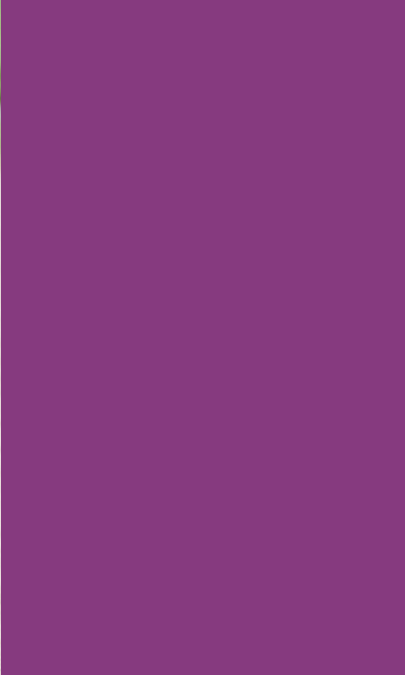


# IMPACT REPORT 2023



# YEAR IN REVIEW

Dear Friends,

For the Child Parent Institute, 2023 was another year of meaningful progress toward our goal of ending child abuse and strengthening families. This progress is only possible because of the generous support of the many friends and partners who share our vision.

As an organization, we continually evolve to keep pace with the needs of our children, youth and parents in our communities. Over the 2023 year we have been adjusting to our work after COVID. Like all of us, some things have shifted in the way we do our work. However, our agency's principles and the work we do within our community have not only remained the same, but have strengthened.

In April of this year in partnership with the Cotati-Rohnert Park Unified School District we opened a school-based Family Resource Center at John Reed Elementary School located in the City of Rohnert Park . This center is designed to be accessible to all children and families within the community. Since the time we opened our doors, we have served over 180 parents. Services that are offered include parent education, resource navigation, and basic needs such as diapers, clothing and food. We provide a warm, hospitable, safe place for talk, food, and rest. We have helped a single mom with five children pay for her PGE bill, as her power was shut off for over 6 weeks. We welcomed in an unhoused family, who came through our door, the father, who had worked a long night shift, was able to stretch out on our couch and take a much needed 3-hour nap knowing his family was safe with us.

I would like to encourage you to consider becoming a part of our Giving Community. We have set a goal of signing up 250 more members to pledge \$10 a month. Your monthly commitment to the CPI Giving Community fund helps us to provide vital resources to our children and families where and when they are needed most. Help Sonoma County kids and families thrive by joining today. Go to [calparents.org/how-to-help/givingcommunity](https://calparents.org/how-to-help/givingcommunity) or [click here](#) to join!

Thank you for your support,  
Robin Bowen  
Executive Director

# OUR 2026 VISION



Child Parent Institute is an integrated Family Resource Agency and a primary service provider for families.

Child Parent Institute provides state of the art, trauma-informed, resilience-based services for children, youth, and families in Sonoma County.

Child Parent Institute is the foremost parent education provider in Sonoma County.

Child Parent Institute ensures that our community puts children, youth, and families first in public policy decisions.

Child Parent Institute is the county's premier training and technical assistance provider for trauma-informed approaches to system change, leadership and program development.

# CPI PRINCIPLES



Adverse childhood experiences impact lifelong health outcomes. Thus, we will assess the needs of each individual and family and offer them prevention, intervention, and advocacy services.



We embrace and respect all families as our clients and believe that interventions should empower both parents and children. We respect that seeking support or information is how change and growth will occur and we view this as a family strength, not a deficit.



We have a strength-based and prevention-focused philosophy. We use both proven evidence-based and innovative practices to help heal children, educate and support parents, and enhance parental competence.



We collaborate with other agencies and organizations to efficiently deliver services.



Diversity, equity, and inclusion are the foundational components of what we are, why we exist, and who we serve. As we continue to navigate community crises, systemic inequities, and historical trauma, we strive to foster belonging, purpose, and opportunity for families in our community. We are committed to equitable practices, accountability, and transparency with our DEI efforts, both internally and with the communities we serve.

# 5 PROTECTIVE FACTORS

Every program and service offered at CPI addresses one or more of the 5 Protective Factors for Strengthening Families. Using this framework, we ensure that operating dollars are applied effectively to give families the best possible outcomes.



## SOCIAL CONNECTIONS

- Connecting with friends and family builds a support system and makes your family **STRONG**.



