

# Form Two: 2005-2007 Summary of Network Actions

Due: September 30, 2007

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Network Name: **South King County Community Network**

## Executive Summary

### A. Network Strategies and Results:

#### 1. What strategies did we use to improve local rates of problem behaviors?

SKCCN used five major strategies:

1. Worked collaboratively with partners to design a workable system of community responses to children exposed
2. Trained targeted audiences about the impact on children and how they can help
3. Informed decision-makers about policies- done on a local level through SBF, protocols, DV Task Forces, two major conferences
4. Developed the SKCCN Board
5. Funded a limited number of direct service projects

#### 2. What occurred in our community as a result of our Board's decision-making and actions, including the allocation of resources?

- ▶ 1<sup>st</sup> annual Walk-a-thon was conducted to raise awareness and funds for children's programs. This collaborative activity whetted partnering DV Task Force members' appetites for more collaborative efforts.
- ▶ SKCCN brought representatives of seven city DV task forces together to share information, collaborate on training and create a vehicle for increased collaboration and joint support. SKCCN facilitated the meetings, maintained regular electronic communications among task forces and provided initial seed funds and staffing for the Walk-a-thon.
- ▶ Two startup organizations have increased their capacity to serve Kenyan and Latino families. The Para Los Ninos organization works with parents to improve their connections with schools. It has paid staff as well as many community volunteers. The Kenyan Women's Association is an entirely volunteer organization.
- ▶ Sixty-one children got help to heal from their exposure to DV from the DAWN Kids club and the YWCA Children's DV Program.
- ▶ The YWCA Children's DV program expanded to provide bilingual services in Spanish for the first time.
- ▶ First expansion of YWCA Children's Program outside South King County into the Seattle's East Cherry St. YWCA where the emphasis will be serving African-American families

- ▶ Despite a crisis within the SKCCN Board at the end of the last biennium, the Board has sprung back, rebuilt itself and now report that 100% of them also serve their communities in other ways as well as through SKCCN.
  - ▶ Consistent, high quality annual conference on children and DV (grew from 300+ in 2004 to 440 in 2005 and then to 500 participants in 2006)
  - ▶ Improved collaboration resulted in more alignment of goals and mutual visions for children's services. The Safe & Bright futures report now provides the framework for a coordinated response to children exposed to DV and the DV/Child Maltreatment Guidelines have been developed and adopted by the oversight committee. Training is now being instituted to bring front-line workers on line to use the protocols.
  - ▶ Community members had several opportunities to talk directly with national experts – Dr. Linda Chamberlain, Dr. Robert Anda, Dr. Katreena Scott, Dr. Jeff Edelson, and Dr. Sandra Graham-Berman. These discussions energized community action to use best practices in their efforts to build a quality community response to children exposed to DV.
- **The role that residents and service recipients had in helping to achieve results**
    - ▶ Residents are included as Board and Committee members. The SKCCN Board is now comprised of nine non-fiduciary and five fiduciary members, giving a firm majority to non-fiduciary. One board member is a survivor of DV and several others experienced DV as children. A DV advocate also was recruited and joined the Board to ensure the views of someone who daily works with survivors.
    - ▶ Survivor input is solicited throughout SKCCN processes. At least three community residents, who are not board members, have served on SKCCN committees. One committee attempted to establish an on-going Survivors' Council but found that the lives of survivors continued to be highly stressful so that none of those recruited were able to continue despite intensive support from an intern. Initially survivors were able to meet with the committee to advise them on policy issues, then presented at a Board meeting.
    - ▶ Reviews of Community Efforts in Federal Way and Tukwila have involved dozens of residents in evaluating existing services and in a broad-based community awareness campaign/Call to Action where residents were recruited and trained to take information out to smaller community groups to increase awareness of the impact of DV on children and how individual residents can safely provide support to suspected victims.
    - ▶ Planning sessions with community members and partners and two national experts: Dr. Linda Chamberlain and Dr. Robert Anda included eight critical agency and system partners and city DV Task Forces.
    - ▶ Interviews with community members through two "Startup" projects funded by the SKCCN
    - ▶ SKCCN Board Members each took the challenge of collecting information on one problem behavior, building resiliency, Safety & Accountability Audits or Adverse Childhood Experiences for presentation to the Board at our May Planning Retreat.
    - ▶ Information for planning was gathered from focus groups provided through Safe & Bright Futures.
    - ▶ Community providers were invited to small group post-conference consultations with Dr. Katreena Scott and Dr. Sandra-Graham Bermann.
  - **Progress with conducting Review of Community Efforts;**

