

BUILDING PATHWAYS *of* HOPE

ANNUAL REPORT 2023



THE PARENT CHILD CENTER OF TULSA

MISSION

Preventing child abuse and neglect through education, treatment and advocacy.

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 child.

PREVENTION BEGINS WITH COMMUNITY OUTREACH

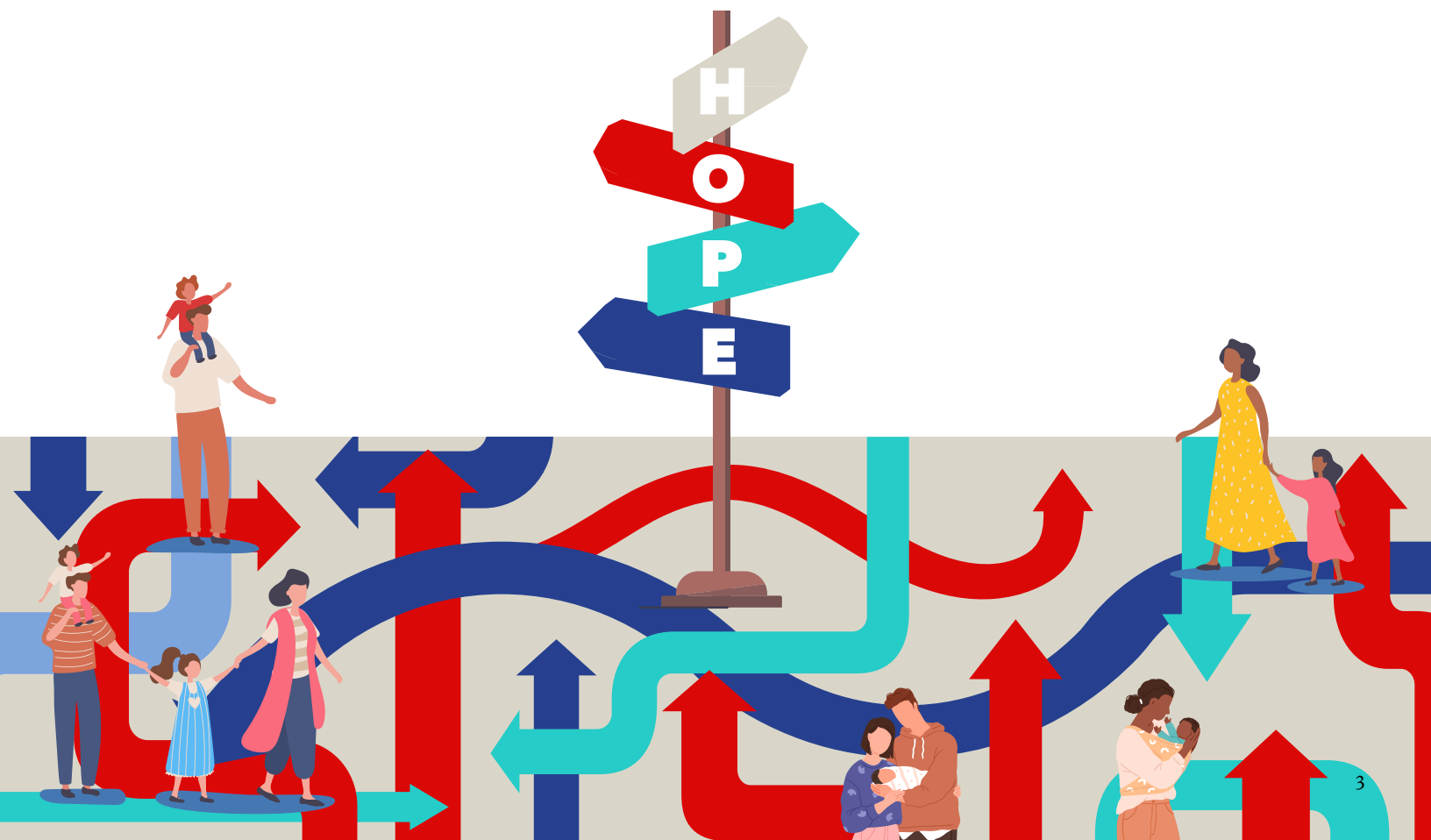
When families face unexpected difficulty related to their caregiver-child relationships, mental health and well-being, skilled staff at The Parent Child Center of Tulsa (PCCT) provide professional and compassionate solutions. Specifically, we work to put our clients on a pathway of hope. That means that we meet caregivers and families where they are, connecting them with the PCCT program or service that will best meet their needs and help them create strong, healthy family relationships. Everything PCCT does is designed to prevent child abuse and neglect from happening, ensuring that all children have a bright future.

