

**V(A). Planned Program (Summary)****Program # 9****1. Name of the Planned Program**

Family Relations

**V(B). Program Knowledge Area(s)****1. Program Knowledge Areas and Percentage**

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
802	Human Development and Family Well-Being	100%		100%	
	<b>Total</b>	100%		100%	

**V(C). Planned Program (Inputs)****1. Actual amount of professional FTE/SYs expended this Program**

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	7.7	0.0	8.0	0.0
Actual	7.8	0.0	8.0	0.0

**2. Actual dollars expended in this Program (includes Carryover Funds from previous years)**

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
695988	0	149495	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
910398	0	676607	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
3267096	0	0	0

**V(D). Planned Program (Activity)****1. Brief description of the Activity**

The Extension Family Development team designs, delivers and rigorously evaluates parent education for targeted groups in Minnesota while serving the field of parent education. In 2010, programs for Latino immigrant parents and divorcing parents proved their effectiveness in helping parents create stronger home environments. The team is evaluating the effectiveness of programs for parents and children, as well as their costs and benefits, as described in this report.

As it delivered and evaluated family development programs, the team also responded to current issues concerning families in 2010. Several national high-profile cases of teen suicides after being bullied brought to light a need for education for youth and adults on relational aggression, school bullying and cyberbullying. In response, a team of parent and youth educators in Extension developed a "Teen Talk" series about the issue, and designed research updates for professionals.

In 2010, MAES family development research investigated positive family development and effective services that support families. Some specific research results this year:

- Researchers studied preventive intervention strategies aimed at improving parenting and child adjustment among formerly homeless families living in supportive housing communities. Findings showed the intervention was helpful. As a result housing agencies have requested them.
- A study on children with disabilities in the child welfare system has analyzed state data and established the prevalence of children with disabilities in the child welfare system. This information has been provided to policy makers.
- Researchers have developed Vital Involvement Practice as a method for promoting vitality in frail elders. They are collaborating with social service agencies to use their Vitality Involvement rating scale to support purposeful living among frail elders living in nursing facilities and independent housing.

**2. Brief description of the target audience**

The program serves professionals in collaborating agencies such as mental health professionals, parent educators, schools, courts, family service agencies, health care settings and others. The program also conducts programming directly for parents who are divorcing, parents of adolescents and parents of pre-school and school-aged children.

Other target audiences of MAES research include nursing home staff, professionals in the field of aging, social work professionals and researchers, parents with disabilities, families who were formally homeless.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Plan</b>	3500	45000	50	0
<b>Actual</b>	4818	102000	107	0

**2. Number of Patent Applications Submitted (Standard Research Output)**

**Patent Applications Submitted**

Year: 2010  
 Plan: 0  
 Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

<b>2010</b>	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	5	19	
<b>Actual</b>	10	11	21

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Publications will be distributed.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	13000	14247

**Output #2**

**Output Measure**

- Professionals will be trained.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	300	1143

**Output #3**

**Output Measure**

- Parents will participate in Extension trainings.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	3000	3675

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Professionals who work with parents and families will improve their skills in working with parents and families (e.g., utilizing best practices for improving parenting skills). (Target expressed as a percentage of participants who report improving skills.)
2	Parents will improve their parenting practices. (Target expressed as percentage reporting improvement.)
3	Parents who are mandated to participate in Parents Forever because of contentious divorce situations will reduce conflict in front of their children following divorce. (Target expressed as percentage of parents who report reducing conflict.)
4	Parents mandated to participate in Parents Forever because of contentious divorce situations will increase the access of children to both parents following divorce. (The lower percentage reflects that these cases often occur where having access to both parents is not in the best interest of the children.)
5	Research will provide information to support parents with disabilities.

## **Outcome #1**

### **1. Outcome Measures**

Professionals who work with parents and families will improve their skills in working with parents and families (e.g., utilizing best practices for improving parenting skills). (Target expressed as a percentage of participants who report improving skills.)

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	70	79

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

The quality of family resource staff in nonprofit organizations, school settings and other community-based settings makes a difference in how welcome parents feel when they seek information and support, and how well that information and supports makes a difference.

#### **What has been done**

Family Resource educators are the backbone of the Minnesota Family Education Network (MFEN). MFEN serves 1,757 family professionals across the state, providing them with field updates, information on class offerings and valuable research-based information from Extension and the University of Minnesota. Family Resource educators led the Minnesota Council of Family Relations' workshop series titled "Ethical thinking and practice for parent and family life educators." Five workshops were held and 150 professionals attended.

#### **Results**

In post-workshop evaluations, 79 percent reported improving their skills as a result of education.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
802	Human Development and Family Well-Being

**Outcome #2**

**1. Outcome Measures**

Parents will improve their parenting practices. (Target expressed as percentage reporting improvement.)

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2010	60	71

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

Twenty-three percent of children in this country (16.5 million) have immigrant parents. Over 9 million children of immigrants are Hispanic, and 6.9 million children have Mexican parents (Census Bureau). The average Hispanic child grows up in a neighborhood where nearly 20 percent of neighbors are poor and nearly half are in extreme poverty, with incomes below half the poverty level. More than 40 percent do not speak English fluently, and 9 percent of older teens are jobless high-school dropouts. As immigrant parents navigate difficult lives, parenting their teen well is critical to preventing multiple generations of poverty.

**What has been done**

Immigrant Latino parents trying to parent teens in the U.S. (n = 132) participated in Extension's eight-session (16 hour) parent education program. Parents learned strategies in listening to children, deciding on negotiable and non-negotiable rules and more. Eighty-three parents participated in eight classes at four collaborating community sites.

