



# Strengthening Families Building Resilient Communities

## 2022 In Review





*E M M*

From the desk of Elizabeth M. Miller

In 2023, The Parenting PATH will celebrate our 42nd year of partnering with our community to support parents and strengthen families. This is a year of Firsts for our agency as we produce our first annual report, open a second location in Winston-Salem, and for the first time, we have the ability to have all client documentation on a cloud-based case management system, eliminating the need for bulky paper files! We are proud of all of our Firsts, but especially proud to present our first annual report to you: our families, supporters, and community members.

Reading through our report, I was amazed by what we have accomplished in the last year. However, it is not our accomplishment alone. Our staff, families, Board of Directors, and local community all contributed to our successes. We are truly grateful to everyone who helped to strengthen the community by partnering with our agency.

As we look ahead, we encourage you to continue to help us change the path for local families. With your help, we will be able to provide services that support families during their most vulnerable times. Thank you so much for your trust, involvement, and support!

XOXO,

Elizabeth M. Miller  
Chief Executive Officer

# Positive Energy at Work



Whether it's assembling hundreds of pinwheels, sorting through stacks and stacks (and stacks!) of donated Angel Tree presents, or virtually connecting to board meetings from around the world, Sally Williard is part of the action at The Parenting PATH.

Sally worked for 34 years for R. J. Reynolds, ending her career with a role in Regulatory Compliance. While you may be thinking blacked out words of guidelines and rule abiding, dig a little deeper and you discover a dedicated career of problem solving, in-depth research, creativity, and advocacy. These are all aspects that Sally applies to her passionate work at The Parenting PATH.

A lifelong charitable volunteer, Sally was introduced to The Parenting PATH during her search to contribute to an organization with a mission she could believe in and one that greatly benefited the community. It only took one meeting with Elizabeth and a tour of the Northwest Boulevard facility, to have her committed to The Parenting PATH's vision, mission, and objectives.

*"I feel inspired and energized by the strategic vision of how The Parenting PATH is moving forward."*

We were fortunate to have Sally on our Board of Directors for several years while she was still working with R. J. Reynolds. Upon her retirement, we just couldn't let her go and she graciously agreed to stay on as a community board member instead.

Sally says that she has been so impressed with how the agency was able to pivot and evolve in the midst of the pandemic. "The Parenting PATH developed and changed during Covid. Elizabeth and the group watched how people's lives shifted; how they learned differently; how their interactions changed; and they stayed relevant through all that!"

Asked if she's willing to keep spending her retirement time with us and it's a wonderfully enthusiastic "Yes!". We could not be more grateful!



## From our Board Chair

Dear friends,

Building Resilience. This year, The Parenting PATH refocused its mission on supporting the world's most essential workers—parents. Throughout the pandemic, parents have been asked to do more every day. Parents are on-call 24/7. Parents do not get to work remotely. It's time to build them back up.

For 42 years, The Parenting PATH has been using evidence-based programs to help mothers, fathers, caregivers, and their families become stronger and more resilient. In 2022, that work grew significantly. The pandemic brought on a stark increase in reported child abuse cases in Forsyth County—more than 15%\* since 2021. The leadership team at The Parenting PATH responded to this crisis by doing whatever necessary to expand its services, serving nearly 6,000 individuals both in-person and virtually.

As part of a long term strategic plan, The Parenting PATH continues to find new and creative ways to support families and serve new communities. In 2023, The Parenting PATH will open its very own thrift shop and community resilience center. The thrift shop will support The Parenting PATH's critical work. The added space will allow us to serve more families and provide new services.

There is no doubt that our children and families have experienced tremendous amounts of stress brought on by the pandemic. That stress, and — let's face it — the everyday strain associated with just being a parent, is draining. Let's work together to support the families in our community and build happier, healthier, more resilient children. Please come share your talents, time, or resources with families in your community. Thank you to everyone who was part of the thousands of volunteer hours spent supporting our agency and community. We will continue to welcome and need your support!

We have very exciting things planned for 2023.

With love,

Elizabeth Winters, Board Chair



\*NCFAST Child Welfare data

# A History of Caring for the Community



The PATH to strengthen families was started many years ago. Our current agency was born from the National Exchange Club, a service organization reaching across the country with state and city-specific branches. The prevention of child abuse was officially adopted as the Club's National Project in 1979.

