

NURTURING TRUST, WITH FAMILY, WITH COMMUNITY



Summer
2015

Shoreline Police Department – Lake Forest Park Police
Department

Participants from the city of Shoreline and Lake Forest Park benefitted from the third series of the Nurturing Trust, With Family, With Community workshops. This was the first series accomplished in English. It was held at the Ballinger Homes community room (a King County subsidized housing complex) to facilitate attendance to the residents. Non-residents of Ballinger Homes also attended this series. The workshops were every Thursday from July 9th through August 6th 2015.

Nurturing Trust, with Family, with Community

BALLINGER HOMES

The Shoreline Police and Lake Forest Park Police continue to reach out to the community by offering the *Nurturing Trust, with Family, with Community* workshops. It is important for us to work with the community in addressing the needs to reinforce trust and working relationships.

In the summer of 2015, twelve participants benefitted from the series of five workshops that were offered at Ballinger Homes, a King County subsidized housing complex located in the city of Shoreline. The topics were Positive Discipline, Domestic Violence, Child Abuse, Bullying, Drugs and Leadership. The workshops are typically performed only if 20 or more participants are registered; however, an exception was made for Ballinger Homes since this is the first series accomplished in English. Even though this group was relatively small, it was culturally and ethnically diverse, representing seven (7) different countries.

The participants learned fundamental ground work throughout every workshop that addressed parenting strategies when dealing with behavioral issues. The workshops started with Positive Discipline, to give participants some non-punitive parenting tools to reinforce good behavior and communication with their children.

In the last workshop/graduation Chief Shawn Ledford delivered the closing remarks and handed out certificates to those participants that completed the entire series.

POSITIVE DISCIPLINE

The participants learned basic tools through experiential activities designed to teach young people to become responsible, respectful and resourceful members of the community. This process provided a fun and effective way for them to get specific help with real problems. In just two hours, the parents took valuable strategies. Some of the parents later shared that they had already begun exercising what they learned. **Presenters: Ximena Grollmus, M.Ed., Positive Discipline Association Educator and Parenting Coach**

DOMESTIC VIOLENCE/CHILD ABUSE & NEGLECT

Domestic Violence is prevalent in every community regardless of ethnicity or socioeconomic status. Participants learned the basics of Domestic Violence and Child Abuse laws and police procedures, such as how cases are handled by the Shoreline Police and other agencies in WA State. Participants also learned about the effects of domestic violence through pictures and 911 calls, which taught the parent's potential role in modeling aggression or victimization. In addition, we discussed the feasibility of reporting anonymously if there are any safety concerns. **Presenter: Dahlia Corona, CSO, Shoreline Police Department**

In the **CHILD ABUSE AND NEGLECT** portion, participants learned about the police investigation, the psychological effects of child abuse, and the importance of applying positive discipline strategies to avoid this problem. Participants also learned about the King County sex offender registration program and how to search for offenders on the internet to keep their children safe. **Presenter: Dahlia Corona, CSO, Shoreline Police Department**

BULLYING

The participants learned how to identify a victim or perpetrator of bullying, what contributes to the behavior, how to handle the situation with the school, when to involve the Police Department, seeking resources, and tools and strategies to strengthen their children's confidence to avoid victimization or aggression. Also, participants saw how confidence, assertiveness and positive behavior should be modeled at home. Participants also found valuable that some of the lessons learned here in dealing and stopping bullying can be applied throughout a person's life. **Presenters: Rhonda Lehmann, Officer; Jackson Beard, Officer; Lake Forest Park Police**

DRUGS and PROSTITUTION IN OUR COMMUNITIES

Learning about prescription medication, the effects of drugs, what may lead to drug use and how to face it was extremely well received by all of the participants. They learned about the harsh consequences of drug use and how it negatively affects our communities. Det. Davis presented pictures and information of the most widely used drugs, their effects and the signs of use. He also stressed the importance of taking advantage of every opportunity to talk to children about the dangers of drugs. The participants were very engaged, and Detective Davis answered every question. He gave them many ideas and examples of how to approach child-parent communication. **Presenter: Brett Davis, SET Detective, Shoreline Police Department**

