

2023 PARENT WORKSHOP REPORT

COLLABORATION WITH

Corona Fundamental Intermediate School

PREPARED BY

Fernanda Montes,
Prevention Specialist



TABLE OF CONTENTS

Importance of Teen Mental Health	1
Parent Attendance Summary	2
Survey Summary	3
Parent Workshop Exit Survey	4
Survey Data: Workshop Responses	6
Survey Data: Assistance and Services	8
Survey Data: Parent Workshop Interests	9
Parent Workshop Planning	10
Acknowledgements: CFIS	11
Success and Improvements	12
Workshop Pictures	13

INTRODUCTION

Connecting the Dots: Parents Guide to Adolescent Mental Health



Importance of Teen Mental Health

Parent workshops are not only a tool and resource to parents but also a space to better understand a changing society and how as parents, they can better support and help their children navigate their lives.

School and their education is a constant stressor in the lives of teens but its also important to understand the other components that contribute to that.

During this workshop, parents were able to reflect on their parenting styles and the developmental stages of Erik Erickson. In addition, they also learned about the additional stressors in the lives of teens (physical, emotional, cognitive and social changes). With every workshop, its important to help parents apply some of this information in their every day lives by providing next steps and more importantly, tools. Parents were provided with ways to engage in self-care activities with their

families as a unit. Lastly, to help parents build healthy relationships with their children we also provided examples of family contracts and how this can develop a sense of consistency, responsibility, and connection with their children.

PARENT ATTENDANCE SUMMARY

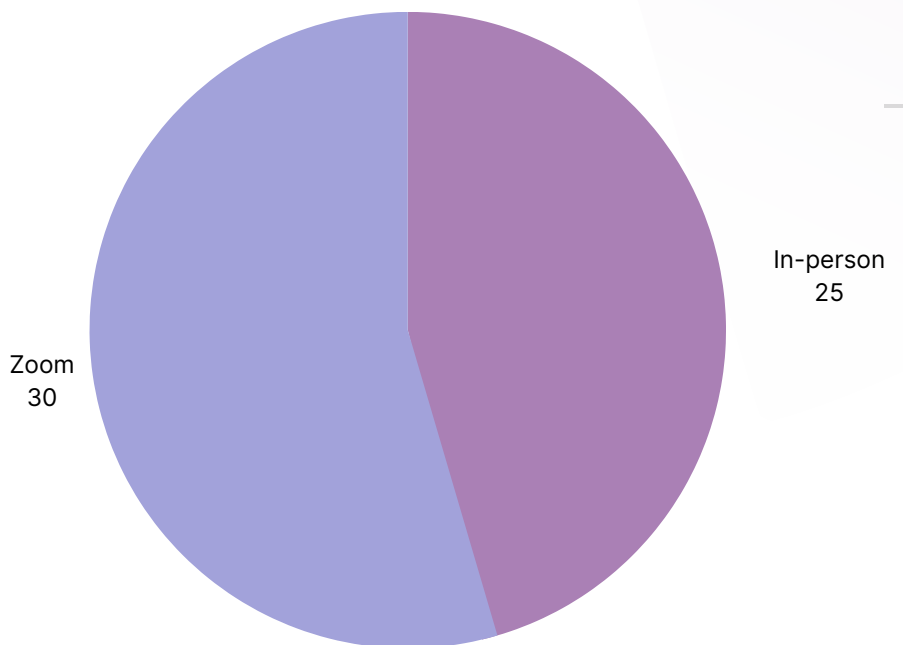
According to studies, "parent involvement in schools has a significant impact on student performance". Not only does it improve student achievement, but also reduces absenteeism and parents perspective of their students education.

With the help of Elizabeth Lozano, CFIS's Community Assistant, we were able to reach out to parents that would benefit from this workshop which ensured parent attendance.

To expand our efforts for this parent workshop, it was important to also understand that not all parents would have been able to attend the meeting in person. In order to reach parents, in all circumstances, we created a zoom link. On the right, you can see that more parents attended through zoom, then in person. Both platforms received positive feedback and parent involvement.

In future presentations, to reach parents in all capacities, we should consider zoom as an option.

