

NURTURING TRUST, WITH FAMILY, WITH COMMUNITY



Fall
2015

Shoreline Police Department – Lake Forest Park Police
Department

Participants from the city of Shoreline, Lake Forest Park and surrounding cities benefitted from the IV series of the Nurturing trust, with Family, with Community workshops in Spanish. It was held at the shoreline City Hall. The workshops took place every Friday from October 2nd through November 6th, 2015.

Nurturing Trust, with Family, with Community

PADRES UNIDOS – FAMILIAS SEGURAS

The Shoreline Police and Lake Forest Park Police have offered the *Nurturing Trust, with Family, with Community* workshops for the last two years. It is important for us to continue to address the needs to reinforce trust and working relationships with the community. We do this by educating the participants on laws and basic police procedures on important issues that may affect any family. The information was delivered in context of the Latino/Hispanic culture, addressing the differences in belief systems, customs, language and perspectives.

In the fall of 2015, a total of 24 participants benefitted from the 4th series of the program, which consisted of six classes that were offered at the Shoreline City Hall. The topics were *Positive Discipline, Domestic Violence, Child Abuse, Bullying, Teen Suicide, Drugs and Culture Shock/Leadership*. Teen Suicide was included in this series for the first time and the participants were grateful for the vital information they received.

The majority of the participants have elementary school-age children. There were at least three participants that are raising their grandchildren. We believe that parents have the power to modify and influence their children's behavior more than anyone. The goal is that by attending the workshops, the parents/participants learn the information and also apply it in their families and share it with other community members. By nurturing this trust and providing this learning opportunity, we are impacting both the parents and their children. The combined number of children for this group is 52. We essentially impacted more than 75 community members.

The participants learned fundamental ground work throughout every workshop that addressed parenting strategies as a preventative measure or 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.

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 the parents to get specific help with real problems. In just two hours, they took valuable strategies. Some of the parents later shared that they had already begun exercising what they learned and are interested in taking more of these classes.

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/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, and reporting regardless of immigration status. Resources information, such as informational brochures, counseling and social services were available for parents at the end of the session.

An ex domestic violence perpetrator shared his story with the participants. He talked explicitly about the different kinds of violence he perpetrated in his relationship, the consequences, the “red flags” and his journey in working through personal problems that led him to become involved in violent behavior. The ex-perpetrator addressed the importance of looking for help and breaking the cycle by becoming a good role model for children. This presentation made a great impact on the participants, especially to some of the female participants that acknowledged currently being victimized.

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 learned about the King County sex offender search registration program and how to search for offenders on the internet to keep their children safe.

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 that 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.

A bullying victim’s mother presented her story in dealing with bullying. She talked about empowering her child and becoming involved in the solution with the school. The participants expressed appreciation in learning about a real life experience and the positive outcome.

TEEN SUICIDE

This is the first time *Teen Suicide* is offered in the workshop series. Parents learned about the police protocol in handling suicide attempts/suicides, and the reality of this issue in our community. Cindy Gonzales of YSPF presented on the social issues, mental health issues, emotional and psychological support, and prevention measures to avoid teen suicide. It was shocking for the participants to learn about the high suicide attempts amongst Latino/Hispanic female teenagers. This was without a doubt an intense class, but very informative and well received.

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. Cooper presented pictures and information of the most widely used drugs, their effects and consequences (such as overdoses) 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 Cooper answered every question. He gave them many ideas and examples of how to approach child-parent communication. There was a drug identification display available for participants to learn about drug paraphernalia and the different drugs.

Sergeant Devore 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 and boys. 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. Detective Broderick shared a few examples of prostitution cases he has handled and also about examples in how to talk to children about drug prevention. The participants

verbalized that despite the seriousness of the delicate issues that were addressed, the Detectives' sensibility and good sense of humor made this presentation very pleasant,.

CULTURE SHOCK AND LEADERSHIP/GRADUATION

In the *Culture Shock* class the participants learned about the difficulty of assimilating to a new culture and a new social environment. This class taught the importance of acknowledging and identifying the emotional roller coaster immigrants may experience. This is particularly important because this is the time when people may become vulnerable to crimes and social problems such as drug or alcohol abuse. Community involvement and being a support system to others was discussed. In the *Leadership* class, the participants gathered in groups to discuss one assigned topic from the workshops and presented it to the rest of the participants.

