting Journey has demonstrated:

“Statistically Significant” improvements in participants’ three domains.

.....

These domains are shown to **contribute to positive parenting practices.**

.....

100% of participants experienced improvements in at least one construct, 73% experienced improvements in three or more.

PARENTING JOURNEY TRAINING INSTITUTE

We disrupt the prevalent narratives about parenting in poverty by working with stakeholders who provide services to parents and families .

- We partner with other family-focused nonprofits to shift the way they work with families and guide them to use Parenting Journey's strengths-based approach.
- We train human service professionals to replicate our parenting groups.
- Parenting Journey programs have been replicated in nearly 600 locations across the country and internationally. Parenting Journey partners with approximately 200 agencies/programs across the 5 boroughs

PARENTING JOURNEY FACILITATOR TRAINING

The Parenting Journey Facilitator Training takes trainees through all 12-sessions of the curriculum over the course of five days.

Trainees learn:

- To use experiential techniques in a group setting.
- To effectively lead group discussions.
- To partner with parents and inspire strength and hope.
- To facilitate a comprehensive Parenting Journey curriculum.

Trainees report:

- A positive impact on their professional practice
- Strengthened insight in interpersonal interactions, both professional and personal
- A renewed commitment to self-care

Go to www.menti.com and use the code ✨

Questions?



No questions from the audience!

Incoming questions will show up here so that you can answer them one by one.



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