PARENT CHILD CENTER *of* TULSA *as a* PATHWAY *of* HOPE

The Parent Child Center of Tulsa is a public, nonprofit agency whose mission is to prevent child abuse and neglect through education, advocacy, and treatment.

According to the U.S. Department of Health and Human Services, child protection services responded to 4.0 million referrals for suspected child maltreatment with 30.1 in 1,000 children being screened in for child protective service response.

In Tulsa County, there were 2,711 substantiated cases of child abuse and neglect in 2023. Researchers have targeted characteristics of the parent, characteristics of the child, and family context such as parenting stress in an attempt to better understand the potential for child maltreatment (Lowell & Renk, 2017). Without adequate coping resources, parents experience more stress which can increase the risk for child maltreatment. Most research examining prevention or intervention for parents have rightly focused on identifying and mitigating risk factors (e.g., parenting stress, emotion dysregulation).





HOPE

THEORY

*Hope is the expectation that desired goals can be achieved.
Snyder's (2002) Hope Theory has two fundamental
processes termed "pathways" and "agency".*

Pathway thinking refers to the mental strategies or road maps the parent develops toward their goal. Hopeful parents can identify multiple pathways to their parenting goals and can develop solutions to the potential barriers they may experience.

Agency refers to the mental energy or willpower the parent can direct and sustain toward their goals. Hopeful parents can remain focused on and energized toward the pathways even in the presence of adversity and stress.

The role of hope in our capacity to thrive is well established in research. Hopeful individuals are able to identify productive paths towards achieving their goals and have also been found to be less reactive to stressful situations. Overall, the experience of hope has a positive influence on health and well-being. Those with higher hope tend to have lower levels of depression and higher positive affect and self-esteem. Hopeful individuals are less likely to ruminate on their trauma experiences making it easier to exert willpower toward desirable outcomes.

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in providing
a pathway of
HOPE
to children and
families in our
community.

IN 2023

The Parent Child Center of Tulsa
ASSISTED 91,765
SERVICE RECIPIENTS



Dear Friends and Supporters of PCCT,

As we close another year at The Parent Child Center of Tulsa (PCCT), we reflect on a journey marked by growth, adaptation, and profound impact. 2023 was a year where we stretched our capabilities, expanded our reach, and deepened our commitment to the children and families of Tulsa.

Our dedication has been unwavering, our adaptability remarkable, and our achievements significant. Our dedicated staff, through their relentless efforts, ensured that our community of children and families received the support, healing, and hope they deserve.

We embraced innovative program developments and transformative workplace culture, which were instrumental in enhancing our services and extending our reach. Such initiatives included the launch of "Fatherhood Today" and other creative approaches to meet the evolving needs of our community. The expansion of our services, particularly in underserved communities, and the introduction of new programs have significantly increased our impact. We've seen our staff grow, not just in numbers, but in expertise and dedication. Our services have expanded into new areas, bringing hope and support to more families than ever before.

Yet, we've also faced challenges. These hurdles have taught us the importance of resilience and the value of a united team. We recognized the need for improved communication, workforce development, and deeper community engagement. We've learned that every challenge is an opportunity for growth and every setback a chance to reassess and come back stronger.

As we look to 2024, we do so with optimism and determination. We are inspired by our past achievements and motivated by the challenges we aim to overcome. We recognize the need to enhance our belonging and inclusion efforts, secure sustainable funding, and ensure the well-being of our staff. These are not just goals but commitments to our community and to each other.

I want to express my deepest gratitude to our staff for their tireless work, to our board for their steadfast support, and to our community for their trust and partnership. Together, we've made a significant difference in the lives of many, but our work is far from over.

As we embark on another year, let us carry forward the lessons learned, the achievements earned, and the hope ignited. Together, let's continue to forge a path toward a safer, more nurturing world for every child and family we serve. Thank you for your unwavering support and dedication to our mission. Here's to achieving even greater impact and success in 2024.

Thank you.

A handwritten signature in black ink that reads "Melanie Andereggs".

