

Service Explanation

Addressing Social and Emotional Learning Competencies through ANCHOR Groups

ANCHOR is a program serving school-aged children who have experienced trauma or negative life events. Participants meet during the school day among peers to develop coping skills, identify and understand feelings, determine effective ways to plan for safe and healthy futures, and increase self-esteem. ANCHOR targets each component of Social and Emotional Learning across a span of 10 weeks.

In the early stages of ANCHOR, children are introduced to a variety of relaxation skills. They get the opportunity to practice those skills throughout the course of the ANCHOR group – this reinforces the use of the skills and allows children to identify the most effective ways to relax themselves in times of stress, hyperactivity, or difficulty focusing. The relaxation portion of ANCHOR specifically addresses the Social and Emotional Learning component, Self-Management. Children are learning stress management and impulse control by practicing these relaxation skills as an alternative to allowing emotional distress to lead to aggressive behavior or unhealthy expression of emotions.

Children practice Self-Awareness by learning how to identify feelings – they focus on identifying feelings based upon bodily sensations in order to notice their feelings as they are beginning. Children practice Responsible Decision-Making when identifying their feelings and decide whether associated actions are healthy or unhealthy ways to react to the feeling. Throughout the process of understanding their feelings they are learning to be empathetic and respectful. They are given the opportunity to openly communicate their emotional experience with others. This setting allows children to build their Relationship Skills while increasing Social Awareness: they gain friendships and understanding of others throughout ANCHOR. They are taught to listen, understand, and be considerate of another person's experiences.

Children benefit from the group setting by learning several key points: they are not alone in their emotional experience, they can build new relationships, and they can communicate with others to gain support. By engaging with a group of their peers, children begin to feel connected to others while diving into vulnerable topics. Children conclude the group by focusing on recognizing their strengths, building the confidence of themselves and others, and increasing their sense of optimism for the future.

ANCHOR Outcome Report Boone County Schools 2018-2019 school year

ANCHOR is a program serving school-aged children who have experienced trauma or negative life events. Participants meet during the school day among peers to develop coping skills, identify and understand feelings, determine effective ways to plan for safe and healthy futures, and increase self-esteem. ANCHOR targets each component of Social and Emotional Learning across a span of 10 weeks. (for full explanation of services, please reference the Service Explanation for ANCHOR attached to this report)

2108 Fall Semester		
School Receiving services	# of 10 week group series held	Grades served
Burlington Elementary	2	3 rd and 5 th
Ockerman Elementary	1	3 rd -5 th
RA Jones	2	6 th and 7 th
Thornwilde Elementary	1	3 rd -5 th

2109 Spring Semester		
School Receiving services	# of 10 week group series held	Grades served
Burlington Elementary	2	1 st and 2 nd
Goodridge Elementary	2	1 st -2 nd and 3 rd
Kelly Elementary	1	2 nd
Ockerman Elementary	1	1 st - 2 nd
RA Jones	2	8 th
Thornwilde Elementary	1	K
Yealey Elementary	1	3 rd - 5 th

Participants in group receive outcome measures in a pre-group/post-group manner and the scores on these outcome measures are compared to determine if participants improved in their ability to manage feelings and cope as well as reduce their sense of social isolation.

Outcomes for the 2018-2019 School Year	
% of children showing increased ability to manage their feelings and demonstrate healthy coping strategies after completion of group	75.7%
% of children showing positive beliefs about their social connectedness after the completion of group	72.7%

**for full explanation of services, please reference the Service Explanation for ANCHOR attached to this report



A.N.C.H.O.R.

(Addressing Needs, Creating Hope, Optimizing Relationships)

A.N.C.H.O.R. is a 10-week program serving school-aged children who have experienced trauma or negative life events. Participants meet during the school day among peers to develop coping skills, identify and understand feelings, determine effective ways to plan for safe and healthy futures, and increase self-esteem.

The group setting, led by one of Family Nurturing Center's therapists, promotes empowerment, inclusion, connection, and optimism for the future.

Life's roughest storms prove the strength of our anchors.

For additional information, please contact Carley Meier, Child Abuse Treatment Services Therapist at 859-525-3200.

www.familynurture.org



Service Explanation

Kids on the Block Child Abuse Prevention

Goal: This program aims to increase public awareness about the problem of child abuse and equips children with the skills to recognize and report physical abuse, sexual abuse and neglect.

Objectives:

1. Explains/defines what constitutes child abuse
2. Teaches children to report to an adult who they trust
3. Encourages children to talk about and share their feelings
4. Reinforces that it is never a child's fault when abuse happens.
5. Encourages children to be secure and confident in their own perceptions of right and wrong.
6. Adults viewing the program learn the signs and symptoms of abuse and how to handle disclosures from children appropriately

Program Outline:

Open House

When Nam arrives at the Open House at his school; he sees Stephen and his mother. Nam asks Stephen about a rumor he heard — that Stephen's mom hits him really hard causing the scars on his arm and face. Nam is surprised by Stephen's response. Stephen outlines the steps which were taken so he and his family could get help.

