

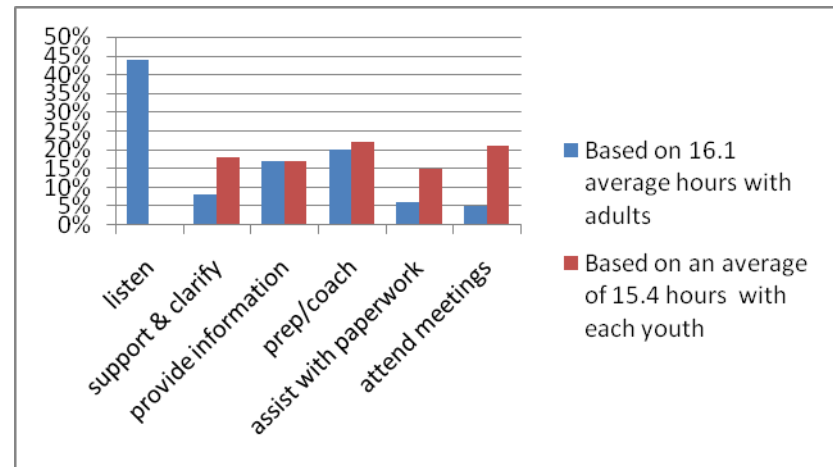
Parents and professionals use the web site to find information on children's mental health: what to put in a letter to the school when your child needs testing for an IEP, what does a particular diagnosis mean, what services are available etc.

Website report	December 2006	December 2007	December 2008
Average daily hits	1,955	2,025	3,115
Total # hits	60,662	62,797	96,545
# of distinct users	817	2,358	2,125

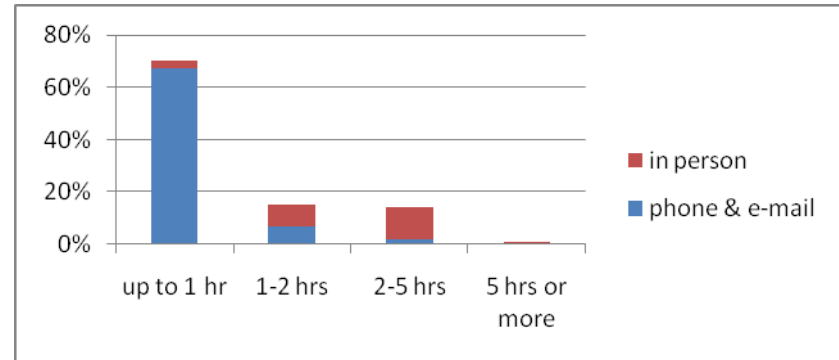
We teach Parenting with Love and Logic tailored for parents with children and youth with behavioral health problems. Parents take the classes because their child or youth is having 4-5 crises a day. After the class, parents report not having had to use emergency services for their child or youth and being less stressed after completing the class. Of the 124 parents completed the 7 week class in Anchorage (29 in 2007 and 77 in 2008), they say:

Time since completing class	3 month	6 mo	6 + mo
Number of parents reporting	25	52	64
Usefulness of the content class	5	5	5
# of parents who retake the series	12 %	12%	12%
Average # of crises per day with children in past 3 month	3.5	<1	<1
My child makes good decisions & behaves responsibly	15% ↑	31.8% ↑	14.8% ↑
I find myself having fun as a parent	20% ↑	20.8% ↑	6.1% ↑
I find myself less stressed out when dealing with my child	2% ↑	22.2% ↑	1.7% ↑

During 2008, we assisted 285 family members and 120 youth during the entire year. Services requested by family members:



How did we assist:



Did it do any good?