With the Review process serving as a catalyst, the city of **Federal Way** made great strides in their response to children exposed to domestic violence:

- ▶ Extensive analysis of DV incidents in the City providing valuable information as to where to direct resources and services, foster enhanced collaboration and coordination, and improve upon the efficiency and effectiveness of the system
- ▶ Reviewed extensive research on the most progressive and promising programs
- ▶ Training of all police personnel in the most progressive investigative techniques across the country.
- ▶ Enhanced communication, cooperation and collaboration between police, prosecutors, advocates, Child Protective Services, and service providers regarding the investigation of DV and the protection and safety of victims and families.
- ▶ Enhanced police reporting regarding children being present and improvements to their information system.
- ▶ Enactment of a local ordinance establishing DV in the presence of children and strangulation as gross misdemeanors which served as the model for state legislation passed enhancing penalties for strangulation.
- ▶ Mobilization of Federal Way community members against DV and a community “Call to Action” and education process to eliminate DV in the community. (See Attachment F)
- ▶ Over thirty Federal Way school counselors were trained in the impact of DV on children, mandated reporting laws and in Adverse Childhood Experiences research.

**Tukwila** was the second city to participate in a Review. They are mid-way in Phase I review of police, prosecution and social services data bases. The interested generated is so powerful that their city DV Task Force is now considering merging meetings to provide an even broader focus on children. We recently learned that at least two other cities are now wanting to participate and will be looking at more efficient processes that could include multiple cities. Concerted efforts to analyze possible benefits of “decategorization of funds” will be conducted on a regional basis.

- **Narrative: SKCCN A Wise Investment of State Funds**

The past two years has generated amazing progress in efforts to improve community responses to children exposed to DV.

- ▶ SKCCN achieved a whole new level of collaboration with SKCCN seen as a **key player and leader**. South King County, through SKCCN, is now at the table with King County leadership around DV issues resulting in increased opportunities to impact policy.
- ▶ As a result of two years of impressive collaboration, **guidelines** are ready for implementation for children impacted both by **child maltreatment and DV**.
- ▶ Clear recommendations and buy off on what is needed for children exposed to DV were articulated through the Safe & Bright Futures federal grant report . Without SKCCN, **recommendations for response to individual children and families** would have foundered. SKCCN stepped up to the challenge and funded startup phase. Tools, protocols and a cross- trained multi-disciplinary team are now in operation on a small demonstration scale as funding for the larger project is being sought.
- ▶ SKCCN’s continued investment in **specialized children’s services** (YWCA and DAWN) assured institutionalization of those services. Thanks to those services, at least sixty-one children received help to overcome the impact of DV.

- ▶ Thanks to SKCCN's outreach to targeted audiences, 87 health care providers and up to 35 school counselors (see Building Community Supports/Targeted Audiences 05-07 report for breakdown) are better prepared to deal with children exposed to DV.

