

Family Support NEWS BRIEF

A publication of



CENTER FOR SCHOOLS AND COMMUNITIES



30th Anniversary Rally Recap

On June 15, 2022, Pennsylvania Parents as Teachers (PAT) and the Family Centers Network celebrated 30 years of service with a rally at the Pennsylvania State Capitol. Speakers included family members; program staff; Representative Kyle Mullins (112th District, Lackawanna County); Tracey Campanini, Deputy Secretary Office of Child Development and Early Learning; Kari King, President and CEO, Pennsylvania Partnerships for Children; and Tiedra Marshall, Director of Expansion, Parents as Teachers National Center — all of whom thanked home visitors for supports with families.

Participants traveled from Allegheny, Bucks, Chester, Columbia, Dauphin, Lackawanna, Lancaster, Mercer,

Montgomery, and Wyoming counties and met with their state legislators to convey the importance of supporting evidence-based home visiting. One grandmother from Scranton, shared how PAT provided a needed parenting refresher while raising her grandson. A staff member from Kennett Square spoke about not having books as a child but now being able to share books with families as a PAT home visitor.

It was a beautiful day and great to see participants wear their anniversary t-shirts supplied by the Pennsylvania PAT state office. The t-shirts were designed in collaboration with the Family Center Network leaders. The back text read:

- 30 years of partnering with parents.
- 360 months of building social connections.
- 1,564 weeks of understanding children.
- 10,9540 days of creating resource networks.
- 262,800 hours of caring family support.
- 15,768,000 minutes identifying resilience.
- 946,080,000 seconds of finding hope.

The PAT evidence-based home visiting model was introduced in Pennsylvania as one of the components of Family

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Centers as “a new way of doing business” — a philosophy, a process, and a place. It started with 13 pilot sites in 1992 and 1993 and by 2004, the number of Family Centers with PAT programs grew to over 40 sites. There are now 56 PAT affiliate programs with different “homes” — some nested in Family Centers, schools, and health and human service organizations throughout Pennsylvania. There have been changes over time, but the tagline “Building Strong Families and Strong Communities” used in the 1994 statewide brochure still captures the essence of the Families Centers work including the implementation of PAT.

The PAT evidence-based home visiting model promotes the optimal early development, learning and health of children by supporting and engaging their parents and caregivers. The model is the most widely implemented model in the United States and internationally. In November, we are planning a joint virtual event with the PAT program in the United Kingdom.

Independent evaluation has been integral to the success of PAT. Studies published in peer-reviewed journals have shown statistically significant effects of PAT. PAT meets the Home Visiting Evidence of Effectiveness (HomVEE) criteria, as demonstrated in a review conducted by the federal

Department of Health and Human Services, with favorable, replicable, and sustainable outcomes in:

- Child development and early detection of delays and health issues.
- School readiness that increases school success.
- Promotion of language development and literacy skills and increased school engagement by parents.
- Parenting practices that increase parental knowledge and build confidence.
- Reductions in child maltreatment.

Center for Schools and Communities, a division of Central Susquehanna Intermediate Unit, has served as the PAT State Office since 1992. Our state office supports the local affiliates through regular calls, site visits and review of data. We host monthly Supervisor Learning Community and quarterly parent educator gatherings.

According to the 2020-2021 Pennsylvania PAT Affiliate Performance Report:

- 55 PAT affiliates supported families in nearly every county in Pennsylvania.
- 4,861 families with 6,598 children were served by 301 parent educators.

- 294 families were on waiting lists.
- 68% of families have limited incomes with 17% with low educational attainment.
- 54% of families experience multiple stressors – low income, substance use disorder, child with special needs, English language learners.
- Pennsylvania PAT programs reported an 83% family retention rate.
- Children under the age of 1 represent the highest percentage of enrollment (41%).
- There are 301 Parent Educators working in Pennsylvania PAT programs.

