

The Community Partnership 2010 Annual Report



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CAPABLE KIDS AND FAMILIES®

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2010 proved to be another exciting year for Capable Kids and Families®. The children enjoyed a variety of memorable opportunities such as a morning at Splash Zone, an outing to the park, and a breakfast of pancakes with Winnie the Pooh!

Capable Kids and Families achieved a monumental milestone this year with the opening of our first replication site with the St. Louis Arc. The need for the program was quickly demonstrated when the Arc program reached capacity in two short months. One family shared the following thoughts:

It is hard to put in to words how much having this type of support means to my family and me. Having CKF as a resource has helped relieve stress, time restraints, and financial burdens on our family; which in turn have changed our lives for the better.

My favorite story this year is about a little boy who, at the age of twenty-one months, was not yet walking. His family was quite concerned and Capable Kids and Families loaned them a number of pieces of equipment, including a special weighted walker wagon. He is now walking independently and his mom believes it is due to the use of the wagon.



Pancakes with Winnie the Pooh Brought Smiles to Everyone!

FAMILY SUPPORT

CKF provided supports to almost 70 children and families in 2010 which included more than 270 home visits, 67 support group meetings and activities, and the loan of more than 700 pieces of developmental therapy equipment.

- 100% of respondents believe CKF helps their child grow, learn, and develop
- 89% of respondents believe participation in CKF reduces family stress
- 83% of respondents ranked the impact of CKF on their ability to cope with their child's disability as above average or high

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FRIENDSHIP CIRCLES

39 children took part in Friendship Circles this past school year. Friendship Circles are held in local schools after the school counselor identifies a child with a disability who needs assistance with making friends. CKF staff facilitates the development of friendships between target children and peers through fun activities and games.

- 88% of participating children reported that Circles helped them make new friends.
- An assessment of the target children's self-esteem revealed a 51% increase in overall scores

PHYSICAL EDUCATION FOR ALL KIDS (PEAK)

PEAK encourages the participation of children with disabilities in physical education activities through the school loan program of adapted PE equipment. PEAK was provided at 8 area schools this past year and 2,500 students were impacted.

- 100% of PE teachers reported that PEAK increased the participation of children with disabilities in their classes

WHAT IT CAPABLE KIDS AND FAMILIES?

CKF is unique. Many programs offer support to specific disability groups. Others provide home visitation. Still other programs provide a library of toys. CKF, however, spans the spectrum of disabilities to address the developmental and health needs of children as well as the family's stress and isolation. CKF accomplishes this by providing families and children with support by means of home visitation services, support group meetings and activities, connections to other agencies, and a one-of-a-kind resource-lending program, featuring the loan of therapist-directed developmentally appropriate equipment. This **combination** of developmental therapy equipment, home visitation, and the connection of parents and children positively impacts the entire family.

The concepts underlying CKF's success are twofold: first, the focus on children's potential for development and second, empowerment of families. CKF strives to increase children's developmental gains, and improve children's health. The diverse types of therapy equipment that CKF provides are generally not available to families from any other source. Equally important, CKF works to empower families by reducing stress factors and isolation. Families demonstrate competence, achieve greater attachment with their children, and become stronger advocates for their children.