## B. Findings and Recommendations:

### What conclusions will help us, and others, build better work? How?

- What the Network members or partners learned that will likely be applied to 2007– 2009 work to help the community do better;
  - ▶ The awareness campaign in 03-05 taught us the importance of **targeting our work** to raise awareness and educate. An example is our work with healthcare providers where a slow start raised awareness in a few and led to a final result of 87 attending trainings that improving their skills in identifying DV and procedures to screen for DV
  - ▶ Not all children exposed to DV need intensive treatment. Supports from family and friends can help build **resiliency**. Focusing only on deficits may rob families of opportunities to build resiliency. SKCCN has undergone a shift in thinking about batterers as fathers. Previously, there was an assumption that battering fathers do not and should not continue relationships with their children. We learned that fathers who abuse report continuing to be involved in the lives of an average of 7 children. For those who are motivated and ready to change, they need options for quality, professional programs to help them learn how to form nurturing relationships with their children.
  - ▶ **Gender issues** can be barriers to creating quality community responses to children exposed to DV. Most DV advocates see DV as being the result of male privilege and quickly point to victim defendants as examples of women's efforts to protect themselves. While the large majority of abusers continue to be men, there are some women who also abuse their partners. Praxis International's "Re-examining Battering" provides a helpful framework for further discussion around different kinds of battering.
  - ▶ The greatest effect in improving outcomes for children is when both mother and children get whatever level of help they need. We are "**pushing the envelope**" in raising the issues of children and gender of batterers. The DV victim advocacy community is strongly rooted in the women's movement and in the belief that DV is the result of male privilege. It takes courage to raise difficult issues and to "beat the drum loudly" for children who appear to have been forgotten. SKCCN is now struggling with the following questions: How can SKCCN move to the next level without damaging relationships with DV advocates? How to avoid polarization? How to honor their work while also moving forward for the children? At what point is it important to intervene for children?
  - ▶ In trying to intervene earlier in the lives of children, it is important to focus on where children gather – the "funnels" through which children flow as potential **leverage points**. A closer study of protective factors will position SKCCN to develop future strategies for helping all families build resiliency.
  - ▶ Through our emphasis on joining other larger-based collaborative efforts SKCCN learned the importance of establishing **credibility** and knowledge before an organization can seriously question/challenge the current response system
  - ▶ Progress happens through **relationships**. Communities and its residents and agencies must have time to work together, to understand respective points of views and unique goals, before they can hope to align goals. We can't assume that obvious partners want to partner – e.g. schools because of the extensive focus on WASL scores, don't have the capacity or

incentive to focus on DV. They need encouragement from leaders to participate in community initiatives that deal with family violence. Children's advocates need better ways to demonstrate the link between family violence and school success.

- ▶ Writing **CPS/DV protocols**, while an impressive accomplishment is only the first step in changing practices. It takes a long time within large bureaucracies, especially with high turn over rates among CPS workers and administrators.
  - ▶ Working with youth is another level of work SKCCN is preparing to take on. Helping youth recognize signs of healthy and unhealthy relationships as they begin to date holds much promise for the ultimate reduction of DV. SKCCN will study best practices and seek out partnerships with service providers to determine what role(s) SKCCN can/should play.
  - ▶ Research on Adverse Childhood Experiences (ACES) has captured the energy of several Board members. It provided a new kind of lens for SKCCN to recognize root causes; unexplained symptoms is a cue to recognize ACES and avoid unnecessary medical tests and drugs; recognize the "trauma of the heart". Simply knowing about ACES can make a significant difference in life – it allows a person to re-look at childhood traumas. The field of resiliency research and ACES suggest some exciting potential future directions for SKCCN's efforts to reduce children's exposure to ACES.
- Formal recommendations, if any, that the Network has for the Family Policy Council, member agencies, state legislature or other elected public officials.

SKCCN has no formal recommendations at this time. There are a variety of policy issues that SKCCN is closely following:

- ▶ A pilot project to place DV advocates in CPS offices, as proposed in HB 1703 during 2007 Legislative Session.
- ▶ "In the presence of children" potential legislation – does not have the DV advocacy community support.
- ▶ Efforts to improve the quality of batterer intervention programs.

## Documentation

The Executive Summary of the Network's work in 2005-2007 is drawn from the following documentation. Please provide answers to the questions below and attach relevant reports, quotes, etc. that substantiate your answers.

This documentation section is your opportunity to provide detail that you may not have had room for in your Executive Summary. Information about each project is contained in project reports which you will attach – you don't need to repeat that information elsewhere. However, Network work is more than the sum of small projects – your work creates a synergistic whole that you discuss in the Executive Summary. This documentation section will help readers to learn more about the constellation of work that you managed and coordinated. You are welcome to consider alternative formats such as PowerPoint, video, or other publications as long as they address the main points outlined below.

### 1. What strategies did we use to improve local rates of problem behaviors?

- **End of Project Summaries**

Organize and attach a final printed copy of all End of Project Summaries for all programs, projects, and work completed during the 2005-2007 Biennium.

