



Nebraska Circle of Security Parenting

NEWS YOU CAN USE

January 2016

This newsletter is jam-packed with useful information and supports for you as a Registered COS-P Facilitator in the state of Nebraska. On page 2, you'll find information about the newly launched 'COS-P In Nebraska' website and what that means for making your life easier (think statewide class calendar). Please add your classes to the calendar and update your contact information on this website. You can also read about the name change from Educator to Facilitator on this page.

On Page 3 you can read about the new (and old) animations released by Circle of Security International as well as learning about a newly developed Caseworker Feedback Form that you can utilize when you have a DHHS involved parent in your class. There are also some reminders about using the marketing materials on page 3.

On the last page you'll find some evaluation data from a subset of individuals who participated in COS-P classes in 2015. We hope to make the data submission process even easier for you in 2016 so that we are able to gather more statewide data about the outcomes of COS-P.

“I would tell all parents who would have the opportunity to experience this class to take this, embrace this, practice it, live by it, and not only your children will benefit, but you will come away feeling empowered as a parent.”

-COS-P Participant



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Infinite Worth

“The most important thing I learned in graduate school took me 5 seconds...it was 9 words.

Every person you will ever meet has infinite worth. In those 5 seconds my worldview didn't just shift, it shattered.”

Recently Kent Hoffman, COSI Co-Founder, gave a wonderful talk at TEDxSpokane. You can find it here:

<https://www.youtube.com/watch?v=E9fHCrP8hZM>

COS-P in Nebraska Website

A new ‘Circle of Security-Parenting in Nebraska’ website has launched. The address for this site is <http://necosp.org>. This website is designed primarily for individuals who are looking for COS-P classes.

All of the previous materials for class Facilitators are also on this new site. To find the Facilitator Resources visit: <http://www.necosp.org/facilitator-resources>. The link to these resources is also available in the lower right hand of the home page. Access to marketing materials, evaluation tools, and previously recorded webinars is available without logging in. You will need to log in to update your contact information and/or add classes to the class calendar.

Statewide Class Calendar

The new website has a class calendar function where you can add your upcoming COS-P classes. This will help parents, caseworkers, and others who are interested find the upcoming classes closest to them. Facilitators must log-in to add classes to the calendar. This website is where we will be directing people to find upcoming classes so it will benefit you to have your classes on the calendar.

Find a Facilitator

The find a facilitator function of the website has also been modified, allowing users to search by county. To have your contact information viewable, please update it by logging in to the site.

Tutorials demonstrating how to add a class or update your information can be found at: <http://www.necosp.org/facilitator-resources/tutorials>. You must be logged in to view these tutorials.



A New Name! COS-P Facilitator

In an effort to be more accurate, Circle of Security International has changed the name from Registered Parent Educator to Registered COS-P Facilitator.

Please begin to use this terminology on all of your marketing materials and communications about upcoming classes.

Caseworker Feedback Form

A feedback form to use when you have a DHHS involved individual in your class is now available in the Facilitator Resources section of the website.

Prior to sharing the feedback form please ask the Caseworker for a copy of the participant's information sharing release form to document that the participant has given permission for you to share this information.

The use of this feedback form is optional. It is designed as a tool available if you want something to use when asked to provide feedback to a Caseworker about a participant in your COS-P class.



Circle of Security Animations

Circle of Security International recently released a new COS Animation: **Being -with and Shark Music**. You can find the newest animation here: <https://vimeo.com/145329119>

The previous animations are also available. These are great resources to share with individuals to help them understand the basic principles of COS-P, especially with caseworkers, interested parents, and community stakeholders.

A Tour of the Circle of Security: <https://vimeo.com/122770192>

A Key to Secure Parenting: Connection: <https://vimeo.com/147759926>

Marketing Materials

Please use the provided marketing materials found at <http://www.necosp.org/facilitator-resources> when you are sending out flyers about upcoming classes. There are parent brochures in both English and Spanish and several versions of flyers where you can add your upcoming class information. Using these flyers will allow for a common message about COS-P across our state.

COS-P Evaluation Results

We have received some preliminary data about COS-P in Nebraska. A total of 190 participants enrolled in COS-P classes that were supported via funding and/or technical assistance by Rooted in Relationships at Nebraska Children & Families Foundation. These are not comprehensive data of every COS-P class offered in the state in 2015. Demographic data was completed on the post-survey at the final COS-P session. A total of 178 participants completed the evaluation survey. The following data is based on information from those 178 participants.

The race of most participants was white.
Of this group, 31% of the participants indicated their ethnicity was Hispanic.

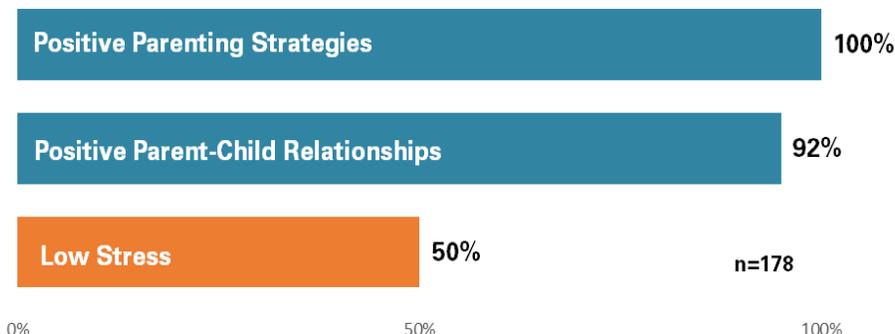


The majority (89%) of the participants in the COS-P sessions were parents. Other groups represented included: grandparents (3%), unknown (3%), foster parents (3%) and other (2%). These participants were primarily female (85%) and were in the 19-30 (48%) and 31-50 (40%) age groups. The participants on average had two children and ranged from having 0 to 9 children.. About half (53%) were eligible for Child Care Subsidy or Free and Reduced Lunch.

Participants' parenting skills improved significantly after participation in COS-P.

Most of the participants met the program goal in adopting positive parenting strategies and positive relationships with their children.

Participants' stress decreased after participation in COS-P.



2016 COS-P Training Dates

Fort Lauderdale, FL
1- 4 February 2016

Cary (Raleigh), NC
23 - 26 February 2016

New Haven, CT
15 - 18 March 2016

Rockville, MD
16 - 19 May 2016

Minneapolis, MN
23 - 26 May 2016

Fergus Falls, MN
13 - 16 June 2016

Tampa, FL
7 - 10 November 2016