

Roaring Fork Family Resource Centers

"Connecting Families, Schools and Communities"

RFFRC Highlights of the 2008-09 School Year

- Assisted 1,075 students on an individual basis.
- Made 9,888 contacts on behalf of those 1,075 students, with a range of 1 to 152 contacts and an average of 9.2 contacts per student.
- Helped students from 13 Roaring Fork School District (RFSD) schools in Basalt, Carbondale and Glenwood Springs in grades preschool through twelve.
- Assisted students and families in finding resources for mental health, physical health, dental care, eye exams and glasses, warm winter clothing, food, child care and parenting classes, recreation, art and enrichment activities, social services, substance abuse and many other issues. Provided information, referrals, transportation and translation as well as financial assistance when needed.
- Facilitated and strengthened Resource Teams (teams include the school Principal, Assistant Principal, Counselor, Special Education teacher, School Liaison, School Resource Officer, and RFFRC staff) at RFSD schools to assess student needs and to ensure that service plans are implemented in a coordinated manner.
- One of our successful client stories was highlighted within the Aspen Valley Medical Foundation's bi-annual newsletter.
- Continued our Parenting Education program by offering 10 one-evening classes held in all 3 communities at no charge – in English and Spanish – on topics such as *Positive Discipline* and *Consistency & Routine for Good Behavior*. Free childcare was provided.
- Also provided 40 parenting classes within longer 6- to 7-week workshops, offering more in-depth discussion and training. Sessions, offered in both English and Spanish, utilized the *Love & Logic* parenting curriculum. Provided on-site childcare at very low cost.
- Held ELL (English Language Learner) Health Education Day for 31 Basalt High School students with limited English language skills, increasing their knowledge about reproductive health, personal safety and healthy relationships.
- Produced three Health Insurance Open Houses where parents were able to receive information regarding various public and private health insurance options for their children.
- Trained our Resource Coordinators in the application of dental fluoride varnish. Centers hosted six dental varnishing clinics in the spring, where 137 children received the varnish and parents received oral health care education.
- Provided three days of Medicaid/CHP+ "presumptive eligibility" sign-ups, in collaboration with Mountain Family Health, assisting approx. 20 families with this "fast-track" process.
- Produced 4 *Kick Butts Days* at district high schools, providing information and creative activities encouraging students not to use tobacco or to quit using tobacco.
- Facilitated American Lung Association NOT (Not On Tobacco) support/education group for several high schoolers interested in quitting smoking and/or chewing tobacco.
- Hosted and co-sponsored parent and teacher workshops conducted by Hara Estroff Marano, a nationally-recognized expert on promoting children's self-confidence and preventing mental health issues such as depression.
- Free and fast cholesterol screenings, blood pressure checks, weight, BMI, and blood sugar testing were provided for 65 adults, conducted by Mountain Family Health staff and hosted by our Carbondale Center.

- Presented community resource information, in Spanish, to approximately 45 individuals at Catholic Charities' "Living in the United States" workshop.
- Provided sponsorship for several middle and high school students to attend the *La Raza* Conference in Denver.
- Reached 115 children with the Summer Reading Program. This program targets Spanish-speaking families who are not able to easily access public libraries. Bilingual staff visited neighborhoods weekly to pick up and drop off packets of books – some that the children can read on their own, and some for the families to read together.
- Sent home monthly RFFRC newsletters with parenting, health, and community resource information to parents of all Basalt, Carbondale and Glenwood Springs students in grades Pre-Kindergarten through 12th.
- Participated in interviews on local radio stations to disseminate health, parenting and community resource information.
- Wrote articles for local newspapers about health education and parenting topics.
- Helped with the coordination of food and toy drives for the holidays in collaboration with Lift-Up, Aspen Interfaith Association, Toys for Tots, and the Basalt United Methodist Church by identifying and referring families and by connecting volunteers with these programs.
- Helped plan and facilitate Girls to Women/Women to Girls, an all-day session on career choices, financial planning, high school, and personal protection for over 200 eighth grade girls in the Roaring Fork and Aspen School Districts.
- Helped organize and participated in the sixth annual Latino Youth Summit. This day for Latino high school students offered various conference/discussion sessions about mental health, suicide prevention, college opportunities, and human service organizations.
- Planned and produced the seventh annual Summer Activities Fair in El Jebel and the first annual Summer Activities Fair in Carbondale. The fairs provided the opportunity for 335 parents and children to learn about summer options and to register for activities.
- Sponsored and participated in the fifth annual Pediatric Health and Safety Fair, in collaboration with Valley View Hospital and Garfield County Public Health, where over 125 parents received information about health insurance options for their children.
- Managed the Medicaid Extended School Health (MESH) Program for the RFSB, significantly increasing these revenues for the school district.
- Continued to develop and strengthen partnerships with 228 service providers, community agencies and funders who help us to ensure that our children are healthy and able to achieve success in school and in life
- Staff attended trainings on a variety of subjects including Medicaid/CHP, suicide prevention, dental health, cultural competency, nutrition and at-risk youth.
- Worked closely with RFSB Information Technology staff to develop and fine-tune our client database which is integrated with the school district.
- Held successful fundraiser special events in Carbondale including pumpkin carving at Halloween and the Gyros Booth at Mountain Fair.
- Continued membership in the Colorado Family Resource Center Association (FRCA), which has increased our collaboration with other state Family Resource Centers, brought us new sources of funding, and provided opportunities for capacity building.
- Participated in numerous community collaborations including Pitkin County POD, Garfield County Human Services Commission, Families and Community Engaged Together (FACET), Child Protection Teams, Teen Pregnancy Prevention Taskforce, Indigent Dental Care Initiative, and School Health Centers Advisory Board.