GRADUATION

Participants that completed the entire series received a certificate of appreciation. Chief Shawn Ledford and Captain Paul Armbrust delivered the closing remarks and presented the certificates.



Presenters

Ximena Grollmus, Parenting Coach	Positive Discipline
Lupita Zamora, CPDPE	Positive Discipline
Dahlia Corona, CSO, Shoreline Police	Domestic Violence/Child Abuse
	Bullying
	Teen Suicide
Cindy Gonzalez, MSW (YSPP)	Teen Suicide
Sgt. Chad Devore, Det. Richard Cooper	Drugs/Prostitution
Det. Mike Broderick (Shoreline PD)	Drugs/Prostitution
Lupita Zamora, CPDPE	Culture Shock/Leadership
Chief Shawn Ledford (Shoreline PD)	Graduation
Captain Paul Armbrust, Lake Forest Park PD	Graduation

Child Care

The YMCA 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.

Volunteers

Three volunteers assisted in this series. The tasks included advertising and promoting the Nurturing Trust Workshops, working the participant registration table, child care registration table, setting up, picking up food, setting up food, organizing material, cleaning up and monitoring the building. **Volunteers: Carlos Valenzuela, Viviana Loreto and Alejandro Roldán.**

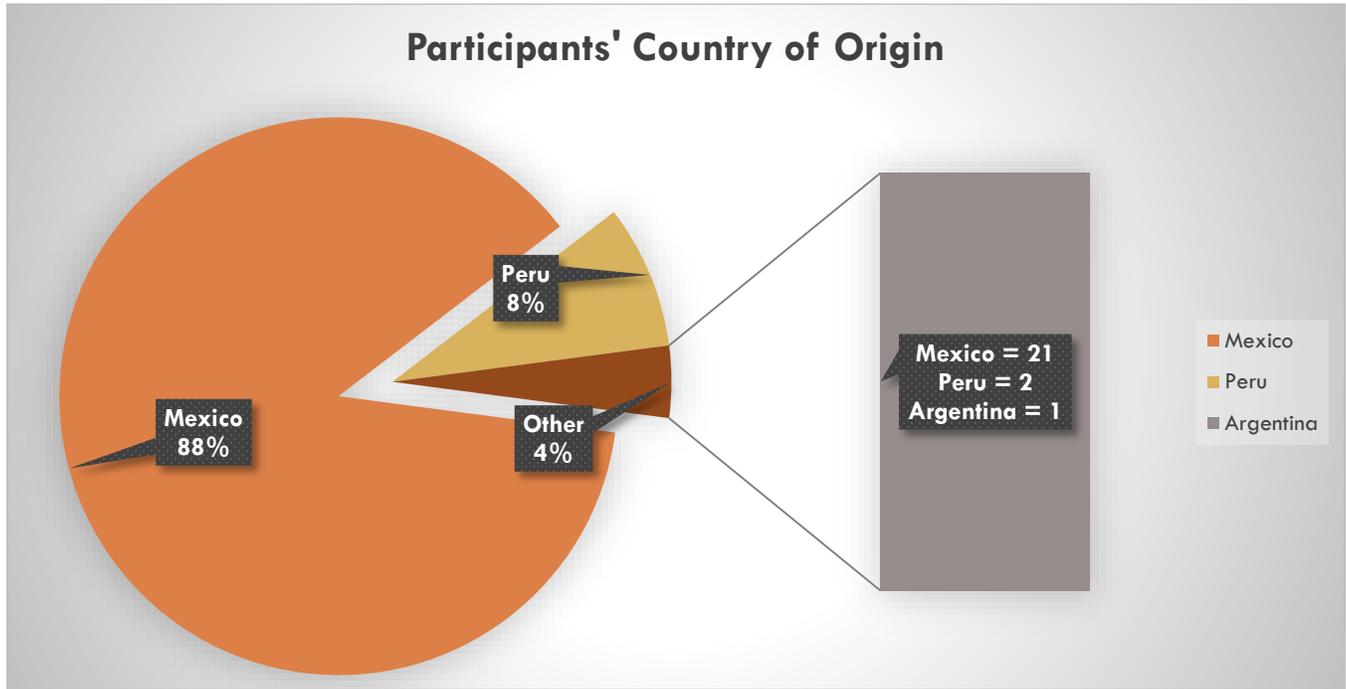
During the workshops

Deputy Paula Bates, Deputy Nicholas Manley, and Deputy Matthew Jeffery attended the workshops in support of the police trust and community outreach efforts.

