

Center for Child & Family Well-Being 2024-25 Annual Report

Child, Family, & Professional Programs and Impact
September 2025



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Center for Child & Family Well-Being

2024-25 Annual Report

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Introduction

This year has consisted of two focus areas for CCFW. The first has been connecting with community and state organizations to engage professionals in our provider well-being training and offering training in facilitating our prevention programs. The second focus of the year has been developing the training platform that will allow people to take one of our well-being promotion programs asynchronously online with the goal of making the programs widely accessible. Both of these efforts are aimed at supporting the well-being and social-emotional skills of children, youth, young adults, parents, and professionals, and enhancing the accessibility of mental health promotion programs. There has been tremendous interest in well-being support for professionals through our REAL Pro (Resilient Attitudes and Living for Professionals) program, particularly at this time when there has been greater stress and strain on the systems in which providers are working. Through supporting providers, CCFW is advancing our mission of translating research and disseminating evidence-based practices that support well-being and facilitating our goal of embedding well-being promotion programs and practices in organizations and systems that serve child, youth, and families. Below is a brief summary of our accomplishments in addressing the well-being of parents with infants and young children, youth, young adults, and the providers that work with them.

Highlights 2024-2025

- Extensive engagement and reach into communities and across the state in supporting the well-being of professionals who work with infants, children, youth and young adults thanks to funding from Ballmer Group.
- Welcomed new staff members - [Madison Chiu, Kim Kraft, and Troy Landrum Jr.](#)
- 60+ organizations and colleges engaged in training
- 1,800+ individuals engaged across all programs

Program Summaries

Professional Well-Being

REAL Pro – Resilient Attitudes and Living for Professional Well-being

REAL Pro integrates the best evidence based cognitive-behavioral, mindfulness and self-compassion practices to support the well-being of providers, educators, and other staff working in perinatal, early childhood, and youth community settings. REAL Pro is the foundational train-the-trainer training for all of CCFW's prevention programs.

2024-25 Accomplishments:

- 218 providers received REAL Pro training this year in the 6-session format. Participants represented a wide range of organizations outlined in the table below.
- An additional 249 providers attended shorter format REAL Pro workshops or intensives which introduce some of the REAL Pro practices and skills for organizations who could not participate in a full 6-week training.
- We reestablished our partnership with Seattle Public Schools (SPS) and trained an SPS staff member to co-facilitate REAL Pro for 30 SPS teachers and staff.
- We established a new partnership with the Alliance CaRES (Caregiver Retention, Education and Support) to offer REAL Pro to peer mentors supporting foster and kinship care providers.
- We conducted 13 in-depth qualitative interviews with past REAL Pro participants to better understand how REAL Pro is being integrated into their lives and work. Analysis is currently underway and a full report will be available in late 2025.
- CCFW staff significantly expanded outreach this year, holding over 95 meetings with community partners to share information and to support the implementation of our programs in the community.
- [REAL Pro evaluation study](#) was published in BMC Complementary Medicine and Therapies.

REAL Pro Attendees represented the following organizations:

Africans on the Eastside	Grounded and Growing Early Learning	Positive Place
Akin	Harborview / UW Medicine Pediatrics	Quileute Health Center
Atlantic Street Center	Hearing Speech and Deaf Center, Seattle	Reach Ministries
Auburn Parks Department	HeartLink Connections	Roots of Inclusion
Birth to Three	Hope Central Health	Seattle Housing Authority
Boyer Children’s Clinic	HopeSparks	Seattle Public Schools
Child and Adolescent Clinic of Vancouver	Intercultural Children and Family Services	Snohomish County YMCA
ChildStrive	KidsQuest Children's Museum	Spokane Public Schools
Children’s Therapy Center	Kindering	Steps Clinic
Community for Youth	Neighborhood House	Teens in Public Service
Denise Louie Education Center	Northwest Center Kids	Urban Family
Department of Corrections-Ratcliff Work Release	Nova Scotia – Early Childhood Development Support Centre	Wayfinder Counseling
Eastside Pathways	Odessa Brown Children’s Clinic	Whatcom Health
Encompass	OneWorld Now	Whatcom YMCA
Ethiopian Muslim Association of Seattle	Pediatric Associates of Whidbey Island	iUrban

Coming Next:

- Continue working with our extensive network of existing partner organizations to provide REAL Pro training.
- Through newly established partnerships with Early Learning Districts, provide REAL Pro training for providers statewide, preparing them to be trained in one of our parent programs, SEACAP or NPC.
- Partner with several early learning organizations to test the newly developed online REAL Pro training in preparation for broad dissemination.