Detective Cooper presented the **PROSTITUTION** component of the class. He talked about two local juvenile prostitution cases. He explained how drugs play a role in victimizing young girls. The participants learned about the risks and the causes children fall into the prostitution trap. He also talked about prevention and the importance of adopting positive parenting, and being involved in their children's life to help prevent drug use and prostitution involvement. **Presenter: Richard Cooper, SET Detective; Shoreline Police Department**

Detective B. Davis and R. Cooper's Drug/Prostitution Presentation

Child Care

Center for Human Services provided on-site child care.

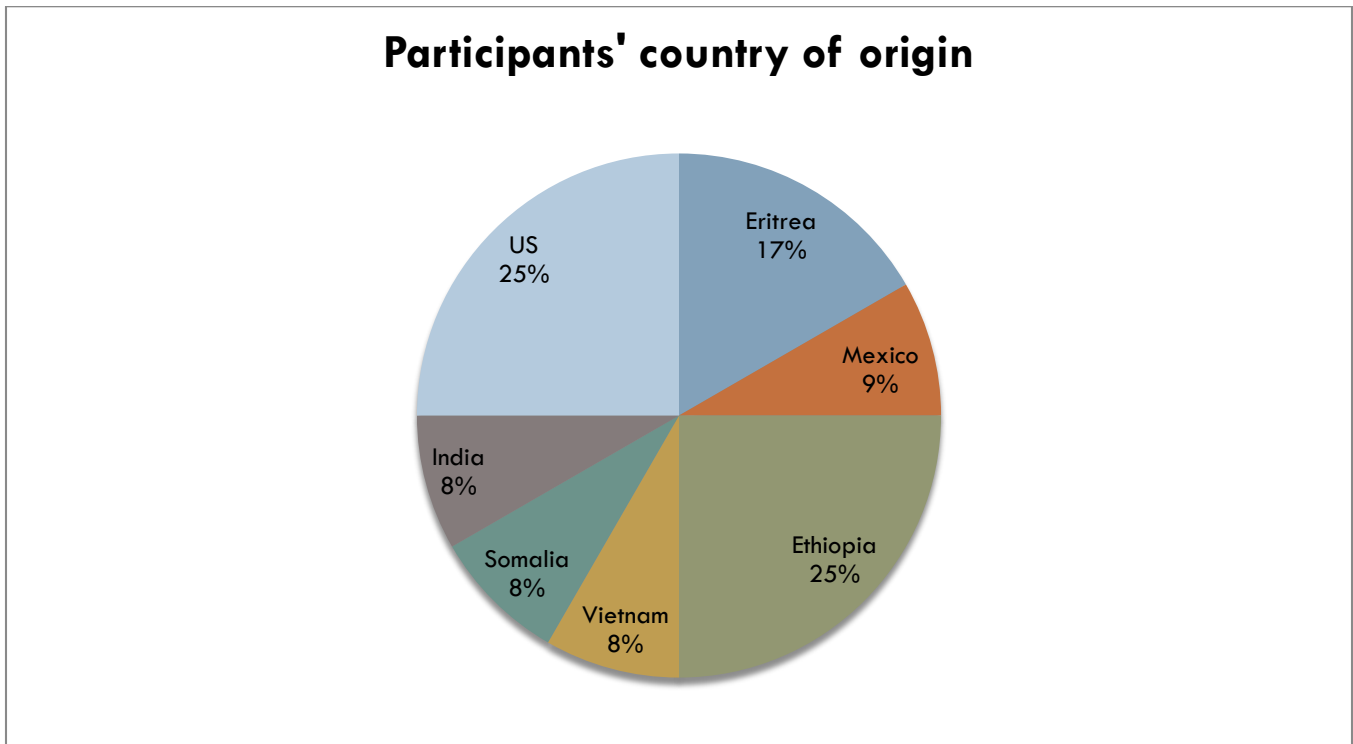
Evaluations

Evaluations were performed daily for each workshop and one final evaluation. The evaluation had open-ended questions rather than using check boxes with preselected options.