## CONCRETE SUPPORT

- Ask for help.
- Meeting your needs through community support and resources makes your family **STRONG**.



## PARENTAL RESILIENCE

- Exercise flexibility and develop inner strength.
- Flexibility + inner strength = Resilience.
- Resilience makes your family **STRONG**



## KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

- Being a great parent is part natural and part learned.
- Parent education makes you **STRONG**.



## SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

- Give your child words to express how they feel.
- Effective communication builds positive relationships and makes your family **STRONG**.

# Results from our year round work Strengthening and Supporting Families

**72%**

of families  
reported an  
increase in social  
supports



**88%**

of families  
demonstrated  
increase in  
resiliency



**84%**

of families  
increased their  
knowledge of  
child  
development





# PARENT SUPPORT SERVICES

The core of positive parenting is strong, healthy, nurturing relationships. We offer a variety of parent education and support services to help parents and caregivers provide a strong, loving, and healthy home for their children.

---

**2816** parents attended classes at CPI in the community


**310** parents received in home Triple P parenting services and resource assistance

**89** parents received autism support services

**60** families received supervised visitation

**31** individuals participated in the Justice System classes

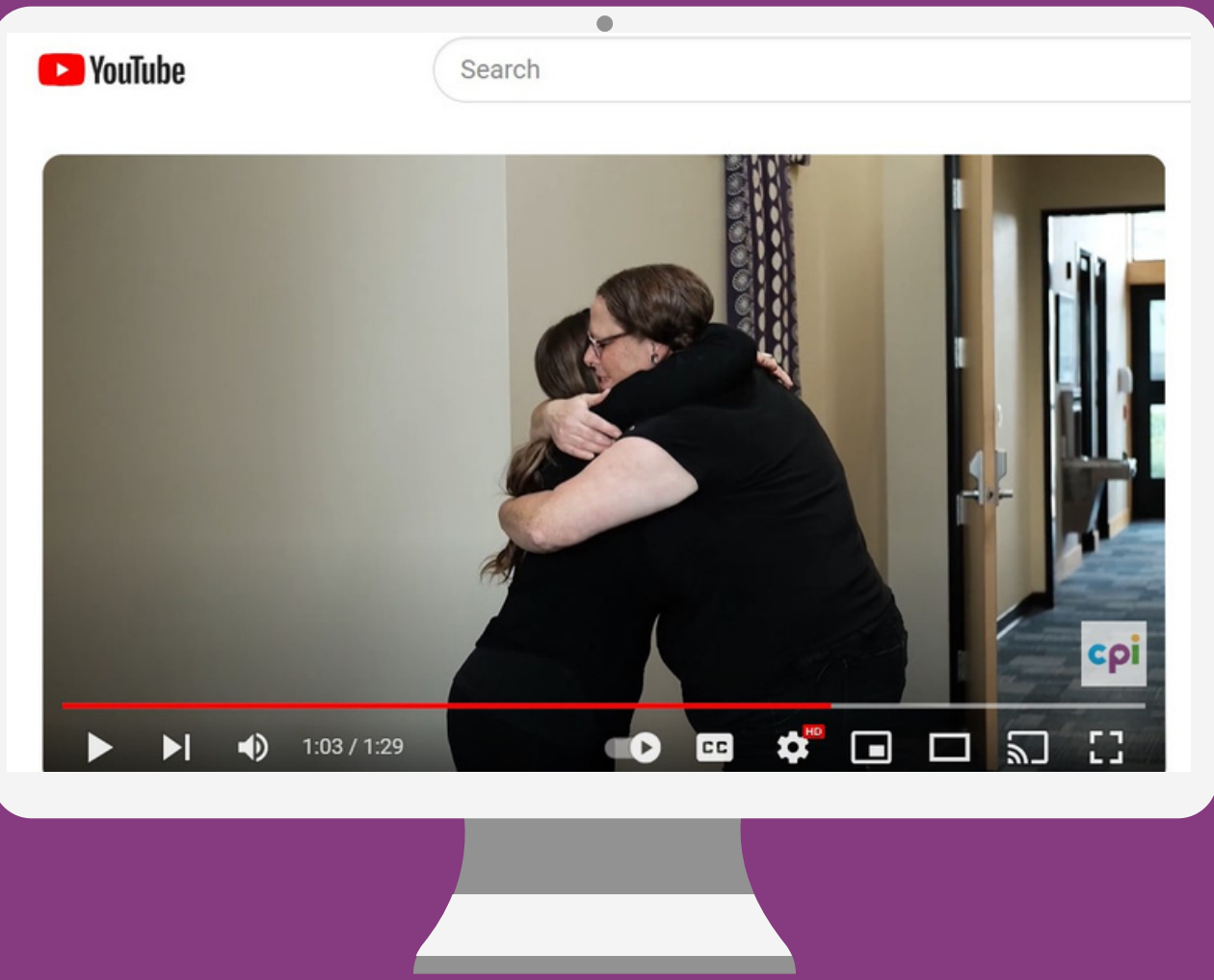




# Pablo's Story

Pablo is a father of an 11-year-old. He self-referred for in-home parent education as he was feeling challenged by his son's behavior, and lack of enthusiasm to go to school. He was feeling overwhelmed and concerned. He was looking to learn new more effective ways of communicating with his son. While receiving 1-1 parent education, Pablo was referred to Resource Assistance as he also shared facing financial difficulty after losing his job. After 15 sessions, Pablo reported his confidence as a parent increased. He created a before and after school routine which he believes has helped his son to get his homework done, be more rested, and feel better about going to school. He reported that gaining an understanding of his own trauma has helped encouraged him to parent in a way that allows for feelings to be expressed, his own and his son's. He added, "The support and education I have received from CPI has been eye-opening and my relationship has improved. It means everything to me"





[Click here](#) to watch a video about the parent mentor program.

# PARENT MENTOR PROGRAM

The goal of our Parent Mentor Program is to increase successful family reunification and to decrease the length of time preceding reunification in Sonoma County. Parent Mentors help to support parents in working towards reunification with their own children.

