



# 2024

IMPACT REPORT

**cpi** CHILD  
PARENT  
INSTITUTE

# TABLE OF CONTENTS

Year in Review Letter	1
Our History & Mission	2
Our Agency Principles	3
5 Protective Factors	4 & 5
Parent Support Services	6
Community Based Services	7
Counseling	8
New Directions	9
School Based Services	10
Rohnert Park FRC	11
Basic Needs/ Resource Navigation	12
Financials	13
Client Data	14
How You Can Help	15

# A YEAR IN REVIEW

Dear Friends,

This past year has been a very inspiring year for us at CPI. We have remained committed to providing services and support that help children and families thrive. Over the last year, we have served 3,235 children and 5,236 parents through our various programs.

Our program data provides us our pathway to ensure our work is creating better outcomes for children and families living in vulnerable circumstances.

We embrace and respect all families as our clients, empowering both parents and children. We believe that seeking support is a vital step toward change and growth, viewing it as a strength of the family.

We educate and inspire through parenting education classes and workshops, and we operate a nonpublic school that supports students emotionally and academically, helping them to graduate high school. We support parents and children clinic and in-home counseling services, and one on one parenting support home visits, parent mentor services and through our parent support line.

We advocate and collaborate with government agencies and community organizations to efficiently deliver services. We work to ensure that our community puts children, youth, and families first in public policy decisions both in local and regional advocacy efforts.

None of this would be possible without the dedication and generosity of our board members, employees, donors, and volunteers. Together, our programs address the needs of children and parents, helping to create stronger and healthier communities.

We look forward to your continued support as we enter the New Year.



**Robin Bowen**  
Executive Director



# OUR HISTORY AND MISSION

Child Parent Institute is a parent education and children's mental health agency, serving families throughout Sonoma County since 1978. Our continuum of care includes child therapy, family resource assistance, parent education, facilitated supervised visitation and a non-public school providing adolescent special education/mental health services. We advocate for policies that support families and protect children.

***Our mission is to end child abuse and strengthen the health of children, parents, and families.***



# OUR AGENCY 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 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 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 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 following 5 Protective Factors:



**Parental Resilience:** Managing stress and functioning well—facilitated by individual, relational, community, or societal factors— when faced with stressors, adversity, or trauma.



**Social & Emotional Competence of Children:** Providing environments and experiences —grounded in early relational health— that build positive social skills; enable children to regulate thoughts, emotions, and behaviors; and promote effective communication, problem-solving, and decision-making skills



**Concrete Supports:** Identifying, accessing, advocating for, and receiving high quality and equitable support including the basic necessities everyone deserves and specialized services to address specific needs.



**Knowledge of Parenting & Child Development:** Learning about prenatal, infant, and child development, and using developmentally and contextually appropriate parenting practices



**Social Connections:** Healthy, meaningful, trusting, and sustained relationships with people, institutions, communities, or a higher power that promote a sense of connectedness, belonging, and mattering.



# RESULTS FROM OUR YEAR ROUND WORK STRENGTHENING AND SUPPORTING FAMILIES

Families reported the following increase in each of the areas below:

89%

89% of families reported an increase in **resiliency and family functioning**.

83%

83% of families reported an increase in knowledge of **child development**.

80%

80% of families report increase in **social connections**.

69%

69% of families reported an increase in **social & emotional competence of children**.

66%

66% of families reported an increase in **concrete support**.



# 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.



**2244**

parents attended CPI parenting classes in the community.

**38**

parents received autism support services.

**219**

parents received in home Triple P parenting services.

**46**

clients participated in Justice System Classes.

**60**

families received supervised visitation.

**107**


parent mentor clients.



# 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.

**129** families served through the parent support line.

 **(707) 755-2858**

## COMMUNITY BASED PARENTING CLASSES

Last year we offered parenting classes online, at our offices as well as in the community. We partnered with Circuit Rider, WRS, the Living Room, & Caritas Village.

“

**When I met this family, the mom expressed feeling tired and overwhelmed because of their son's behavior. I explained that my role was to provide them with support and to share positive parenting strategies. Now that we have worked together for seven weeks the atmosphere in the home has changed, the parents appear to be more relaxed. The mother has shared that she feels more confident as a parent has renewed energy and is more present and engaged. The father told me that these sessions have been like an awakening for him, that his eyes have opened.**

– CPI Parent Educator



# 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.

**74** children received counseling services.

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

**1746** clients participated in our Perinatal Mood and Anxiety Disorder (PMAD) Program.



“

**A parent reached out for therapy for their struggling child and was unsure how to help. We offered services at no charge through a grant for families with children ages 0-5. When informed, the parent paused, then cried, saying, "You have no idea how much this will help us." Our intake coordinator reflected on the impact of that moment and expressed gratitude for the support we can provide to families.**

-Counseling Clinic staff member

# NEW DIRECTIONS

New Directions Non-Public school provides onsite specialized academic instruction with individual and group therapy services for students 12-22 years of age, serving school districts across the entire North Bay region.