Parents' and Children's Early Childhood Well-Being

CCFW has been impacting the well-being of children, parents and providers in the early childhood arena in several ways, including through NEW Parents Connect, SEACAP, REAL Pro and international research connections. This work was recently highlighted in the UW Magazine article "[Nurturing the Whole Child.](#)"

NEW Parents Connect

2024-25 Accomplishments:

- Received a grant from the Latino Center for Health to support the implementation of NEW Parents Connect in Spanish-speaking communities.
 - Translated all research measures and consent materials into Spanish.
 - Partnered with Open Arms to develop recruitment plans and materials
- Partnered with the Mindful Birthing and Parenting Foundation to adapt the postpartum stress reduction program of NPC for implementation by their global network of trained teachers.
- Extended implementation of the task-sharing model supported by Ballmer Group funding.
 - Held facilitation training for 9 new facilitators from 6 organizations
 - Supported organizations in the planning and preparation for offering NPC to parents. Six groups for parents are scheduled by 3 organizations (Open Arms, Akin and Kinderling) for Fall of 2025 and Winter of 2026, 4 in English and 2 in Spanish.

Parents Connect | SEACAP

(Social, Emotional and Academic Competence for Children and Parents)

2024-25 Accomplishments:

Through offering REAL Pro training to early childhood providers, CCFW has been generating interest in providers being trained to offer SEACAP to parents in early childhood settings. Four early childhood providers along with seven individuals working with justice involved families completed training to facilitate SEACAP. With more dedicated effort in recent months, interest from statewide organizations offering HeadStart and Early HeadStart programming is growing.

Healthy Habits Plus

Researchers at the University of Michigan, Drs. Bauer, Miller, and Haines, received a grant to evaluate the *Healthy Habits Plus* program aimed at addressing the high rates of childhood obesity in families living in low-income contexts in Detroit. They adapted SEACAP to support effective parenting and health habits in families with young children, and this year, they have been implementing and evaluating its impact.

Justice Involved Families

Dr. Lengua and collaborators from the UW (Amy Pace/Speech & Hearing Sciences), UWisc (Pajarita Charles/Social Work; Julie Poehlmann/Psychology) and Miami U (Yvette Harris/Psychology) have been collaborating on two projects aimed at supporting parents with justice-system involvement.

ITHS Supported KCCPTS Collaboration:

In partnership with King County Community Partnerships for Transition Solutions (KCCPTS), we trained several individuals to deliver Parents Connect/SEACAP and offered one class to parents who have family members with justice system involvement. Thirteen parents participated, 11 of whom participated in the evaluation study. Parents reported improved mental health and emotion regulation, although we did not see improvements in their self-reported parenting or child adjustment.

WA Department of Corrections:

The objective of this project is to evaluate, refine, and expand services offered within WA DOC's Parenting Sentencing Alternative (PSA) programs. Evaluation will span three years of funding and will focus on reviewing existing programs, evaluating effectiveness, and making recommendations for program improvements and expansion, which can include providing REAL Pro training for DOC staff and training PSA caseworkers to deliver SEACAP. To date, the team has evaluated the PSA program application materials and process and submitted an evaluation report in December 2024. We are currently analyzing archival data from 12 years of PSA participants to identify potential inequity in admission to and retention in the program.

Mindfulness, Self-Compassion and Families

2024-25 Accomplishments:

- Dr. Lengua, together with Dr. Justin Parent and Dr. Julie Poehlmann, edited a special section of the journal *Mindfulness* entitled "[Inclusiveness, Diversity, and Accessibility of Mindfulness-Based Interventions and Research with Children and Families.](#)" This special section included 11 articles that are open-access publications and are available to share.
- Together with a team of colleagues from multiple universities (Julie Poehlmann, Justin Parent, Joshua Felver and Dannielle Rosenscruggs) CCFW hosted a Society for Research in Child Development's (SRCD) pre-conference meeting in Minneapolis, Minnesota on April 30, 2025. This pre-conference brought together 72 researchers to advance research on supporting child and family well-being through contemplative practices. The pre-

conference also aimed to expand engagement with a broader, more diverse, and global audience and foster interest among the next generation of scholars. Symposia and flash talks highlighted four key themes: families experiencing adversity and stress, mindfulness in school settings, parent well-being and parent-child relationships, and mindfulness and self-compassion with youth and young adults. The meeting has served as a springboard for a leadership team to develop a new research field of Developmental Contemplative Science.