Melanie Andereggs
President & CEO

FAMILY RESOURCE CENTER



The Family Resource Center (FRC) is a community hub offering diverse resources and programs for families. It provides parenting workshops, and educational materials, aiming to foster well-being and healthy child development. Open to all, the FRC assists families facing various barriers, such as housing or job instability, or the need for concrete items such as diapers, wipes and formula. Additionally, a Family Resource Navigator ensures that families receive comprehensive support to help them thrive within the community. Our Family Navigator can help set goals, as well as educate clients about how to navigate systems and community resources independently.

FACTS

PCCT houses the only FRC in Northeastern Oklahoma.	The Family Resource Center partners with over 10 local agencies to ensure that client needs are met.	Essential baby supplies, including diapers, formula, baby wipes, and gently used clothing are distributed to those who require assistance.
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"I recently assisted a mother facing a challenging situation. Despite her diligent efforts to comply with a requirement of attending an in-person co-parenting class, she could only find virtual options. I reached out to the caseworker and emphasized that all available resources had been exhausted. Following our discussion, the caseworker agreed to accept a virtual class alternative. This case underscores the vital role of advocacy in supporting families through complex systems. I am humbled to have been able to assist this mother and contribute to her journey as a parent."

– PCCT Family Resource Navigator

242
CLIENTS

visited the Family Resource Center for concrete emergency needs or resource referrals



BRIGHT BEGINNINGS

Bright Beginnings is a hospital-based program that educates new parents about preventing abusive head trauma and promoting healthy brain development through daily communication. PCCT nurse educators use two renowned curricula: Period of Purple Crying teaches about normal infant crying patterns and safe soothing techniques, emphasizing the dangers of shaking a baby. Talking is Teaching underscores the importance of talking, reading, and singing to babies for brain development and attachment. Families receive a backpack with books and other baby items for bonding.



FACTS

Bright Beginnings is a free program offered to all who deliver at any of the Tulsa birthing hospitals.

Educational materials for Bright Beginnings are provided in English, Spanish, and Zomi.

Bright Beginnings nurse educators visited with **10,593** and their families last year
NEWBORNS

"I appreciate the program and the nurse answering my questions. I'm relieved that there are resources to help with parenting because I am anxious about it... the resources are reassuring."

–Parent of a newborn

"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

"Mom was so proud to talk about her first child who is now 20 months old and how fast he is learning with the help of Talk, Read, and Sing. They read 3 books daily and visit the library frequently."

–Bright Beginnings Nurse

FAMILY CONNECTS

Family Connects is a no cost, community-based nurse home visitation program that provides support to families with newborns. Trained nurses conduct up to three home visits, offering guidance on infant care, parental well-being, and connections to community resources. The program aims to ensure a healthy and nurturing environment for the infant and the family, promoting positive parenting practices and addressing any concerns or needs that may arise during the early postpartum period.

“Our nurse was awesome. She was an excellent listener about my doubts about breastfeeding and she gave me tips and techniques on how to do it and keep track of when he is hungry or needs to be close to me. She also gave me tips to sleep better.”

– Family Connects client



FACTS

Nurses perform health checks for infants, including weight assessments, and screen new moms for postpartum depression.

Family Connects is a free program offered to any family who delivers at Hillcrest (main), Saint Francis (main) and OSU Hospitals.

In 2023
Family Connects **2,947**
nurses served **MOTHERS & BABIES**

SAFECARE®

“The progress this family has made is a good story. Each of her boys are now seeing a therapist and their behavior in school has improved tremendously. The children no longer talk disrespectfully to their mother and there is now order, happiness and respect expressed in the home.”

– SafeCare Parent Educator


SafeCare is a home-based program that helps prevent child abuse and neglect by providing parents with essential skills and tools for creating a safe and nurturing environment. Trained professionals directly engage with families in their homes, targeting specific risk factors like parental stress, supervision, knowledge of child development and safety. The program utilizes evidence-based modules that address these risk factors. Weekly sessions involve parent educators and parents working together to create a plan that includes setting specific goals, practicing new skills, and tracking progress over time.



FACTS

SafeCare in Oklahoma includes the following modules: Home Safety, Infant/Child Health, Parent and Child Interaction, Managing Child Behavior, Parent Infant Child Interaction, Healthy Relationships, and Problem Solving.

Families who are eligible for SafeCare may have greater need for parenting resources.

