Whatcom County and Beyond

Family Living Programming
Drew Betz, Faculty
Family Living Program Areas

- Strengthening Families Program for Parents and Youth 10-14 Years
- Ferndale Family Life Skills Project
- Food Safety and Nutrition Education
- Leadership of Parenting Team
Whatcom Strengthening Families Program

• Issue: Preadolescence and early adolescence bring unique challenges to both parents and youth. Families need good information to maintain positive relationships and safety for their youth members during this period of family life. Both parents and youth need support to manage and thrive in this transition.
Whatcom Strengthening Families Program

- Action:
  - A community coalition exists to support four series in Whatcom County in 2002-03 school year.
  - We received a grant for $9660 to support local implementation.
  - Our first two series start this week.
Whatcom Strengthening Families Program

• Impacts to date:
  A number of new partnerships have been developed that will contribute to the program’s success.

• 13 people have been trained to conduct and support the program.
Ferndale Family Life Skills Pilot

• Issue: Ferndale School District has a strong network of Family Support staff and have identified a need for life skills classes for many of the parents with whom they are engaged.
Ferndale Family Life Skills Pilot

• Action: Working collaboratively with FSD staff, Drew Betz planned and conducted a focus group in May 2002 with parents and staff from the district to determine their interests and readiness for life skills workshops. Parent leaders are being recruited and training will begin in November.
Ferndale Family Life Skills Pilot

• Impact: A firm relationship has been established with Ferndale School District. Parents and staff recognize WSU Cooperative Extension as a resource they can use to aid them in both program development and parent education.
Food Safety and Nutrition Education

• Issue: Whatcom County is rich in agricultural resources that can be preserved for commercial and family use.

• Whatcom County also has a number of families who are living in or near poverty and who can benefit from sound nutritional advice for both health and financial reasons.
Food Safety and Nutrition Education

• Action: Volunteers are trained to conduct classes in food safety and food preservation techniques.

• Planning is beginning to make Whatcom County part of the Food Sense program beginning October 2003.
Food and Nutrition Education

• Impacts: A new partnership with the Community Food Coop has been formed and workshops are being publicized at no cost to all the members of the Co-op.

• The program had increased visibility in 2002.
Leadership of Parenting Team

- **Strengthening Families Program**
- Development of statewide capacity
- Training workshop
- Evaluation

Northwest Regional Parenting Conference
Tri-state effort
Based at WSU Vancouver
9th Annual Conference in 2003