**280** individuals received parent mentor services



# PARENT SUPPORT LINE

Through the CPI Parent Support Line, Sonoma County parents and caregivers can connect with our highly trained Parent Educators and receive personalized parenting support. Services are available in English and Spanish for parents and caregivers with children of any age.

**53** families served through the parent support line





# NEW DIRECTIONS SCHOOL

At our school we celebrate all the great and small things that make us individuals. We are committed to creating an environment where students learn, grow, and thrive.

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**22** students attended New Directions during the 2022/2023 school year

**1200+** hours of counseling services at New Directions helped our students and families succeed



**100%** of our eligible 12th graders completed the program and received their high school diploma

# NEW DIRECTIONS HIGHLIGHTS

During the summer of 2023, New Directions collaborated with the Sonoma County Office of Education and the Life on Earth Art organization to deliver a Follow Your Heart program with New Directions students. Through a delivered curriculum that included life skills development, students created hearts with angel wings that are now displayed throughout the campus. As one student shared with others, “At first I thought it was boring, but I didn’t realize how my thoughts could be turned into a piece of art to share with others.”





# COUNSELING

At the heart of our mission at CPI is our commitment to protecting the children and families in our community. Our Child & Family Counseling Clinic provides comprehensive mental health services to children ages 0-18 and their families.

**29**

clients participated in our Perinatal Mood and Anxiety Disorder (PMAD) Program

**40**

children received counseling services

**25**

parents received counseling services

**1165**

hours of therapy were provided in the clinic

**97%**

of the clients who completed services met all or part of their goals





# Carla's Story

Carla is a young mother who accessed Perinatal Mood and Anxiety Disorder (PMAD) therapeutic services at CPI. She was referred to CPI by her healthcare provider after it was identified that after the birth of her daughter she was struggling with depression, feeling low energy, overwhelmed, and that she was not getting support from her partner at home. Carla's provider worked with her in her home, and using a structured curriculum, they were able to address the things that were difficult for her. After 12 sessions, Carla reported she was able to consistently use the self-care skills she had learned, that she was able to be productive in how she used her time, and that she has been able to ask for help at home by communicating in an assertive manner instead of with frustration and anger. Although at intake she had scored in the clinical range for depression and anxiety symptoms, at close - her scores were no longer in the clinical range.



# BASIC NEEDS/RESOURCE NAVIGATION

Our Resource Navigation team provides short-term one on one assistance to parents linking them to resources such as food, housing, child care, employment, and public assistance.