 Safecare parents showed a significant **INCREASE IN HOPE** from the start to the end of the program

IN 2023
SafeCare®
SERVED 438
INDIVIDUALS

POSITIVE PARENTING

Positive Parenting promotes child development through nurturing, positive reinforcement, and effective communication. This home visiting program emphasizes creating a loving environment and fosters strong parent-child relationships. Positive Parenting advocates for the use of positive discipline techniques that promote self-esteem, self-discipline and emotional regulation. Utilizing the Parents As Teachers® (PAT) curriculum, it offers resources for child development and school readiness, aiming to improve parenting practices.



FACTS

Positive Parenting is offered to families with children from birth to age five.

Bilingual home visitors serve both the English and Spanish speaking communities.

Parents as Teachers showed a significant increase in Hope from the start to the end of the program

H O P E

“One of our clients gave birth prematurely due to pre-eclampsia. During the baby’s stay in the NICU, she needed to be transferred to another hospital for emergency surgery. Our client spoke minimal English, and struggled to stay informed about her baby’s health. As her home visiting educator, I have helped her prepare for doctors’ visits, educating her about her rights as a patient and mother, and connecting with the hospital’s patient advocate, as well as the Oklahoma Family Network. Soon she will be contacted by a peer counselor who has been through similar struggles. I am hopeful that this will help her process the trauma of her baby’s birth and NICU stay and help her self-advocate in the future.”

– Positive Parenting Educator

“One of my parent clients made a goal to start working part time so that she can begin the process of saving to move out of her grandparents’ home. Due to having little to no funds, my client needed to purchase appropriate clothing for work. Since she had been attending services consistently, I was able to provide her with a Walmart gift card. She was grateful and told me that day she was able to use the card to buy clothes for work. This client is now successfully working full time and providing for her family.”

– Positive Parenting Educator

“My confidence in my ability to parent my children has increased.”

– Positive Parenting client

IN 2023
Positive Parenting
SERVED 498
INDIVIDUALS



THERAPY

The PCCT specializes in supporting children aged 0 -12 who have been abused, neglected, or experienced violence in their lives. The therapy program prioritizes infants and toddlers, utilizing trauma-focused therapy models including Trauma Focused Cognitive Behavioral Therapy, Parent Child Interaction Therapy and Child-Parent Psychotherapy. The center places a particular emphasis on involving safe caregivers, such as non-offending parents, family members, or caregivers, to ensure consistent emotional support for the children both within and outside of therapy sessions. Help is provided for parents and caregivers addressing their own trauma history and emotional challenges while they learn safe, developmentally appropriate parenting skills needed for building strong relationships. Additionally, parenting classes such as Compassion Workshop, Circle of Security Parenting and Nurturing Parenting focus on concepts and skills that are necessary for healthy caregiver-child interactions.



FACT

There is a critical need for additional funding for therapy services as the program continues to face a growing waiting list.

CHILD THERAPY

Participation increased the likelihood that parents and children would both believe in and work together towards a better relationship.

IN 2023

Child Therapy
**SERVED 329
INDIVIDUALS**

ADULT THERAPY

showed a significant increase in parenting and child rearing attitudes of parents in the following categories:

- ✓ Expectations of children
- ✓ Empathy toward child's needs
- ✓ Corporal punishment
- ✓ Parent-child family roles
- ✓ Child power and independence
- ✓ Circle of Security Parenting Groups - 95%!

"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

"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."

– Circle of Security Parenting Participant

"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."

– Compassion Workshop participant

IN 2023

Adult Therapy
**SERVED 643
INDIVIDUALS**

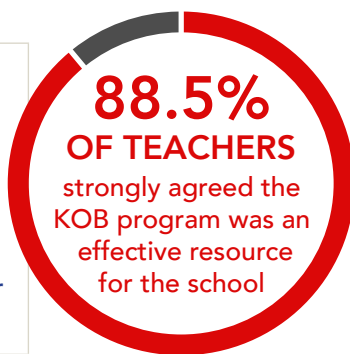


KIDS ON THE BLOCK

The Kids on the Block (KOB) puppet program teaches children about social issues such as child abuse, neglect, and bullying. KOB puppeteers use life-sized puppets to illustrate real-life situations that children may encounter, helping them understand the problem and learn how to respond to it. Our aim with KOB is to empower children with the knowledge and confidence to seek help if they are experiencing abuse, neglect, or bullying. We want children to understand the importance of telling a trusted adult and to keep telling until they receive the support and assistance they need.

