

# 2023 PARENT WORKSHOP REPORT

**COLLABORATION WITH**

Corona Fundamental Intermediate School

**PREPARED BY**

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# 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

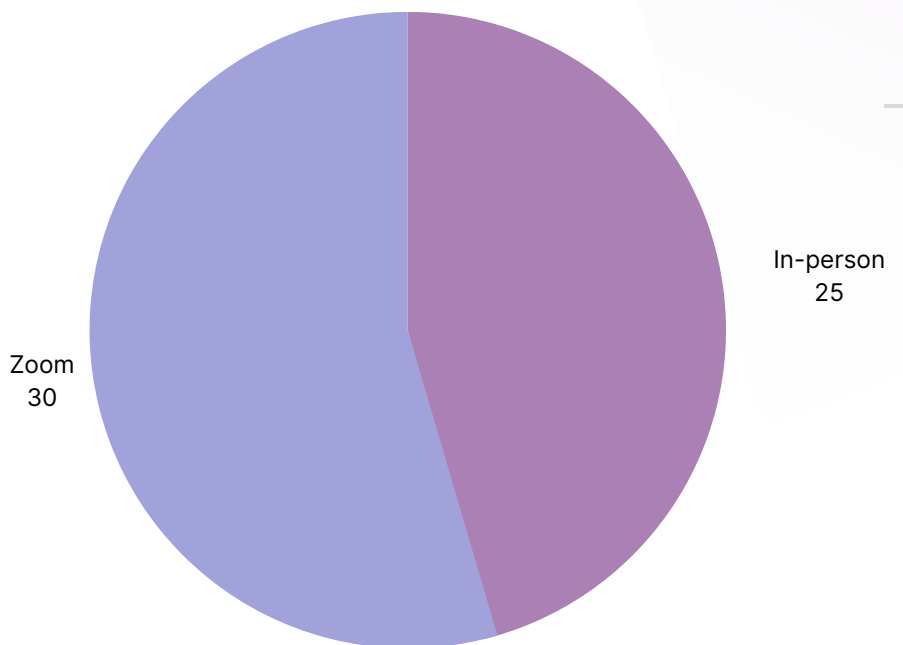
According to studies, "parent involvement in schools has a significant impact on student performance". Not only does it improve student achievement, but also reduces absenteeism and parents perspective of their students education.

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 muy interesante la informacion."*
- *" Todo estuvo interesante, muy bien explicando. Muy util estos talleres, esperamos tengan mas audiencia. \*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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The way the material was presented was interesting and engaging:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. This workshop gave me more confidence as a caregiver/ parent:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel confident in practicing the topics discussed today in this presentation:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel confident in discussing these topics with my children:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I will likely attend these workshops in the future:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Please check if you need any of the services below:

- |  |   |
|--|---|
| <input type="checkbox"/> Food Assistance                     | <input type="checkbox"/> Getting health insurance |
| <input type="checkbox"/> Support groups                      | <input type="checkbox"/> Mental health assistance |
| <input type="checkbox"/> Help getting clothing/shoes         | <input type="checkbox"/> Legal assistance         |
| <input type="checkbox"/> Immigration/citizenship services    |   |
| <input type="checkbox"/> Finding affordable medical services |   |

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

- |  |   |
|--|---|
| <input type="checkbox"/> Being a Parent                  | <input type="checkbox"/> Job preparation/resume writing |
| <input type="checkbox"/> Fostering Healthy Boundaries    | <input type="checkbox"/> Computer classes               |
| <input type="checkbox"/> Stress, Coping, & Anxiety       | <input type="checkbox"/> Financial advice/budgeting     |
| <input type="checkbox"/> 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?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. La forma en que se presentó el material fue interesante y cautivadora:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Este taller me dio más confianza como cuidador/padre:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Me siento seguro al practicar los temas discutidos hoy en esta presentación:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Me siento seguro al hablar de estos temas con mis hijos:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Es probable que asista a estos talleres en el futuro:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Por favor marque si necesita alguno de los siguientes servicios:

- |   |  |
|---|--|
| <input type="checkbox"/> asistencia legal                       | <input type="checkbox"/> Obtener un seguro médico          |
| <input type="checkbox"/> grupos de apoyo                        | <input type="checkbox"/> asistencia alimentaria            |
| <input type="checkbox"/> Asistencia de salud mental             | <input type="checkbox"/> Ayuda para conseguir ropa/zapatos |
| <input type="checkbox"/> Servicios de inmigración/ciudadanía    |  |
| <input type="checkbox"/> Encontrar servicios médicos económicos |  |

## Marca todos los talleres a los que te interesaría asistir:

- |   |   |
|---|---|
| <input type="checkbox"/> Ser Padre/Madre                  | <input type="checkbox"/> Preparación de trabajo/redacción de currículum |
| <input type="checkbox"/> Fomentando límites saludables    | <input type="checkbox"/> Clases de computación                          |
| <input type="checkbox"/> Estrés, afrontamiento y ansiedad | <input type="checkbox"/> Asesoramiento financiero/presupuesto           |
| <input type="checkbox"/> El poder de la crianza positiva  |   |

## Preguntas/Comentarios:

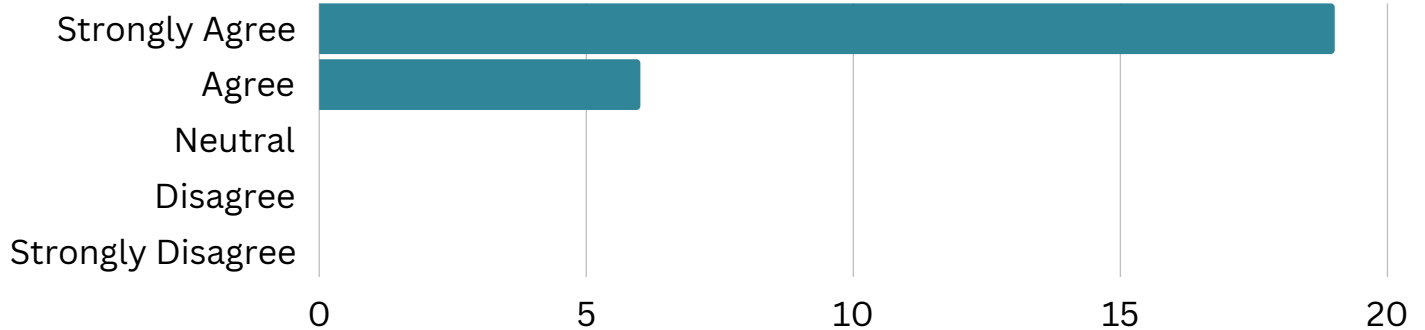


# SURVEY DATA

## Workshop Questions

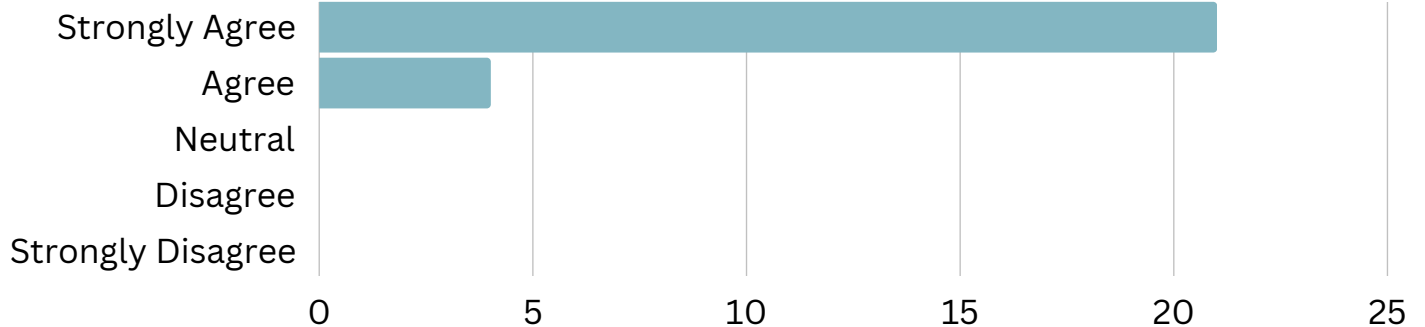
### Question 1

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



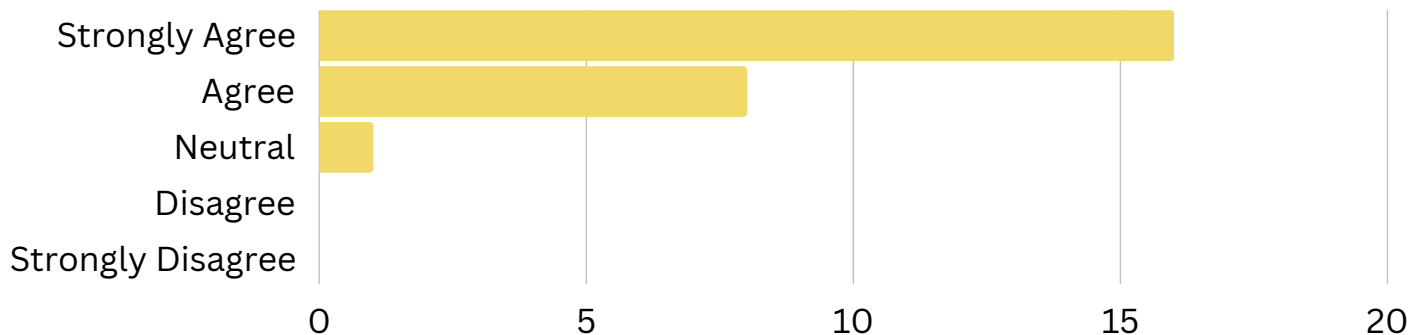
### Question 2

The way the material was presented was interesting and engaging



### Question 3

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



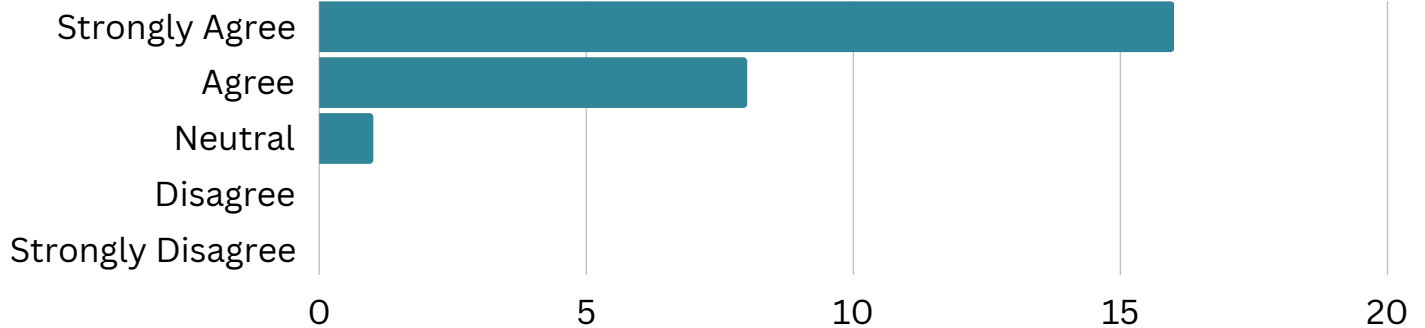


# SURVEY DATA

## Workshop Questions

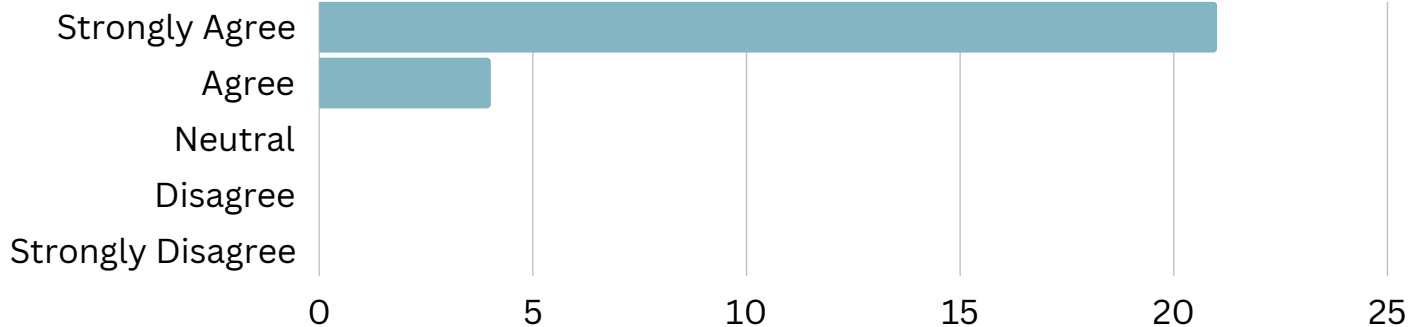
### Question4

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



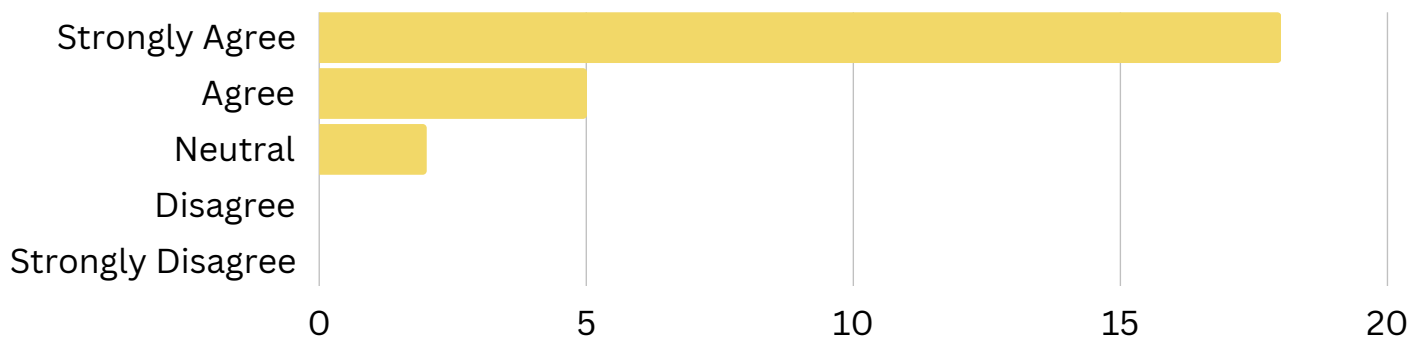
### Question 5

I feel confident in discussing these topics with my children.