**117** individuals received case management services

**5295** parents received diapers and wipes from the CPI Diaper Bank

**\$51,250** has been distributed to families in food, gas, clothing, and household gift cards

**\$6,697** was distributed in Rental Assistance

**\$35,930** was distributed in utilities



# ROHNERT PARK FAMILY RESOURCE CENTER

This year CPI partnered with Cotati-Rohnert Park Unified School District (CRPUSD) to create a model to support families with basic needs, parent education and mental health resources through the development of a Family Resource Center in one of the highest needs neighborhoods in the district. This Family Resource Center (FRC) located at John Reed Elementary provides the following services to all parents:

- Parent Education and classes
- Resource Navigation
- Parenting Classes
- Health Advocacy

Watch our video about the FRC by [clicking here!](#)



# ADVOCACY

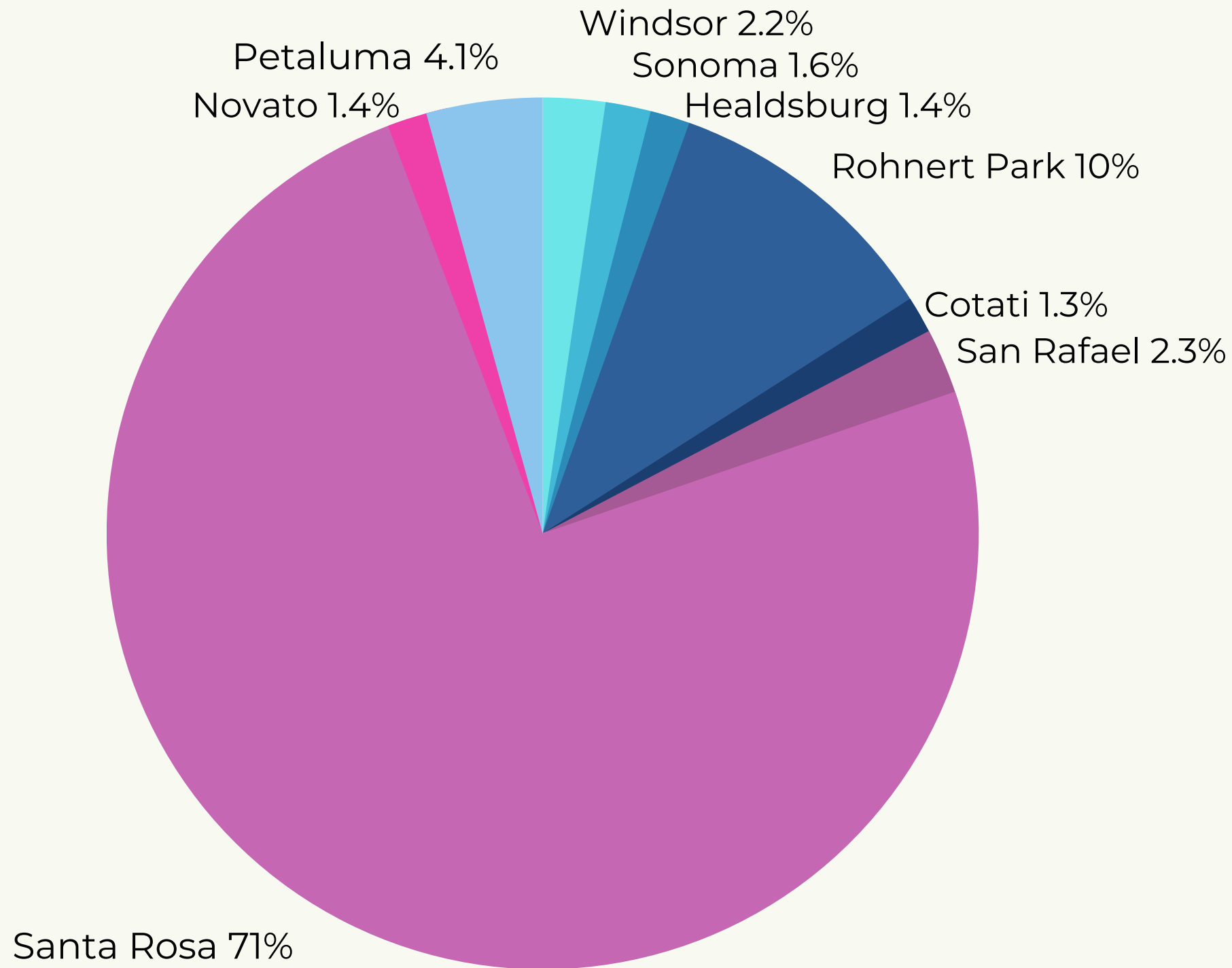
Under the management of the Child Parent Institute, Prevent Child Abuse - Sonoma County (PCA-SC) works to establish an effective, cooperative and coordinated response to end child abuse.

