

2022

THE PARENT
CHILD CENTER
OF TULSA

Annual Report





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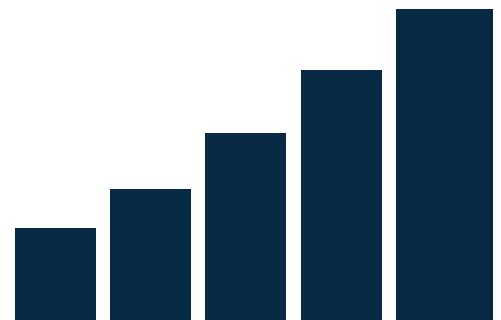
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A Message From Our CEO

Reflecting on Our Journey

Dear Friends and Supporters,

As I sit down to type this message, I find myself humbled by the incredible journey we've embarked upon at The Parent Child Center of Tulsa (PCCT). Each year, our annual report provides an opportunity to reflect on our progress, express our gratitude, and share our vision for the future. It's a moment to recognize the impact of our collective efforts and the lives we touch.

This year, our theme is "Building Stronger Foundations Together." It encapsulates not only our mission but also the spirit that drives our dedicated team, partners, and you—our invaluable supporters. Together, we are building the foundation for brighter futures, stronger families, and a healthier community. Despite the challenges we've faced—unprecedented times that tested our resilience—we have continued to stand firm in our commitment to preventing child abuse and neglect and strengthening families. Our services have remained unwavering, and the difference we make is profound.

In this annual report, you'll discover stories of courage, hope, and transformation. Stories of families finding their strength, children realizing their potential, and communities rallying together. These stories are a testament to the power of our mission.

I want to express my deepest gratitude to our dedicated staff and board members who work tirelessly to bring our mission to life every day. Your unwavering commitment and passion are the driving forces behind our success. I also want to extend my heartfelt thanks to our partners, donors, and volunteers. Your support fuels our programs, and your belief in our vision keeps us moving forward. Together, we are a force for good in our community.

Looking ahead, we have ambitious goals. We want to expand our reach, deepen our impact, and continue to innovate. We envision a community where every child grows up in a safe, nurturing environment—free from abuse and neglect and full of opportunity. As we navigate the path forward, we invite you to join us on this journey. Your involvement, whether through volunteering, fundraising, or spreading awareness, makes a profound difference.

In closing, I am filled with optimism and determination. Our mission is as vital as ever, and our resolve to create lasting change burns brighter with each passing day. Together, we are building stronger foundations for our children, our families, and our community. Thank you for being a part of our story. Together, we are making a brighter future possible.

With deep appreciation,
Melanie D Anderegg
President & CEO





Vision And Mission

Vision

The Parent Child Center of Tulsa's vision is that all parents have the knowledge and skills to protect, nurture and provide for their own children.

Mission

Our mission is to prevent child abuse and neglect through education, treatment and advocacy.

About The Parent Child Center of Tulsa

The Parent Child Center of Tulsa is a non-profit agency dedicated to preventing child abuse and neglect through child caregiver and community education, therapeutic treatment and legislative advocacy. In 2022, there were 2,592 substantiated cases of child abuse and neglect in Tulsa County*. The Parent Child Center of Tulsa's focus on prevention is one antidote to this urgent social issue. All of our free programs are designed to provide a pathway of hope to our clients – whether that pathway begins through an educational program that helps prevent abuse from ever happening, or in the safety of healing therapy because it has occurred. As a Family Resource Center, everything we do is intended to strengthen families with children birth to age five, by meeting them where they are in their caregiver-child relationship. Our clients' stories demonstrate not only our success, but proof that hope is real, positive change is attainable, and better days are possible.



**Child Abuse and Neglect Statistics, Oklahoma Human Services, State Fiscal Year 2022, July 2021-June 2022*



Why Our Work Matters

We need to create conditions that allow children and their communities to thrive. Prevention of child abuse and neglect represents a transformation of culture, one in which families are strong and children thrive because they feel safe, stable, and nurtured.

Source: Dr. Jeff Linkenbach

Simply put, we matter because children and families matter. We serve as a lifeboat for those most vulnerable, preventing the multi-generational impact of abuse and neglect. Child maltreatment is a serious issue, with far reaching societal effects. For example:

Child maltreatment can be fatal. Each day in the United States, an average of five children are victims of fatal child maltreatment. The vast majority of these children are under the age of five.

