

## Community Training, Parent Education & Parent Support

### Triple P Parenting Education & Support

Triple P (PPP) helps parents of children ages 0-12 focus their energy on teaching the skills children need to be respectful, independent, and safe, rather than just punishing them when they're not. There are different levels of Triple P, for parents who just need a few new potty-training ideas to parents struggling with severe, aggressive behaviors. Triple P reduces stress and conflict, improves behavior, and prepares children for a lifetime of success. There are over 100 Triple P Providers in Buncombe County.

Audience: Parents, Community Members & Professionals

Cost: Free

Duration: One-time seminars to 10-week series

Contract: Deanna LaMotte, Triple P Program Coordinator  
Buncombe County Health & Human Services  
Deanna.Lamotte@buncombecounty.org

### The First 2000 Days Campaign Community Education

Did you know 90 percent of a child's critical brain development happens in the first 5 years of life? Did you know that the brain is one of the only organs not fully developed at birth? The first 2,000 days of a child's life are critical. Learn how children's earliest years have a lasting impact on later learning, health and success and how these issues impact Buncombe County. Presentations are tailored to the audience.

Audience: Parents, Professionals, Community Members & Leaders

Cost: Free

Duration: Varies, Presentations usually last 30 minutes to 1 hour

Contact: Suzanne Metcalf, Presentation Coordinator  
Smart Start of Buncombe County  
sjmetcalf@windstream.net

### Darkness to Light: Stewards of Children Community & Parent Education

This prevention training program teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

Audience: Parents, Community Members & Professionals

Cost: Free

Duration: 2 hour training

Contact: Michelle Tyler, Community Education Specialist  
Smoky Mountain Center, MCO/LME  
Michelle.Tyler@smokymountaincenter.com



### Community Resiliency Model Community & Parent Education

The Community Resiliency Model (CRM) trains community members, not only help ourselves, but to help others within our wider social network. The primary focus of this skills-based stabilization program is to re-set the natural balance of the nervous system. CRM skills help us understand our nervous system and learn to track sensations connected to our own well-being, or the "Resilient Zone". CRM's goal is to help create "trauma-informed" and "resiliency-informed" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

Audience: Parents, Community Members & Professionals

Cost: Varies, depending on date, location & audience

Duration: 1 hour introduction class or 6.5 trainings units

Contract: Dr. Stephanie Citron, stephcitron@gmail.com, or MaryLynn Barrett, marylynn.barrett@mahec.net, Buncombe County Master CRM Trainers

### Youth Mental Health First Aid Community & Parent Education

Youth Mental Health First Aid is training course designed to give us key skills to help an adolescent (age 12-18) who is developing a mental health problem or experiencing a mental health crisis. The course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide or is struggling with substance abuse. The training is designed to teach parents, and a broad range of professionals how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Audience: Parents, Community Members & Professionals

Cost: Free

Duration: 8 hour training

Contact: Michelle Tyler, Community Education Specialist  
Smoky Mountain Center, MCO/LME  
Michelle.Tyler@smokymountaincenter.com



## Community Training, Parent Education & Parent Support

### Play & Learn Groups Parenting Education & Support Smart Start of Buncombe County

Play and Learn Groups are adult-child group time for families of children 3 months to 5 years old who are not enrolled in child care. The groups feature hands-on activities using a variety of developmentally appropriate materials, books, and learning games that focus on pre-literacy skills. The group coordinator introduces families/caregivers to strategies to develop children's oral language, phonological awareness, and emergent writing skills. Families enrolled in Play and Learn Groups are encouraged to borrow the materials in the Family Resource Center based at Asheville City Schools Preschool.

Audience: Parents & Caregivers

Cost: Free

Duration: 45 minute sessions, 8 weeks

Contact: Dr. Marna Holland,  
Asheville City Preschool , 3-5 year old groups  
marna.holland@asheville.k12.nc.us

Contact: Grace Ragaller,  
Asheville City Preschool , 3-35 month old groups  
grace.ragaller@asheville.k12.nc.us

### Nurturing the Brain-Buffering Toxic Stress Community & Parent Education

This training offers education to parents on how the brain is structured and how it functions in relation to stress and toxic stress. Parents will learn techniques for buffering toxic stress and tools to build a child's resiliency. Parents will learn exercises that help build the brain and will become aware of the importance of emotions and relationships in relation to optimal brain development. Focus on teaching children self-regulation, impulse control, and coping will be addressed. The goal is to help parents support healthy early child development and the importance of providing children with nurturing positive experiences and stable, caring relationships.

Audience: Parents, Caregivers, Community Members & Professionals

Cost: Free

Duration: 2-3 hours

Contact: Melissa Baker, Health Improvement Specialist  
Mountain Area Health Education Center  
Melissa.Baker@mahec.net

### Circle of Parents Parenting Support FIRST

Circle of Parents is a network of parent-led self-help groups where parents and caregivers can share ideas, celebrate successes and address the challenges surrounding parenting. Circle of Parents provides a friendly, supportive environment led by parents and other caregivers. It's a place where anyone in a parenting role can openly discuss the successes and challenges of raising children, and can find and share support.

By sitting down and really talking, Circle of Parents groups foster an open exchange of ideas, support, information and resources. These kinds of groups serve those parenting children of all ages and families of all types, some particular to supporting children and youth with special health care needs, and in English and Spanish.

Audience: Parents, Caregivers & Community Members

Cost: Free

Duration: Varies, usually 1-3 hour meetings , weekly or monthly

Contact: Janet-Price Farrell, Director  
FIRST

janet@firstparentcenter.org

### Incredible Years Parenting Education & Support Classes FIRST

The Incredible Years parent training intervention is a series of programs focused on strengthening parenting competencies (monitoring, positive discipline, confidence) and fostering parents' involvement in children's school experiences in order to promote children's academic, social and emotional competencies and reduce conduct problems. The Parent programs are grouped according to age and FIRST is using the BASIC Early Childhood (3-5 years) training which is a 14 week class facilitated by two experienced facilitators. The project is made possible with funding from Smart Start of Buncombe County and partnerships in the community for the location, childcare and meals. FIRST offers classes according to available funding.

Audience: Parents, Caregivers & Community Members

Costs: Free

Duration: 14 week class

Contact: Janet-Price Farrell, Director  
FIRST

janet@firstparentcenter.org