FACTS

Kids on the Block has presented programs at schools in the following school districts: Tulsa, Broken Arrow, Jenks, Owasso, Bixby, Kiefer and Catoosa.



IN 2023

Kids on the Block served
31,849 STUDENTS at **65 SCHOOL SITES**

"They (the puppeteer educators) opened up space for kids to ask questions and they were answered very thoughtfully."

– School Counselor

"I learned that divorce is not a child's fault and is a grown-up problem."

– student

HEALTHYSTEPS

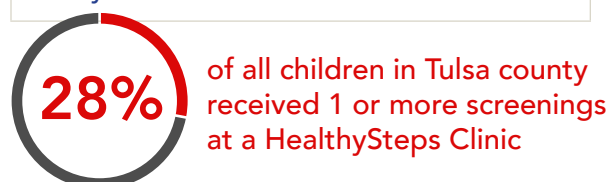
HealthySteps integrates child development specialists in local pediatric clinics, offering parents support and resources for fostering their child's healthy development. The program focuses on physical, cognitive, social-emotional and language development. Regular check-ups and screenings help identify concerns early, preventing long-term consequences.



FACTS

HealthySteps specialists are currently incorporated in 10 pediatric clinics in the Tulsa area.

HealthySteps provides families with up to 13 in-person consultations during the first two years of a child's life.



IN 2023

HealthySteps served **6,284**
SERVICE RECIPIENTS at 8 clinics

"I have a client, the mom of a toddler, who was struggling with her child biting at his childcare. We were able to review toddler biting together, and reflect upon causes and strategies to reduce the incidence. I was also able to provide mom with a handout discussing biting as well as the phone number for the Warmline resource. This empowered the mom to confidently talk to the childcare with evidence based information, thus preventing loss of his childcare center placement and at the same time enabling mom to keep employment."

– HealthySteps Specialist



FATHERHOOD TODAY

Fatherhood Today is a comprehensive program that supports and educates fathers and father-figures in their parenting role. It offers resources and guidance for navigating various aspects of fatherhood, including nurturing positive relationships with children, and promoting active engagement in their development and well-being. Services include 24:7 Dad®, the Dads Club, the Fatherhood Coalition and more. All services are geared toward helping fathers be the best they can be and strengthening families.

FACT

Children with father involvement are at significantly less risk of poverty, infant mortality, adverse health outcomes, mental health symptoms, and education disruption.

Jose's initial thought about Fatherhood Today was that it was a waste of time. Having struggled with communication with his family, Jose's wife thought enrolling in a fatherhood program would be a good idea, so Jose enrolled in 24/7 Dad, but did not participate much during the first two class sessions. It took a while before he opened up to the other fathers and facilitators. Eight sessions later, however, Jose's wife has reported that he is a changed man. Specifically, he is spending more time with his children after work, doesn't isolate himself from the family anymore, and is more positive in his interactions."

– Fatherhood Today Coordinator



28 have enrolled in Fatherhood Today since the new program launched in the summer of 2023.

STRATEGIC PARTNERSHIPS

SAFE BABIES COURT TEAM

The Safe Babies Court Team (SBCT) approach involves a collaborative effort among key stakeholders, including judges, lawyers, case managers, mental health specialists, and various other relevant professionals. This multi-disciplinary team works together to streamline processes and provide comprehensive support for infants and toddlers in the child welfare system, ensuring their safety, well-being and timely access to appropriate interventions. When family reunification is not feasible or safe, the team facilitates the adoption process, prioritizing the long term stability and care of the child.

FACT

SBCT is part of the National Zero to Three Infant Toddler Court Program.

SBCT SERVED THE FAMILIES OF

25 BABIES IN 2023, leading to a shorter time for reunification or adoption of those infants and toddlers.

ANTI-BULLYING COLLABORATION

The Anti-Bullying Collaboration (ABC) is a community partnership promoting a safe, civil and respectful community by preventing bullying among children, youth, and adults and equipping teachers and the community to respond.

