

Oklahoma Success!

Circle of Parents

A Community Assisted Parent Support Group
Oklahoma City, Oklahoma
April 14, 2015



Presented by:

- **Dr. Jane Humphries**, Program Coordinator of Child Development Services for Child Guidance at the Oklahoma State Department of Health.



- Today's Focus:
- Provide participants with an overview of a successful parent support group model facilitated by Child Development Specialists who work within Child Guidance clinics in Oklahoma.

Opening Activity

- How is parenting like a penny?







Mission Statement:

**Prevent child abuse and neglect
and strengthen families through
mutual self-help parent support
groups.**

Core Tenets

- Children are valuable.
- Children have the right to grow up free from abuse and neglect.
- Children have the right to a safe environment.
- Children have the right to a nurturing home, family and community.
- Parents and families have the right to non-judgmental support.
- Parents and families have the right to respect.
- Parents and families have the right to compassion.
- Strong communities value children and engage families.



Core Tenets Continued:

- Communities have the right to parent support groups that are culturally responsive.
- Communities grow through support from their own members.
- Communities benefit from equal treatment of all members.



Principles of Parent Support Groups

- Trust
- Reciprocity
- Leadership & Personal Accountability
- Respect



Principles Continued:

- Parenting in the Present
- Shared Leadership
- Responsibility
- Non-Violence



About Circle of Parents

Circle of Parents provides:

- a friendly, supportive environment led by parents and other caregivers,
- a place where anyone in a parenting role can openly discuss the successes and challenges of raising children, and;
- where one can find and share support.



How Is This Done?

- By sitting down and really talking. **Circle of Parents** groups meet regularly, are free of charge, and foster an open exchange of ideas, support, information and resources.



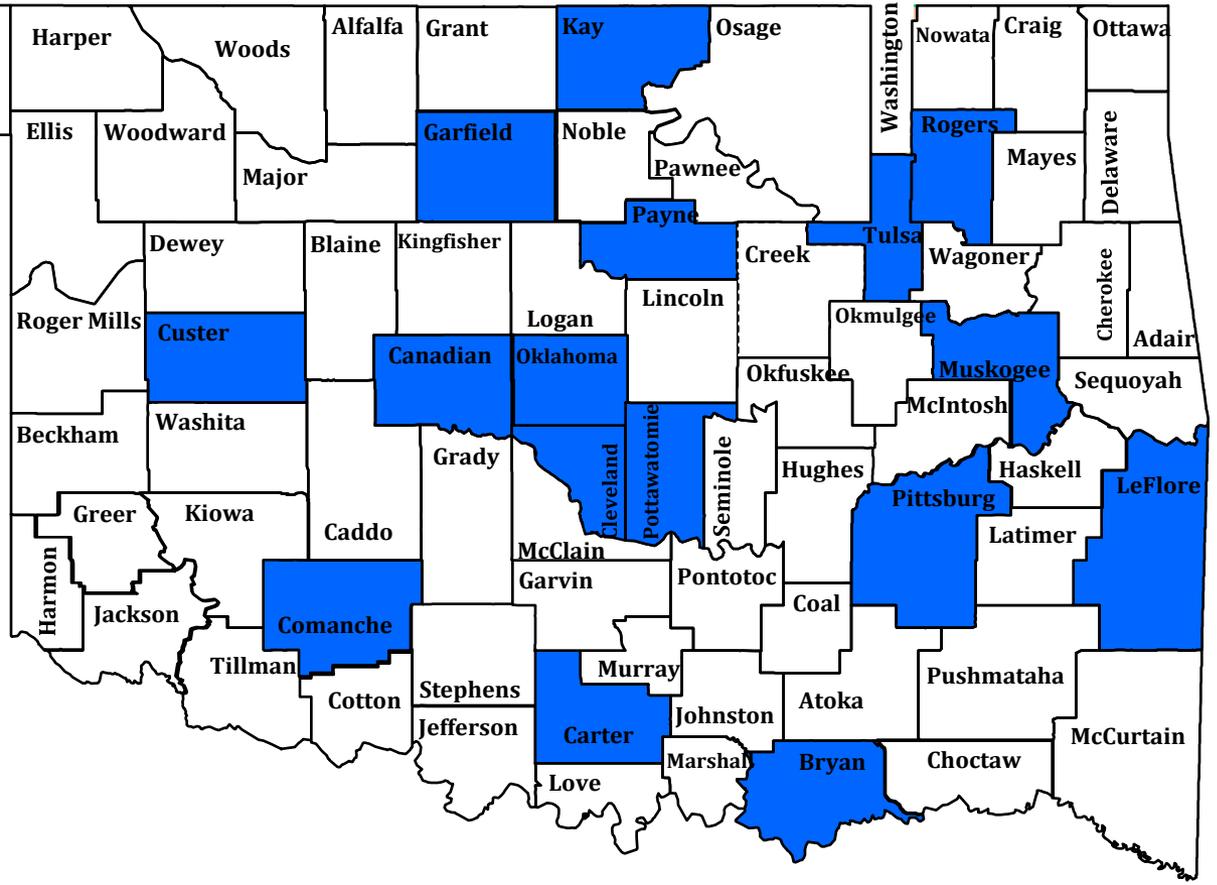
Circle of Parents/Oklahoma

Fifteen (15) Child Development Specialists that work for the Child Guidance program attended the Circle of Parents training in October 2011. In January 2012, Child Guidance began forming Circle of Parent groups in Oklahoma. Before that time, groups had to be contracted throughout the state of Oklahoma and funding was provided by Family Support and Prevention Services.