37

students enrolled in the 2023/2024 school year.

725

hours of counseling were provided.

7

students successfully transitioned back to public school campuses.

100%

of our eligible 12th graders completed the program and received their high school diploma.



“

**A student endured relentless bullying at public school, leading to isolation and a critical turning point when they brought a weapon to school. Following this incident, the student was referred to New Directions, where they initially struggled with selective mutism.**

**After months in this supportive environment, the student made such great progress that the IEP team removed speech and language therapy services. Today, the student boasts a 97.8% attendance rate and proudly states, “New Directions is the best school I’ve ever been to.”**



# SCHOOL-BASED SERVICES

We are pleased to announce the following new services to our School-Based Services Department.

## TEAM SUCCESS

Team Success provides school-based individual and group therapy services to students referred by school counselors and administration. Team Success is a mental health prevention and early intervention (PEI) program based on the evidence-based Project SUCCESS™ model. Team Success incorporates short term mental health counseling services (8+ individual counseling sessions and/or group therapy) with the PEI model, to help students who could not access mental health support otherwise.

## JUVENILE DIVERSION PROGRAM

This program provides counseling & diversion services to youth cited for misdemeanor and/or disciplinary offenses, referred by school districts and local law enforcement agencies. Youth referrals engage in 8+ individual sessions that focus on topics such as: positive behavior, healthy choices, and coping skills in response to stressors. JDP also includes parenting support that aims to increase parental awareness of the challenges that their youth may be experiencing, as well as strengthen communication channels between the youth and their family members.

## FRIDAY NIGHT LIVE

Friday Night Live (FNL), through a partnership with the County of Sonoma, partners with youth at various schools to increase awareness of the harmful effects of alcohol, tobacco and various substances. Peer education workshops and activities involve individual and group sessions that enhance leadership skills and community engagement towards increasing the overall health and well-being of our community.

# ROHNERT PARK FAMILY RESOURCE CENTER

This Family Resource Center (FRC), located at John Reed Elementary, provides the following services to all parents:

- Parent Education and classes
- Resource Navigation
- Health Advocacy

“

Sometimes we go to the right place and meet the right people that can redirect us. It's just like magic and I love that my day transforms every time I walk into the center.

-Family Resource Center client

# 227

## FAMILIES

were served by the Rohnert Park Resource Center.





# BASIC NEEDS/RESOURCE NAVIGATION

Our Resource Assistance team provides short-term one on one assistance to parents linking them to resources such as food, housing, child care, employment, and public assistance. The goal of our department is successful coordination resulting in families developing community relationships and building the tools towards improved self-efficiency.

103

individuals received case management services.

255

individuals received basic needs services.



\$44,300

was distributed to families in food, gas, clothing, and household gift cards.

## DIAPER PROJECT

Since 2017 the CPI Diaper Project has provided diapers and wipes to Sonoma County families.

2060

parents received diapers and wipes from the CPI Diaper Bank.



“

CPI's program really helps a lot of families that can not afford diapers regularly like my family. The staff have excellent service.