Community Partners Family Night

CCFW hosted an evening dedicated to celebrating our valued community partners. On October 18, 2024, we hosted a dinner in UW’s Othello Commons, providing community partners and their families an opportunity to connect and network with fellow professionals.



Coming Next:

- Develop and evaluate an online training for broad dissemination of NPC and SEACAP.
- Continue supporting organizations in offering NPC and SEACAP in both Spanish and English to the community.
- Cultivate relationships with existing and new community partners across Washington state and the country
- Train new NPC and SEACAP facilitators, support and evaluate the implementation of NPC by additional community partners.
- Collaborate with a growing leadership group in building a field of Developmental Contemplative Science

Youth and Young Adult Well-Being

CCFW continues to expand to universities across the country, and for the first time, internationally. Staff who participated in the facilitation training are offering Be REAL at their college campuses with CCFW's support. Also, within the past year, we have sustained existing partnerships with youth-serving organizations and have created new partnerships with organizations who are well suited to offer the Be REAL program to high-school age youth.

Be REAL (RESilient Attitudes and Living)

2024–25 Accomplishments:

- Multi-Campus Be REAL Facilitator Training was successfully delivered to 24 participants across 11 institutions nationwide and internationally. Trainers worked in a variety of roles across many departments on their campuses, including:
 - Career Services
 - Biology/Neuroscience
 - Health Education
 - Student Outreach & Support
 - Faculty development
 - Education
 - Accessibility & Inclusion
 - Ed Tech & AI
 - Wellness, Compliance, Alcohol and Drug Counseling
 - World View Studies
 - Peer Learning Support Services
 - Running Start
 - Counseling and advising
- The institutions that participated in the training included:

Multi-Campus Be REAL Facilitator Training			
Campus	#	Campus	#
ADA Developers Academy	1	Swarthmore College	1
Bellingham Technical College	1	University of Alabama	1
James Madison University	1	University of Dubuque	1
Johns Hopkins University	1	University of Kansas	6
Lahore University of Management Sciences, Pakistan	4	Yakima Valley College	4
Northern Arizona University	2		
		Total	24

- Four Community of Practice meetings took place to support delivery of the program across campuses by practicing mindfulness together and collaborating on ideas, thoughts and questions regarding Be REAL content and delivery. Key topics included three facilitators sharing about their experience delivering Be REAL on their campuses, trauma sensitive mindfulness, and values exploration.
- Be REAL campus implementation and partnership at University of Texas, El Paso: Be REAL delivery to one staff/faculty cohort and two student cohorts by trained UW Facilitators.
- Nationally, Be REAL was offered to twelve student groups supporting 170 students and two staff/faculty groups supporting 19 staff/faculty.
- CCFW continued to provide support to the UW Resilience Lab in the delivery of Be REAL at the UW:
 - 21 UW staff completed Be REAL Facilitator Training.
 - Be REAL Program manager co-taught the UW Be REAL General Studies course.
 - Seven UW student Be REAL Groups were offered, supporting 92 students.
 - Three UW staff REAL Pro groups were offered, supporting 59 staff/faculty.

Coming Next:

- Continue evaluating the Be REAL multi-campus train-the-trainer model.
- Multi-Campus Facilitator training in Fall 2025 has the largest cohort to date (42 applicants).
- Submit proposal to present at the American College Health Association Annual Meeting.
- Continue developing online training portal to further scale Be REAL for increased access.

Be REAL – Youth for Adolescent Program

2024-25 Accomplishments:

The goal of Be REAL Youth is to expand mindfulness, self-compassion, and cognitive-behavior skills to high-school age youth, particularly those in historically underserved, diverse, and low-income communities. CCFW has continued work in adapting, implementing, and evaluating Be REAL – Youth with high-school aged youth through training youth serving professionals to deliver Be REAL. We obtained input about the program from youth-serving organization leaders and providers, and we conducted focus groups with youth who participated in Be REAL – Youth to continue adapting the program to be more engaging and relevant to youth.