Child maltreatment can stymie a child's normal growth and development. The emotional and physical damage a child may suffer from abuse and neglect is extensive. Documented consequences of maltreatment include chronic health problems, cognitive and language disorders, and socio-emotional problems such as low self-esteem, lack of trust, and poor relationships with adults and peers.

Child maltreatment is costly for many social institutions. Remediation of the immediate consequences of child abuse costs child welfare agencies, hospitals, and rehabilitation facilities billions of dollars annually.

Child maltreatment costs continue to multiply over time. For example, children lost as a result of abuse or neglect never have the opportunity to contribute to society. In the past five years these deaths cost more than \$3 billion in lost future productivity.

Child maltreatment victims may repeat the violent acts that they experienced. Although most victims do overcome the scars of their abuse, some may become abusive when they become parents or caregivers.



WHY OUR MISSION OF PREVENTION MATTERS

Prevention programs targeted at parents before their behaviors become abusive or neglectful reduce the likelihood for future maltreatment. The programs at The Parent Child Center of Tulsa spread a wide net of prevention. Community Outreach programs educate the general population, while Family Support programs provide targeted parenting education over time to families with identified risk factors for abuse and neglect. Mental Health Support and prevention services are offered to families who have already experienced an incident of abuse or neglect or are at imminent risk. These services include Adult and Child Treatment, as well as individual and family therapy. Mental Health Support is aimed at preventing abuse, future incidences of abuse or neglect, and disrupting the cycle of abuse across generations.

Home visitor programs for new parents have consistently demonstrated positive outcomes. Specific gains include improved parent-infant bonding, enhanced parenting skills, and more consistent use of health care services. Recipients of these services have also demonstrated a reduced rate of child maltreatment when compared to similar groups of parents not receiving services.

Prevention programs targeted at children can improve a child's awareness of how best to avoid child maltreatment and other unsafe practices. Repeated reviews of numerous evaluations of these programs indicate that such efforts can result in increased knowledge for children about safety rules and what they should do if they are being maltreated. Further, the programs create an environment in which children can more easily disclose prior or ongoing maltreatment.

Child abuse prevention efforts serve as a way to combat other social problems of concern to the public and to policy makers. Research has found a strong correlation between a history of maltreatment and a variety of adult problem behaviors, including substance use, juvenile and adult crime, and poor social adjustment. The consistent expansion of prevention services may well lead to the eventual reduction of these problems.

Child abuse prevention creates a more compassionate society, one which places a high value on the welfare of children. Insuring the safe and secure rearing of the next generation requires the efforts of all policy makers and all citizens. To the extent all are involved in the battle to prevent child abuse, all are made more aware of the need to nurture human potential in all that we do.

Source: Dr. Deborah Daro, Prevent Child Abuse America

Prevention Through...

Community Outreach Programs

Youth Programs

The Parent Child Center of Tulsa's award winning youth programs ensure educators, administrators, and other adults know how to keep children safe. Our Kids on the Block program teaches young children how to identify, report and cope with adverse experiences through puppetry.

In 2022, **19,434** students participated in educational puppet shows in Tulsa and surrounding area schools. Topics covered during programs included conflict resolution, divorce, anger management and more.

Bright Beginnings

Bright Beginnings nurses offer newborn education in Tulsa's birthing hospitals. New moms and other caregivers receive vital information about the prevention of shaken baby syndrome and the importance of promoting early brain development by talking, singing, and reading to infants. **37,040** infants/parents/caregivers received newborn education in 2022.



Prevention Through...

Family Support Programs



PCCT's family support programs identify, mitigate and prevent risk for children by engaging with families in their homes. Parent educators provide education, support, and referrals to resources.

Tulsa Family Connects

Registered nurses visit new parents and caregivers in their homes after discharge from the hospital. Nurses share in the joy of a new baby, assess unique family risks and respond to immediate needs for support and guidance. Nurses supported **1,906** new parents, caregivers and newborns.

Positive Parenting

Parent Educators use the Parents as Teachers curriculum to improve child health and well-being, increase home safety and teach effective parenting skills and school readiness. The program provides information and assistance that enhances the intellectual, language, social and physical development of children. In 2022, **421** children/parents/caregivers engaged with our Positive Parenting home visitors.



Prevention Through...