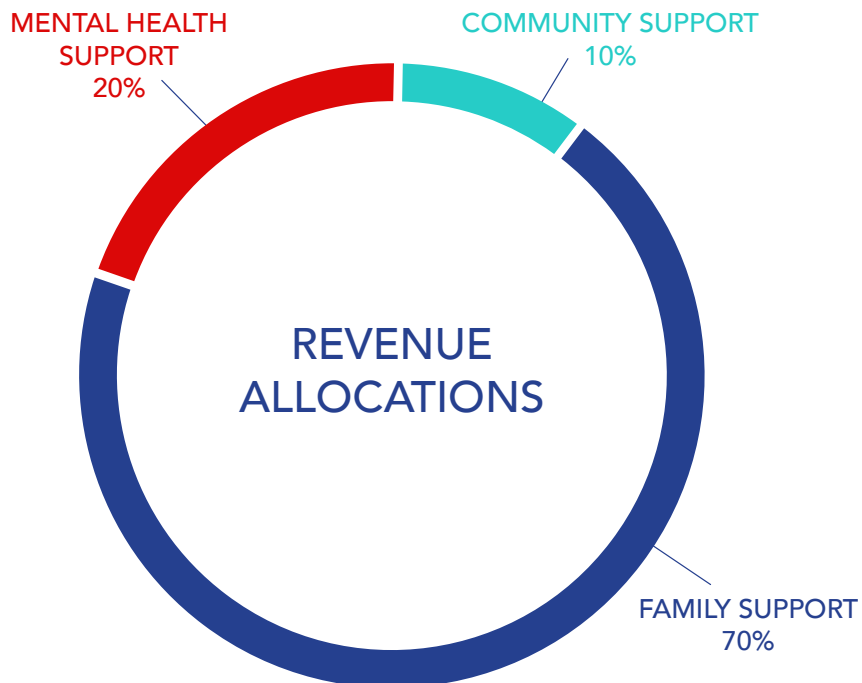
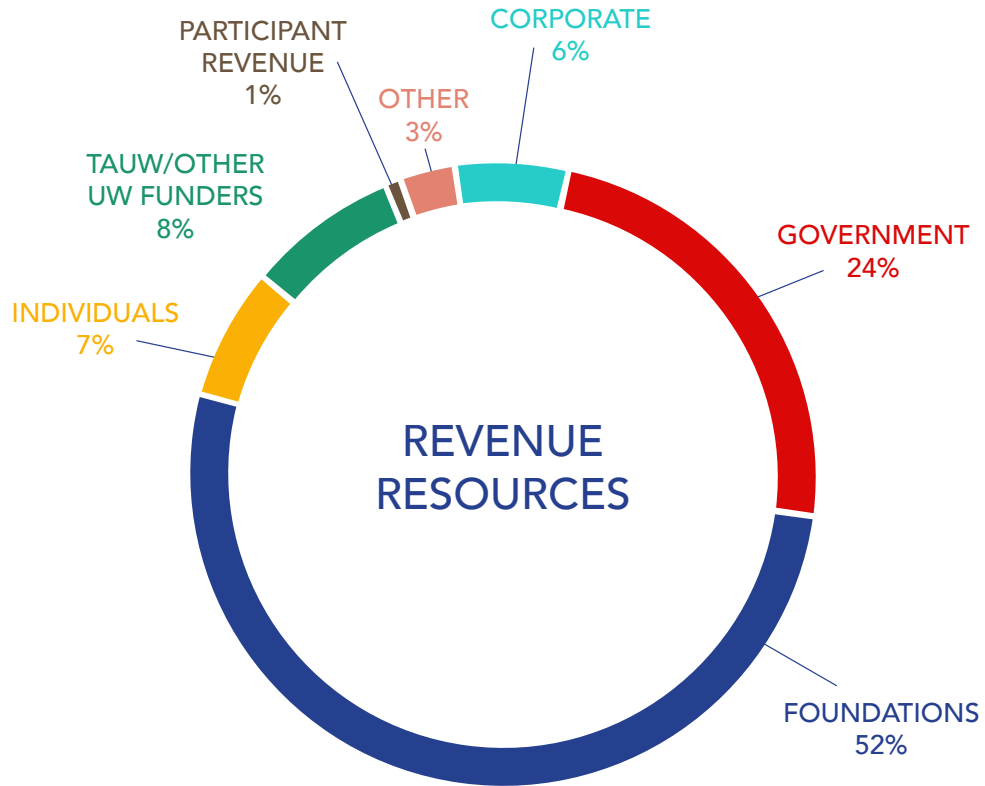


FACT

30 organizations are part of the Anti-Bullying Collaboration.

FINANCIAL OVERVIEW

JANUARY 2023 – DECEMBER 2023



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SAVE THE DATE
Toyland Ball
JANUARY 25, 2025

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support.

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