Created in Arkansas by Sharon Pallone in 1971, SCAN (Stop Child Abuse Now) operated on the premise that most abusive parents were victims of a generational cycle of abuse. SCAN believed breaking that cycle with parent education had the potential to end child abuse.



SCAN used specially trained volunteers, called Parent Aides, to go into homes where abuse was suspected and build relationships with parents. The Aides could be watching for potential abuse but also were an emotional and educational resource for the family.

The SCAN project was officially started in Winston-Salem in 1981 sponsored by the Exchange Club of Greater Winston-Salem as well as donations from the Mary Reynolds Babcock Foundation and the Kate B. Reynolds Trust for the Poor and Needy.

Core services of in-home Parent Aides and community awareness were provided in the first year of operation and by 1983 both parent education services and support group services had been added to the offerings.

In 2018, as part of an evaluation of trauma-informed best practices, the board and staff asked if Stop Child Abuse Now (SCAN) was an appropriate name for our agency. The agency applied to part of an Action Learning Team project through Leadership Winston-Salem. The Action Learning Team conducted research with parents, recipients of services, community members, and donors. People felt more positive, more comfortable, and less stigmatized when the name of the agency didn't specifically say "child abuse". We realized that this change would continue to support our mission to be trauma-informed!

We became The Parenting PATH: Positive Actions, Thriving Homes.

The Parenting PATH has evolved to be much more than an agency that aims to prevent child abuse and neglect. We offer an array of services for all families to promote resilience, enhance positive family dynamics, and create more stable communities with a strengths-based approach.



# Our Leadership

The communities that The Parenting PATH serves is diverse, so we embrace that diversity in our staff, leadership, volunteers, and Board of Directors.

With well over 115+ of combined years of social work experience in the leadership team, The Parenting PATH is led by a knowledgeable and dedicated group of compassionate leaders. The diverse views of our members make us stay true to our mission and vision in every county we serve.



**Elizabeth M. Miller**  
Chief Executive Officer

*"I'm so proud of the thoughtful way that our staff serves our clients every day. We meet families where they are, and our families tell us that they feel respected and valued!"*



**Karen Flynt**  
Director of Parent Support

*"I am proud to be part of an agency that recognizes helping children thrive and grow also means helping parents - with child development information, support, and community resources that helps them face the challenges that parenting brings."*



**Joetta Shepherd, LCSW**  
Chief Operating Officer

*"Seeing the impact of generational trauma through diverse lenses provides the framework for my vision of resilient children and safer communities."*



**Deborah Hemsley, MA, QMHP**  
Director of Youth and Teen Services

*"We are teaching parents that teenagers are individuals with unique personalities through intentional strategies and positive communication."*



**Joe Rick, MBA**  
Chief Experience Officer

*"Working within Surry and Stokes Counties reminds me of home where the community support is personal and unconditional."*



**Ahmad Johnson**  
Director of IFPS and Supervised Visitation

*"I'm so proud of the IFPS Specialists and our Supervised Visitation team. They have helped families set goals, use community services, build bonds, and parent in so many positive ways."*

# Positive Action for Positive Results

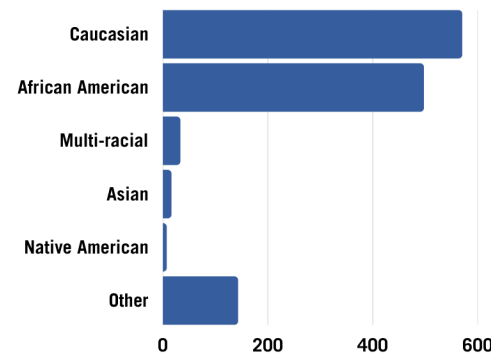


**5,934** individuals served in 2022

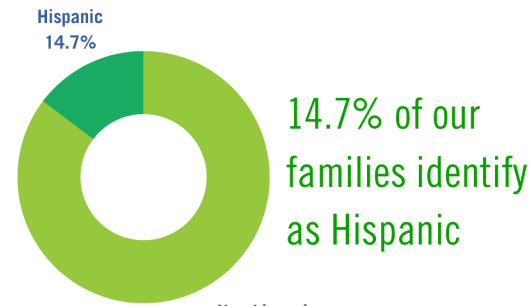
**1,266** family units served

**18** programs and services offered by The Parenting PATH

**10** North Carolina counties are able to receive all or some of our offered services

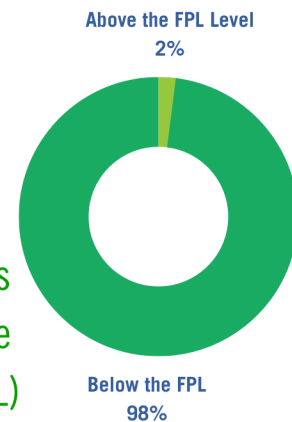


**THE FAMILIES WE SERVE ARE AS DIVERSE AS OUR COMMUNITY**



14.7% of our families identify as Hispanic

2% of the families we serve live above the Federal Poverty Level (FPL)