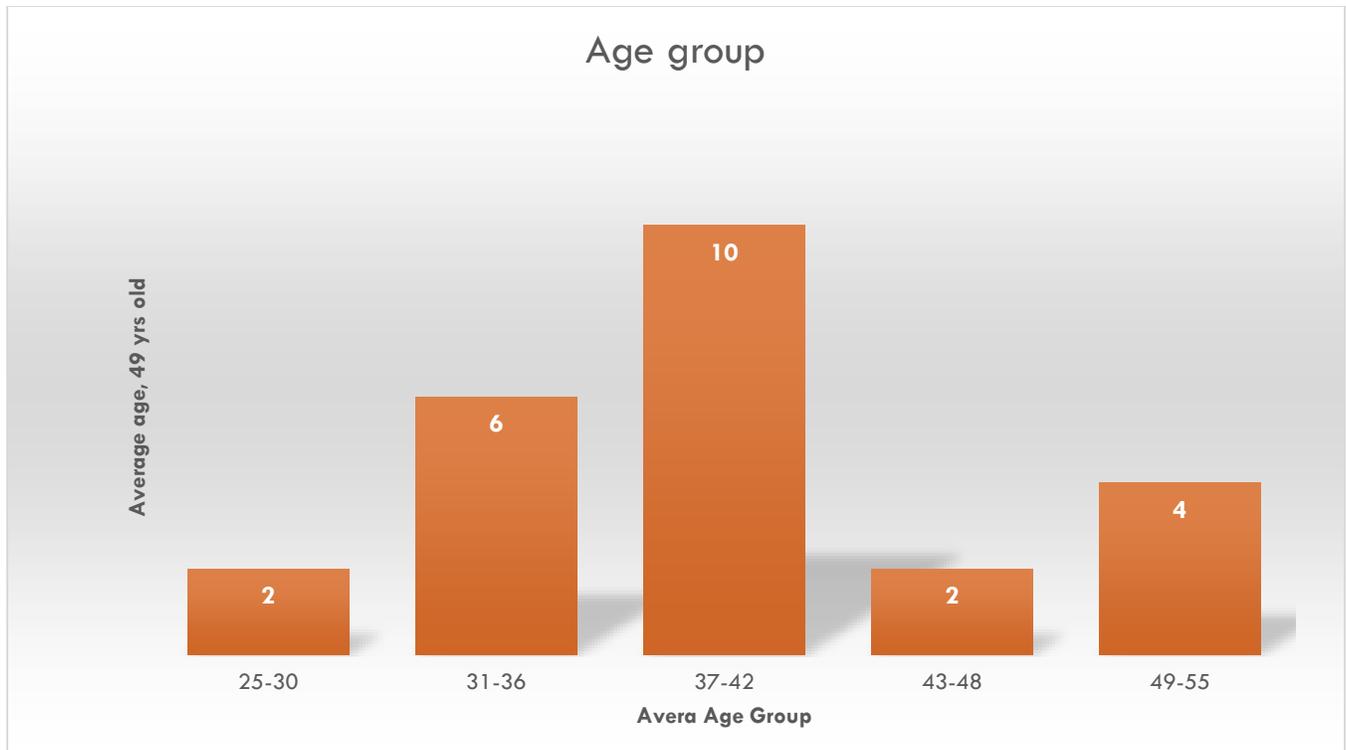
Graphs

The following graphs (pgs. 5-8) show the learning outcomes.

