



# Parents Anonymous®

*Empowering Parents, Children, and Youth on Their  
Journey to Growth*

*“Dedicated to the millions of parents and children who turned their lives around through Parents Anonymous® and the many more who will reach out, strengthen their families, and change communities through this vital prevention program.”*

*Jolly K., Founder of Parents Anonymous® Inc.*



## VISION

**We envision a just society where all Parents, Children, and Youth thrive in resilient families and communities.**

## MISSION

**We support the empowerment journey of diverse Parents, Children, and Youth to build on the strengths of families and communities through Shared Leadership® to advance equitable social change resulting in positive outcomes for all.**

# HISTORY, LEGACY, AND PROMISE

*Jolly K., The Original Parent Leader*



- *Started in 1969 by a mother, **Jolly K.** with **Leonard Leiber**, a Social Worker*
- *Developed **Mutual Support and Shared Leadership®** model*
- *Ensured passage of CAPTA*



# Therapeutic Processes of Parents Anonymous®



MUTUAL SUPPORT



PARENT LEADERSHIP



SHARED LEADERSHIP®



PERSONAL GROWTH AND  
CHANGE



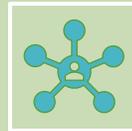
# GROUP STRUCTURE



*Opening Statement & Group Guidelines*



*Guided Meditation – Oriented around Monthly Theme and Identifying One's emotions*



*Group Check-Ins & Mutual Support through Facilitated Conversations and Parents dropping into their bodies to identify their underlying emotions – utilizing the Four Therapeutic Processes*



*Positive Closing Activity*



- Launched in April 2020 in partnership with Governor Newsom and California Department of Social Services (CDSS).
- Innovative First Responder System for Families.
- Evidence-Based emotional support by compassionate and trained Helpline counselors.
- Emotional Support provided via Call, Text, Live-Chat, Video-Chat, & Email.
- 8AM-10PM, Every day in English, Spanish, and all other languages
- Evidence-Based Parents Anonymous® Adult Groups

Website: <https://caparentyouthhelpline.org/>

# UMHP SPA 1

## ▶ Key Services:

▶  *What We Do for DCFS & Juvenile Justice-Involved Individuals*

▶  **Real Support (1:1 Peer Support)**  
*One-on-one support from people who get it — mentors with lived experience who walk beside you, not over you.*

▶  **Plugged In (Referral & Linkage)**  
*We connect you to the things that matter like therapy, housing, food, education — right in your own community. Working with 200 organizations.*

▶  **Build Your Future (Collaborative Goal Setting)**  
*Your life, your goals. We help you map out a plan that fits you — and stick with you to make it real.*



 **PARENTS ANONYMOUS** | Asking for Help is a Sign of Strength®

## UNITED MENTAL HEALTH PROMOTERS

### ABOUT US

United Mental Health Promoters are community-based peer supporters who provide culturally and linguistically appropriate one-on-one support, working to link individuals to community resources and ongoing mental health services tailored to their specific needs, particularly within underserved populations.

### PARTICIPATE IN VARIOUS PEER LED ACTIVITIES

- 1:1 Peer Support
- Educational Trainings & Workshops
- Available via Zoom/In-Person
- Healthy Coping Skills
- Outreach and Engagement
- Mental Health and Stigma
- Linkage and Referrals
- Emotional Wellbeing and Stress

### FREE Weekly Evidence-Based Parents Anonymous® Groups for Parents and Children & Youth

Sign up today to enroll in the program and work with a promoter on getting you the resources and support that you need!

#### CALL OR TEXT

**Alvan Robinson**  
Supervising United Mental Health Promoter SPA 1  
(909) 616-7734  
alvan@parentsanonymous.org

**Mrs. Jonnie Muckelroy**  
Mental Health Clinical Supervisor  
United Mental Health Promoter SPA 1  
(909) 300-8987  
mrsjonnie@parentsanonymous.org



# Prevention Education Program (PEP)



PEP is a substance abuse prevention team that provides Substance Education and Awareness regarding the risks and harms of drug abuse to children, youth, and the general community.

Prevention is the mission and goal. The program serves SPA 1 & SPA 3 in Los Angeles County.



# PEER WORKFORCE PROGRAM

## What do I need to know?

- ▶ Must be 18 years or older
- ▶ Must have valid identification
- ▶ Must have a high school diploma or equivalent
- ▶ Must be willing to share your story of Lived Expertise with others

## Wraparound Services Include:

- ▶ Mental Health Support
- ▶ System Navigation Support
- ▶ Financial Literacy
- ▶ Digital Literacy

## Training Flexibility

Choose the format that works best for you:

- ▶ Instructor-Led (Online)
- ▶ Hybrid (Online + Live Sessions)
- ▶ Fully Self-Paced Online

# Wellbeing Program - SA1 and SA2

- ▶ **Parents Anonymous® is one of 119 agencies in Los Angeles County to be a recognized as Legal Entity with the Department of Mental Health (DMH).**
- ▶ **We have been approved to deliver services in designated Service Area (SA). We will deliver services in SA 1 (Antelope Valley) and SA 2 (San Fernando Valley).**
- ▶ **We support our participants through services funded by Medi-Cal. This required Parents Anonymous® to become Medi-Cal certified.**
- ▶ **For Parents Anonymous® to deliver the services in this program we follow DMH and Medi-Cal procedures and guidelines.**

## To Learn More, Visit Us At:

[www.CAParentYouthHelpline.org](http://www.CAParentYouthHelpline.org)

## Or Contact Us At:

Mrs. Jonnie, Director of Programs

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Alvan Robinson, Supervising United Mental Health Promoter

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