Parent Attendance



Key Successes

- In-person: 25 parents
- Zoom: 30 parents

SURVEY SUMMARY



The primary goal of many parent surveys is to collect and understand parent opinions, parent needs, questions, and perceptions towards the school, their students, and education in general in order to improve the learning environment in general or specific ways.

Through this parent survey we were able to identify assistances, services and

workshops parents are interested in. Through this survey we also wanted to know what parents thought about the workshop they attended. It's important to know if the information presented was helpful and resourceful.

Survey Comments:

- *" Thank you so much for educating us as parents of our Falcons! Awesome presentation."*
- *" Thank you for your time and for the great ideas of family contracts."*
- *" Me gusto mucho los teams de hoy. Pueden enviarme avisos si hay en un futuro talleres como o similar a este."*
- *" Fue may interesante la informacion."*
- *" Todo estuvo interesante, muy bien explicando. Muy util estos talleres, esperamos tengan mas audencia. *Como ayudar a que mi hijo no se coma las unos, ayudarle con su estres ?"*
- *" Muchas gracias por darnos este taller para ayudarnos como padres y poder comprender mejor nuestros hijos y ellos puedan ser mejores ciudadanos y mejores hijos."*
- *" Thank you! So excellent!"*
- *"Awesome workshop. Thank you."*

Parent Workshop Exit Survey



A community school partnership with an integrated focus on health, prevention, community development and engagement to support student learning, strong families and healthy communities.

We are committed in always improving our programs whenever we have an opportunity. We would greatly appreciate you completing this short survey so we can better serve the CFIS community.

Questions	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. Was today's presentation helpful in understanding you and your child's mental health	☐	☐	☐	☐	☐
2. The way the material was presented was interesting and engaging:	☐	☐	☐	☐	☐
3. This workshop gave me more confidence as a caregiver/ parent:	☐	☐	☐	☐	☐
4. I feel confident in practicing the topics discussed today in this presentation:	☐	☐	☐	☐	☐
5. I feel confident in discussing these topics with my children:	☐	☐	☐	☐	☐
6. I will likely attend these workshops in the future:	☐	☐	☐	☐	☐

Please check if you need any of the services below:

- | | |
|--|---|
| ☐ Food Assistance | ☐ Getting health insurance |
| ☐ Support groups | ☐ Mental health assistance |
| ☐ Help getting clothing/shoes | ☐ Legal assistance |
| ☐ Immigration/citizenship services | |
| ☐ Finding affordable medical services | |

Mark all the workshops that you'd be interested in attending:

- | | |
|--|---|
| ☐ Being a Parent | ☐ Job preparation/resume writing |
| ☐ Fostering Healthy Boundaries | ☐ Computer classes |
| ☐ Stress, Coping, & Anxiety | ☐ Financial advice/budgeting |
| ☐ The power of positive parenting | |

Questions/Comments/Feedback:



Encuesta del Taller de Padres



Una asociación escolar comunitaria con un enfoque integrado en la salud, la prevención, el desarrollo comunitario y la participación para apoyar el aprendizaje de los estudiantes, familias fuertes y comunidades saludables.

Estamos comprometidos a mejorar siempre nuestros programas cada vez que tenemos una oportunidad. Apreciaríamos mucho que complete esta breve encuesta para que podamos servir mejor a la comunidad CFIS.

Preguntas	Totalmente de Acuerdo	De Acuerdo	Neutral	En Desacuerdo	Totalmente en Desacuerdo
1. ¿La presentación de hoy fue útil para entender su salud mental y la de su hijo?	☐	☐	☐	☐	☐
2. La forma en que se presentó el material fue interesante y cautivadora:	☐	☐	☐	☐	☐
3. Este taller me dio más confianza como cuidador/padre:	☐	☐	☐	☐	☐
4. Me siento seguro al practicar los temas discutidos hoy en esta presentación:	☐	☐	☐	☐	☐
5. Me siento seguro al hablar de estos temas con mis hijos:	☐	☐	☐	☐	☐
6. Es probable que asista a estos talleres en el futuro:	☐	☐	☐	☐	☐

Por favor marque si necesita alguno de los siguientes servicios:

- | | |
|---|--|
| ☐ asistencia legal | ☐ Obtener un seguro médico |
| ☐ grupos de apoyo | ☐ asistencia alimentaria |
| ☐ Asistencia de salud mental | ☐ Ayuda para conseguir ropa/zapatos |
| ☐ Servicios de inmigración/ciudadanía | |
| ☐ Encontrar servicios médicos económicos | |

Marca todos los talleres a los que te interesaría asistir:

- | | |
|---|---|
| ☐ Ser Padre/Madre | ☐ Preparación de trabajo/redacción de currículum |
| ☐ Fomentando límites saludables | ☐ Clases de computación |
| ☐ Estrés, afrontamiento y ansiedad | ☐ Asesoramiento financiero/presupuesto |
| ☐ El poder de la crianza positiva | |

Preguntas/Comentarios:

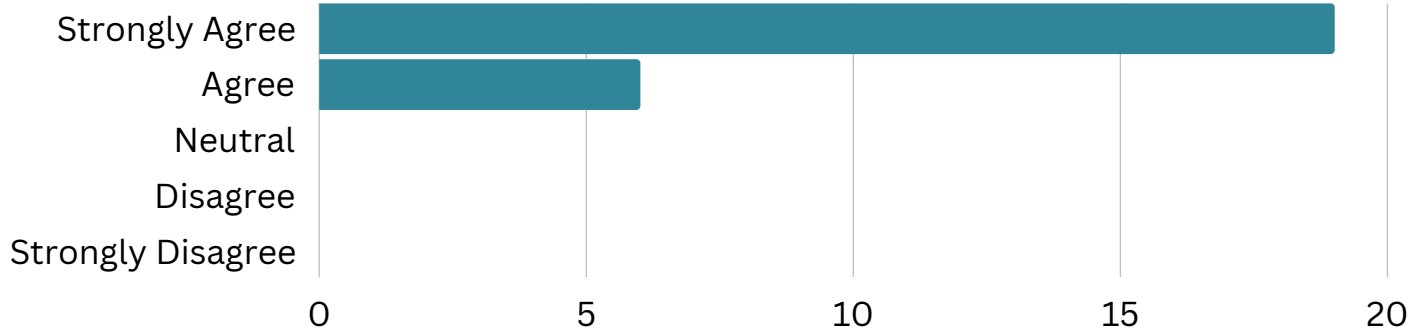


SURVEY DATA

Workshop Questions

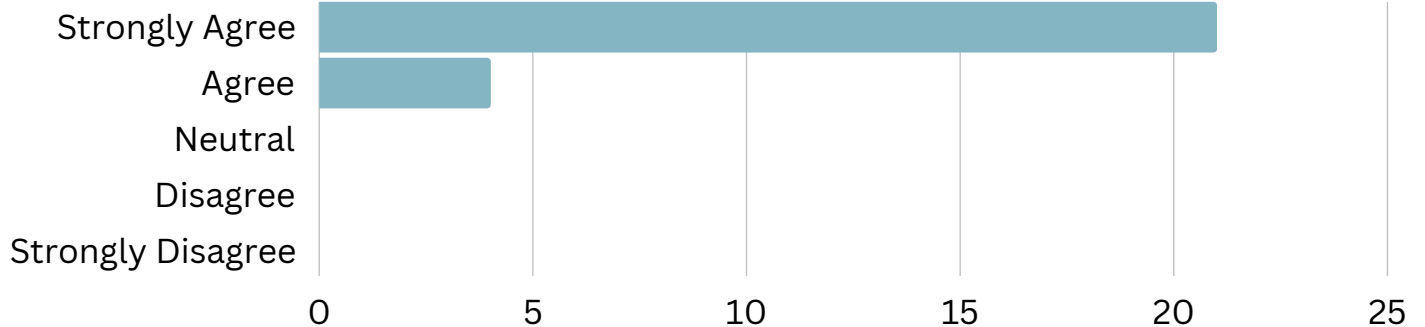
Question 1

Was today's presentation helpful in understanding you and your child's mental health.