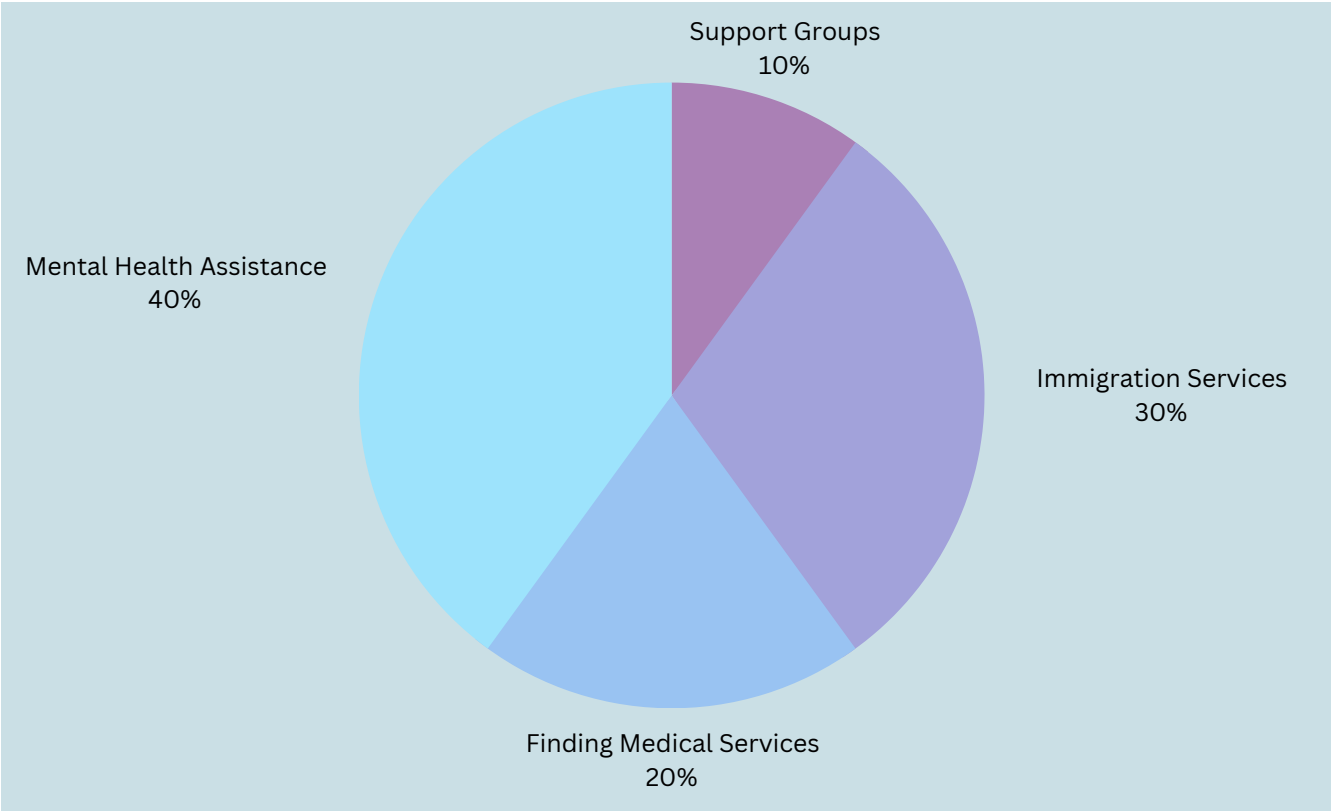
### Question6

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

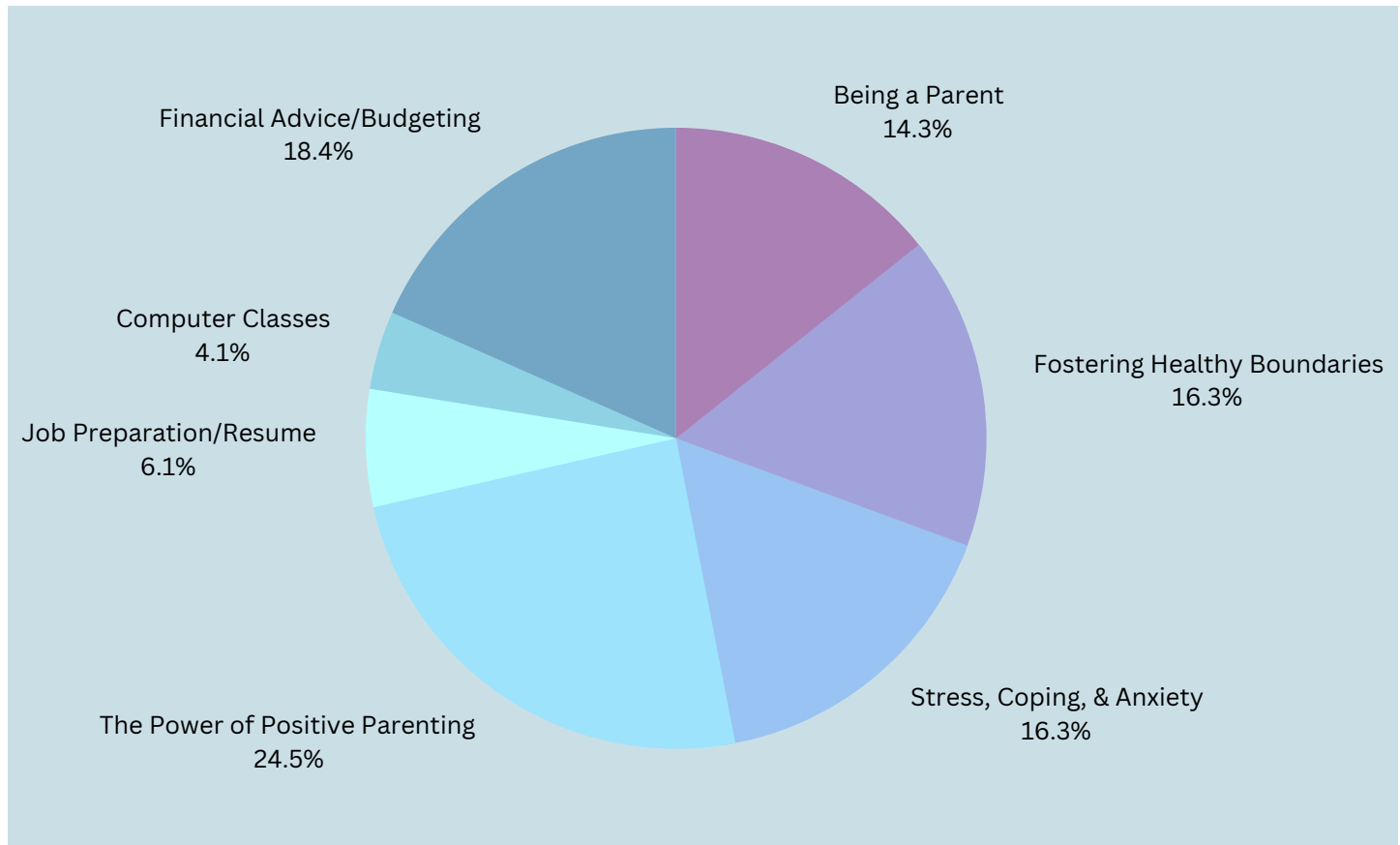
### Summary

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 Erik 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 workshops, it was necessary to conduct a survey for parents to assess 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

<b>School Counselor</b>	Frank Felipe, III ◦ <b>Email:</b> <a href="mailto:ffelipe@cnusd.k12.ca.us">ffelipe@cnusd.k12.ca.us</a>
