

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



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**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



NCFS Prevention 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:

- Evidence-based *Good Behavior Games* (K-8 Classrooms)
- *Keep a Clear Mind* (Take-home education for 4th, 5th, 6th Graders)
- Evidence-based *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 12–18)
- No Show / No Go Club (Inclusion for All)
- Evidence-based *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)

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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