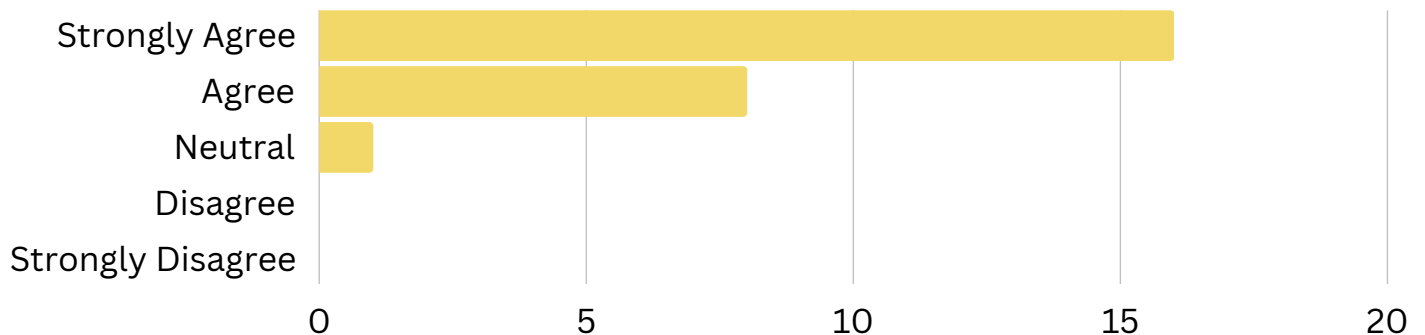
Question 2

The way the material was presented was interesting and engaging



Question 3

This workshop gave me more confidence as a caregiver/parent.

