

NEK-CAP News Summer Edition ~ July 2017

Serving Atchison, Brown, Doniphan, Jackson, Jefferson, Jewell, Leavenworth, Marshall, Mitchell, Nemaha, Osborne, Pottawatomie, Republic, Riley, Smith, and Washington Counties.



From the Executive Director's Desk

Submitted by Jeanette Collier, Executive Director

On behalf of NEK-CAP, Inc. Multi-County Board of Directors and staff, I wish each of you a fun-filled, safe summer!

Please review the NEK-CAP, Inc. 2016 Annual Report on the NEK-CAP, Inc. website. I want to thank our community partners for contributing to our successes. We will be holding a 2017-2020 strategic planning session in Holton on July 18th from 10:00 am till 2:00 pm. If you are interested in participating, please contact lgrier@nekcaph.org.

The NEK-CAP, Inc. 2017-2020 Community Needs Assessment will be released on the agency's website later this month. We thank volunteers from across the 16 county service area for

your participation in the process. I believe that the conversations, which began through the focus group process, will result in improved communication, a greater understanding of local resources, and a commitment to aligning community goals and services that impact our neighbors affected by economic insecurity.

There have been several significant policy and legislative proposals considered at both the state and federal levels, which will negatively affect the lives of the most vulnerable Kansans – children, the elderly, those with disabilities, those experiencing homelessness, and the working poor. I ask you to support our efforts in advocating for policies that invest in human capital and promote economic opportunity and social justice for all Kansans.



Comments/Questions: please contact Linda Grier, Office/Data Coordinator, lgrier@nekcaph.org

NEK-CAP's Mission

We provide comprehensive education and social services to low-income community members through collaborative partnerships focused on promoting family development, empowerment, and economic security.

The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.



Family Development Credential®

Submitted by Shelby Howard, Family & Community Resource Manager

Northeast Kansas Community Action Program (NEK-CAP, Inc.) has just completed its fourth class for the Family Development Credential® in collaboration with National FDC Program at UConn. Staff and management alike have seen the benefits. Advocates, the front line workers are empowered and in turn they offer the same to families. They build on their own skills and strengths through the portfolio, time spent with their advisor and class session. FDC™ gives them a greater understanding of the shared power relationship and a strong desire to develop an approach of family support that builds on strengths. The following comments are from past NEK-CAP, Inc. FDC™ graduates.

The topics that were discussed were relevant to our jobs, which brought more meaning and clarity to our work in the homes. Our discussions opened ways to expand our ideas and made us think about the way we present ourselves, the material, and how we interact with families. The FDC program validated us and gave us ways to improve our relationships in a positive manner. ~ Pam Wilburn, Child and Family Advocate (FDC 2016)

What I enjoyed about the FDC class was that it required me to think about my actions and how it impacts other? I may only get one opportunity to make a connection with a family so I need to be the best I possible to build that trusting caring relationship which enables others to see their strengths and see and feel they can set goals and accomplish positive outcomes for their families. It truly gave me a renewed sense of how truly beneficial home visiting and working with families is in making our communities truly a better place to live. ~ Elizabeth Kane, Family Development Advocate (FDC 2015)

NEK-CAP, Inc. Executive Leadership team's foresight and ingenuity has propelled NEK-CAP, Inc. to the front of progress. In 2013 Jet Sperflage instructed and advised the first FDC course for NEK-CAP, Inc. staff. This past fall as the new Head Start Performance Standards were released management was appreciative of that forethought and guidance as it relates to the following standard 1302.91: (7) Family services staff qualification requirements. A program must ensure staff who work directly with families on the family partnership process hired after November 7, 2016, have within eighteen months of hire, at a minimum, a credential or certification in social work, human services, family services, counseling or a related field.

To earn the FDC™ NEK-CAP, Inc. front line workers take 90 hours of classes based on Empowerment Skills for Family Workers textbook. They complete a portfolio which documents their ability to apply the concepts and skills gained and they must pass a standardized exam. Since 2014, 24 front-line workers from NEK-CAP, Inc. have earned the FDC™, each year receiving complements on the excellent work submitted. This year is no exception. Those most recent staff to receive the FDC™ credential is: Mary Schreifels - Family Self Sufficiency (FSS) Program Coordinator, Sara Buss - Family Development Advocate for Brown County, Josh Martin - Family Development Advocate for Leavenworth County, Julie Brunner- Child and Family Advocate for Leavenworth County, Renee Hall - Child and Family Advocate for Atchison County, Susan Middleton - Child and Family Advocate for Nemaha County and Brandi Wesley - Child and Family Advocate for Pottawatomie County. The following is an email snip from Carol West the National FDC Senior Instructor of the National Family Development Credential Program University of Connecticut. The seven FDC Portfolios you submitted are approved and their credentials are being processed. The portfolios were all well done and I thought the Advisor feedback and reflections were excellent.

