



FUNDER PACKET · WORKING NAME: STEADIER HOMES

Free Parent Education for High-Conflict Splits

A short course and small parent circles, so children have a steadier home whatever is happening between the adults.

THE IDEA

Eight short lessons online, plus parent circles with a trained facilitator

WHO IT SERVES

Parents in divorce and custody cases, starting in one Bay Area county

COST TO FAMILIES

Free

STAGE

Concept and pilot design. Fiscal sponsor not yet chosen

THE NEED

Children in the middle of an ongoing parental fight carry the cost, and the parents under the most strain are the least able to pay for help.

- **Ongoing conflict between parents is hard on children.** What helps most is less conflict in front of them and at least one steady, caring adult.
- **Childhood hardship is linked to later health problems.** Large studies tie several kinds of adversity, such as abuse, violence at home, a parent in prison or a family split, to higher rates of addiction, mental illness and chronic disease later in life. The link is strongest when hardships pile up, and it is not a prediction for any one child (Hughes et al., 2017; Felitti et al., 1998; Brown et al., 2009).
- **Courts sometimes order or encourage parent education, and parents usually pay.** Bay Area court resource lists we read in October 2026 show prices from free and sliding scale up to several hundred dollars per person.

WHAT EXISTS TODAY, AND WHERE THIS FITS

We are not the first program, and we say so plainly.

- **Kids' Turn (run by Safe & Sound, San Francisco)** offers six weekly workshops for parents and children on a sliding scale and invites partners to start a series in their area.
- **eNew Beginnings** is an online course with randomized-trial evidence. Its developer says it is free to county courts and costs parents \$49.
- **Court resource lists** in Contra Costa, Santa Clara, San Mateo and Alameda name many paid classes. Courts state that a listing is not an endorsement.

What we would add: a free option for families who cannot pay, parent circles for ongoing support, materials in several languages, a certificate parents can show to a court, and published results. Where a proven program already covers a need, we would adapt or partner instead of duplicating it.

THE PROGRAM

PART	WHAT A PARENT GETS
Eight lessons	Staying calm before a handoff, keeping children out of the middle, short messages to the other parent, repairing after an argument, what children need to hear, finding support
Parent circles	Six to eight parents, about 90 minutes, every two weeks, with a trained facilitator. Education and peer support, not therapy
Tools	Ready phrases, a calm-down exercise, a reflection guide, and a certificate with a number a court can check
Safety	Where there is abuse the goal is safety, not contact. Hotline numbers on every page of the website and handout. A written safety and referral protocol for facilitators

THE PILOT, IN BRIEF

- **One county, one cohort.** A first group of parents, proposed at about 40 and to be set with an evaluator.
- **Measured with established questionnaires** before and after: child wellbeing reported by a parent, parent stress, and co-parenting conflict. Details are in the pilot plan.
- **Reported honestly.** Results shared every year, including what did not work.

SAFEGUARDS WE WILL HAVE IN PLACE

- **Clinical review** of every lesson by a licensed professional before families see it.
- **Legal review** by a California nonprofit or family law attorney, including where education ends and therapy begins, reporting duties, and data privacy.
- **Privacy:** collect as little as possible, say what is kept and why, never sell data.
- **Not a decision-maker:** the program never recommends who should have custody.

WHAT A FIRST YEAR NEEDS

LINE	WHAT DRIVES THE COST	AMOUNT
Fiscal sponsor fee	Sponsors publish fees of roughly 5 to 10 percent of revenue; some set minimums	To be set
Clinical and legal review	Hours of a licensed clinician and an attorney	To be set
Course production and hosting	Writing, recording, accessible web pages	To be set
Translation and native review	Languages chosen with partners	To be set
Facilitators and circles	Training, stipends, rooms or video platform	To be set
Evaluation	University or independent evaluator; questionnaire permissions	To be set
Insurance and compliance	Liability, board coverage, background checks	To be set

Amounts are intentionally blank. They will be set with the fiscal sponsor, the evaluator and local quotes. Facts about other programs and courts were read on official pages on 11 October 2026 and should be rechecked before use.

WHO DOES WHAT			
#	OWNER	ACTION	DONE WHEN
1	Founder	Choose the name and review this packet	Final name and edits returned
2	Project lead	Ask two fiscal sponsors for a call and compare their written terms	One sponsor chosen
3	Counsel	Review the program, disclaimers and reporting duties	Short written memo
4	Licensed clinician	Review lessons and the safety protocol	Written sign-off
5	Founder	Ask Safe & Sound and the eNew Beginnings developer about partnering or adapting	Two replies in hand
6	Evaluator	Confirm the measures, permissions and sample size	Signed evaluation plan
7	Founder	Fill in the budget lines with real quotes	Budget complete
Sources: Hughes et al., Lancet Public Health 2017; Felitti et al., Am J Prev Med 1998; Brown et al., Am J Prev Med 2009; Safe & Sound, safeandsound.org/for-parents/family-support/kids-turn ; divorceandparenting.com/for-professionals ; Contra Costa, Santa Clara, San Mateo and Alameda superior court resource lists. All read 11 October 2026.			
Draft for discussion. Steadier Homes is a working name. Education only: not therapy or legal advice.			