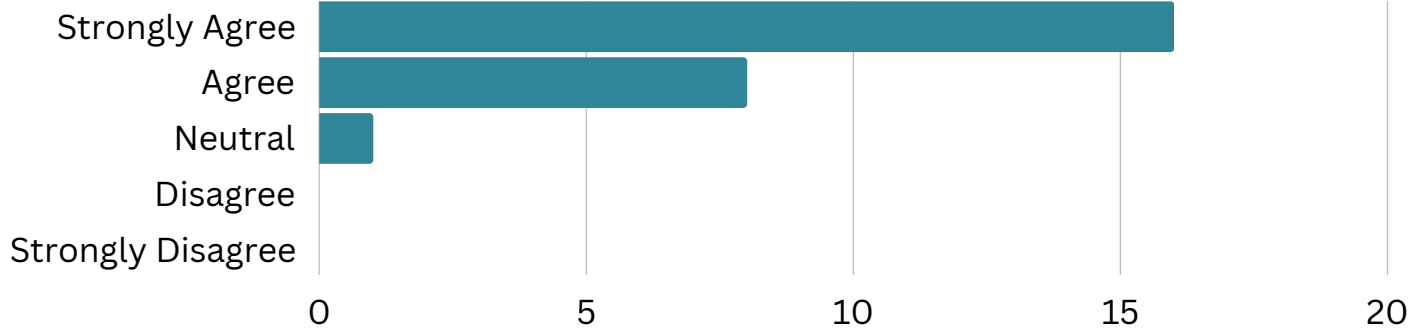


SURVEY DATA

Workshop Questions

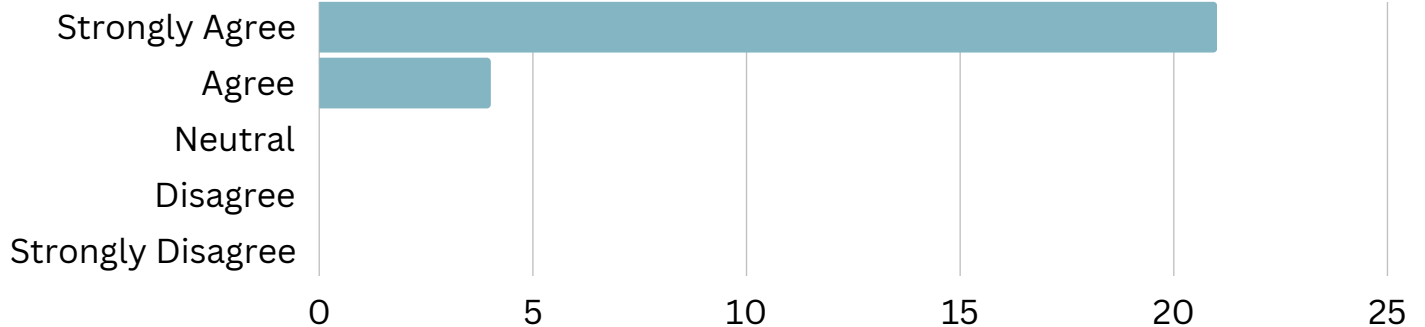
Question4

I feel confident in practicing the topics discussed today in this presentation.



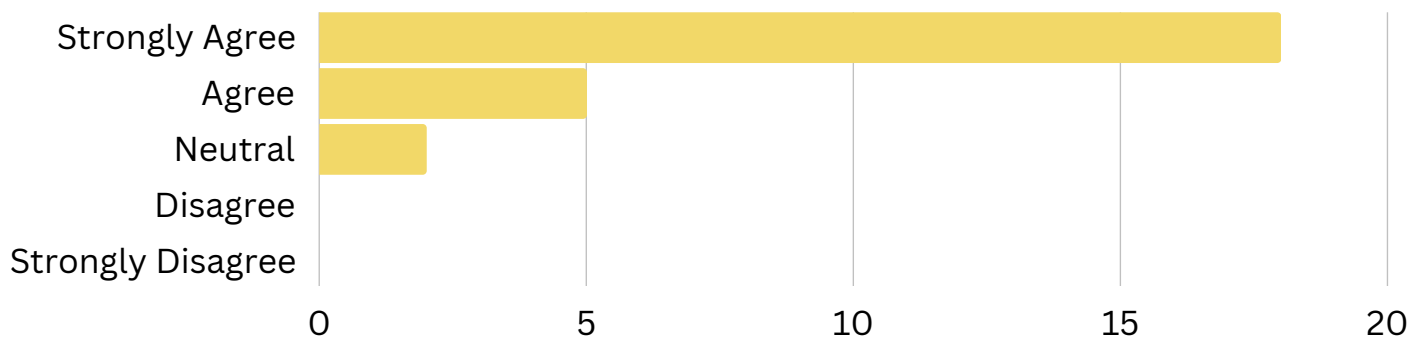
Question 5

I feel confident in discussing these topics with my children.