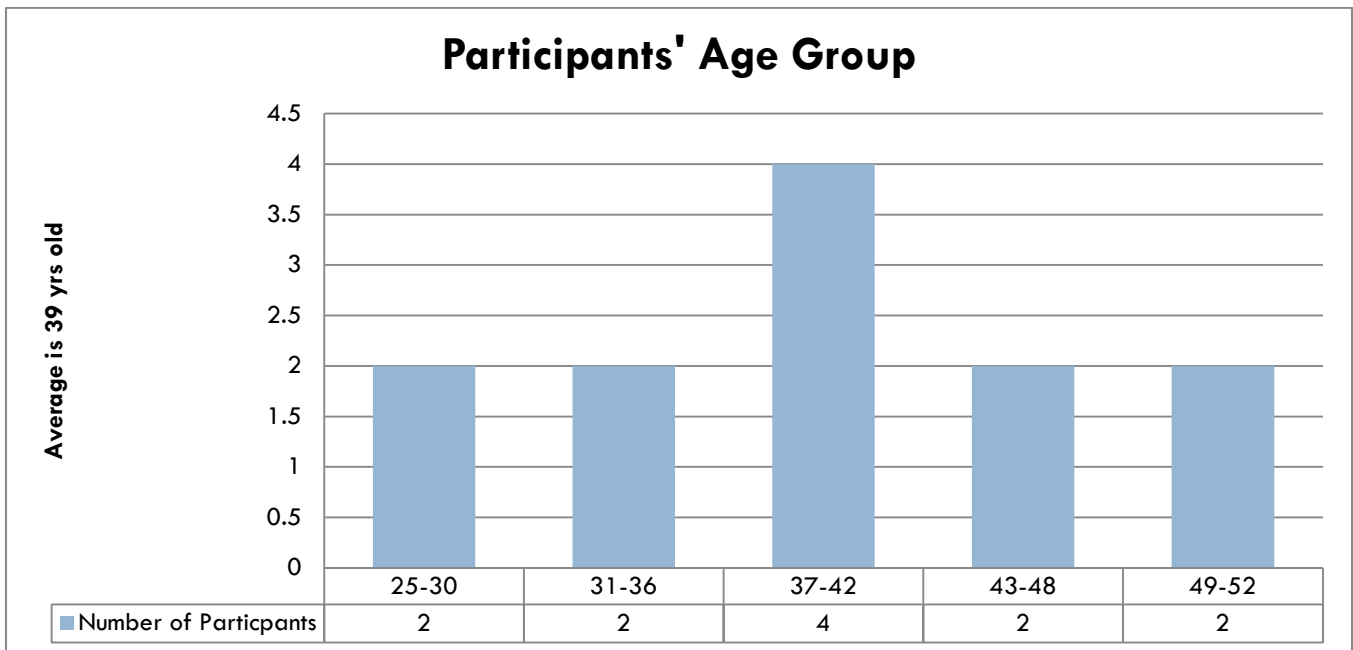
Graphs

The following graphs show the learning outcomes.