Congratulations to you and your team! All the students noted what a positive experience it was and how much they learned.

The current FDC instructors are: Shelby Howard and Bekki Parsons. The current portfolio advisors are: Betty Kane, Tammy Wesley, Shelby Howard and Bekki Parsons. These individuals are required to attend a training to become certified for the positions and then every two years to attend updates.

The *Empowerment Skills for Family Workers* textbook by Dr. Claire Forest has an easy to follow format guiding workers through the professional development process. The Portfolio Advisor Manual, Instructor Manual and the FDC web site offer instructors and advisors the tools they need to support the "empowerment based" curriculum. In short the FDC™ is as empowering program for everyone involved. Staff learn and are empowered, families grow and are empowered and the agency builds and is empowered making it a win win situation. ~ Shelby Howard, Family and Community Resource Manager (FDC -2014, Advisor and Instructor)

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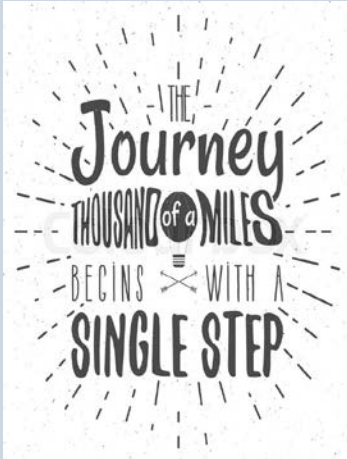
Serving the counties of:
Atchison, Brown,
Doniphan, Jackson,
Jefferson, Jewell,
Leavenworth, Marshall,
Mitchell, Nemaha,
Osborne, Pottawatomie,
Republic, Riley,
Smith and Washington

services vary per county



Achievements ~ Accomplishments ~ Successes

Submitted by NEK-CAP, Inc. staff members



NEK-CAP, Inc.'s Vision:

One by one
all families and communities
become self-reliant.

*NEK-CAP, Inc. is an equal
opportunity provider
and employer.*



I have a child with disabilities. One of them is not being able to walk. She will be 3 in September. She started taking some steps in December. Thru tiny k program she got a walker in March. It has been a little work to get her moving in her little house. Family came to socialization on April 6 with the walker. We were at a local park. Parents and other families really cheered her on as she moved the walker, almost running at times around the sidewalk. We had hula hoops there. Mom picked one up, and child grabbed on to it and walked as mom slowly moved the hoop forward. This same child was not using eating utensils. At home visit in March, we used the Growing Great Kids curriculum with messy play module. She used a spoon with applesauce. Difficult, but food went to the mouth. Mom's boyfriend, and father figure, said "Now we know she can do it. We just have to practice". The family went to the Parent engagement and parent meeting that evening. Parents gave her a fork and she used it, getting food to her mouth!!!

At both of these accomplishments, the other families that were there really cheered the family on. There is a group of families that attend these two events a lot together and are very supportive. Submitted by Pam Wilburn, Atchison County Child & Family Advocate

I had discussed a module on nutrition with a mom who said she had trouble making healthy foods for her kids on a budget. She said she made macaroni and cheese a lot for lunch. I told her that she could start by adding some vegetables and fruits to her children's meals. She had told me her kids were picky eaters too. She called me a couple days later to tell me she added broccoli to the macaroni and cheese for lunch and the kids had eaten it without even noticing. It was great to hear how excited she was to have gotten her kids to try a new vegetable! Submitted by Ariel Blanton, North Brown County Child & Family Advocate

I have been introducing the families I see to the Choosy Kids videos for IMIL. I showed all of the families I see who have internet access how to look up these videos on YouTube. I had a family tell me that their children absolutely love the "Stir the Soup" video and they even looked up more Choosy Kids videos on their own. The mom said they do one of the videos almost every day and she has shown it to some of her friends with kids too! Submitted by Ariel Blanton, North Brown County Child & Family Advocate

I've had a few success stories with my families I've been working with...a family has recently enrolled in our housing program and Early Head Start. She now has housing secured with our program and has started a job at McDonald's.

