

V(A). Planned Program (Summary)

Program # 2

1. Name of the Planned Program

Family and Youth Development

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
724	Healthy Lifestyle		5%		0%
801	Individual and Family Resource Management		10%		0%
802	Human Development and Family Well-Being		15%		0%
803	Sociological and Technological Change Affecting Individuals, Families, and Communities		5%		0%
805	Community Institutions, Health, and Social Services		10%		0%
806	Youth Development		35%		0%
901	Program and Project Design, and Statistics		10%		0%
903	Communication, Education, and Information Delivery		10%		0%
	Total		100%		0%

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	22.0	0.0	0.0
Actual	0.0	6.0	0.0	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
0	1229775	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	795037	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

The activities in the four areas of the state; Kansas City, St. Louis, Central Region, and the Southeast region all have similarities and differences. However, all have been developed to design, implement, and evaluate educational programs for youth-at-risk. Program implementation includes workshops, camps, and after-school programs.

Specific examples of activities from the Kansas City area include:

- Mentoring Program that matches community volunteers who will spend time with interested youth. Delta Sigma Theta sorority and Phi Beta Sigma and Alpha Phi Alpha fraternities often assist with this program.
 - ACT Preparation: Work with students to prepare for the English and Math portions of the ACT test.
 - Fatherhood Programs: This includes youth and adults meetings that address topics related to self esteem, nutrition, fitness, computer skills, relationships and parenting.
 - Afterschool Tutoring Program: Programs assist students K-8 with homework, tutoring, computer classes, reading and math labs, life skills, arts, crafts and recreation. Collaboration with the National Book Bank provides book donations to non-profit organizations.
 - Fitness Program: LUCE currently offers Division of Youth Service classes in their physical education component. The community also participates in exercising to increase their energy level and to improve their overall health.
 - The Teen Talk Abstinence Program, for girls to learn the advantages of remaining abstinent.

Specific examples of activities from the St. Louis area include:

- Teen Drop In: This program has open enrollment for neighborhood youth providing an after-school community safe haven. The teen drop in offers an array of opportunities for youth between the ages of 12 to 17. Activities and educational workshops include but are not limited to homework assistance, open-microphones to develop their skills in public speaking, teen talk to discuss youth community issues and concerns, and educational games, as well as activities that teach life skills. These programs are offered throughout the school year.
 - North Side After School Neighborhood Initiative: This is a partnership between Lincoln University Urban Impact Center of St. Louis, community volunteers and two St. Louis Public grade schools. This initiative is to provide a power-hour implementing homework assistance for youth after school, provide life skills activities that stress communication skills, drug and alcohol prevention, conflict resolution etc, as well as health and nutrition via snacks and physical activity in the school gymnasiums. This program offers open enrollment to youth participants and uses 10 community volunteers.
 - Urban Garden Beautification Project collaborative effort with the St. Louis Neighborhood

Stabilization Office and community leaders to continue transforming a weed infested vacant lot into a neighborhood asset that will assist in stabilizing the neighborhood and revitalize the community. The lot is located in the Baden area of St. Louis, called the Baden Triumph Garden. Plans are being implemented and resources are being sought for this location.

Specific examples of activities in the Southeast region include:

- Health and Fitness Classes
- Health fair designed to educate youth on nutrition, fitness, and the dangers of alcohol, tobacco and other drugs.
- Field Day - a culmination of educational workshops on a variety of topics,
- Fall into Fall, a back-to-school rally to prepare students for the upcoming school year.
- HIV/AIDS/STD Awareness Day
- Summer Camp, a partnership with YMCA, Mission Missouri, Weed & Seed, and DAEOC to provide fitness and health, character development, arts and crafts, self-esteem building, recreation, and field trips for 5 weeks.
- Women's Wellness Conference
- Teen Talk/Young Scholars is a weekly program that allows teenagers to express themselves freely on different topics.