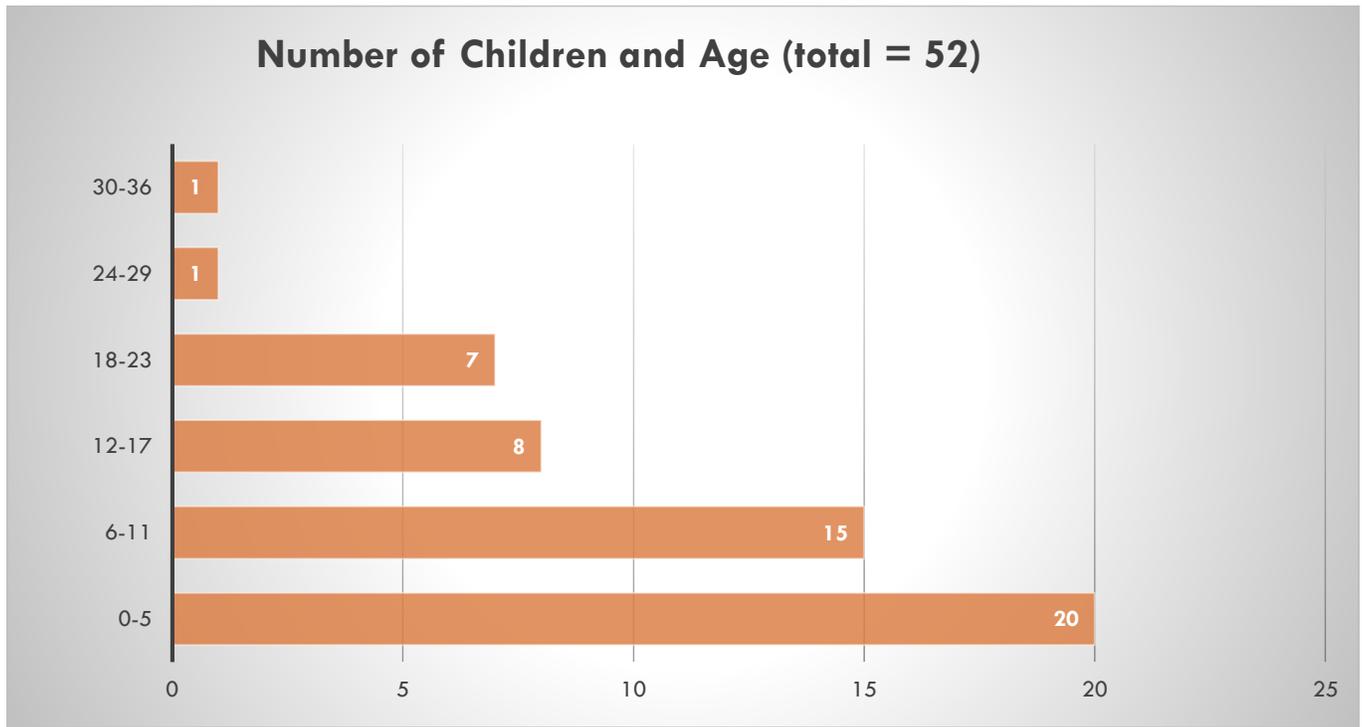
Demographics