Child Guidance Clinics

County	Phone Number
Bryan	(580) 924-4285 Durant
Canadian	(405) 262-0042 El Reno
Carter	(580) 223-9705 Ardmore
Cleveland	(405) 321-4048 Norman (405) 794-1591 Moore
Comanche	(580) 248-5890 Lawton
Custer	(580) 323-2100 Clinton
Garfield	(580) 233-0650 Enid
Kay	(580) 762-1641 Ponca City
LeFlore	(918) 647-8601 Poteau
Muskogee	(918) 683-0321 Muskogee
Oklahoma	(405) 271-5700 Oklahoma City
Payne	(405) 372-8200 Stillwater
Pittsburg	(918) 423-1267 McAlester
Pottawatomie	(405) 273-2157 Shawnee
Rogers	(918) 341-3166 Claremore
Tulsa	(918) 594-4726 Tulsa



Partnership/Locations Include:

- Headstart Programs
- Child Care Centers
- Teen Parent Programs
located within schools
- Women's shelters
- Homeless shelters
- Local Church
locations



Partnership/Locations Cont' d:



- Community Colleges
- Indian Health Clinics
- Educare
- Military Base
- Health Department
- Pre-K Centers in conjunction with local school
- SmartStart Oklahoma





MONARCH 
A New Beginning

Spotlight: Kay County

- Combined effort with several local partners
- 1st groups: January 2012
- Blended models to include: Circle of Parents, Parent Café, and Strengthening Families



Kay County- Combined Efforts



- Kay County Health Department
- Smart Start Kay County
- United Way of Ponca City
- Local Child Care Facilities
- Local University Interest



Spotlight: Tulsa County

INDIAN HEALTH CARE RESOURCE CENTER

- Has been meeting weekly for 3 years
- Group members come for a variety of reasons
 - Court Ordered
 - Healthy Start
 - Self Referred
- All are parents



Tulsa County-Group Success

- Must like doing groups
- Must hang in there
- Must trust and allow the process to work
- Must do more listening than talking
- Must be consistent in being present
- Must value all parents vulnerability



Tulsa County-SUPPORT

- Give each other rides to group
- Exchange baby clothes and supplies
- Help each other with needs and resources
- Facebook Friends
- Text each other to remind them about group
- Cry with each other



Tulsa County-Surprises



- Level of support
- Acceptance level of each other- lack of judgment
- Safe place to ‘get real’- They call it “home”
- Level of sharing is controlled by the members
- Length of time attending
- Parent led and able to meet on their own



What 2012 Data Told Us



- Survey data was collected at the inception of the program
- 727 respondents
- Survey consisted of 10 questions; 7 on a Likert scale; 3 were selected choice and open-ended

Summary of Likert Scale Questions

- Helpfulness of topic (94.2%)
- Comfort level at meeting (94.3%)
- Interest level of topic (93.8%)
- Perceived needs being met (90.6%)
- Awareness of resources to support in the care of their child (92.3%)



Likert Scale Questions Cont'd:



- Perceived support level after attending the meeting (92.4%)
- Recognition of people to turn to for help if needed (89.7%)

Topics Of Most Interest When Participating

- Learning about children's development
- Use of positive discipline strategies
- Creating a positive relationship with their child
- Increasing communication between family members and their child



2014 Data

- A focus group study was conducted in 2014 to assess the adherence to the Circle of Parents model and if client needs were being met.



Focus Groups

- 74 Circle of Parent participants
- Guided discussion around 13 questions regarding their opinions on multiple aspects of Circle of Parents



Client Impact

- Found a place to ask questions
- Learned ways to better handle stress
- Had a place to interact with other parents
- Were able to interact with educator and other parents without fear of judgment
- Felt involved in the process
- Learned how to better discipline their children



What does all that mean?

- Implemented as intended
- Keys to success:
 - Flexibility works well
 - Facilitator is important
 - Family voice is even more important



Counties with Current Circle of Parent Groups

- Current:
 - Tulsa
 - Oklahoma
 - Kay
 - Pottawatomie
 - Muskogee
 - Bryan
 - Rogers



Questions?



- **Want to know more about Circle of Parents in Oklahoma?**
- **Contact us!**





Speaker Information:

Jane Humphries, Ed.D., CCPS

Program Coordinator

Child Development Services, Child Guidance

Oklahoma State Department of Health

405-271-4477

JaneMH@health.ok.gov