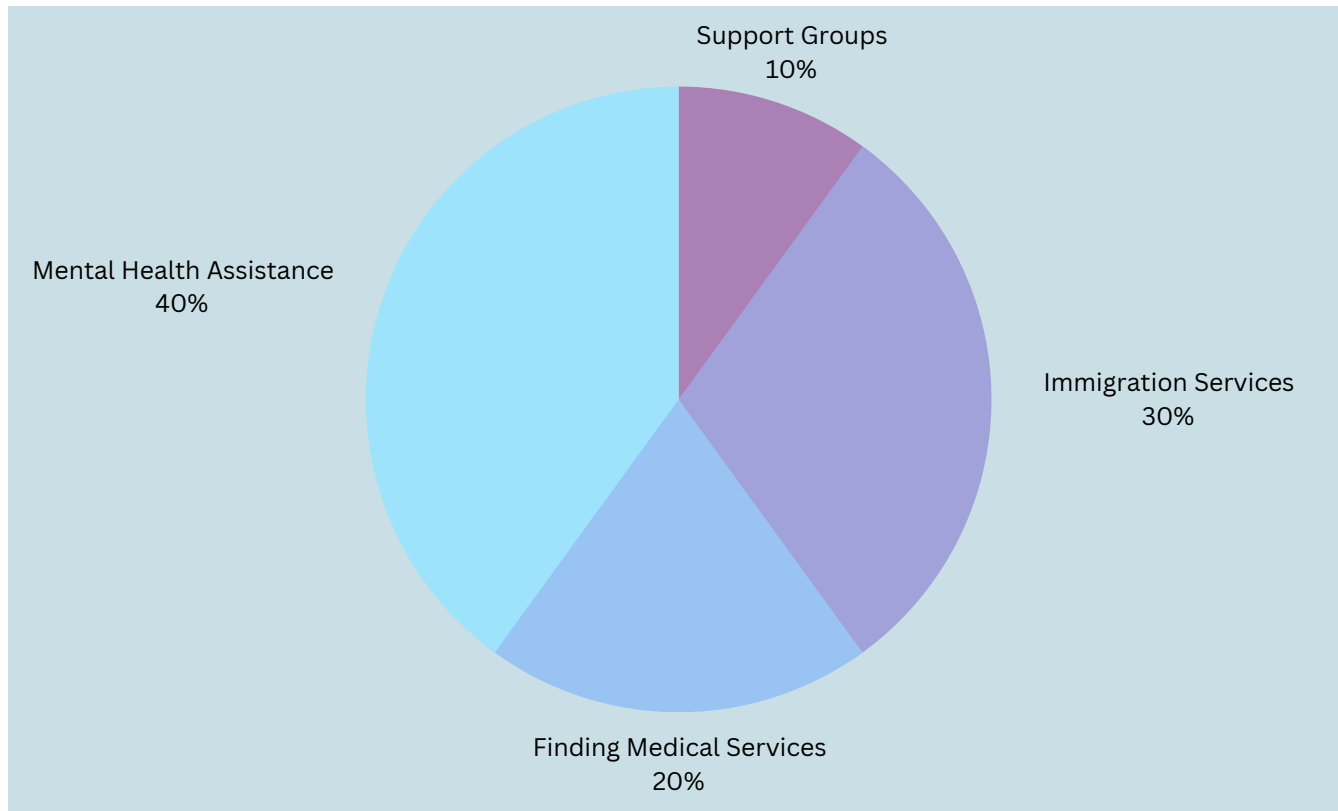
Question6

I will likely attend these workshops in the future.



SURVEY DATA

Services and Assistance



Services	Responses
Support Groups	1
Mental Health Assistance	4
Immigration Services	3
Finding Medical Services	2