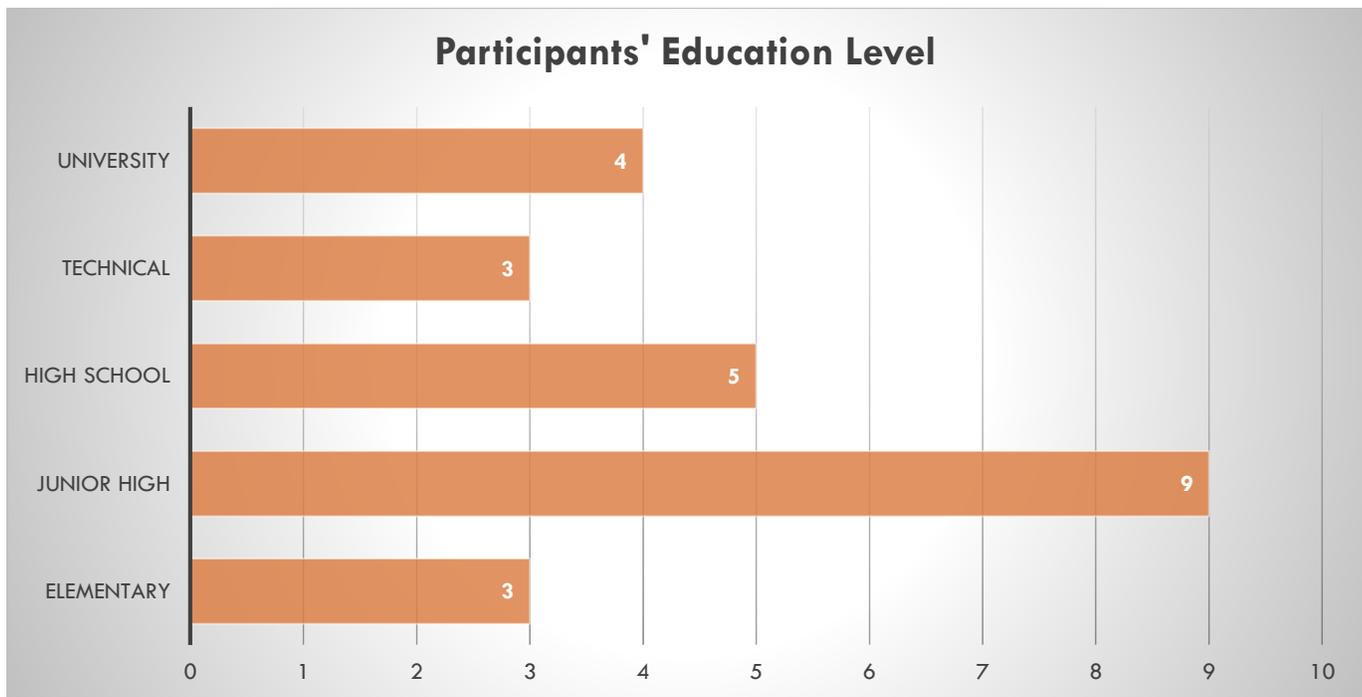
Participants' Age Group (Average 39 years old)