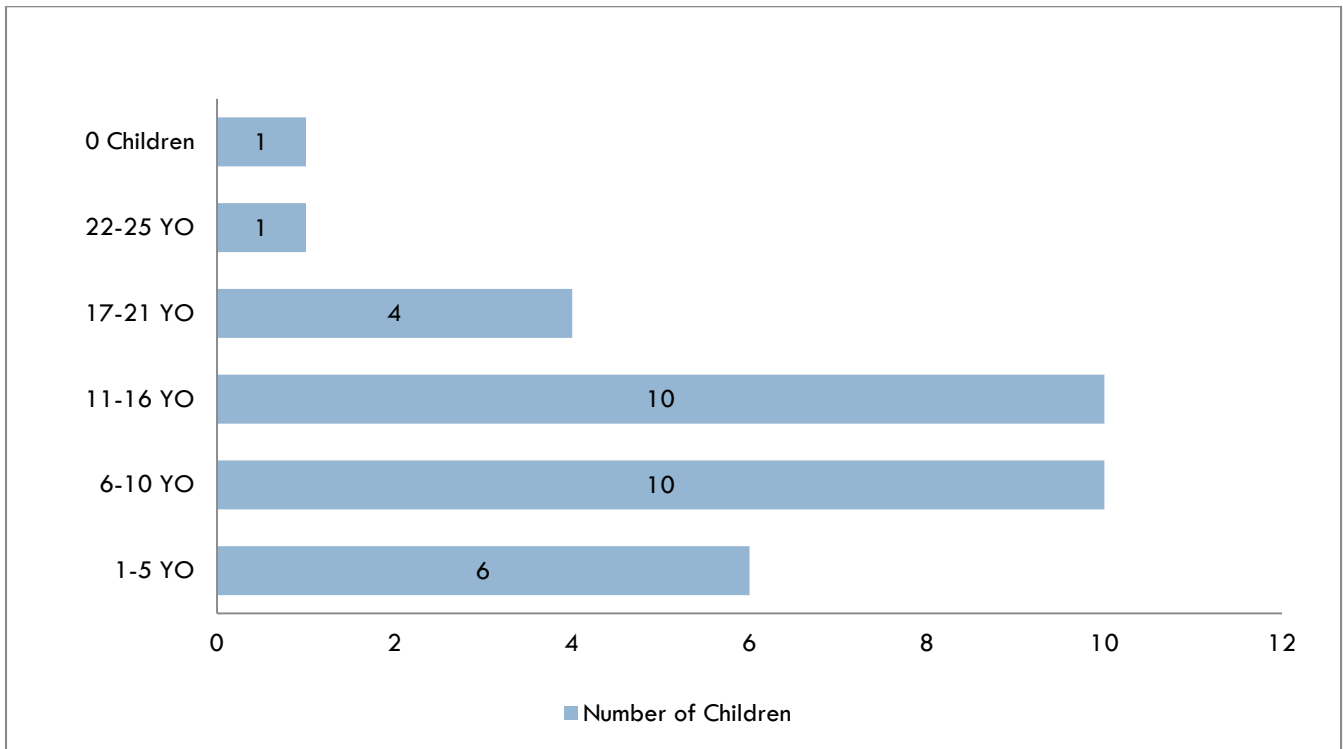
Demographics



