



Spokane Parent Advocacy Network
helping families bridge the gap between child welfare and community
S-P-A-N@live.com

Dear Second Harvest Food Distribution Center,

We are hoping that you can assist us with a project we are building to provide protein to parents who are attending court hearings in the Spokane County Superior Courts during their Child Welfare Dependency Court Case. These are parents who are facing many barriers including the lack of food and food storage. They come to court hungry, scared, and confused about how to navigate this complex system. We are collaborating with Dr. Kristen Allott who studies glucose levels in the brain and the benefits that protein can have on combating the effects of trauma. Her research shows that people perform better if they have eaten protein within three hours of experiencing an event perceived as stressful. We would like to ask your agency to assist us by providing prepackaged protein rich products to give to these parents. We will provide the protein to them in the lobby of the Juvenile Courthouse along with an educational handout and peer support, before they attend their court hearings. I have attached further information.

The Spokane Parent Advocacy Network is a unique and dynamic group of parents called Parent Allies (PAs) who have successfully navigated the Child Welfare System. These PAs work closely with Child Welfare System stakeholders including: local social service providers, representatives from Juvenile Court and the Department of Children & Family Services. While recognizing that “People Change and Families Reunite!”, our efforts are strengthening families, our community, and the Child Welfare System.

Thank you, in advance, for your ideas and contributions to support parents to be their best at court hearings in the effort to reunite families in our Spokane community!

Sincerely,

Heather Cantamessa, Parent Ally