



FOR IMMEDIATE RELEASE
October 20, 2022

CONTACT: Erin Maurie, 916-844-8950
mauriee@saccounty.gov

First 5 Sacramento Launches Sacramento's Inaugural Parent Leadership Training Institute

Free program to promote diversity and equity in civic decision making for young children.

First 5 Sacramento, in partnership with Health Net and Lead4Tomorrow, will launch the first Parent Leadership Training Institute (PLTI) initiative in Sacramento County. Through the National Parent Leadership Institute (NPLI) of Connecticut, the PLTI model has engaged parents nationally in civics and leadership in over 50 communities in the last three decades. Applications are currently being accepted for the first cohort of 25 parents or caregivers. Participants will attend a retreat and 20 workshops beginning in January 2023. Each member will develop a community project of their choice as they learn how to build relationships and navigate the decision-making process at all levels of government, education, health systems and others. More information on the PLTI program and classes is available at <https://first5sacramento.saccounty.gov/>

The PLTI mission aligns with First 5's efforts to advance racial equity by engaging and sharing power with parents. The PLTI curriculum creates opportunities for parents to have active roles in policy change and graduates have spearheaded hundreds of projects that made positive change in their community and in public policy.

Bringing this national program to Sacramento was made possible by match funding from Health Net and a partnership with Lead4Tomorrow to implement the workshops.

"First 5 Sacramento is committed to providing educational, training and fellowship opportunities in our diverse communities of color so that parents and caregivers can be effective child and family advocates," said Sacramento County First District Supervisor and Chair of the First 5 Sacramento Commission Phil Serna. "Through this partnership, we are creating a pathway for parent leadership that promotes diversity and equity in decision making at the local, state and national levels."

"Health Net is proud to support Sacramento families through the Parent Leadership Training Institute, which will help address the disparity gap that communities of color too often experience when it comes to public policy," said Dr. Pooja Mittal, Chief Health Equity Officer at Health Net. "This program will help parents and caregivers enhance their leadership, advocacy and civic engagement skills."

About First 5 Sacramento

Research shows that 90% of a child's brain develops in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, a tobacco tax, to support programs for expectant parents and children ages 0-5. All 58 counties have a First 5 Children and Families Commission providing unique local services for that county. More information available at <https://first5sacramento.saccounty.gov/> and on the First 5 Sac social channels.

About Health Net

Health Net works with local organizations that promote healthy lifestyles and combat poverty and violence. Health Net believes that California can achieve health equity when every person, regardless of their socioeconomic status, has the chance to reach their full health potential. Together with our partners, Health Net develops programs that improve access to quality care and help to reduce disparities.

About Lead4Tomorrow

The goal for Lead4Tomorrow is to develop sound families and thriving communities, both of which are needed as the foundation for a healthy society. Lead4Tomorrow's family leadership programs serve families across the socio-economic, racial and ethnic spectrum, while focusing on underserved communities and immigrants.

About the Parent Leadership Training Institute

The National Parent Leadership Institute is an anti-racist organization that partners with community to strengthen parent leadership through the proven Parent Leadership Training Institute (PLTI) model. PLTI, which was created by the Connecticut Commission for Children, is a free civics and leadership course that empowers parents and caregivers to become leading advocates for children.

###