<b>School Counselor</b>	Yadira Hernandez ◦ <b>Email:</b> <a href="mailto:yadira.hernandezbuel@cnusd.k12.ca.us">yadira.hernandezbuel@cnusd.k12.ca.us</a>
<b>Community Liaison</b>	Elizabeth Lozano ◦ <b>Email:</b> <a href="mailto:elozano@cnusd.k12.ca.us">elozano@cnusd.k12.ca.us</a>
<b>Phone Number:</b> (951) 736-3321	
<b>Address:</b> 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:

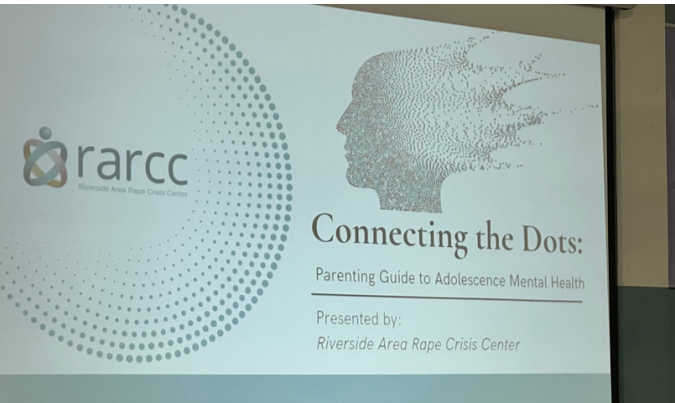
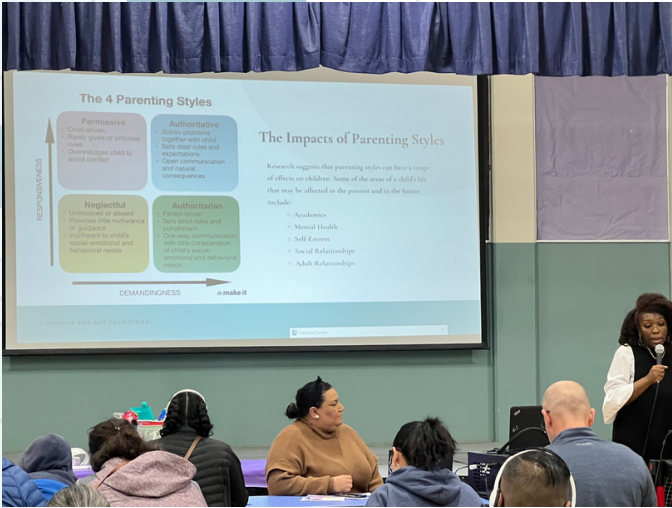
- To better grasp parent and community needs and interests, if there is a zoom link provided, materials and survey questions need to be provided before or during the workshop (pdf files).

### 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](mailto:ccervantes@rarcc.org)

### **Prevention Specialist**

- Fernanda Montes
  - Email: [fmontes@rarcc.org](mailto:fmontes@rarcc.org)

### **Associate Marriage and Family Therapist (AMFT)**

- Keyaira Allen
  - Email: [kallen@rarcc.org](mailto:kallen@rarcc.org)