- ▶ Please see Attachment J for a summary look at all Direct Service Projects. Projected outcomes were largely met with only a few less children attending Kids Club than anticipated. The overall goal was to help build a system of specialized services for children exposed to DV. Fantastic progress was made toward that goal – two different specialized services became institutionalized and one other newly recommended Safe & Bright Futures Pilot was able to position itself as ready to implement as soon as funding is received.
- ▶ Outcomes related to collaboration were above SKCCN expectations as SKCCN
- ▶ The SKCCN became recognized as a significant leader in efforts aimed at children exposed to DV. (See ESP Collaborative Partnerships pages 20-21)
- ▶ Board Development made very significant growth, surviving a difficult time of divisiveness among Board members and rebuilding to create a very involved, effective current Board.
- ▶ Training of Professionals was a major accomplishment as the once small conference grew to a major annual event with approximately 500 attendees and multiple workshops.
- ▶ SKCCN targeted audience efforts met several unanticipated road blocks that required several course corrections. However the work resulted in raising awareness and providing education to 87 healthcare providers resulting in better supports for patients experiencing family violence plus three education sessions with up to 35 school counselors each that resulted in a better understanding of how to work with children exposed to violence. (See ESP Targeted Audiences pages 42-44)

- **Statement of Work with Family Policy Council**

- What were the child/family results and community outcomes promised by the Network and approved by the Family Policy Council?

**Child and Family Result or Outcomes:**

- A. *Reduce major stressors for non-offending parents (social isolation, homelessness)*  
*Increase economic supports*  
*Increase knowledge of parenting skills*

- B. *Reduce adult perpetration of domestic violence*
- C. *Increase child safety*  
*Increase child knowledge and ability to act on knowledge of factors that contribute to their own violent behavior*
- D. *Strengthen families, improve early child development and parenting skills in targeted neighborhoods*

**Community Results**

- A. *Improved community and system response to children exposed to domestic violence*
  - B. *Increased decision-makers knowledge about policies to help reduce and prevent the negative impacts of domestic violence on children.*
  - C. *Improved universal supports for families with young children in ways that improve school readiness.*
- o What was our progress in reaching the proposed outcomes?

**Child and Family**

- A. **Reducing stressors for non-offending parents**- nearly 100% of the parents of children served by Kids Club and the YWCA Children’s DV Program reported learning skills to improve their ability to learning parenting techniques to mitigate potential effects of DV on their children.
- B. **Reducing perpetration of DV** - Family violence is stabilizing or decreasing, depending on the area. Between 2003 and 2005 six SKC cities had increased rates by 5%. Six other cities demonstrated falling rates between 1997 and 2005 from 10% to 52% reductions.
- C. **Increased child safety** – 100% pf children attending the YWCA direct service project and 50% attending the kids Club were reported to have developed safety plans. 100% of Kids Club parents reported their children were able to respond to unsafe situations. (See Attachment I, pages 1-2)
- D. **Strengthening families** – parents served by Para Los Ninos and Kenyan Women’s Association all report impressive social supports and social cohesion, compared to other King County Communities Count data. (See Attachment K)

**Community Results**

**1. Improved community and system responses to children exposed to DV**

Systems responses were improved in at least four dramatic arenas:

- A. Review of Community Efforts in Federal Way results in multiple improvements (See ESP Review of Community Efforts pages 27-34 )
- B. Safe & Bright Futures federal grant resulted in an agreed upon set of recommendations for comprehensive services (See Collaborative Partnerships ESP pages 6-8 )
- C. Protocols were completed for children impacted both by DV and child maltreatment (ibid)
- D. Specialized services for children were institutionalized by the YWCA and DAWN. (See Direct Service ESP pages 4-6 )

**2. Increased decision-makers knowledge about policies to help reduce and prevent the negative impacts of DV on children.**

The Review of Community Efforts in Federal Way resulted in passage of local ordinances and vast improvements in local responses – largely based on policy material developed by Jeff Edleson, national consultant to the Review. (See Attachment D and Review of Community Efforts ESP pages 29 and 33)

The intense involvement of multiple systems in developing DV/CPS protocols served to inform department directors, agency directors, judges, prosecutors, and law enforcement officials about best practices.

Finally, the expansion of the DV Children’s Conference provided a major training venue for a large variety of decision-makers who learned about best practices.

**3. Improved universal supports for families with young children in ways that improve school readiness.**

Continued leadership and facilitation for the South FACES (Family and Child Early Support consortium) provided funding for intense work with Latino parents in Tukwila, and ultimately led to the request by the Starting Points Advisory Committee to provide leadership and oversight of a community engagement project in Burien.