Hotline

Nam has learned a lot about child abuse but is still confused about what abuse is and is not. He interrupts Stephen's homework session, thinking that his parents are doing "child abuse" to him. Stephen invites Nam over and helps him understand more about child abuse.

Between Friends

This script features puppet characters Joanne Spinoza and Stephen Arthur. Stephen, who has been physically abused, understands Joanne's confusion and fear when she tells Stephen how she told a trusted adult about her situation and how telling was the best thing she could have done. Major points made in the script include: if you are sexually abused, it is not your fault, your parents will still love you, don't believe threats, if this has happened to you, you should tell someone about it, and you have a right to say no.

Service Explanation

Kids on the Block Bullying and School Safety

Goal: This program teaches what constitutes bullying, promotes sensitivity toward peers, provides specific strategies to make schools a safer place, and helps children avoid or cope with bad situations.

Objectives:

1. Explains/defines what constitutes bullying
2. Examines various problem solving techniques
3. Encourages children to talk about their feelings and about unjust situations
4. Provides intervention strategies to adults and children
5. Increases awareness and acceptance of human similarities and differences
6. Encourages children to be secure and confident in their own perceptions of right and wrong and to reject unacceptable bullying behavior in others.

Program Outline:

You're Not the Boss of Me!

Eddy is being harassed by a school bully and is unsure how to resolve the situation. When his friend, Clare insists he talk about it, Eddy lashes out in frustration. With Clare's help, Eddy learns that problems with a bully are not something to be ashamed of or embarrassed about – nor are bullies a problem which must be dealt with by an individual.

Rescue or Report

Melody is feeling badly that her friend Brenda was teased on her way home from school. She feels guilty that she wasn't there to stop the situation. When Eddy asks Melody how her presence would have made a difference, she explains that bullies often target kids who appear to be "easy prey". Melody demonstrates that "getting involved" and helping another person does not necessarily mean confronting the bully.

Safe At School

Melody and her classmate, Eddy Franklin have volunteered to work on a student committee to help develop a school safety plan at Woodburn Elementary. They have enlisted the help of teen mentor, Clare Sanchez, who shows them that bullying and other school crimes can have a negative effect on the entire school population, not only the targets of those crimes. With the audiences help, the kids brainstorm ways to promote safety and reduce crime in their school.

Outcomes FY 2019

Kids On the Block

Number of Program Participants

- 18,633 individuals
 - 17,180 children and 1,453 adults in Kids on the Block performances
 - (10,467 children and 846 adults – Child Abuse)
 - (5,990 children and 447 adults – Bullies and School Safety)
 - 2,556 children and 574 adults received the Story-telling for Day Care program
- 26 children disclosed personal experiences of abuse.

Services Offered

- 275 Kids on the Block Performances (85 Bullies and School Safety, 173 Child Abuse)
- 103 Sessions for Pre School -1st grade; 172 Sessions for 2nd – 5th grade
- 17 Community Events
- 12,440.75 hours of service (*does not include community events*)

Satisfaction with Services

Bullies and School Safety:

100% (76 of 76) of adults viewing the performance checked “strongly agree” or “agree” to this statement found on the evaluation form: **“Overall, I am satisfied with the performance.”**

Child Abuse:

99% (163 of 165) of adults viewing the performance checked “strongly agree” or “agree” to this statement found on the evaluation form: **“Overall, I am satisfied with the performance.”**

Achieved Outcomes

1. **94%** (1,487 out of 1,574) of children 2nd through 5th grades completing pre and posttests **increased and/or maintained knowledge and awareness of Child Abuse** as demonstrated by improved scores from pre-test to post-test.
2. **88%** (738 out of 841) of children 2nd through 5th grades completing pre and posttests **increased and/or maintained knowledge and awareness of Bullying** as demonstrated by improved scores from pre-test to post-test.
3. **Bullies and School Safety: 100%** (76 of 76) of teachers and counselors viewing the performance **reported that the program was helpful to children.**
4. **Child Abuse: 100%** (163 of 163) of teachers and counselors viewing the performance **reported that the program was helpful to children.**

WHY SCHEDULE A KIDS ON THE BLOCK PERFORMANCE?

Child abuse affects more than three million children in our country each year. In Northern Kentucky alone, over 6,000 children are reported each year to social services. Together, we can both prevent and confront the abuse and neglect that robs so many children of their childhood, their sense of well being, and their future. You can help by giving children the skills they need to recognize, resist, and report child abuse. Schedule a child abuse education program featuring Kids on the Block puppets for your school or community group!