- Family Support
- Family Transitions & Co-Parenting
- Fathers are Parents Too
- Great Forsyth Parenting
- Intensive Family Preservation Services (IFPS)
- Knock Out for Change
- Let's Talk Parenting - A Triple P Discussion Group
- Parent Aide
- Parent Coaching
- Parent Support
- Parent/Teen Solutions (PTS)
- Peaceful Alternatives to Tough Situations (PATS)
- Positive Effective Parenting (PEP)
- Respite Care Services
- Sexually Reactive Therapy
- Supervised Visitation and Monitored Exchange
- Trauma-Focused Therapy
- Welcome Baby

## Intensive Family Preservation Services



The Parenting PATH IFPS team was contacted by Surry County DSS after physicians treated an infant with a complex skull fracture. While there were no specific allegations of abuse, there was concern about a lack of supervision in the household and assessed risk factors likely to put the children in a harmful situation. The DSS staff felt the family would benefit from in-home services to increase their parenting skills and ability to keep their children safe.

One of our bilingual IFPS Specialists was connected with the Ramirez\* family. Dad worked second shift leaving mom alone at home with two young children under the age of three. Ms. Ramirez did not have family or a support system nearby. She was devastated about the baby's injury and was committed to wanting to prevent anything from happening to her children in the future.

IFPS services started immediately with a clear focus on safety both inside and outside of the home. Using funds designated to provide for a family's needs, our IFPS Specialist was able to purchase items to make the house safer including outlet covers, child safety locks, and a foam puzzle mat for developmentally-appropriate floor play. The staff member also spent time with the family to discuss positive parenting strategies, age-appropriate discipline, and potty-training techniques for the older toddler.

Funds were also utilized to purchase clothing, toys, and other baby items for the children. The IFPS Specialist worked with the parents teaching them new communication techniques, and coping skills for stresses they may encounter as a parent.

By the end the 28 days of services, the Ramirez parents reported that they felt an increased sense of confidence in their role as parents and that the house was safer for the children. The parents also stated that communication had improved between them and there were able to discuss more topics as a couple.

\*Names have been changed to protect client privacy



**"EVERYTHING WAS VERY BENEFICIAL. I ENJOYED THE PROGRAM OVERALL. SHE WAS GREAT WITH US EVERY STEP OF THE WAY."**

### Parent/Teen Solutions

**'THE GROUP UP HELPED WITH A LOT OF FAMILY CONCERNS, HELPED ME WITH PARENTING ISSUES, AND PARENTING ADVICE.'**

**"I ABSOLUTELY LOVE THE PARENTING PATH. THEY WERE ALWAYS CONCERNED, VERY HELPFUL, AND HELPED MY FAMILY/PARENTING A LOT. THANKS FOR ALL YOU GUYS HAVE DONE."**

Having heard about The Parenting PATH from a friend, Ana's\* mom called the Parent/Teen Solutions team to help with her 13-year-old daughter.

Ana was referred to the Forsyth County truancy court because of persistent and numerous school absences and was in real risk of being held back in the 6th grade. Mom reported that Ana often refused to go to school or missed the bus on purpose which was problematic because mom did not have transportation or the ability to drive Ana to school. When Ana did attend, she often hid in the bathroom or pretended to be sick and asked to be picked up early.

Our PTS In-Home Specialist began working with Ana and her mom and using a combination of the Nurturing Parenting and Triple P curriculums, the specialist helped the family create a daily routine and structure. Ana was also referred to community mental health resources that could provide virtual therapy so she could receive treatment without the worry of transportation for her appointments.

When the In-Home Specialist closed the case later in the fall, Ana was attending school more often and was receiving therapy on a regular basis.