Community organizations have expressed great need for well-being support for professionals working in youth-serving organizations, and more than 40 staff participated in REAL Pro (see REAL Pro section below). Ten new connections with youth-serving organizations were established, and 4 of these have offered or are planning to offer Be REAL - Youth in late 2025 or early 2026. Two community partners, East Side Pathways and One World Now, offered Be REAL – Youth to 20 high-school age youth.

Coming Next:

- Increased efforts to encourage engagement in Be REAL Youth delivery and evaluation.
- Autumn 2025 REAL Pro training for youth-serving professionals has been enrolled by 34 participants, some of whom will receive training in offering Be REAL to youth.

Online Learning Platform

As part of our task-sharing approach, CCFW is building an interactive online learning platform for both synchronous and asynchronous delivery of our programs, using LearnDash LMS, available directly on our website.

2024-2025 Accomplishments:

- 215 facilitators who have completed training to facilitate Be REAL, SEACAP and/or New Parents Connect have been given access to our Facilitator Resource Hubs, created on LearnDash, available directly on our website. These resource hubs include easy access to program manuals, program videos, guided audio practices, weekly lesson plans, handouts, newsletters, social media images, and other resources.
- REAL Pro lesson plans have been written into 6 modules and implemented on LearnDash as interactive activities with graphics, videos, audio recordings, reflections, and various exercises. These are currently being reviewed, edited, and finalized by CCFW.
- Videos and photos of online learning content with staff and community members have been scripted, filmed, and edited.



Coming Next:

- Record additional audio practices and audio instructions.
- Beta test REAL Pro with graduate students and community members and begin recruiting study participants.
- Based on REAL Pro experience, create lesson plans and develop and implement online learning for Be REAL, SEACAP, and New Parents Connect.

Public Programming

We have increased the number of courses and drop-ins from the previous year but continue to scale back on programming efforts for public lectures due to limited funding. We also focused our efforts on the SRCD pre-conference this spring.

Public Events

- Parents and Teens on Screens | April 27, 2025: Live online webinar with panel of experts that discussed parents', teens, and preteens' digital technology and social media use and its relation to mental health.

Classes, Drop-ins, Workshops

We've continued to offer drop-in mindfulness sessions along with mindfulness and self-compassion classes, including the following:

- Mindfulness Courses (5 offered)
 - Mindfulness-Based Stress Reduction (Fall and Spring offerings)
 - Parent-Child Self-Compassion
 - Mindful Self-Compassion (Winter and Spring offerings)
- Workshops (1 offered)
 - Cultivating Curiosity, Connection, and Compassion | February 22, 2025
- Drop-ins (14 offered)
 - Cultivating Mindfulness and Gratitude
 - Introduction to Mindful Self-Compassion
 - Introduction to Mindfulness-Based Stress Reduction
 - Cultivating Curiosity, Compassion, and Connection
 - Monthly drop-ins: Mindful Grandparents
 - Monthly drop-ins: Parents and Caregivers: A Time of Mindfulness

Coming Next:

We are planning on offering the following classes and events:

- Continued drop-ins for parents, caregivers, and grandparents
- Immigrant and Refugee Health, Education & Well-Being Panel
- MBSR Advanced Classes for Graduates of MBSR and MSC
- Soft Life Skills: A Teen Guide to Self-Compassion
- Mindfulness-Based Stress Reduction
- Parent-Child Self-Compassion
- A Teen Guide to Self-Compassion

Policy, State and National Efforts

We have continued our involvement in policy-related activities, including the Director’s continued role on the Advisory Board, Policy, and Data work groups of the CDC funded WA Essentials for Childhood, as well as the Early Childhood Courts Data committee. Further, our team has been participating in the following policy workgroups/subgroups. These groups generally meet monthly or quarterly with breaks for the legislative session:

- **Children and Youth Behavioral Health Work Group (CYBHWG)** monthly meetings with a break for legislative session. CYBHWG is developing a Prenatal through 25 Behavioral Health Strategic Plan (Strategic Plan) to improve access to mental health and substance use treatment services for children, young people, and their families.
- **Prenatal through 5 Relational Health Subgroup (P5RHS)** monthly meetings with a break for the legislative session. The P5RHS subgroup focuses on making recommendations for legislation and funding priorities to improve access to mental health services for families as well as workforce support for infant and early childhood care providers.
- **Youth & Young Adult Continuum of Care (YYACC)**. The YYACC subgroup is focused on making relevant recommendations for improving outcomes for youth and young adults suffering from mental health issues and substance abuse disorders.
- **Washington Mental Health Summit | May 13, 2025**: Becca Calhoun and Stephanie Thompson presented “Promoting mental health through a task-sharing approach to prevention” to a statewide audience at this meeting hosted by WA State.



Summary of CCFW Reach In 2024-2025

Participants in Mindfulness & Compassion Programs		
Program	# of participants	Notes
Public Courses	70	registrants across 5 courses
Public Lectures and Workshops	358	registrants for 1 lecture and 1 workshop
Mindfulness Conference	72	registrants for mindfulness conference
Public Drop-in Sessions	438	registrants across 14 sessions
REAL Pro for Community Providers	467	7 cohorts and 10 one-time workshops
Be REAL Multi-campus Facilitator Training	24	Multi-campus national training
Be REAL for Multi-campus Students	170	12 Multi-campus student groups
REAL Pro for Multi-campus College Faculty/Staff	19	2 Multi-campus staff/faculty groups
REAL Pro for UW Staff	59	3 UW staff groups
Be REAL Facilitator Training for UW Staff	21	2 UW facilitator training groups
Be REAL for UW Students	92	7 UW student groups
Be REAL for Youth	40	2 Be REAL Youth groups
SEACAP Facilitation Training	11	re-entry navigators and early childhood staff trained to offer SEACAP
NEW Parents Connect Facilitation Training	9	Providers trained to offer NPC from 6 organizations
Total	1,850	

CCFW Cumulative Reach 2015-2025

Year	Total 2015-2025	Total 2024-2025	2023-2024	2022-2023	2021-2022	2020-2021	2019-2020	2018-2019	2017-2018	2016-2017	2015-2016
Total	22,609	1,850	1,378	2,024	2,249	4,426	2,870	1,982	2,197	1,711	1,922

***Note:** As we emphasize training providers and staff working with children and families, the number of individuals directly served by CCFW has decreased. However, CCFW's impact is multiplied by the number of families served by professionals at our partner organizations.

Directions

We are working to be responsive to the needs and trends our community partners are sharing with us, utilizing these to guide our next steps and efforts. Some of these include questions about how to support providers as they deal with unstable funding contexts, decreased resources, and increased stress and pressures in the organizations and systems serving children and families. These challenges seem particularly pronounced in organizations providing early childhood services such as Head Start and Early Head Start, as well as youth serving organizations. This has made it difficult for organizations to commit to offering well-being promotion programs.

CCFW will be seeking ideas about innovative ways to increase access to well-being promotion programs, working to identify potential new systems or approaches to delivering mental health promotion and prevention programs, ideally in settings in which there are individuals whose job description and responsibilities allow them to deliver programs.

We are also seeking input about disseminating our programs on the online learning platform we are developing. We are interested in considering how individuals, organizations and state agencies can best access and utilize the well-being promotion programs.

The area we have seen the greatest demand and interest statewide is in offering REAL Pro to support the well-being of professionals working with children and families, which CCFW views as a valuable end unto itself. We will continue to create delivery models that provide the widest access to REAL Pro, including developing the online program. We hope to build a partially self-sustaining model for offering online training, while continuing to offer cohorts of synchronous “live” trainings.

Conclusion

CCFW is working to make cognitive-behavioral, mindfulness, and self-compassion-based prevention programs widely accessible to support the social-emotional skills, mental health and well-being of children from infancy to emerging adulthood through promoting the well-being of parents, caregivers and providers, further strengthening our communities. We will continue to accomplish this by identifying and implementing innovative approaches to offering well-being promotion programs and emphasizing workforce support and development. We have also increased our investment in state-wide outreach and training, along with developing an online program delivery platform. In addition, we are continuing to share self-compassion and mindfulness events, classes and drop-ins with the community. In the coming year, we will continue to deliver high-quality mental health and well-being promotion programs, aiming to broaden our reach across Washington state and nationally.