

# ParentsCAN

## Five-Year Strategic Plan

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July 1, 2019 - June 30, 2024



## ParentsCAN's Future Vision

We envision an inclusive community where every individual is accepted, valued, and supported.

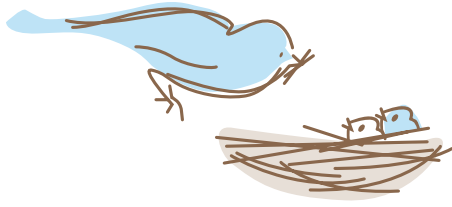
## ParentsCAN's Mission Statement

Every child's journey is different. We partner with and guide parents when challenges arise in their child's education, health, behavior or development, so children can reach their full potential.

## ParentsCAN's Purpose

Through our experiences and training, we provide hope and guidance for families of children with disabilities, regardless of the degree or severity of the disability.





## Executive Summary

As we begin our 15th year of serving Napa County families that have children with a wide range of disabilities and special needs, the leadership of ParentsCAN made an important decision to embark on a strategic planning process. Through this planning process, the organization's leadership examined our strengths and challenges, considered the external threats and opportunities impacting our work, and identified strategies for providing family-centered programs and services to enable parents to become advocates for their children and knowledgeable about ways to navigate community-based systems of support.

To achieve our vision of having a community where every individual is accepted, valued, and supported, we have established the following goals, aligned with key strategic actions, to guide ParentsCAN over the next five years:

### Goal 1

Offer [programs and services](#) that provide parents with emotional support as they develop advocacy skills and acquire knowledge of the complex web of services that must be navigated to receive needed treatment, education, and support services for their children with disabilities.

### Goal 2

[Engage with our community](#) by developing robust partnerships to support our mission and informing community members about the unique needs of families with children who have disabilities.

### Goal 3

Develop an [organizational culture](#) and implement [effective operations](#) that support programming excellence.

### Goal 4

Ensure that our organization is [financially sustainable](#), [effectively governed](#), and has [adequate resources](#) to implement our strategic mission.

# ParentsCAN's History of Parents Helping Parents to Become Advocates for their Children with Disabilities

Founded in 2005, a group of concerned Napa County residents launched Napa Valley Child Advocacy Network, Inc. (dba ParentsCAN) as a new organization dedicated to meeting the needs of parents and caregivers of children with a wide range of disabilities and special needs. ParentsCAN guides parents to become successful advocates so that their children can achieve their full potential. The original philosophy of parents helping parents remains the foundation upon which ParentsCAN has grown. Whether addressing the issues of early childhood, helping children access healthcare, or assisting youth in making the transition from high school to work, ParentsCAN staff share their experiences and their knowledge with others so that all Napa County children with disabilities may have a better future.

Today, ParentsCAN serves over 1,200 families per year through the following methods:

- Parent-to-parent support
- Education and workshops
- Individual consultations
- Information and referrals
- Peer-to-peer support groups

ParentsCAN currently provides the following programs and services for Napa County parents who have children with a wide range of disabilities and special needs:

1. [Prevention & Early Intervention Services \(Birth-3 years of age\)](#)
  - Referrals and coordination to Early Start
  - In-home visits
  - Parent and infant play groups
  - Transition to preschool planning
2. [Developmental/Social Emotional Screening \(Birth-5 years of age\)](#)
  - Information about milestones
  - Family activities to support a child's development
  - Referrals to community resources
3. [Mental Health Services \(Ages 3-18\)](#)
  - Referrals to mental health assessments and services
  - Assistance with school-based behavioral support plans
4. [Triple P Parenting Program \(Birth-16 years of age\)](#)
  - Individual parenting sessions
  - Workshops and classes to help prevent and manage behavior problems



5. [Healthcare Navigation \(Birth-22 years of age\)](#)
  - MediCal application assistance
  - Health records organization
  - Assistance communicating with child's medical team
6. [Behavioral Health Services \(for children with challenging behaviors or involved in the Juvenile Justice System\)](#)
  - Referral for assessments
  - Parenting education classes
  - Assistance with suspensions and expulsions
7. [Education System Navigation \(Ages 3-22\)](#)
  - Referrals for Special Education evaluations
  - Individual Education Plan (IEP) planning
  - Assistance with 504 plans and student success team planning
8. [Transition to Adult Life \(Ages 16+\)](#)
  - Transition planning consultation
  - Information and access to adult services
  - Youth self advocacy skill building

ParentsCAN has a history of enabling parents who have successfully navigated through myriad systems to help other parents navigate these systems to serve the needs of their children with disabilities. During the 2018-19 program year, ParentsCAN achieved the following results:

- 99% of parents reported they had increased their skills and knowledge as a result of ParentsCAN training.
- 100% of parents reported they made a positive change in their behavior as a result of knowledge gained through support provided by ParentsCAN.
- 99% of parents reported that as a result of the support they received through ParentsCAN, they had an increased awareness of available community resources.



# ParentsCAN's Strategic Focus to Enable Parents to Help Parents

We will achieve our vision by implementing an evidence-based peer-to-peer model in which trained parents help other parents. All of our strategies are built around Parent-to-Parent Support and its premise that parents know their children best; and their voices must be heard in all decisions regarding their children. Our strategies are primarily prevention-based and designed using the Strengthening Families Framework to build protective factors to strengthen families by: (1) helping parents build social connections, (2) providing concrete support in times of need, (3) increasing their knowledge of parenting and child development, (4) increasing the social and emotional competence of their children, and (5) increasing parental resilience.

We will achieve our vision by establishing strong relationships with our community partners and by working collaboratively to create awareness throughout Napa County of the unique needs of families that have children with disabilities. We will provide a comprehensive approach to serving families—an approach through which families set goals and we provide the training and support they need to achieve those goals. We will ensure that we provide superior family-centered services, based on best practices, to enable parents to become informed advocates for their children.

We will achieve our vision by creating a culture among our staff and leadership that promotes inclusion and a family-centered approach to solutions. We will provide the support and tools that our staff members need to effectively serve our client families. We will implement sound business practices, while focusing on documenting our processes and measuring results. We will implement continuous quality improvement practices to ensure that parents receive superior service. We will become more financially sustainable by exploring new funding models that continue to ensure that all Napa County parents can easily access our services.

**Photography by:**

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