### Trauma-Focused Therapy

**"THANK YOU FOR EVERYTHING. IT WAS A BLESSING FOR ME. SHE HELPED ME IN ALL AREAS THAT I NEEDED TO LEARN."**

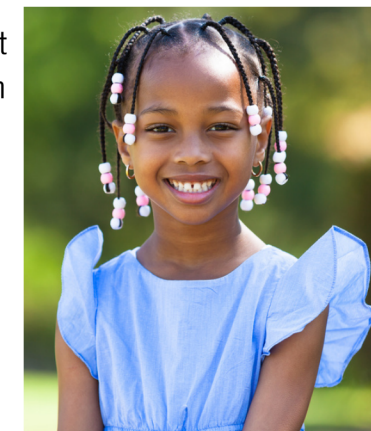
**"YOU GUYS HAVE HELPED US TO BECOME BETTER PARENTS. WE ARE SO GRATEFUL."**

Sara\*, an elementary-aged child, was a victim of sexual assault by a family acquaintance and was referred to The Parenting PATH's Trauma-Focused Therapy.

During her first few sessions with our Clinician, Sara expressed sadness, was very shy, and cried often. She was unwilling to talk about her emotions and was unsure of "therapy". Sara was not ready to communicate about her past trauma initially, but as sessions progressed, she became more open to talking about her emotions. Using their expertise in dealing with child victims, Sara's Clinician set her counseling goals as decrease negative mental health symptoms, identify triggers, and help Sara process her trauma in an age-appropriate way.

As Sara became more comfortable in therapy, her Clinician was able to teach her developmentally-appropriate words and methods to express her emotions. Sessions focused on learning and understanding emotions and how they can change throughout the day or because of specific situations.

By the end of her time in therapy, Sara had the emotional vocabulary to reflect on her trauma and better understand her feelings when engaging with certain people and places. Sara was no longer crying to express her feeling but verbally communicating how she felt to others. She was building friendships, engaging with family and friends, and feeling happy.



**"THANK YOU GUYS FOR ALLOWING MY FAMILY TO HAVE THIS EXPERIENCE AND OPPORTUNITY TO LEARN AND GROW."**



### Parent Aide



The Weber family\* was referred to The Parenting PATH by Forsyth County Department of Social Services (DSS) due to reports of inappropriate discipline and physical punishments. We connected the family with one of our Parent Aide specialists. Using home-based intervention, Parent Aide focuses on strengthening the family unit, encouraging problem-solving, skill building, and creating bonds for healthy family relationships.

As with all instances of meeting new families, the Parent Aide spent time learning about the Weber family dynamics to try to understand their beliefs and values. It was during those initial conversations that the Parent Aide learned that Mr. Weber came from a background with an authoritarian parenting style based on his own militaristic childhood. Mr. Weber believed that corporal punishment was needed to control his family and to raise his children to be the best they could be.

Coming from a position of understanding, the Parent Aide worked to present educational materials and strategies that would support the Weber family, help build a stronger and more authentic family bond, and most importantly, not be harmful to the children. Among the strategies taught, the Parent Aide introduced family meetings and taught each member to speak and listen respectfully to one another. The Parent Aide also introduced the Weber family to regular bonding activities such as Family Game Nights.

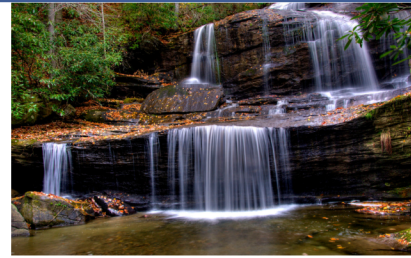
At the end of their time together, Mr. Weber reported to the Parent Aide that he was no longer using corporal punishment and all members of the family felt more understood, connected, and were enjoying their time together now!

\*Names have been changed to protect client privacy

# Envisioning a Positive Future

## Stokes County - Changing the PATH for a brighter future

Just a few miles north of Forsyth, the tight-knit Stokes County communities are supporting their families through the many challenges facing kids and teens including drugs, alcohol, truancy, and low graduation rates. Working closely with Insight Human Services and the county's school systems, our Stokes County staff are helping teach socio-emotional skills to both parents and kids in the hope of breaking the cycle of Adverse Childhood Experiences (ACEs). With the success of their involvement in the after-school and summer camp programs, the agency hopes to add another position to the Stokes County team so they can extend their reach and depth in the area.



13 year old Sara\* was referred to the Stokes County Parent Support Specialist, by her school guidance counselor. Sara was living with her grandmother because both parents were suffering from drug-dependencies. Sara had truancy issues, struggled with ADHD, and her relationship with her Grandma was strained.