We advocate for the health and safety of children and families and ensure that our community puts children and families first in public policy. We are always looking for new ways to increase community awareness of current and ongoing issues that impact the welfare of families and children.

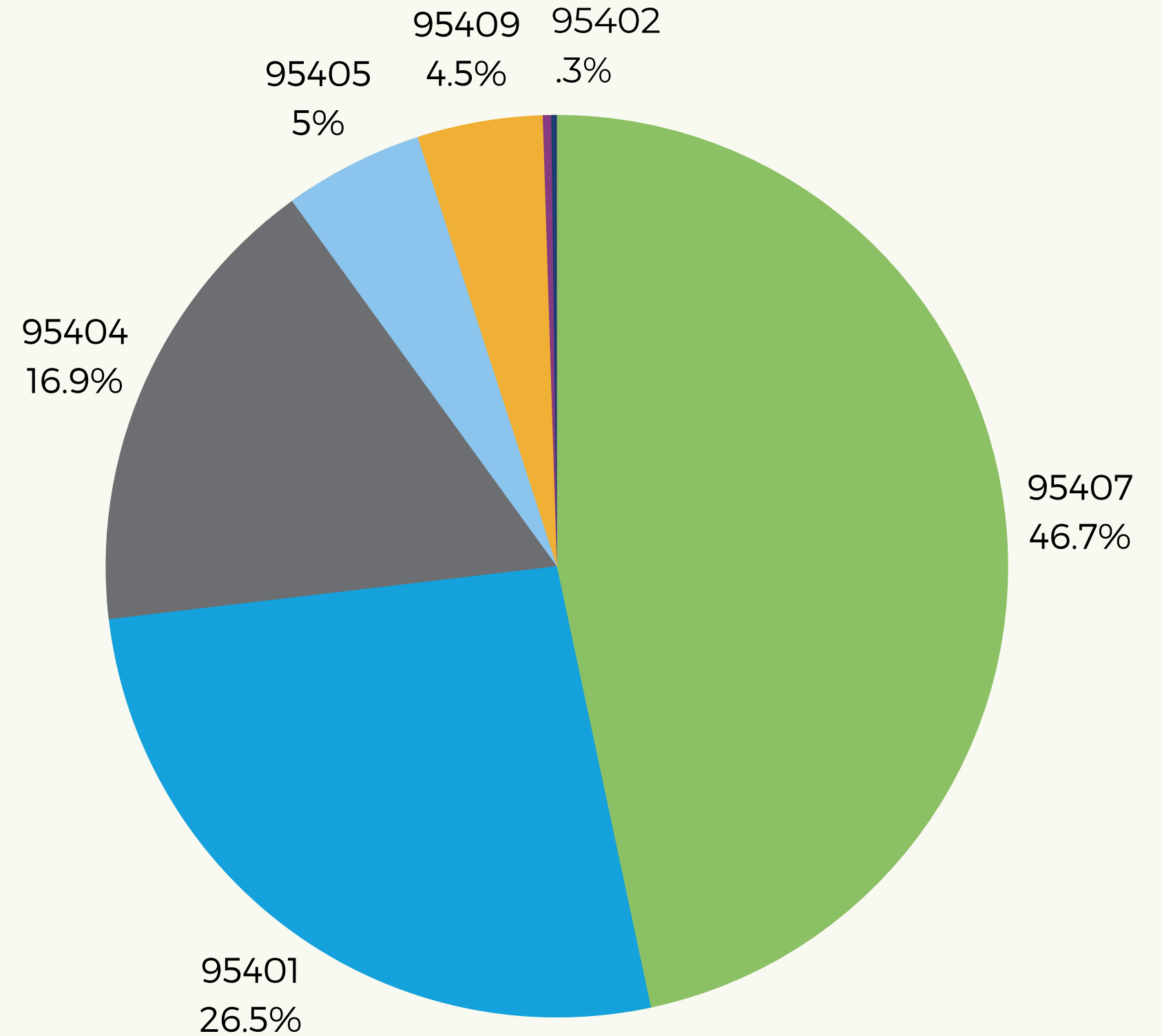




# North Bay Clients Served by City 2022/2023



# Santa Rosa Clients served by Zip Code 2022/2023



# BOARD OF DIRECTORS

**E. John Evans**  
Board President

**Anthea Maybury**  
Board Treasurer

**Gary Lucas**  
Business Owner

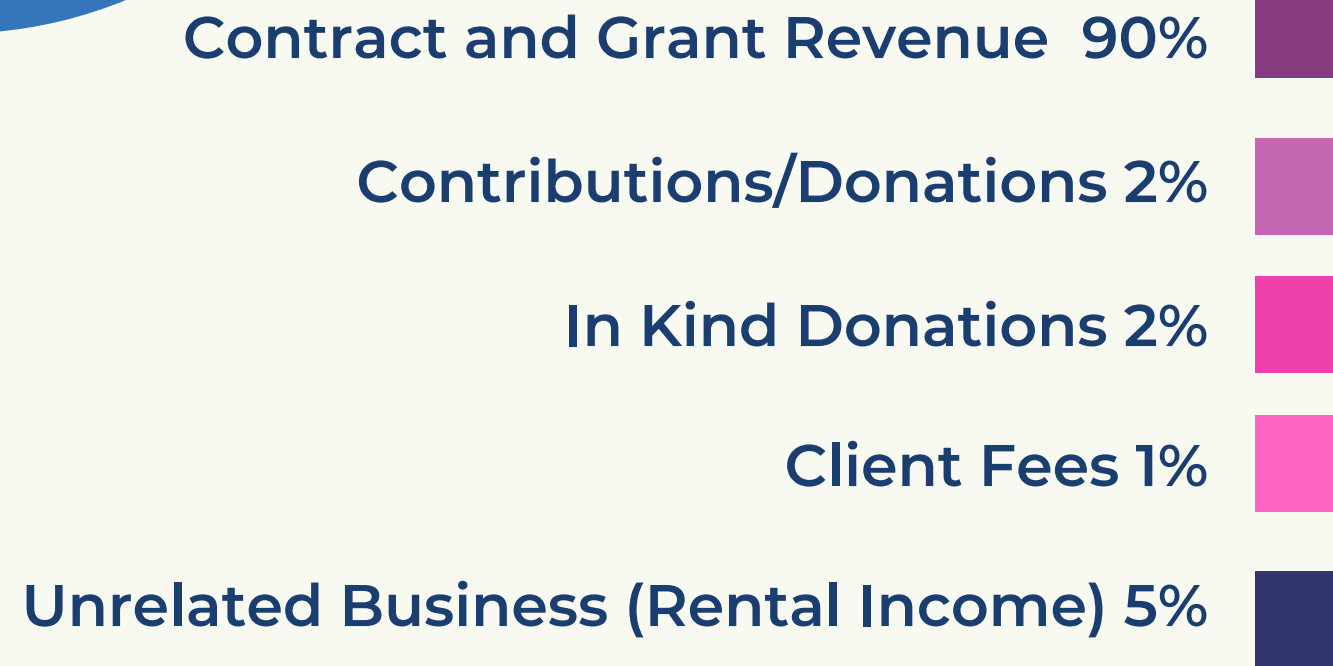
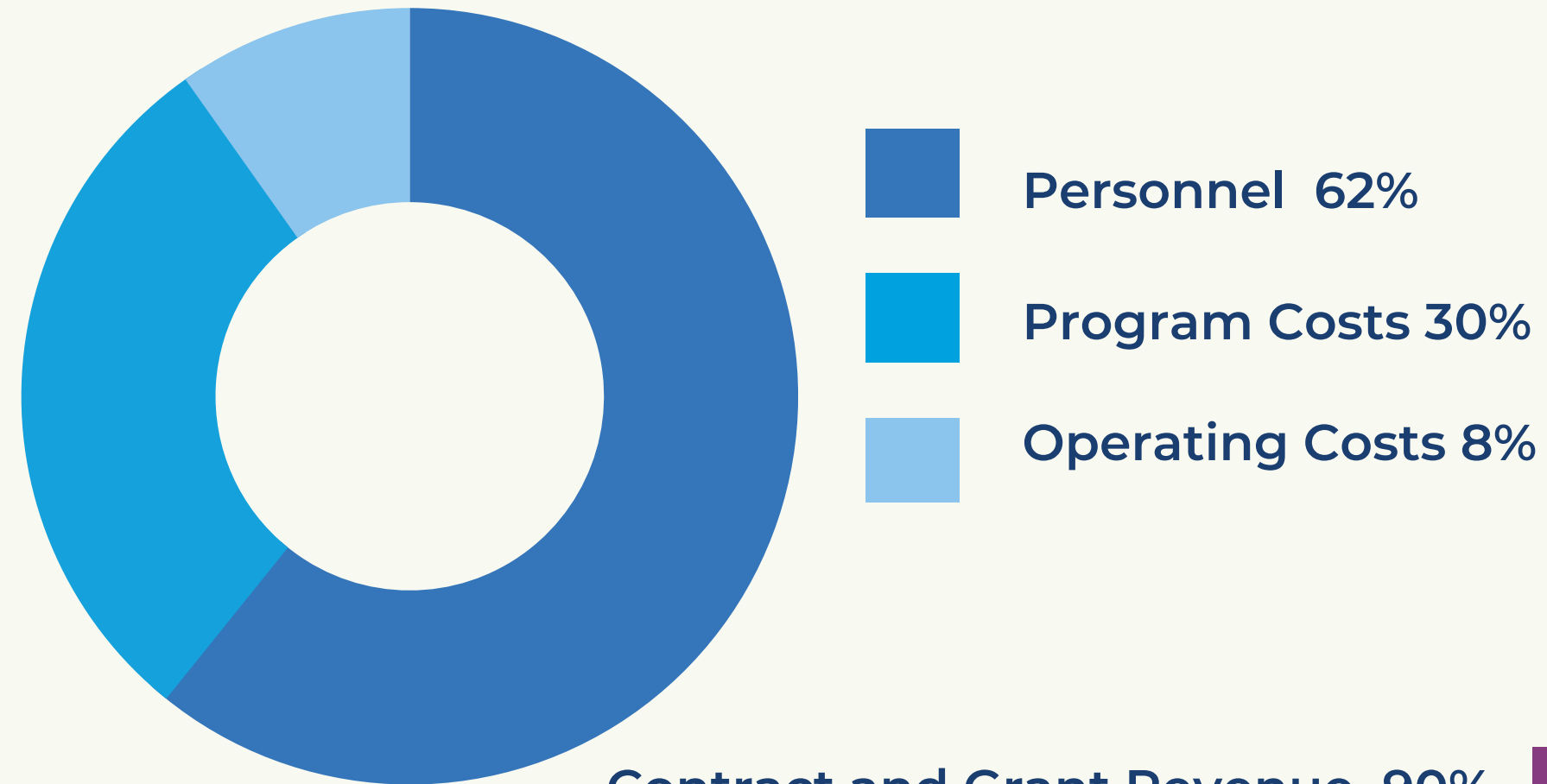
**Colleen Metz Rouleau**  
VP Future Foods

**Jeff Miller**  
Pediatrician

**Midori Verity**  
Transformation Coach

**Dorothy Rodella**  
VP Exchange Bank

# FINANCIALS AT A GLANCE



*We depend on the generous support from individual donors and foundation to continue providing parents, children and youth educational and support services that help build brighter futures.*

# JOIN THE CPI GIVING COMMUNITY

Since 1978, CPI has been a leading provider of affordable, quality, parent education, parent support, and family mental health services for under-served Sonoma County children and families.



The CPI Giving Community is a passionate community of loyal CPI supporters. Their funding provides flexible, unrestricted resources that allow projects and initiatives related to the ongoing transformation of our programs to grow from concept to realization.

By joining the CPI Giving Community, you are making a fundamental difference in the lives of Sonoma County children and families.

Your monthly commitment to the CPI Giving Community fund helps us to provide vital resources to our children and families where and when they are needed most. Help Sonoma County kids and families thrive by joining today. Go to [calparents.org/how-to-help/givingcommunity](https://calparents.org/how-to-help/givingcommunity) or [click here to join!](#)