

## Promising Practices Collection

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The Community Survey asked respondents to nominate promising practices happening in their community. These responses were collated and those with relevance to maternal, child and/or family health are shared in this appendix. Submissions below are presented **as described** by community survey respondents and may not be representative of the program's or organization's full scope of work. We included in this list submissions with a description of a program outside of traditional home visiting programs or models.

### COMMUNITY SURVEY QUESTION:

*In an effort to utilize a strengths-based approach to the 2020 Family Support Needs Assessment, we are planning to highlight a few promising and innovative practices from across Pennsylvania.*

*Please identify and briefly describe one practice or initiative outside of traditional home visiting that you believe has been especially impactful in addressing a need in the community that you serve. This can be a practice from your own program that you are proud of or another program you know.*

1. **Allegheny, Families Outside Transportation Program**, is a program that transports families once a month to local prisons to visit loved ones. The goal of the program is to allow families to maintain relationships while dealing with incarceration.
2. **Allegheny, Center for Urban Breastfeeding**, housed within Healthy Start Pittsburgh, provides culturally appropriate services to Black mothers in the community. They also train women from the community interested in developing responses to community needs as community health workers.
3. **Allegheny, PRIDE (Positive Racial Identity Development in Early Education)**, is a program helping Black children understand race and how to embrace their ethnicity and heritage.
4. **Allegheny, South Hills Interfaith Movement (SHIM) Youth Mentoring Program**, works primarily with refugee teens in the area who come to be mentored in a group setting by volunteers from the larger community. They provide much needed support to the teens in areas of homework help, college preparation and applications, cross-cultural team and character building and self-esteem work. A sub program of this is the RoX (Ruling Our eXperiences), which SHIM administers at the local elementary school for 5th grade girls working issues of self-esteem, bullying, self-care and girls' empowerment.
5. **Blair, Healthy Blair County Coalition**, conducts a community needs assessment, shares the results and organizes workgroups to address identified needs.
6. **Bucks, Fresh Connect**, is a free farmers market that brings fresh produce and fruit to those in need at three locations in Bucks County.
7. **Chester, Chesco Life Program**, is a free program funded by Chester County that provides family support and help with health care navigation, school navigation, identification of resources, and problem solving for families who have children with special needs or who have concerns about their children. Specific to mental health care and need for services.
8. **Clearfield, CenClear Young Parents Group**, is a forum for young/teen parents to come together for mutual support, parenting info, nutrition info, etc. Multiple respondents identified the work that CenClear is doing in various areas.
9. **Crawford, Common Roots**, is a nonprofit, grassroots organization that helps build or improve housing for families across the community.

10. **Cumberland, Project Share**, is a hunger relief organization that hosts “lunch and learns” for families during the summer. This is both a free educational summer camp opportunity and feeding program.
11. **Erie, Erie County Public Library Idea Lab**, provides a free makerspace for adults to explore 3D printing, vinyl cutting, sewing, soldering and more. Classes are provided to teach needed skills and all are welcome in the space. Particularly, the program teaches women and adults in general skills needed to create small business and entrepreneurial opportunities. Several Erie organizations run contests through the library to identify business ideas. The Idea Lab also partners with Bridgeway Capital to create opportunities for people from minority groups to create and grow businesses. People from minority populations, primarily women, are taught necessary skills and encouraged to open businesses.
12. **Erie, Student Parenting Program Driver’s Education**, addresses one of the greatest barriers in our community and program: transportation. The Student Parenting Program finds funding to assist teens with driver’s education, permit obtainment, driving lessons and getting a driver’s license. This opens opportunities for independence, self-sufficiency and employment options, and improves family health needs. The local high schools do not offer driver training support, so we work to fill this void and address the transportation barrier.
13. **Forest, Titusville Regional Literacy Council**, recently expanded to Forest County and provides family literacy services. Parents can earn their GED or receive help with reading, math or other basic skills to prepare for the job market while their children work with the early childhood educator.
14. **Franklin, Sensory Friendly Story Time at the Library**, allows parents and children to participate in community activities that are designed to be fun for all.
15. **Lackawanna, Outreach Incarceration Programs**, has a recidivism reduction program that works with youth incarcerated in the Lackawanna County Prison. This program works on life skills such as anger management, recovery issues, workforce development, Cognitive Behavioral Therapy, mindfulness, budgeting and finance, criminal and addictive thinking, and parenting, as well as other topics. They also have a reintegration program for families with incarcerated loved ones to help with the transition of reentry.
16. **Lackawanna, NEPA Youth Shelter**, fulfills a need of taking care of our children, especially the forgotten teens in our area; this agency is currently open in the afternoon and evenings, but is trying to get funding for overnight care for our community teens.
17. **Lackawanna, Support Group for Children of Incarcerated Parents**, is a new program through Marley’s Mission. Marley’s Mission is a nonprofit organization that provides equine-based therapy free of charge to children, and their families, who have experienced trauma.
18. **Lawrence, A 3-County Approach to Trauma Workgroup**, attempts to gather leaders serving with or working with children ages birth through kindergarten and their families within Butler, Lawrence, and Mercer Counties to identify best practices and gaps within our community approach to trauma.
19. **Lawrence, Teen Outreach Program**, provides at-risk youth in the community an opportunity to connect with community members to work on community service learning activities that make a viable impact on the community. It keeps the youth away from crime and gives them an outlet that has strong adult role models.