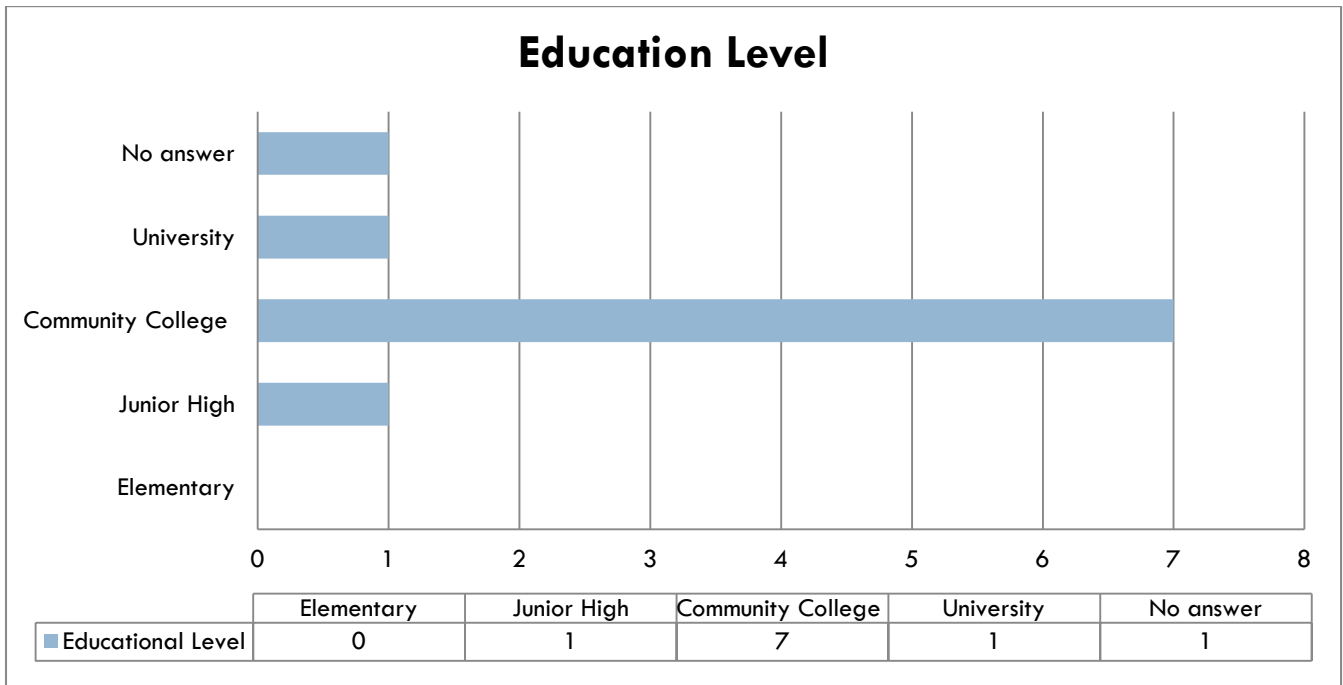
Participants' Age Group (Average 39 years old)



