



RECOVERY & PREVENTION
RESOURCES
of Delaware and Morrow Counties

Wellness Weekend

Wellness Weekend: Building Parental Responsiveness

Increasing the responsiveness of parents towards their children can increase family bonding and help to decrease child abuse and neglect. Increasing parental responsiveness is the goal of the Wellness Weekend Program. Parental responsiveness is a parent's ability to meet the social and emotional needs of their child or children by applying knowledge of child development and using effective parenting skills. Parental responsiveness includes being supportive, affectionate, playful, responding to the needs of children, and using consistent and effective approaches to discipline. Parental responsiveness can be enhanced through strengthening of positive parenting skills and through increased parental support.

Wellness Weekend is a weekend long retreat for parents designed

to build positive social support for parents and enhance positive and effective parenting strategies by increasing parent's responsiveness to children. A partnership of professionals and trained parents implement the program. Parent participants receive additional education and support following the weekend though follow up training sessions and home visits.

The goals of Wellness Weekend are to:

- Increase the awareness and use of parental support systems
- Increase the use of effective parenting skills by increasing knowledge and changing parenting behaviors.
- Increase the use of community resources and support systems.



In FY 2005, 16 parents, grandparents, or guardians from Morrow County participated in the retreat. Approximately, 40% of the retreat participants completed the follow-up training sessions.

Parents demonstrate improved knowledge

One of the primary objectives of the program is that program participants will increase knowledge in five of the skill areas taught in the program. These areas included communication skills, child development, discipline, anger management, and stress management.

Communication Skills

- 73% of parents increase knowledge of appropriate communication skills by the end of the retreat.
- 40% of the parents that attended the follow-up training demonstrated additional improvements in knowledge of communication skills by the end of the session.

Child Development

- 69% of parents increased knowledge of child development by the end of the retreat.
- 20% of the parents that attended the follow-up training demonstrated additional increases in their knowledge about child development.

Discipline

- 46% of parents increased their knowledge about appropriate child discipline by the end of the retreat.
- 40% of the parents that attended the follow-up training demonstrated additional gains in knowledge about disciplining children.

Anger Management

- 80% of parents participating in the retreat and the follow-up training demonstrated increased knowledge of anger management skills.

Stress Management

- 60% of parents participating in the retreat and the follow-up training demonstrated increased knowledge of stress management skills.

After the retreat, 36.4% of parents demonstrated increased knowledge in all three of the areas tested.

After the follow-up training, 50% of parents showed increased knowledge in three of the five areas.

Morrow County Prevention 2005 Summary Report

Included in this report:

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- Retreat participants increase their comfort in asking for support* 2
- Teaching participants about community resources* 2

PROGRAM HIGHLIGHTS

- After the retreat, 36.4% of parents demonstrated increased knowledge in all three of the areas tested.
- After the follow-up training, 50% of parents showed increased knowledge in three of the five areas.
- At the end of the retreat, 69% of parents reported improved competence in their parenting skills.
- 80% of parents who participated in the follow-up training reported increased use of effective parenting skills.
- Participants demonstrated a significant improvement in their perceived level of comfort in asking for help or support which was maintained through the follow-up training.



Parents report improved competence and ability as a parent

Parents were asked questions about how they perceived their ability as a parent to care for their children.

- At the end of the retreat, 69% of parents reported improved competence in parenting.
- 67% of the parents who participated in the follow-up training reported additional improvements in their parenting ability.
- 83% of the parents who participated in the follow-up training reported improved competence and ability as a parent compared to before the initial retreat.
- 80% of parents who participated in the follow-up training reported increased use of effective parenting skills.

Retreat participants increase their comfort in asking for support

Wellness Weekend participants are taught that it is okay to ask for help from community or parent resources. This includes being comfortable asking for help and also knowing where to find the appropriate help or support if needed.

- Participants in the program demonstrated a significant improvement in their perceived level of comfort in asking for help or support. This increase was maintained by program participants through the follow-up training.
- Participants also demonstrated an improvement in their perceived confidence in finding the appropriate help or support if needed at the end of the retreat.

Teaching participants about community resources



The Wellness Weekend Retreat focuses on providing information to parents about where to access services if needed and what community or parent resources are available. The program informs participants about the following programs: Human Services PRC Program, Metropolitan Housing, Recovery and Prevention Resources, HelpLine, Central Ohio Mental Health Center, OSU- Extension services, Morrow County Health Department, Turning Point, Court Support Services, Whetstone School, and Big Brothers/ Big Sisters. By the end of the retreat, there was a decrease in the number of participants who **DID NOT KNOW** about the services listed above. This knowledge of community resources was maintained through the follow-up training by program participants.

report if they needed to use particular services and if they actually accessed them if they needed to.

- At the time of the retreat 19% of program participants had not accessed services that they needed.
- The largest discrepancies between needing to access services and accessing services was seen with using community agencies (18.8%).

The participants in the program were also asked to

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