I also have been working with a single mom has been drug free for a little over a year now. She uses her NA group as support, and recently attended a camping weekend with a group of NA friends and had their meeting around the campfire. This mom is enrolled full time in on-line school and working.

Another family I'm working with is a two-parent home, with two children: dad works full time in the day, and mom recently got a job with nursing home and works 2nd shift. They have been able to line up day care for the hours that overlap.

And then I had a single mom apply for housing, and will be moving in to housing with minimal rent. This will be a huge change for the positive, as she has a special needs child. With Tiny-K assistance, the family was able to obtain a walker, which has increased walking skills for child. Mom has also made some changes around her house that were needed for safety. Mom has followed thru on keeping appointments for child around hearing issues and the child will be fitted for a hearing aid. Submitted by Pam Wilburn, Atchison County Child & Family Advocate

Comments/Questions: please contact Linda Grier, Office/Data Coordinator, lgrier@nekc.org

Achievements ~ Accomplishments ~ Successes (cont.)

Submitted by NEK-CAP, Inc. staff members

I had a prenatal mom that had not been to the dentist for quite some time. Mom cannot even remember the last time she had been. She was scared of the dentist and did not want to go. She finally agreed to set up a dentist appointment but then she cancelled it because she was scared to go. I offered to go with her and she finally set up an appointment in March and I went with her. The dentist told her that after the baby was born she would need to come back and have some teeth pulled. The baby was born in April and she set up her appointment in June. She asked me again if I could go with her because she was nervous and scared. I went with her to the dentist and she had six of her front teeth pulled. She feels so much better after getting the bad teeth pulled and knowing she won't have an infection anymore. Mom is looking forward to getting her new partials!! She told me if it wasn't for me encouraging her and going with her to the dentist that she would have never gone by herself. Submitted by Julie Brunner, Leavenworth County Child & Family Advocate

I have a mother who has two autistic children and is unable to work due to their severity. She and her husband have had to move in with her parents. She said that this stress has caused some issues between everyone involved. She has told me a hundred times that she would like to live closer to town, if not in town, but they cannot afford anything. I asked mom if she has ever applied for Section 8 or TBRA. She said no, she thought there was a year wait list. We then discussed going ahead and filing out the application. Since doing this she has received the first letter of acceptance. She now will start house hunting. She is hoping this change will mend the relationship with her parents as well as her husband. Submitted by Katrina Killoren, South Brown County Child & Family Advocate

I am thrilled to report the Literacy piece with the Eric Carle and Dr Seuss books is going well. Parents are finding some fun ways to extend the literacy learning into some very unique ways. Some parents have shared they are making food, planned a visit to the zoo, visited relatives and are tying these activities

into what they read in the books. As each family is unique, it is expected each will move at a different pace, so no pressure there. This series of books is to simply encourage daily reading at home and develop a love of reading and learning. Submitted by Michele Beaman, Marshall County Child & Family Advocate

On Monday, June 26th, NEK-CAP, Inc. Head Start and Early Head Start in Holton coordinated with volunteers to serve non-English speaking families in the community. Staff members were available in the morning to take applications for Head Start and Early Head Start. In the early afternoon they held an orientation meeting. Gladis Gomez from the EUM Church in Holton, Mayte Fuentes from Greenbush and Andrea Gomez from KU helped make sure information was translated to families and they understood what was being said. Mayte and Andrea stayed until 7:30pm to assure all of the families in need of service had help.

In total they were able to complete 10 orientations; assuring eight children have access to Head Start and Early Head Start while two pregnant women receive prenatal services. In addition to orientations, staff members were able to complete one new intake, schedule or remind families of 11 medical and dental appointments, and assure that over 30 members of the community now have access to services and support through NEK-CAP, Inc.

A special thank you to the wonderful ladies who helped make this possible. We are very blessed to have your generosity in our community to allow us opportunities to serve families. Submitted by Kori Anderson, Jackson County Family Development Advocate

I'm working with a mother who is pregnant and smoking. After doing the smoking module in the Growing Great Kids curriculum, she has put the cigarettes down. She says it is a daily struggle but does not want to potentially cause the baby any harm. Submitted by Katrina Killoren, South Brown County Child & Family Advocate

What your child learns
before age 5
is the key to
success!

Enroll your child
now in
NEK-CAP, Inc.
HeadStart!!

Applications always
accepted!



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