- How did the array of project level results detailed on our End of Project Summaries contribute to the Network’s achievement of results promised in the Network’s Statement of Work?

More than ever before, all of the strategies utilized by SKCCN informed each other. The Review in Federal Way opened doors to work with school counselors. The Safe & Bright Futures partnerships not only pulled together planning, but reinforced the work of SKCCN supported specialized services for children exposed to DV. The Children’s Domestic Violence Conference brought more national experts to the area where local service providers were able to benefit from not only formal conference presentations, but also small group consultations – one in the arena of Kids Clubs that resulted in the standardization of this model across King County. Furthermore, consultation from Katreena Scott on batterers intervention program (BIP) models led to a major focus on BIP’s and to the training of a core group to conduct a safety and accountability audit in our community.

- What did we learn from research that helped develop our course of action?

At the request of SKCCN, the Family Policy Council worked with Dr. Anne Ganley to develop a statewide theory of change for stopping the cycle of violence and helping children thrive. The primary resource for the statewide theory is based on *Protecting Children from Exposure to Domestic Violence: the Use and abuse of Child Maltreatment*, Lois Weithorn, J.D., PhD; Hastings Law Journal 2001. This framework, together with *Effective Intervention in Domestic Violence and Child maltreatment cases: Guidelines for Policy and Practice* (the Green Book”) have informed SKCCN core strategies.

Dr. Katreena Scott, founder of the Caring Dads program in Ontario, Canada, taught us the importance of differentiating between generic parent education program and what is needed to educate batterers. Her training and consultation resulted in the establishment of one Caring Dads program in Seattle and will hopefully led to similar programs becoming available in South King County. Her research struck a cord with the SKCCN Board as she informed

them that fathers in her program report that they remain active in the lives of an average of seven children each.

“Re-Examining ‘Battering’: Are All Acts of Violence Against – Intimate Partners the Same?”, research by Ellen Pence and Shamita Das Dasgupta, Praxis International, June 2006, has become a central document in several important Board discussions around gender. The research helps lay out the difference in kinds of violence committed by men and women and provides a more neutral lens through which to view gender differences. As a result the SKCCN Board voted to take a neutral stance on gender despite considerable pressure to follow a more traditional DV advocacy stance that associates all DV with male privilege.

Research by Jeffrey Edleson, summarized in his “Promising Practices” (see Attachment D) was very helpful in both Federal Way and Tukwila in framing discussions about best practices and the variety of approaches that have been used both in programming and legislative action throughout the country.

ACES research captured the energy of Board members as they began to see the inter-relationships between different kinds of adverse childhood experiences. That led to bringing Dr. Anda to our community for a day long presentation and discussion in April and was followed by several presentations to the medical, school counselors, and early learning communities about ACES. While SKCCN has chosen to continue its primary focus on children exposed to DV, we plan to frame community dialogue around ACES.

Finally, research on resiliency has also captured the imagination of the SKCCN Board. In fact, the Partnerships, Research and Policy Committee has committed to an intense study of the subject between now and June 2008 in order to become better prepared to influence service providers and generic community members to include resiliency principles in their work with all families. As a beginning to that process committee members have begun reading the following four books and are sharing information and impressions with each other:

- A. Overcoming the Odds: High Risk Children by Emmy E. Werner and Ruth S. Smith.
  - B. Journeys from Childhood by Emmy E. Werner and Ruth S. Smith
  - C. Resiliency: What We Have Learned by Bonnie Benard
  - D. The Resilient Self: How Survivors of Troubled Families Rise Above Adversity by Steven J. Wolin, M.D. and Sybil Wolin, Ph.D.
- o What data or indicators helped us judge the effectiveness of our strategies?  
Please see individual indicators for each ESP that follows.

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Name of Network Person Completing End of Project Summaries, and *Form 2: 2005-2007 Summary of Network Actions*:

Denese Bohanna, Community Services Director and  
Dianne Heide, Communications & Training Director

Network chair (or Chair's designee from the Board) Review of End of Project Summaries and *Form 2: 2005-2007 Summary of Network Actions*

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Signature

Date

Date *Form 2: 2005-2007 Summary of Network Actions* was reviewed by Network Board in an open public meeting:

9-12-07

Date