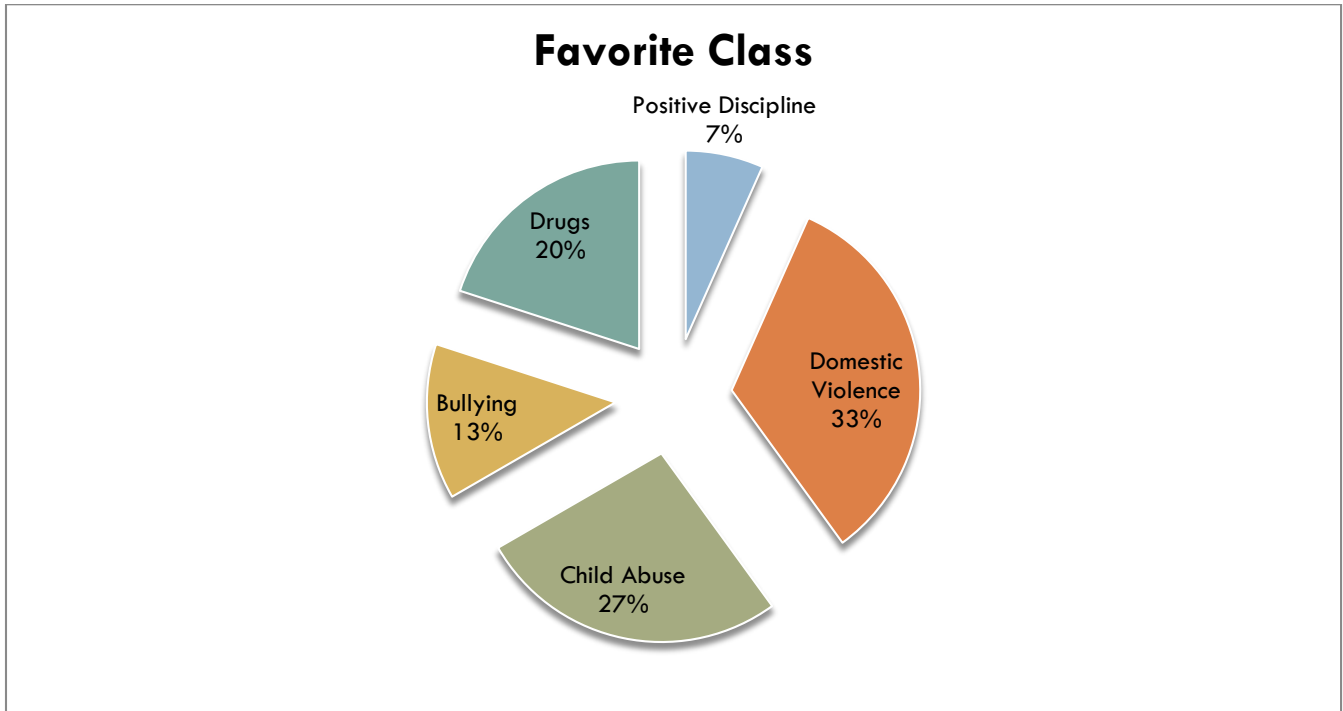
Participants Children's Ages



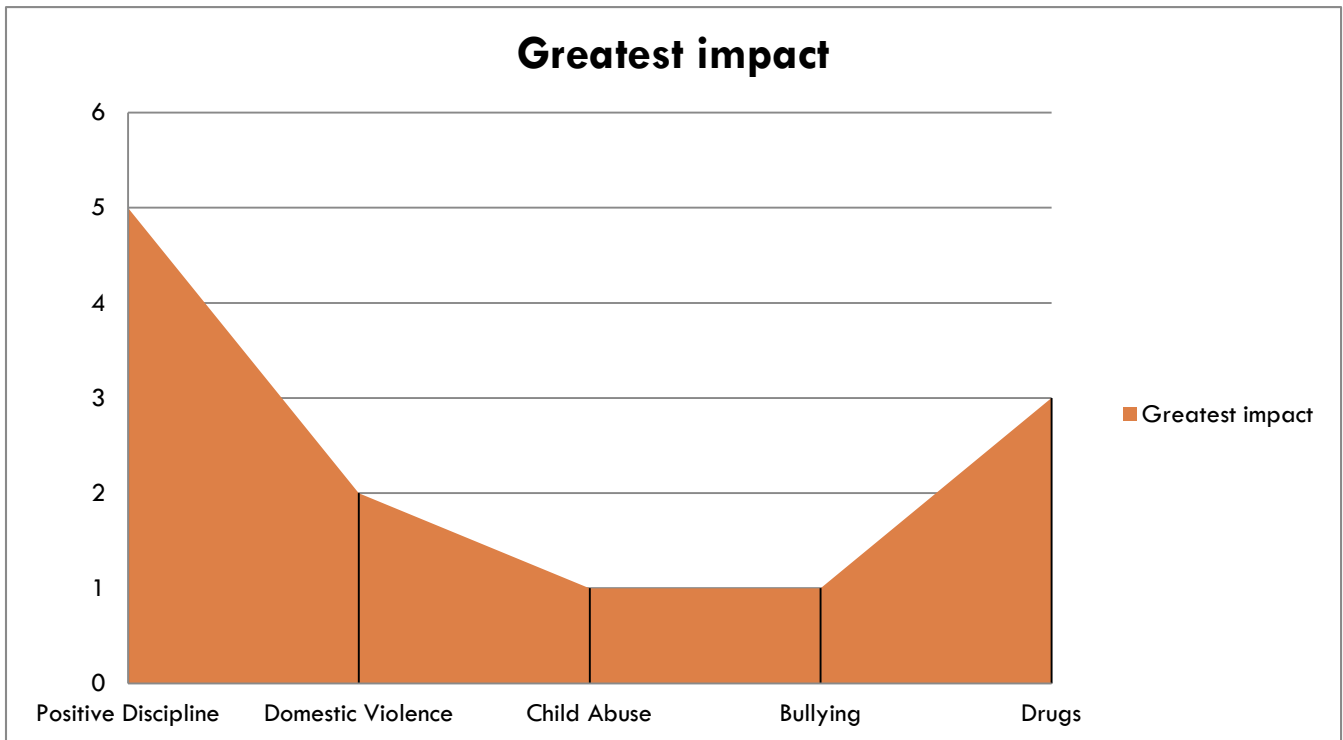
