



Family Well-Being Summit

Boulder Valley School District

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The Instituto para el Fortalecimiento Familiar (IFF) Collaborative serves as a leading prevention and family well-being resource for Spanish-speaking parents and caregivers in Boulder County. IFF, co-founded by BVSD and Boulder County in 2022, aims to create a collaborative platform for diverse partners, enhancing their ability to connect with and support Latino families.

In April 2025, IFF held the Cumbre del Bienestar Familiar for BVSD parents as a response to parental stress being deemed a critical health issue by the Surgeon General. IFF wanted to support families by promoting wellness and stress reduction using SAMHSA's 8 Dimensions of Wellness. The goal was to create a space for parents and caregivers to learn about their wellness and how that translates into family connectedness and relationships.



The event took place on a Saturday, April 12th at New Vista High School in Boulder from 8:30 a.m. to 3:00 p.m. and was designed to support Spanish-speaking families through a culturally responsive wellness summit. It featured two inspiring keynote speakers—Jorge Chavez and Dr. Perla Delgado—who shared insights on family well-being and equity in education. Nine unique workshops were offered by community partners from the IFF coalition, aligned with SAMHSA's 8 Dimensions of Wellness, including emotional, occupational, intellectual, environmental, financial, physical, social, and spiritual well-being. Twenty agencies participated by hosting

tables in the resource fair and/or by leading workshops, while attendees also had access to holistic care like acudetox and Reiki in a designated wellness room. Breakfast and lunch were provided to create space for informal networking and peer support.

The Cumbre was evaluated by self-reported surveys completed by the 100+ parents and caregivers who attended. Utilizing a four point rating scale and free response questions, individuals were asked to assess parts of the event and individual workshops based on engagement, clarity, learning, changes/feedback they had, and overall application to their families and lives. On average, the workshops collectively scored a 3.86/4, while the event itself scored a 3.81/4.

At the end of the Cumbre event, parents and caregivers also participated in a Mentimeter to reflect on their day and what they learned. By the end of the event, 93% of parents and caregivers felt they understood the 8 Dimensions of Wellness, as opposed to 66% prior to the event. Additionally, participants noted the event made them feel "happy", "relaxed", "connected to community", "hopeful", and much more. "I feel empowered to pass the knowledge to other families and to talk about how good the event was," one participant noted.