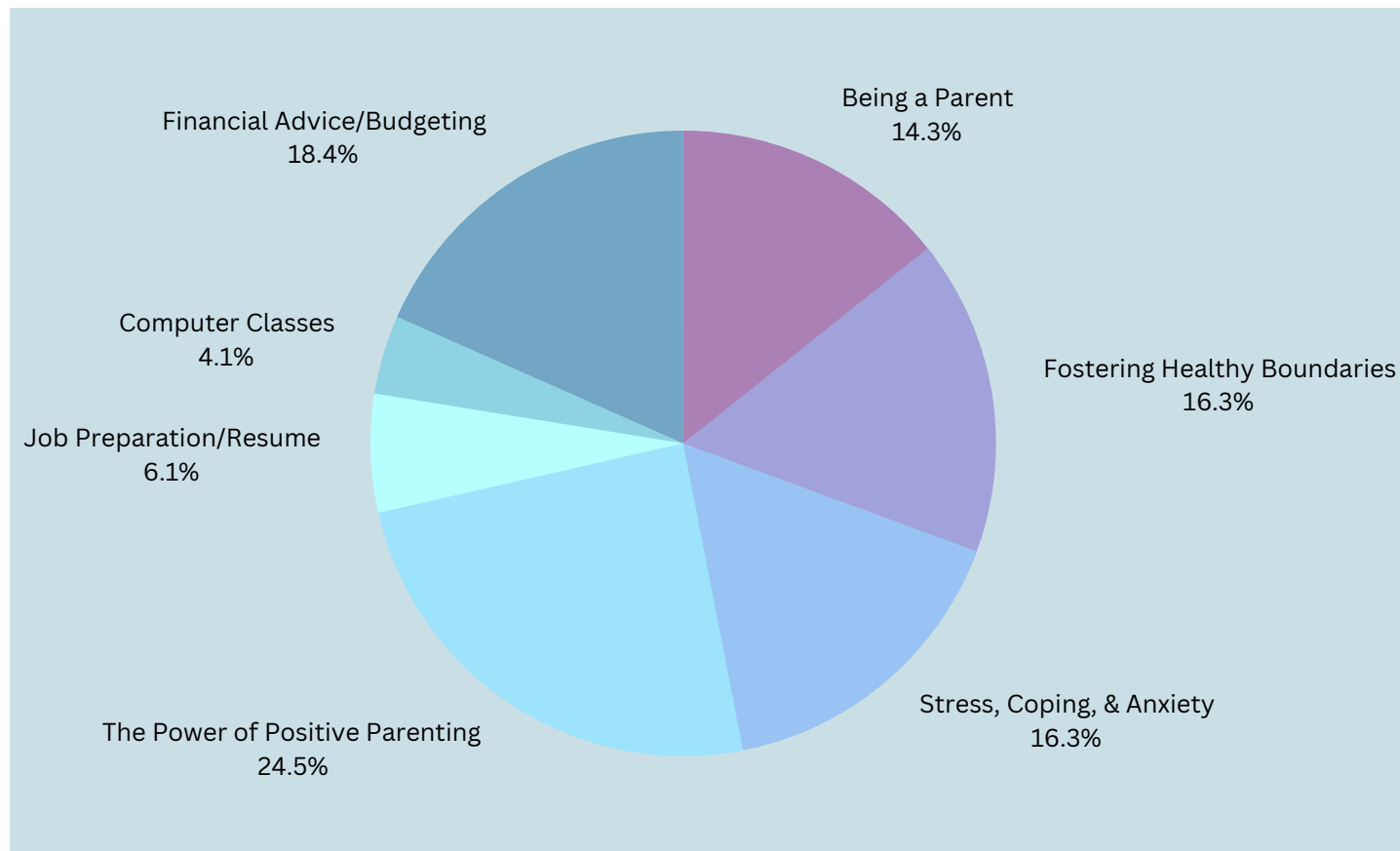
Summary

This part of the survey was only filled out by 4 of 25 participants.

Parents still expressed a higher interest and assistance in mental health services and immigration services.

SURVEY DATA

Parent Workshop Interests



Summary

As seen above, parents have a variety of interests when it comes to future workshops.

- The top three workshops parents showed high interests were
 - The Power of Positive Parenting
 - Financial Advice/Budgeting
 - Fostering Healthy Boundaries and Stress, Coping and Anxiety
 - We will be conducting a Stress, Coping, and Anxiety workshop in March or April.

It's still important to consider all interests mentioned above.

PARENT WORKSHOP PLANNING

December 2022-January 2023

PHASE 1

Accessing
Community
Needs

Phase 1:

- According to CFIS parent survey, parents were interested in mental health workshops.
 - When assessing the school data and retrieving more details about parents need for this workshop, our goal was to provide information that will target adolescent development in connection with mental health. In addition, we wanted parents to leave the workshop with tools to better navigate their lives through self-care but also with tools that will help them with the development of their teens.

PHASE 2

Creating
Parent
Materials

Phase 2:

- In this phase we wanted to create relevant materials that parents can take home and use.
 - We provided materials that went more into detail about Eric Erickson's Developmental Stages, self-care tips, stress and anxiety resources, and family contracts.

PHASE 3

Workshop
Date and
Incentives

Phase 3:

- Planning a date and time to execute the parent workshop.
 - We also decided to do an opportunity drawing to promote self care practices with a self-care basket.

PHASE 4

Creating
Community
Assessment:
Creating
Parent Survey

Phase 4:

- To better prepare for future parent workshop, it was necessary to conduct a survey for parents to access the quality of the workshop, gather parent needs and future parent workshop they might attend.

Phase 5:

- Materials were made in English and Spanish
- CFIS's Community Liaison dedicated time to make calls home

PHASE 5

Last Week
and parent
attendance

ACKNOWLEDGEMENTS

Corona Fundamental Intermediate School



Just want to give a huge thank you to CFIS staff that supported the parent workshop and provided feedback.

With future parent workshops in mind, we want to be more intentional with our projects. In order to execute well planned and coordinated events, I will plan two months in advance in regard to any potential parent workshop to ensure good promotion.

All communications and planning will be done with Elizabeth Lozano CFIS's Community Liaison and any other staff member. All preparation materials will be provide to better prepare staff, parents and the RARCC team.