Using the proven Triple P techniques in the Parent/Teen Solutions program, over a 5-month period the Parent Support Specialist worked with Sara and Grandma on conflict resolutions techniques and identifying coping mechanisms while acknowledging past adverse childhood experiences. The Parent Support Specialist helped Grandma with productive discipline strategies including consistency and follow-through, and helped Sara handle emotions such as anxiety and self-motivation.

At the end of this family's time with The Parenting PATH, Sara had made the cheerleading team and talked with the guidance counselor about starting both debate team and school newspaper. She would like to go to college and become a band director. In the 2022-2023 school year, she has only missed three days due to illness.

## Surry County - Helping create positive outlooks

In this highly diverse region, The Parenting PATH is helping lead strategic collaboration for Surry County. Together with other local service groups, our Surry County staff confront some of the county's toughest problems such as the generational cycle of Adverse Childhood Experiences (ACEs). Being able to break that cycle of child neglect can have potentially large, and longstanding, impacts in the futures of these families and communities. To date, the Parenting Solutions and Parent/Teen Solutions (PTS) programs have been seeing proven results. It is the hope that by integrating resources across the county and its key leadership, The Parenting PATH can continue to bring change to this area as well as additional Parent Support Specialists.



Our Surry Parent Support Specialist started Parent/Teen Solutions (PTS) services with Allison\* this past June as a referral from the Department of Juvenile Justice in Surry County following assault and drug use charges. A victim of childhood trauma/abuse, Allison was living with her mother and uncle. Allison had just graduated high school but with few preparations for the future - she had no ID, job, income, or means of transportation. She was lacking self-confidence and using alcohol and marijuana as coping mechanisms.

During their time together the Parent Support Specialist helped Allison work through her Adverse Childhood Experiences and their effects on her current life and future. Allison learned new coping mechanisms to improve decision-making, reframe negative behaviors, as well as anger management and communication techniques. Staff worked with Allison to navigate through community resources to get her in a better position to apply for jobs.

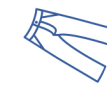
Today Allison has a full-time job and will soon be getting her driver's license. She has completed several hours of her mandated community service and has implemented strategies to cope with her trauma. Allison has set goals for her life and has a new found determination to accomplish those goals.



## Positively growing to support our community!

Our Forsyth office has expanded to include a second location at 631 Coliseum Drive!

This second facility will have multiple uses including the Clinical and Community Resilience Team (CCRT) offices. Clinical therapy services, Co-Parenting classes, Positive Effective Parenting classes as well as the Respite programs will all be centered here. Led by Chief Operating Officer Joetta Shepherd, this space will create an environment for community fellowship where learning and positive growth can happen - led by staff and also by community.



The other half of the building will be a new thrift store, Pinwheels! Being able to offer free or affordable clothes and childcare items is a way to continue our commitment to supporting our client families. It is also a way to invite the larger Winston-Salem community into our collective family support focus. It is our hope that this will become a fiscally sustainable way to expand the services that we offer.



\*Names have been changed to protect client privacy

# Thank you for your support!



**\$40,000+**  
Individual  
donations



**STRIKE OUT  
CHILD ABUSE  
\$15,000+  
RAISED**

**\$13,000+**  
Corporate  
contributions

200+ Angels  
sponsored for the  
holidays



**PINWHEEL  
GALA  
\$94,000+  
raised**



**Tanglewood Golf  
Tournament  
\$33,000+  
raised**

# Corporate Directory

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Assistant District Attorney,  
Forsyth County District Attorney's Office

**Sally Williard, Secretary**  
Community Member (At-Large)

**Travis Whitfield, Treasurer**  
CPA, Clifton Larson Allen

**Kia Chavious**  
Assistant District Attorney,  
Forsyth County District Attorney's Office

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Equity and Inclusion, City of Winston-Salem

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Get in the Game

**Nathan Lynch**  
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**George Munford**  
Berkshire Hathaway HomeServices

**Wilfredo (Freddy) Ortiz-Loyola**  
Sr. Manager - Validation, Reynolds American

**Ali Fenno Poplin**  
Attorney, Kilpatrick Townsend & Stockton LLP

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Wake Forest School of Medicine and Physician at  
Atrium Wake Forest Baptist

**Tim Weatherspoon**  
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**Vicki West**  
Chief Operating Officer, Verger Capital Management

## Board Members Emeritus

**The Honorable Jim O'Neill**  
Forsyth County District Attorney,  
State of North Carolina

**Ms. Holly Bush**

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