Family Support Programs

SafeCare

SafeCare provides parent education for pregnant women and parents of children who have experienced risk factors for abuse or neglect. SafeCare is a voluntary program that offers intensive family support. Parent educators work to improve parents' skills in three areas: parent-infant/child interaction, health care, and home safety. In 2022, **426** families participated in this life changing service.



Prevention Through...

Mental Health Support

Therapeutic Programs and Services

Our therapeutic services specialize in infant and child mental health to help caregivers and children find pathways to heal from past traumatic experiences and have healthier, safe, secure and more rewarding relationships. We accomplish this by providing evidence-based, relationship-focused, hope-centered treatment services including parent-child, family and individual therapy services and protective parenting education groups. These services are designed to heal and strengthen families, as well as promote best parenting practices for future generations.

As part of this process, an Infant/Early Child Mental Health Community Consultant (I/ECMHCC) works to promote the social and emotional development of infants and young children in the community through direct consultation, providing specialized training, facilitating referrals, and sharing strategies.

In 2022, The Parent Child Center of Tulsa's Mental Health Support services were able to offer hope to **2,297** individuals and families.



Prevention Through...

Community Collaborations

The Anti-Bullying Collaboration (ABC) is a Collective Impact project of The Parent Child Center of Tulsa working to prevent bullying among children, youth, and adults in Tulsa and surrounding communities. Our partners include agencies and institutions in the fields of education, mental-health, non-profit, advocacy, and parent groups. We partner with **25** local agencies to promote a safe, civil, and respectful community by preventing bullying among children, youth, and adults and equipping teachers to respond.



The Safe Babies Court Team is a systems change initiative, spearheaded locally by Zero to Three, a national nonprofit committed to promoting the health and development of infants and toddlers along with the Parent Child Center of Tulsa. It is focused on improving how the courts, child welfare agencies, and related child-serving organizations work together, share information, and expedite services for young children in state custody. In so doing, it protects babies from further harm, addresses the trauma they've already experienced, partners with parents to make needed changes, and tackles issues in the child welfare system that prevent families from succeeding. The Safe Babies Court Team places a high priority on supporting birth parents toward reunification with their young children. The team ensures babies and toddlers benefit from child-focused services to address medical problems and developmental delays, quality early learning experiences, and frequent family time.



Safe Babies
A Program of ZERO TO THREE

Success Stories

Our clients' stories demonstrate not only our success, but proof that hope is real, positive change is attainable, and better days are possible.

"For me, the most rewarding moment (of this class) was realizing I can do this. The lessons give me confidence... I know how to make my child (feel) secure and happy."
- Therapeutic Services, Circle of Security Parenting Participant

"I worked with a mom, who was also a refugee, whose baby has been struggling to gain weight and was at risk to be put in the hospital for failure to thrive. I made a referral to our lactation program, and the mom dedicated herself to breastfeeding and working tirelessly to feed the baby around the clock. I've had frequent updates from the lactation specialist and with those, in combination with clinic visits, we have kept the baby out of the hospital and growing steadily."-HealthySteps Specialist

"I learned today to not be a bully and stand up for people who are getting bullied."
-Student in the KOB audience

"A parent completed the PCCT's Circle of Security Parenting and Nurturing Parenting classes. She was awarded trial reunification with her children and continues to participate in child/family therapy, demonstrating her ability to apply concepts learned in parenting groups to her family."
-Mental Health Support staff

"A mom shared that her oldest went through an intense Period of Purple Crying and is so thankful we do the education at the hospitals. Mom is now a physician and feels all families need to know that this period (of crying) is completely normal." - Bright Beginnings Nurse

"This Class can teach you a lot about how to deal with (your own) problems that you can pass down to your children. This way we can try and not only make a difference in our families, but hopefully other families and keep passing it down."
-Therapeutic Services, Compassion Workshop participant