In 2020-2021, Pennsylvania PAT engaged families in the model's four major components providing:

- 66,861 personal visits.
- 1,430 group connections.
- 11,447 full or partial health and developmental screenings of children.

We look forward to seeing you at the virtual 30th Anniversary commemoration event with the United Kingdom PAT program, in November.



Resource Roundup



Summertime fresh fruits and vegetables are available at Farmer's Markets and SNAP benefits can be used to purchase. [Get the details.](#)

Source: USDA



The [Investments in High-Quality Home Visiting is Key to a Strong Texas Economy](#) report discusses the impact of home visiting with children and their families and touches on family economic stability.

Source: Child Welfare Information Gateway



This edition of [Children's Bureau Express](#) contains articles about racial equity, antiracist policies, and creating equity in the child welfare system.

Source: Children's Bureau Express

Please note that we will not host a Family Support webinar in July. The Family Support webinar will resume on Aug. 3, save the date!

Parents as Teachers Online Courses

Foundational 2: 3 Years Through Kindergarten

No courses are scheduled for July and August.

Foundational and Model Implementation

For new parent educators and new supervisors of affiliate programs

Monday, July 18 – Friday, July 29

Register for courses at the National Parents as Teachers' [training website](#).

If you have any questions regarding registration for PAT trainings, please contact [Jennifer Esposito](#).



PENNSYLVANIA
Parents as Teachers®

Welcome to our monthly article to commemorate the 30th anniversary of Pennsylvania PAT. This month we will focus on wellness lifestyle changes.

Here is a research article that you may find helpful in understanding the connection between PAT and modifying eating habits and increasing physical activity.

Disseminating and Implementing a Lifestyle-based Healthy Weight Program for Mothers in a National Organization: A Study Protocol for a Cluster Randomized Trial

This study aimed to assess Parents as Teachers with a focus on the healthy eating and active living at home (HEALTH) study. The study was designed to work with families with a caregiver that was overweight or obese and support them with making healthy lifestyle modifications. Findings found significant findings in weight loss and weight circumference and behavior modifications including increase in fruit and vegetable intake, a decrease in soda intake, and increases in physical activity.

[Read article >>](#)

Source:
Implementation Science, June 25, 2019





Family Support Team

Family Support at Center for Schools and Communities provides training and technical assistance to Parents as Teachers providers, Children's Trust Fund grantees and the Strengthening Families Leadership Team.

Karen Shanoski

Family Support and Community Engagement Director
(717) 763-1661, ext. 139

Rijelle Kraft

Family Support Managing Coordinator
(717) 763-1661, ext. 221

Jennifer Esposito

Family Support Data Coordinator
(717) 763-1661, ext. 161

Julia Mallory

Family Support Project Specialist
(717) 763-1661, ext. 169

Alexia Brown

Family Support Technical Assistance Coordinator
(717) 763-1661, ext. 146

Christine Felicetti

Family Support Coordinator
717-763-1661, ext. 104

Pennsylvania Parents as Teachers

at Center for Schools and Communities

Children's Trust Fund

Strengthening Families

Family Support at Center for Schools and Communities

275 Grandview Avenue
Suite 200, Camp Hill, PA 17011
(717) 763-1661

centerforschoolsandcommunities.org

Safe Kids Corner



Heat Stroke Safety Tips

Sometimes babies are so peaceful and quiet in the backseat that we can forget they are even there, and it can be tempting to leave a sleeping baby in the car so we don't have to wake them up while we quickly run into the store. But leaving a child alone in a car can lead to serious injury or death from heatstroke, even in cooler temperatures.

Here's some helpful information and tips for parents about heatstroke prevention for kids.

- On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car.
- A car can heat up 19 degrees in just 10 minutes. And cracking a window doesn't help.
- Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's.

Top Tips for Preventing Heatstroke

Reduce the number of deaths from heatstroke by remembering to **A.C.T.**

- **A**void heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.
- **C**reate reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.
- **T**ake action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations

Source: [Safe Kids Worldwide](http://SafeKidsWorldwide)