School Counseling Team

School Counselor	Frank Felipe, III ◦ Email: ffelipe@cnusd.k12.ca.us
School Counselor	Yadira Hernandez ◦ Email: yadira.hernandezbuel@cnusd.k12.ca.us
Community Liaison	Elizabeth Lozano ◦ Email: elozano@cnusd.k12.ca.us
Phone Number: (951) 736-3321	
Address: 1230 S Main St, Corona, CA 92882	

SUCCESSSES AND IMPROVEMENTS

Riverside Area Rape Crisis Center

Successes:

- We had a total of 55 parents attend the parent workshop
 - 25 parents attended in-person
 - 30 parents attended through zoom
- Parent engagement was highly successful with parents answering presentation questions and around 3-4 parents asked questions.
- Majority of parents bought their children with them which was highly suggested.
- We had engagement with parents that attended through the zoom link.



Improvements:

As always, the Community Education Department at the Riverside Area Rape Crisis Center continues to grow and learn from these events. We will continue to improve our work in prevention, intervention and parent education workshops. Some improvements that have been discussed is as follows:

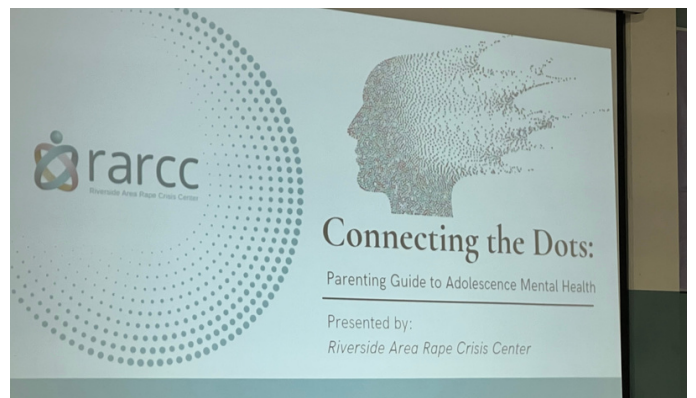
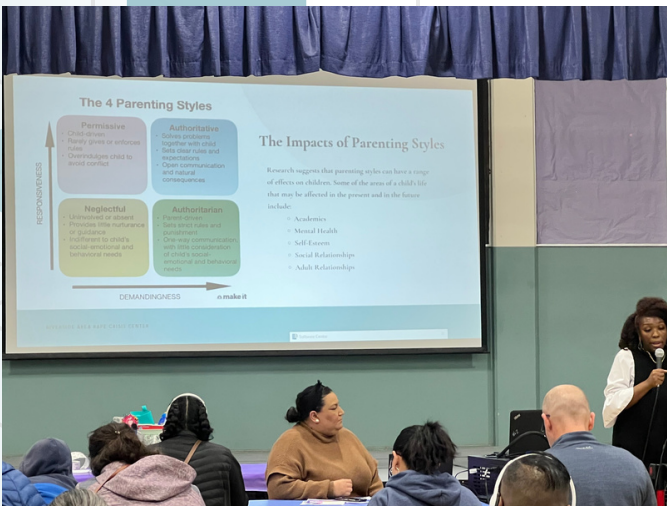
- To better grasp parent and community needs and interests, if there is a zoom link provided, materials and survey questions need to be provided before or during the workshop (pdf files).

Next Steps:

- For our next parent workshop, we will be engaging with parents in how to keep themselves and their children safe with a Self-Defense workshop.
- In this workshop we will be dedicating time to also talk about boundaries and preventive tips.

PARENT WORKSHOP

Pictures during the
workshop





COLLABORATION WITH

Corona Fundamental
Intermediate School

PREPARED BY

Fernanda Montes

FOR ANY QUESTIONS, CONTACT:

Agency:

Riverside Area Rape Crisis
Center

Department:

Community Education

Prevention and Education Coordinator

- Chelsea Cervantes
 - Email:
ccervantes@rarcc.org

Prevention Specialist

- Fernanda Montes
 - Email: fmontes@rarcc.org

Associate Marriage and Family Therapist (AMFT)

- Keyaira Allen
 - Email: kallen@rarcc.org