Education Level



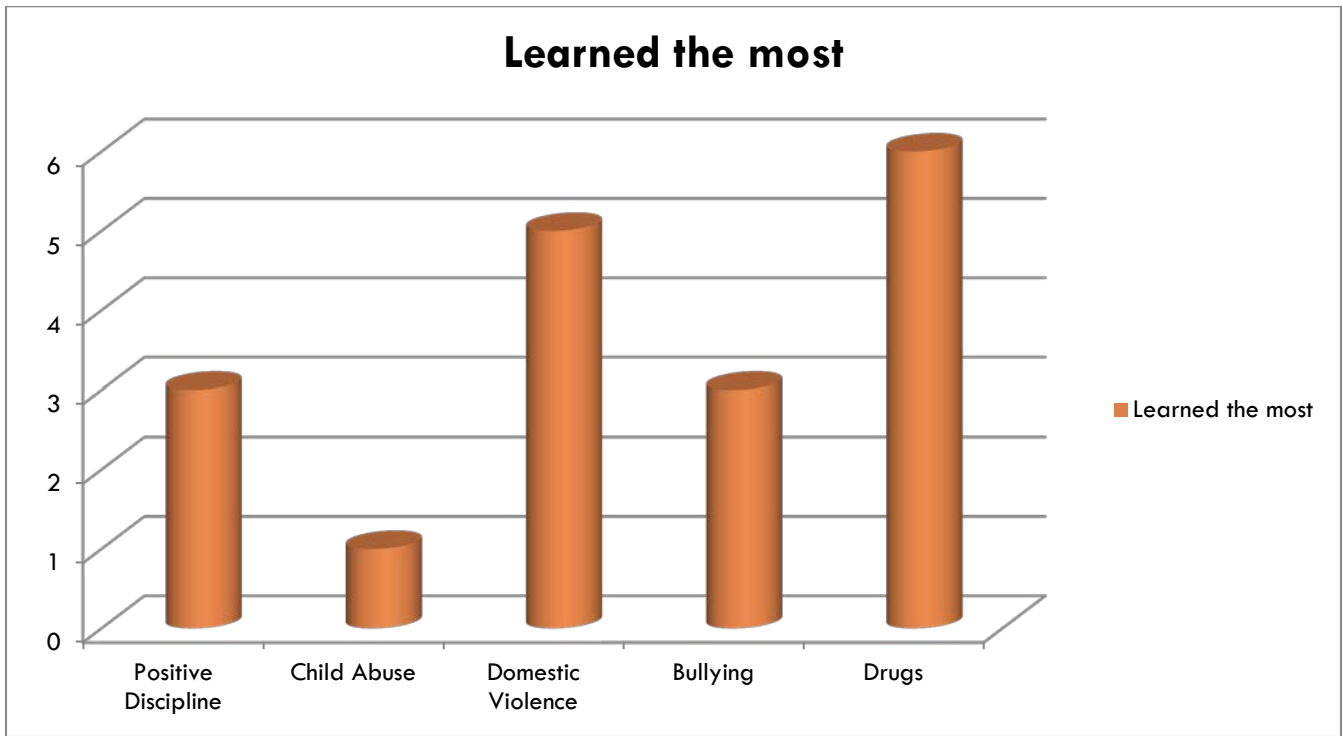
Which was your favorite class?