**Results**

Overall, 70 percent of Latino program participants reported they were utilizing practices at home. Another study more thoroughly investigated outcomes. Results of paired t-tests analysis indicate statistical significant changes for the following: Parenting self-efficacy (p<.001), consistent discipline (p<.001), harsh parenting (p<.001), parent youth attachment (p<.001), parental acceptance (p<.001), parental involvement (p<.001), and conflict (p=.01) In addition, parent perception of adolescent behaviors indicate statistically significant improvements in youth internalizing behaviors (p<.001).

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
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802 Human Development and Family Well-Being

**Outcome #3**

**1. Outcome Measures**

Parents who are mandated to participate in Parents Forever because of contentious divorce situations will reduce conflict in front of their children following divorce. (Target expressed as percentage of parents who report reducing conflict.)

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Condition Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2010	75	86

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

Research on children of divorced households has determined that sustained conflict following divorce can produce negative eventual outcomes for children.

**What has been done**

Parents are court-mandated to attend Parents Forever classes when the court is concerned about the contentious nature of a divorce. Parents are educated about the negative effects of conflict and are guided through a plan for co-parenting.

**Results**

Parents Forever participants were interviewed as part of a larger cost benefit study. Parents, even those who were upset that they had to attend classes, reported learning to get along better with their children and the other parent. Parents also reported that they noticed their children are happier as a result of the strategies they are employing after the program. A mother remarked, "I get along with kids better...No matter what happens, he's going to be their dad." A male participant who had not wanted to attend said, "Parents Forever eased our transition. I learned how to make kids comfortable...I do not scold her (his ex) in front of the kids anymore."

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
802	Human Development and Family Well-Being

## **Outcome #4**

### **1. Outcome Measures**

Parents mandated to participate in Parents Forever because of contentious divorce situations will increase the access of children to both parents following divorce. (The lower percentage reflects that these cases often occur where having access to both parents is not in the best interest of the children.)

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Condition Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	35	58

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Following divorce, access to both parents is attributed to positive results for children, except in cases where access is not in the best interest of the child. Negotiated access, along with positive ways of communicating and solving problems, reduces the amount of conflict.

#### **What has been done**

Parents Forever helps parents develop a co-parenting plan that can be followed to allow for access.

#### **Results**

After the program, 58.4 percent of participants reported a plan to provide access to both parents.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
802	Human Development and Family Well-Being

## **Outcome #5**

### **1. Outcome Measures**

Research will provide information to support parents with disabilities.

### **2. Associated Institution Types**

- 1862 Research

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	{No Data Entered}	0

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Parenting is never easy. For parents with disabilities it is even more stressful. Yet the common model for parenting in America is to support the independence of parents.

#### **What has been done**

Researchers interviewed parents with disabilities to determine their needs.

#### **Results**

Based on the findings from those interviews, the researchers have proposed that parents with disabilities be viewed as needing "parental supports" for supporting family functioning. Some states are changing their state laws based on the researchers' development of model language, and a curriculum module was developed and made available to the general public.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
802	Human Development and Family Well-Being

### **V(H). Planned Program (External Factors)**

#### **External factors which affected outcomes**

- Populations changes (immigration, new cultural groupings, etc.)

#### **Brief Explanation**

Population shifts in Minnesota is increasing demand for parent education programs for diverse groups, especially new immigrant groups.

## **V(I). Planned Program (Evaluation Studies and Data Collection)**

### **1. Evaluation Studies Planned**

- Other (Cost Benefit Analysis)

## **Evaluation Results**

A cost benefit analysis study of the Parents Forever program completed in 2009 was re-examined. Final results are described below.

**Program Benefits:** Benefits include those we accrue as a society, as well as those derived by program participants. Benefits are defined as all positive outcomes or consequences resulting from actions of the program. Direct benefits are accrued to courts involved in the program, for instance. Determination of benefits is derived from objectives and impacts. For this study we used a combination of program survey results and existing literature and data to capture a full picture of the benefits of Parents Forever. A thorough investigation of the economic effects of parent education programs by Karoly (A Rand Senior Economist) and her colleagues in 2005 guided benefits analysis. To estimate net effect in dollar value of the increase in positive parenting, we took average net savings estimated through the Rand Study and then multiplied that number by the average number of children of divorcing parents in the evaluation. Then we discounted the benefit over 12 years to calculate net present value, because the average age of children of divorcing parents in the study is six years. A sensitivity analysis was conducted to account for potential loss of Parents Forever outcome over time.

**Program costs:** The following costs were estimated and summed for the analysis: 1) all personnel involved in implementing Parents Forever (.g., court staff and program staff); 2) cost of facilities; 3) cost of program materials, equipment and supplies; 4) any direct cost to parents, as well as individual opportunity cost to parents (forgone earnings/fringe benefits for the twelve hours that they were in the program.)

In addition to typical cost estimates, the more subtle cost is estimated, considering the time, money and other resources required to carry out positive parenting practices. This cost per effect was determined. This was limited to the ages of 6 to 18 for a total of twelve years.

**The determination:** The cost-benefit analysis of Parents Forever indicated that for every dollar spent on the program, society gains approximately \$10.08 of benefits. This aligns with figures estimated by the Randy study which determined net benefits are between \$1.80 and \$17.07 per dollar invested. The caveat to this assertion is that computation of future benefits are based on estimates adapted from the literature.

## **Key Items of Evaluation**

A cost benefit analysis identified the financial benefit of the Parents Forever program. Parents Forever helps divorcing parents negotiate positive co-parenting relationships and nurturing activities. The study revealed that for every dollar spent on the program, society gains approximately \$10.08 of benefits. This is aligned with figures estimated by a Rand study, where such programs typically result in benefits between \$1.80 to \$17.07 for every dollar invested.