-Diaper Project client

# BOARD OF DIRECTORS

E. John Evans

*Board President*

*Retired Wealth Manager*

Anthea Maybury

*Board Treasurer*

*Wealth Associate*

Gary Lucas

*Board Vice President*

*Retired Business Owner*

Colleen Metz Rouleau

*Board Secretary*

*Director of Operations*

Jeff Miller

*Board Member*

*Pediatrician*

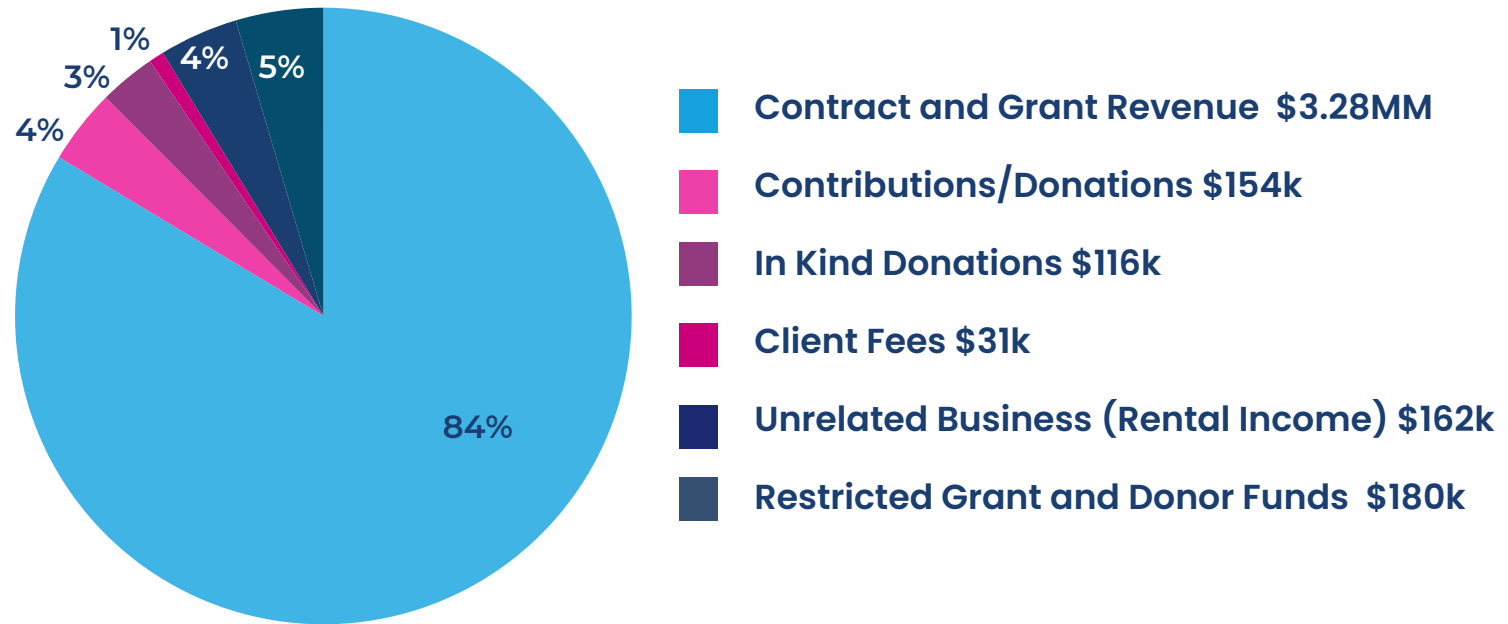
Dorothy Rodella

*Board Member*

*VP Exchange Bank*

# FINANCIALS AT A GLANCE

## REVENUE

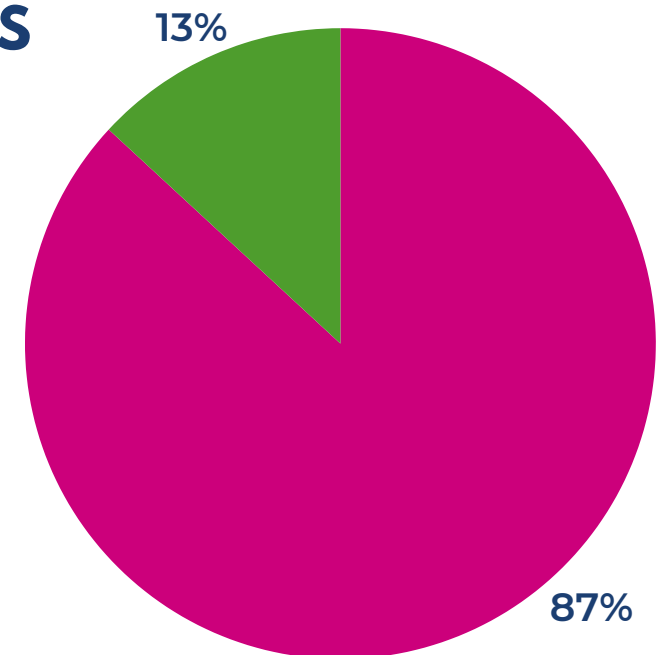


## EXPENSES



**Direct Program Expenses \$3.07MM**

**Backbone Support Expenses \$464k**



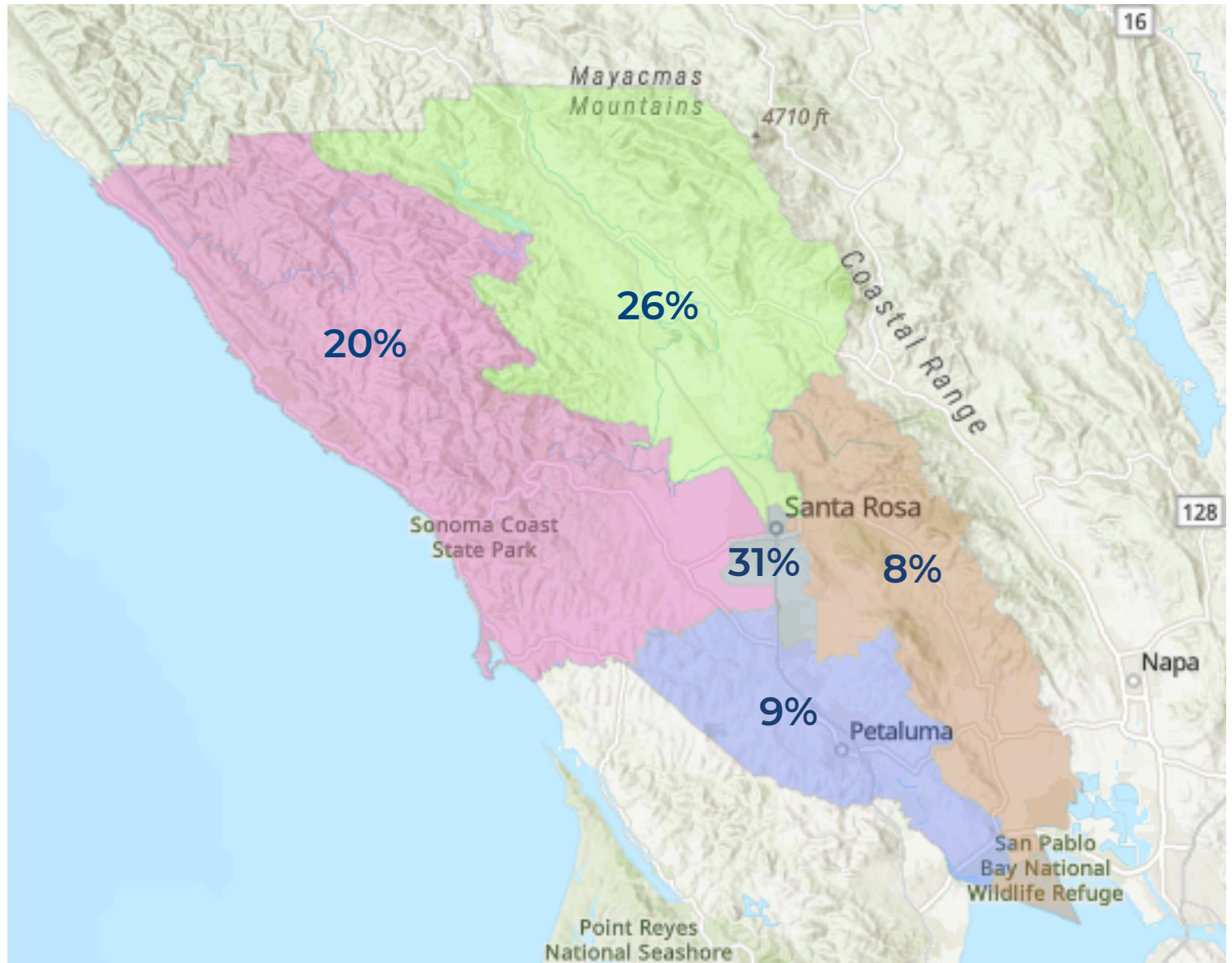


# SERVING FAMILIES ACROSS SONOMA COUNTY

Percentage of clients served by Supervisorial district.

Supervisorial District

- District 1
- District 2
- District 3
- District 4
- District 5





## HOW YOU CAN HELP

We all have a role to play in protecting children and strengthening families in our community. Here are ways you can lend a hand:

### Donate

Your gift will help empower parents, nurture children, and strengthen our community by providing the education, resources, and support caregivers need to raise children who thrive. (If you wish to make a recurring monthly donation visit our [Giving Community page](#))

### Volunteer

Volunteer your time. Visit our careers and volunteer page for more information.

### Like/Subscribe

Help us reach more people by following us on social media. Stay up to date with our latest news and share with others. You can find us on **Instagram**, **Facebook**, **YouTube** and **LinkedIn**.



