

# STRENGTHEN FAMILIES LOCALLY



## Community Prevention Plan Brief – Spokane

### About this Strong Community Network:

The Spokane SFL network has been meeting since August of 2020, with a transition to local facilitation from [Health and Justice Recovery Alliance](#) since August of 2021. The network meets monthly and includes local parents, volunteers, and community agencies. (For a full list of partners, see the [SFL Website](#)). The community network has focused on developing a shared vision for safe and thriving communities and building a continuum of care for families. Thorough research in best practices, trauma informed and harm reduction models, we are building awareness through capturing the stories of the community, centering voices of lived experience, building safe and thriving communities that are built on interdependence, fostering community care over isolation. We are building relationships and trusted partnerships through Community Cafes, system and community co-designed sessions, accountability and education.

### Community Needs Identified:

- People in traditional family support systems don't look like or represent the communities accessing the supports
- Youth and families losing connections with mentors and supportive adults outside of school hours, and school counselors are not able to cover children's and family's needs. Parents miss out on important services, events, etc. because they are overwhelmed
- Families mistrust systems – distancing themselves from support systems and endangering their children because of lack of supports.
- Early Childhood Mental Health - Black mothers experiencing SUD are not being resourced and referred into the services that are available in the community.

### Priority Strategies:

Cultivate capacity in programs that already include cultural relevancy and supports

1. Building and empowering culturally supportive programs that are already in place. E.g. The Learning Project
2. Culturally specific home visiting – co-created with and for community

Continuum of care that includes child and family inside and outside of school so that families can find their fit and maintain consistent services.

3. Cultural competency and providers that resemble youth and families
4. Family engagement for youth in mentoring/youth development/therapy settings – open communication and offerings of support to families of youth in programs
5. Community educating school (and vice-versa) about what resources are available to youth and families in the community



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**CHILDREN, YOUTH & FAMILIES**

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<https://www.dcyf.wa.gov/services/child-development-supports/sfwa/sf-locally>

6. Let the parent lead the way and make important decisions, especially around cultural relevance and “fit” – acknowledge and celebrate family diversity

Developing a network of relational supports for families – building trust and connection through non-judgmental, non “systems” supports for families and concrete goods for families in crisis.

1. Wrap-around services to help meet parental needs and reach stability– e.g. Concrete goods and supports for families in crisis; Psycho-educational programs and support groups for parents
2. Building mutual community understanding of how things like billing, funding, referrals and eligibility work – a “no wrong door” relational system of referral networks with high levels of responsiveness
3. Building trust with other agencies and with clients – sharing and communication at monthly meetings, building relationships across agencies

Provide mentorship relationships to parents and connect marginalized families to the mental and behavioral health services and supports that will help them stabilize.

4. Understand how and why screen-outs, service interruptions, barriers are happening for marginalized groups – Black, Indigenous, Hispanic, etc.
5. Culturally responsive Home Visiting with more diverse providers
7. Coordinate therapeutic intervention and support for Black peri-natal women experiencing substance use disorder
8. Capacity building for BIPOC providers and clinicians - supporting and fostering culturally responsive services for clients for the BIPOC community, including evince/research based as well as non-traditional therapeutic interventions.