20. **Lehigh, Community Services for Children SafeStart Program**, is a center-based program geared towards children and families impacted by drug and alcohol abuse, colocation with CYS caseworkers, transportation, and therapeutic and developmental services for kids 8 hours a day from birth to three.
21. **Lehigh, Conference of Churches Pathways Housing Program**, is working to assist families with housing, and has an initiative to help families with substance use disorder or opioid use disorder exposure.
22. **Lehigh, Manito Life Center Equine-Assisted Therapy**, has individualized programs of equine assisted activities and therapies, providing community members with innovative approaches to healing and wellness. Children who struggle to progress in traditional settings often achieve success when they are out in the open air with awe-inspiring animals and a professional team of certified instructors and therapists. There are numerous physical, emotional, and cognitive benefits that children may realize in therapeutic riding and equine-assisted activities, including improvement in core strength, balance, dexterity and motor planning. It is common for individuals to find relief from depression, increased focus, communication skills, life and coping skills, a sense of joy and the building of resilience. We work with educators to help enhance the IEPs of children who may have discovered new approaches to learning while working with a horse as their partner.
23. **Luzerne, CEO Children's Produce Market**, provides fresh produce to families who may have difficulty affording it.
24. **Mercer, The Middle School Initiative**, provides all middle schoolers with a free YMCA membership so they can walk to the YMCA after school. The activities offered during the time they are at the Y include tutoring, group games, hangout area, etc.
- The YMCA provides staff and young adults to mentor the students and provide positive interactions while teaching the four core values of the Y: respect, responsibility, honesty and caring. This gives the parents a safe place for their pre-teens/teens to go between the hours of 2:30-5:30 p.m. Monday to Friday. The program is funded by donors.
25. **Mifflin, Community Partnerships Resource Conservation Development Council Cookshops**, offers free cooking classes for families. Community Partnerships RC&D Council, Inc. is a locally led nonprofit dedicated to improving quality of life in rural Pennsylvania.
26. **Monroe, Smile Mobile Dental Clinic**, helps make children more comfortable going to the dentist at school with affordable pricing.
27. **Montgomery, William Jeanes Memorial Library Connecting Exceptional People Program**, is an after-hours social program aimed at young adults (16+) with special needs, to help them form social bonds as they transition out of the school system. It is free and open to anyone, regardless of residency. It is held monthly at the William Jeanes Memorial Library, in Lafayette Hill, in partnership with the Whitemarsh Township Parks and Recreation Department. It is primarily funded by grants, has been running for more than three years, and has won an award by the Pennsylvania State Department of Recreation and Parks.
28. **Northampton, United Way Resilient Lehigh Valley**, is a bi-county initiative and United Way is the backbone organization. Resilient LV is a cross-sector coalition dedicated to creating a trauma-informed and resilient Lehigh Valley by: providing trauma awareness and trauma-informed practices training to any and all interested agencies and community groups; creating a community awareness campaign to raise awareness of trauma, its impact on brain development and tips on building resilience;

sharing best practices in trauma-informed care and resiliency-building strategies; advocating for trauma-informed legislation, policies and funding streams with our state legislature; and aligning existing resources and securing new resources to provide more resiliency.

29. **Philadelphia, Health Federation Trauma Therapy in SUD Treatment Initiative**, is a pilot program in two Philadelphia women and children substance use disorder treatment programs, which provides Child Parent Psychotherapy and Mothering From the Inside Out. The project provides services focused on enhancing attachment, bonding, and overall child-parent relational health and well-being starting pre-birth to age 5.
30. **Philadelphia, African Family Health Organization Commencements Sains**, has a maternal and child health program (Commencements Sains) that is a culturally and linguistically sensitive home, site, community, and clinic-based program for at-risk pregnant African and Caribbean immigrant women and girls in Philadelphia. This program focuses on prenatal and postnatal care and needs via clinician, client manager and peer support. They provide healthy baby and healthy mother education and support including pre and postnatal care, breastfeeding, family planning and general life skills education and information during pregnancy.
31. **Philadelphia, Lutheran Settlement House Stop IPV Program**, places domestic violence advocates in local hospitals to train staff on how to screen and respond to domestic violence in their patients and families, as well as offers immediate on-site support to survivors. It also has a program called Socha that works with male-identified members of the community to reduce toxic masculinity in our daily lives.
32. **Philadelphia, Project Impact**, offers mentoring, videotaping and discussion so providers are trained to fidelity in working with and teaching families to implement home-based strategies aimed at improving the social communication of children on the autism spectrum 0-3 years old.
33. **Philadelphia, We Rock the Spectrum SPIN Parent Group**, provides a parent/caregiver support group for families with children with a diagnosis of autism. This is a safe, judgement-free place for community, joining, support and care.
34. **Pike, Safe Haven Shelter**, helps women find housing and keeps them safe and healthy to rebuild their lives independently.
35. **Schuylkill, Schuylkill Resiliency Project**, supports young children and their families with a trauma-informed approach.
36. **Schuylkill, St. Luke's Opioid Response Planning & Implementation Grant**, provides a safe, supportive, and healthy community that cultivates a continuum of care for opioid and substance use disorder including prevention, treatment and recovery. The mission of the Rural Community Opioid Response Consortium is to assess regional needs, expand life skills, provide evidence-based resources, and improve comprehensive treatment services in an environment that supports and values recovery.
37. **York, Sensory Play Group**, provides parents with an opportunity to meet with other parents and talk about the challenges of raising a child with special needs. Parents share resources and raise each other up.