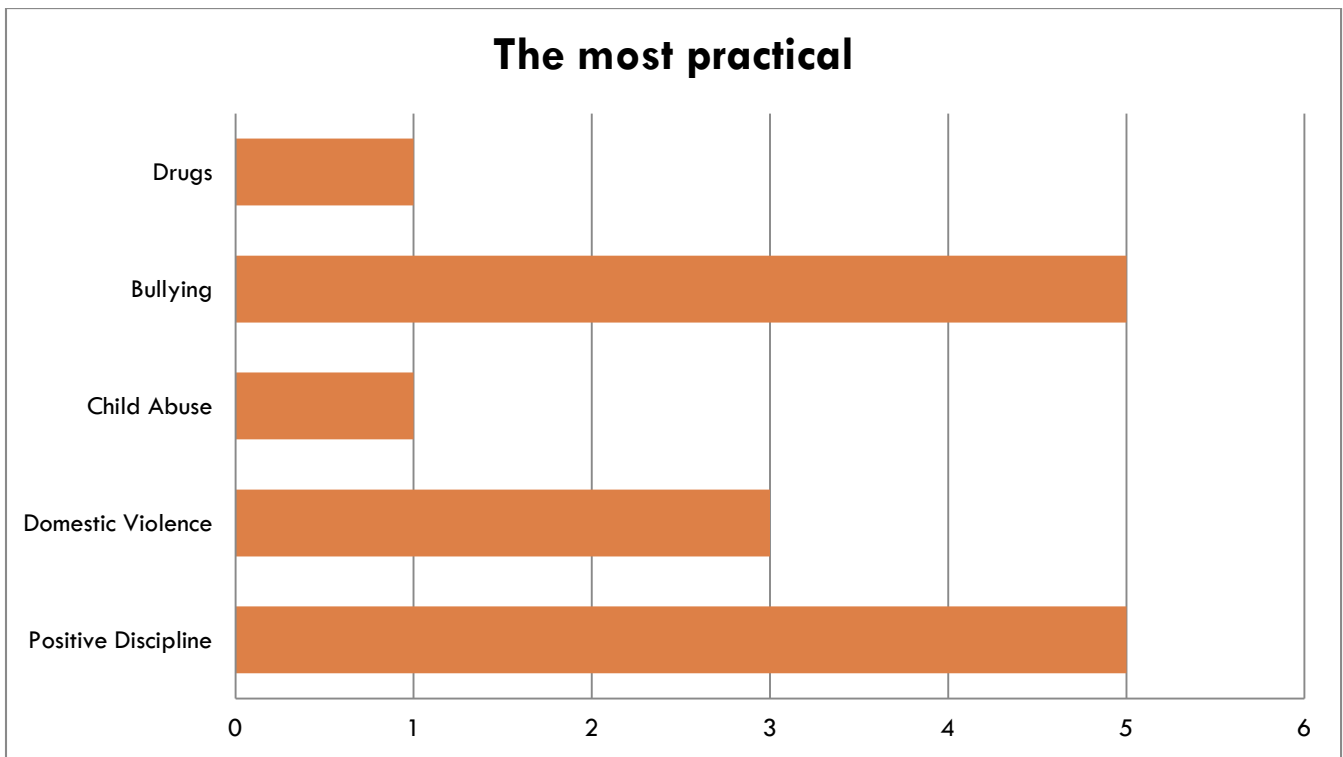
Which class impacted you the most?



In which class did you learn the most?



Which information is the most practical for your family?



Bullying Presentation - by Lake Forest Park Police Officers



Drug Presentation – group picture



Leadership Class



Chief Ledford – Closing Remarks



Graduation



Comments

Explain the benefits and results of attending the workshops:

“Empowered me to coach my kids to raise responsible citizens”

“I think they are great. We need more funding and lots more diverse workshops. I want to learn more”

“Feeling more informed, more connected to the community”

“Learned so much”

“I love the multicultural situations discussed with the other attendees. Also gave me a lot of information to help with some local and personal problems”

“I benefitted a lot. I wish I knew this type of info before my kids grew up”

“It was important to have different officers”

What can the Shoreline Police Department or the Lake Forest Park Police Department do to help your community?

“Be friendly. Smile. Be more approachable”

“More officers. Please hire more officers with diverse cultural backgrounds”

“Offer workshops like these more frequently in broad subjects/topics”

“Hold events where cops talk to citizens”

“Keep doing more and more classes like these because these workshops were “one of a kind”

What other topics would you have liked us to include in the workshops? /Suggestions:

“Offer the workshops in the weekends”

“How we can form a crime watch in our neighborhood”

“More positive discipline methods”

“Wonderful classes to educate parents like me. Hats off to all of you involved in educating us”

“The topics were great. Maybe add presentation by fire department and ambulance people”

“Workshops for teenagers; parent and teenage classes.”