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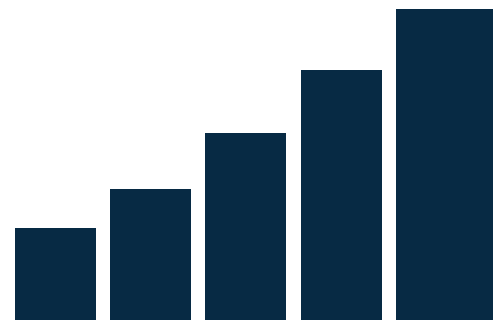
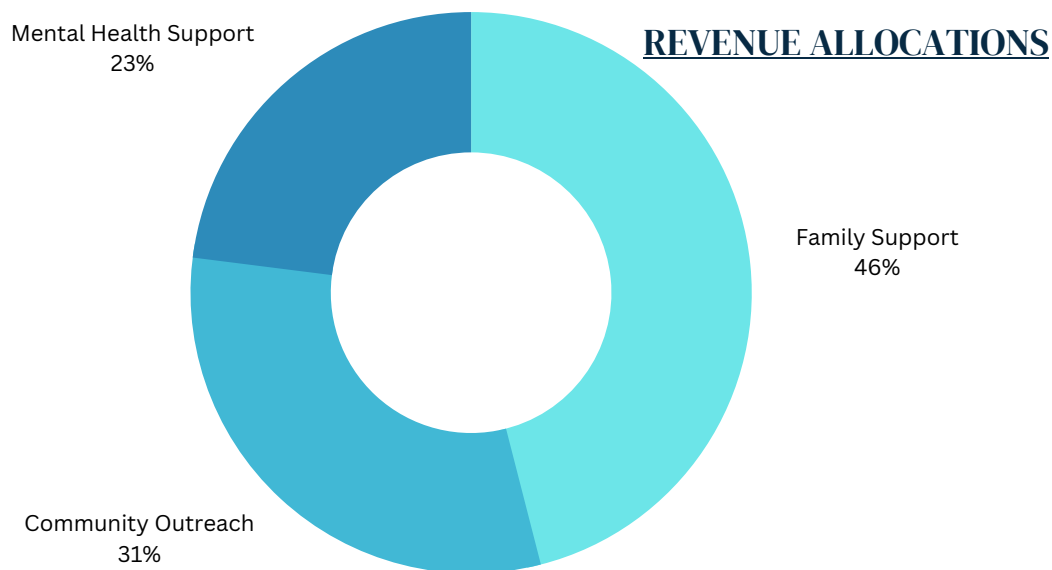
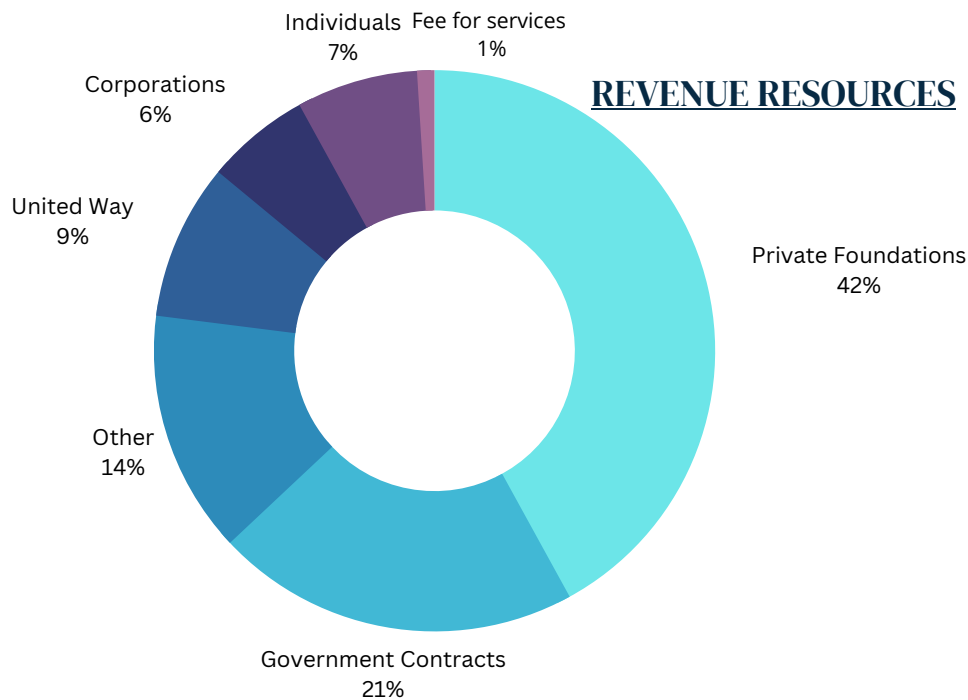
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Financial Overview

January - December 2022



Contact Us



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www.parentchildcenter.org

We couldn't have
done it without your
generous support.

Thank you

to all our donors
and volunteers.



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