Participants' Number of Children and their Age



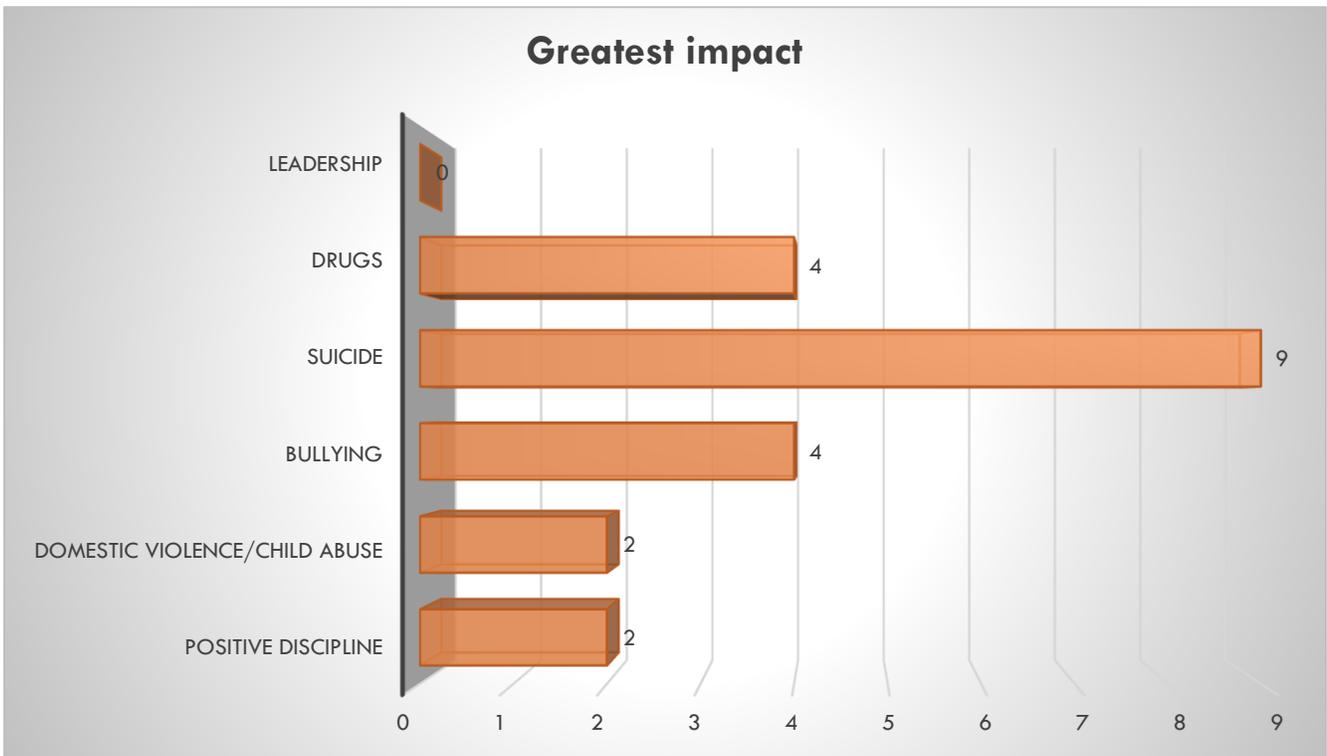
Education Level



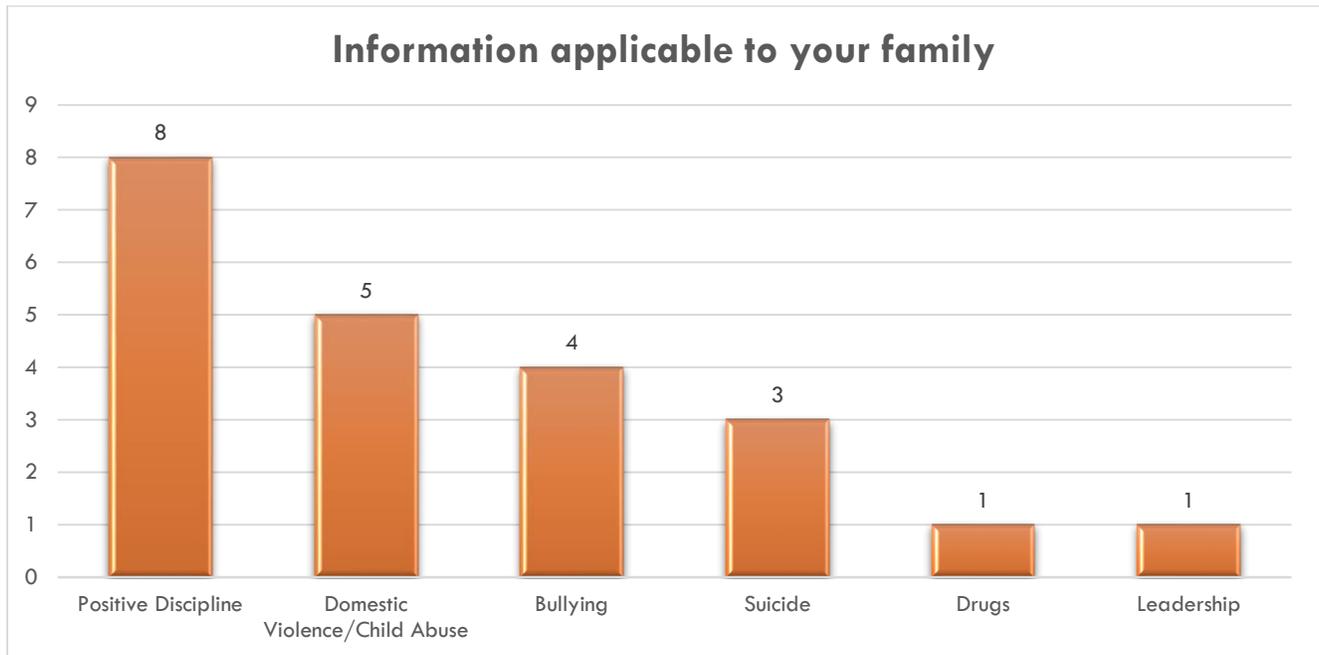
City of Residence



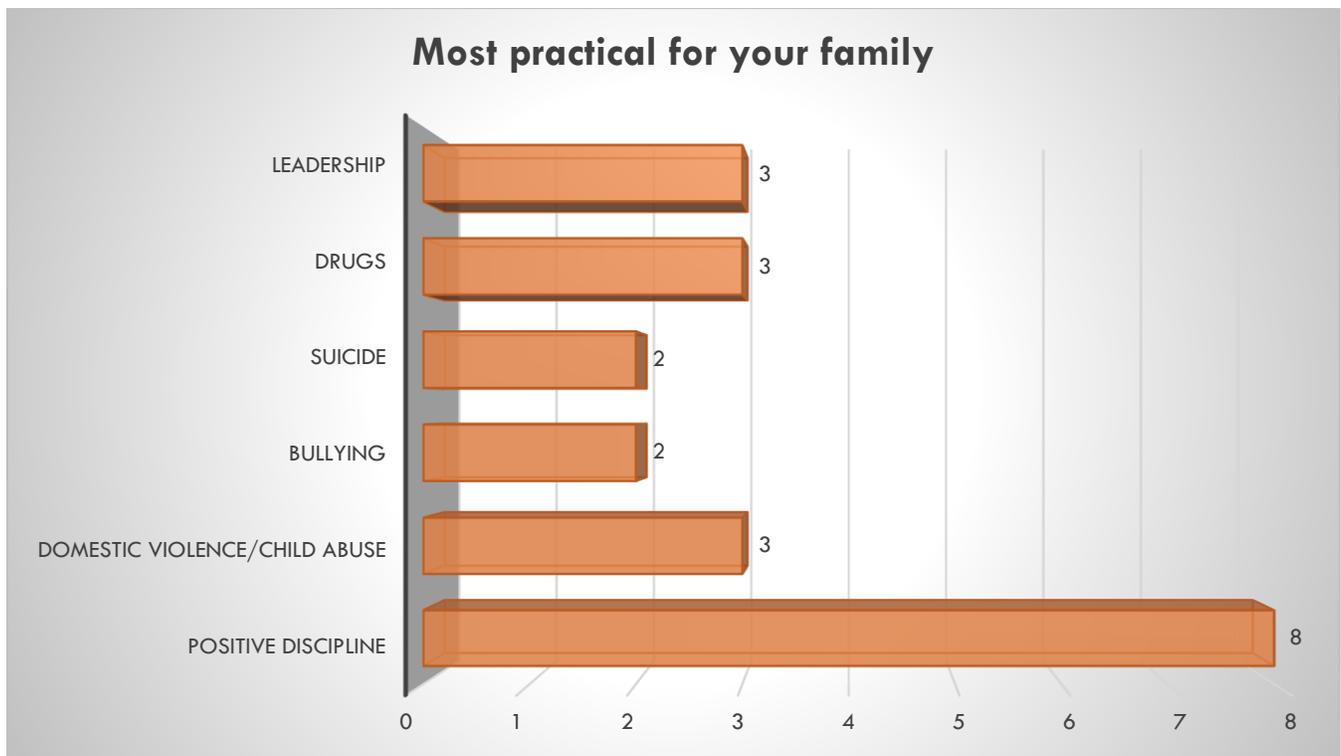
Which class impacted you the most?



Which information can you apply to your family?



Which information is the most practical for your family?



Leadership Class



Chief Ledford/Captain Armbrust – Closing Remarks



Graduation



Comments

Explain the benefits and results of attending the workshops:

“I have become aware of the social problems that my children and the community may encounter, but most importantly I gained the tools to know what to do and gained trust in the police.”

“It was very helpful for me”

“I feel a lot more confident and that I can trust”

“We are not alone”

“I learned I have access to many services”

“To identify problems in my family”

“Information and support from the police”

“I used to be fearful of the police. I feel safe and more confident in this community”

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

“Information in Spanish”

“Support us with more workshops like these”

“More contact with the community”

“Continue with these workshops and pass it on to other counties”

“Distribute more information about the programs”

“Inform the community about local incidents”

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

“Everything was great. The workshops were very organized”

“Maybe include other topics”

“These are one of the best workshops I have ever attended”

“More time, this is a lot of information and not enough time to cover everything”