



### Practice Spotlight: Julika von Stackelberg & Suzy McCormack Cornell Cooperative Extension Orange County

Julia Chapman & Kimberly Kopko

The 2Gen Initiative Practice Spotlight Series is intended to bring attention to parent educators and colleagues in the Cornell Cooperative Extension (CCE) system who are incorporating a two-generational (2Gen) approach to their county's parent education programs. This Practice Spotlight features Julika von Stackelberg and Suzy McCormack and their work on The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) and Relatives as Parents Program (RAPP) in CCE Orange County.

#### Educator Background



#### **Julika von Stackelberg, Parenting & Family Life Educator**

Julika has been an educator in CCE Orange County since 2016. Prior to this role, she worked as Director of Development raising funds to end gender-based violence and support victims of domestic violence. Her passion for parent education developed from a desire to learn more about her own parenting. Julika became a certified parenting coach through the Jai Institute for Parenting and developed an independent consulting practice: *Empowering Generations Through Peaceful Parenting*. As a consultant, she worked with parents internationally via phone consultations. She also created a number of workshops and taught those at pre-schools and in corporations.

Since working at CCE, Julika has been certified as a NYS Parenting Education Partnership (NYSPEP) parenting educator and serves on the NYSPEP Steering Committee. Currently, Julika is enrolled in a Master's program at Prescott College in Social Justice and Community Organizing and will graduate in May 2020.



#### **Suzy McCormack, Family & Consumer Sciences Issue Leader**

Suzy has been an educator in CCE Orange County since April 2017 and has been involved in education for over 15 years. Suzy studied social work and over the course of her career has been engaged in educational programs for both youth and adults, ranging from life skills education to psychoeducation, and working in formal education as a principal of a secondary school.

After receiving her Master's in Social Work, Suzy was in the field in New York City until 2000, when she moved to Sydney, Australia. She lived there for 14 years and worked at WAYS Youth and Family, a family and youth service organization where she and her colleagues delivered various parenting education programs. Additionally, in this role, Suzy started a school for students with social and emotional (and sometimes behavioral) issues. Suzy's work at WAYS supported the entire family through programs for both youth and parents/caregivers, and she continues to draw on her Australian experience and resources in her current role in Orange County.

### **Incorporating a 2Gen Approach**

CCE Orange County implements several 2Gen parent education programs including SFP 10-14 and RAPP.

Adults and youth participate together in these programs, providing an opportunity to spend time with each other in meaningful ways, as they support whole family education and skill building as well as potential behavior change. By working with the family system, educators in Orange County facilitate a common understanding between family members and work to create a home environment where learning is supported. Additionally, each of these programs promote strengthening parent/caregiver and child relationships—as participants learn about a specific topic, they develop new skills that generally foster stronger families.

By including youth in parenting programs, families are provided a safe and supportive space to practice new skills, to learn from each other, and to see each other in a new context. Additionally, caregivers and youth are able to learn from the other families, which provides a sense of support and shared experiences. The contributions from family members and other participants to shared learning is an invaluable part of these 2Gen programs in Orange County.

**Visit the *Parenting Project* website at:**

<https://www.human.cornell.edu/pam/engagement/parenting/home>

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**Julia Chapman is the Extension Research Aide for *The Parenting Project: Healthy Children, Families, & Communities* in the Department of Policy Analysis and Management at Cornell University.**

**Kimberly Kopko is a Senior Extension Associate in the Department of Policy Analysis and Management at Cornell University and Director of *The Parenting Project: Healthy Children, Families, & Communities*.**



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