Routines and Details:

- Puppet performances are generally scheduled on Monday, Tuesday and Wednesday during the schools year. Special schedule requests will be considered on a case by case basis.
- Shows begin at 9:00AM. Each performance for grades 2-5 lasts 60 minutes The PK/K-1st program lasts 45 minutes.
- Presentations are limited to 75-100 children. Up to four performances can be provided in one day. If we are scheduled to present four performances, we ask that our schedule include a break for lunch.
- We are required to pre- and post-test children in 4th and 5th grades. This testing allows us to demonstrate the effectiveness of the program and increases the likelihood of ongoing funding. We sent the pre-tests several days before our arrival so that teachers may test students in their classrooms. The pre-test takes approximately 10 minutes to administer. We will distribute post-tests to the teachers following the performance so that they may test students again in their classrooms. We will arrange a time to pick up the completed tests.

In order to schedule a performance, schools will need to provide:

- One long table at adult height from which to work
- One central room in which to perform - The children should come to us.

COST

Kids on the Block performances are FREE to schools and community groups in Boone, Campbell, Grant, Kenton counties.

For more information or to schedule a performance, please contact Autumn Caldwell at 859-538-1629 or autumn.caldwell@familynurture.org. We look forward to serving you!

Additional information about the Family Nurturing Center and the Kids on the Block program can be found on our website at www.familynurture.org.

Kids on the Block presents...

Bullies & School Safety

Featuring puppet characters: Eddy, Clare, and Melody



The Kids on the Block program on Bullies and School Safety has been developed to educate children about what constitutes bullying, promote sensitivity toward peers, provide specific strategies to make school a safer place, and help children avoid or cope with bad situations.

“Bullying behavior may seem rather insignificant compared to kids bringing guns to school and getting involved with drugs. Bullying is often dismissed as a part of growing up. But it’s actually an early form of aggressive violent behavior. Statistics show that one in four children who bully will have a criminal record before the age of 30.” ~National Crime Prevention Council

Routines and Details:

- Performances are generally scheduled Monday – Thursday’s during the school year. Special schedule requests will be considered on a case by case basis.
- Performance for grades K-1 last 40 minutes, 2-5 lasts 1 hour.
- Up to four performances can be provided in one day.

COST

FREE to a limited number of schools in Northern Kentucky and Cincinnati!

For more information or to schedule a performance, please contact Autumn Caldwell at 859-538-1629 or autumn.caldwell@familynurture.org. We look forward to serving you!

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Service Explanation

Darkness to Light's Stewards of Children™

Goal: Participants will learn steps to preventing, recognizing and reacting responsibly to child sexual abuse through a Nationally Recognized and empirically validated educational DVD and workbook presentation

Target Audience: Any adult that has a desire to protect children from sexual abuse; organization that serve children

Objectives:

1. Participants will learn the facts about child sexual abuse and understand the risks.
2. Participants will learn how to minimize opportunity for child sexual abuse by eliminating or reducing one-adult/one-child situations.
3. Participants will learn how to talk to a child about child sexual abuse.
4. Participants will learn how to recognize the signs and symptoms of child sexual abuse.
5. Participants will learn how to respond to the child victim and who to report the abuse to.
6. Participants will learn how to act on suspicions of child sexual abuse and how to report these suspicions.
7. Participants will learn the importance in volunteering in an agency that protects children.

Program Outline:

- I. Welcome
 - a. What is Stewards of Children?
- II. Building Foundation
 - a. Facts of child sexual abuse
 - b. Statistics of child sexual abuse
- III. The 5 steps to protect children
 - a. Learn the facts
 - b. Minimize opportunity: eliminate or reduce isolated, one-on-one situations to decrease risk for abuse.
 - c. Talk about it: have open conversations with children about our bodies, sex, and boundaries
 - d. Recognize the signs: know the signs of abuse to protect children from further harm.
 - e. React responsibly: understand how to respond to risky behaviors and suspicions or reports of sexual abuse.

STEWARDS OF CHILDREN

Be a HERO for children.

Child sexual abuse. There we said it. Now help us end it.



1 in every 10 children
will be sexually
abused before their
18th birthday.

In just two hours you
can learn how to
protect a child.

Isn't a child worth
two hours of your
day?

As adult members of society, we are solely responsible for the safety of children. It's important to teach children how to recognize and avoid risky situations, but it's unrealistic to think that a child can fend off sexual advances by an adult. Fortunately, we can protect them by educating ourselves on how to recognize the signs of sexual abuse, react to our suspicions and respond to a child in need. Sexual abuse thrives on our discomfort in even naming it—and this culture of silence gives power to the perpetrators.

Learn how you can be a HERO for children. **No cape required.**

Attend a FREE Stewards of Children training.
Contact: L-A.Stopa@familynurture.org
859-538-1620




Family Nurturing Center

www.familynurture.org