

# North Counties' Family Services

Working *with* the Community to Provide Education, Recreation, and Resources

## NCFS Mission:

*North Counties' Family Services is dedicated to serving parents/caregiver children, individuals, and communities so they achieve their highest potential. We accomplish this through support in education, outreach, and healthy-option activities that build upon individual, family, and community strengths.*

## NCFS Vision:

*Healthy Families Healthy Communities*



1063 Fir Street  
Post Office Box 1103  
Darrington, WA 98241

360-436-0334  
www.ncfs.family

EIN: 80-0594827

## Board of Directors:

April McConnaughy  
Joe McConnaughy  
Karen Schoneman  
Rae Smith  
Ashley Walker  
Cynthia Wiley  
Kourtney Nations Williams



**Darrington,  
Washington**

## The Guiding Principles and Premises of NCFS

### Nine Principles of Family Support

1. Staff and families work together in relationships based on equality and respect.
2. Staff enhance families' capacity to support the growth and development of all family members—adults, youth, and children.
3. Families are resources to their own members, to other families, to programs, and to communities.
4. Programs affirm and strengthen families' cultural, racial, and linguistic identities and enhance their ability to function in a multicultural society.
5. Programs are embedded in their communities and contribute to the community-building process.
6. Programs advocate with families for services and systems that are fair, responsive, and accountable to the families served.
7. Practitioners work with families to mobilize formal and informal resources to support family development.
8. Programs are flexible and continually responsive to emerging family and community issues.
9. Principles of family support are modeled in all program activities, including planning, governance, and administration.

### Seven Premises of Family Support

1. Primary responsibility for the development and well-being of children lies within the family, and all segments of society must support families as they rear their children.
2. Assuring the well-being of all families is the cornerstone of a healthy society and requires universal access to support programs and services.
3. Children and families exist as part of an ecological system.
4. Child-rearing patterns are influenced by parents' understanding of child development and of their children's unique characteristics, personal sense of competence, and cultural and community traditions and mores.
5. Enabling families to build on their own strengths and capacities promotes the healthy development of children.
6. The developmental processes that make up parenthood and family life create needs that are unique at each stage in the life span.
7. Families are empowered when they have access to information and other resources and take action to improve the well-being of children, families, and communities. *(Family Support America)*

## About Our Community

Darrington is a small, close-knit rural timber community with a country atmosphere nestled in the heart of the Cascades. Although known as a “timber town,” the Darrington community has had to search for a new economic identity because of the struggling logging industry. Recently, Darrington has been identified as the “hidden gem” of the outdoor recreation world due to the vast outdoor recreational opportunities surrounding the town.

Our community of about 1,338 is predominantly white, and also home to nearly 200 Sauwille Indian Tribe members. We are a growing retirement age community. The Darrington School District educates approximately 400 students yearly on a single Pre-12 campus. The 2015 Census reports the median income for a household as \$34,167, and the mean income for a family as \$44,583.

In our Strategic Plan we have prioritized the following factors to increase family stability and resiliency, increase positive social connections, and reduce harmful activities. These include:

- Community Laws and Norms Favorable to Drug Use, such as social availability and perception of harm
- Family Management
- Early Initiation
- Friends Who Engage in The Problem Behavior
- Community/School Bonding



## NCFSPrevention Programs in Our Community

Efforts in Darrington are focused in areas with gaps. NCFs staff and volunteers selected specific prevention programs and strategies to influence the identified factors at the school, family, and community level. Ongoing efforts also focus on environmental and systemic factors, leading community residents to long-term health and wellness.

Ongoing collaborations and partnerships have resulted in a substantial benefit to the community, through funding for program implementation, including:

- Evidencebased *Good Behavior Games* (K-8 Classrooms)
- *Keep a Clear Mind* (Take-home education for 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> Graders)
- Evidencebased *Guiding Good Choices* (Parent/Caregiver Workshop)
- Mentoring Youth & Out-of-School Programs (ages 8 – 18/ Erik's Place)
- Darrington Family Outreach (Family Engagement)
- Darrington Youth Coalition (youth ages -18)
- No Show / No Go Club (Inclusion for All)
- Evidencebased *Strengthening Families* (Parent/Caregiver Workshop)
- Employment, Budgeting, Family Management Workshops
- Meeting of Basic Needs
- Youth Employment
- Community Events/Activities
- Summer Food and STEAM (Summer Day Camp)

*(Programs are evaluated for effectiveness)*

## NCFs Contacts:

Wyonne, Executive Director  
wyonnes@gmail.com  
Alan, Financial Director  
alanncfs@gmail.com  
Mary, NCCC Coalition Coordinator  
maryw.nccc@gmail.com  
Marree, Program Director  
marreencfs@gmail.com  
Janine, Support Specialist  
janinencfs@gmail.com  
Bethany, DFO Chair  
bethanycaccamo@gmail.com  
Nate, Youth Programs & ARPA  
natencfs@gmail.com  
Rosi, Program Assistant  
angelancfs@gmail.com

## Grateful Thanks to Our Partners:

American Red Cross  
Darrington Food Bank  
Darrington School District  
Goodwill-Seattle/Everett  
Glacier Peak Institute  
Salvation Army  
Snohomish County  
Sno-Isle Library – Darrington  
Stilly Valley Health Connections  
The Arc of Snohomish County  
The Whitehorse Foundation  
Town of Darrington  
United Way of Snohomish County  
Washington State DOH & OSPI  
Division of Health  
Office of Superintendent of Public  
Instruction