Specific activities in the Central Region include:

- Underserved minorities and other disadvantaged older adults 50 + in the Cole County area will become more aware and knowledgeable about importance of adopting a healthy lifestyle.
 - Participants will become proactive in seeking health information (increasing utilization of eHealth Medline Plus website).
 - Participants will become more aware of ways to manage their personal health
 - Youth will develop increased communication skills, receive feedback, certificates of award, and recognition for their efforts.
 - Provision of culturally specific parenting education classes.
 - Family and community empowerment experiences to assist parents helping their children close the educational achievement gap.
- Leadership Retreat, for youth to develop good decision making skills.

The Hip Hop Camp is designed to empower the youth to take an active role in becoming the leaders of tomorrow. Our program is also based on the belief that the youth themselves can become a potent force in combating social issues.

Activities that have been implemented in all four Regions include:

Black History Programs for youth (K-12) in the school districts. This is an educational program on the accomplishments and struggles of African-Americans.

Not on my Watch Program for parents and youth to address the issue of Childhood Obesity.

Financial Management and Youth Program, which is designed to teach youth about basic financial management in order to help them make better economic and life decisions.

Dare to be King conference develops skills for making healthy choices when dealing with oppressive issues. By providing youth with positive mentors and role models, the issue of increased high school drop out rate is addressed and children are more likely to complete high school and attend college. By providing the youth with positive mentors and role models we are also aiding suicide prevention and combating in lowering suicide attempts.

Show Me The Ropes Statewide Double Dutch Competition. Conduct the statewide Double Dutch competition and provide the opportunity for youth to demonstrate skills developed throughout the program. Skill development included(1) Single rope jumping: Skills that are executed by one person with an individual rope; foot movement (basic jumping) and hand position (turning the rope). (2)Partner Jumping: Skills where two or more people share one jump rope. (3) Double Dutch: skills where two long ropes are turned so that they overlap while essentially parallel to each other. (4) Group Jumping: Skills where three or more people share one or two jump ropes.

The critical issue is the percentage of childhood obesity in our society due to the amount of time spent on non physical activities and the lack of knowledge about what's considered to be healthy food. We have addressed these issue by planning and directing fun physical activities and provide a professional dietitian to speak about the importance of health.

2. Brief description of the target audience

The target audience also includes small under served rural communities as well as older adults.

Minority and other under-represented youth in urban St. Louis, Kansas City and selected locations in the bootheel region of the state (Primarily Sikeston, Lilbourn and Caruthersville). Minority and under-represented populations in Central Missouri, especially those living in housing developments.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	0	0	725	0
Actual	2539	3720	11164	4982

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

2010	Extension	Research	Total
Plan	0	0	
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Education classes, invited speeches, workshops, in-service education, consultations, media appearances, web sites, newsletters

Year	Target	Actual
2010	120	336

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Short term: 1) Enhanced academic productivity, 2) Improved rate of community volunteerism 3) Development of leadership skills, 4) Increased knowledge and 5) increased life skills.
2	Medium term: 1) Completion of current grade and promotion to the next, 2) Increased graduation rates from high school, 3) Reduced probability of acts of crime, 4) Increased self-esteem, 4) Better social standards, and 5) Better life choices.
3	Long term: 1) Improved education levels, 2) Increased standard of living, 3) improved quality of life.

Outcome #1

1. Outcome Measures

Short term: 1) Enhanced academic productivity, 2) Improved rate of community volunteerism 3) Development of leadership skills, 4) Increased knowledge and 5) increased life skills.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	300	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Lack of availability of services and resources to underserved and minority populations to reduce health disparities and inequities in access to health-related care and literacy. Limited resource and underserved minority youth and families are in need of supplemental education to increase academic achievement and school success.

What has been done

Provide culturally and educationally appropriate information on health management and established collaborations with other health entities and interested health professionals; including conducting focus groups, educational workshops, afterschool programs, volunteer and leadership training.

Results

Many participants reported feeling that the educational presentations extended their knowledge of health issues, as well as resources available for adults, especially the older clientele. In particular, 98% of participants reported that the content of the Missouri Institute on Minority Aging provided helpful health/resource information to them professionally and personally. Increased knowledge and skills, and enhanced academic productivity. Youth participants in afterschool reading programs have increased their scores by two grade levels, as evidenced by test scores. Youth are more knowledgeable, making better life decisions, and showing more leadership skills.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
805	Community Institutions, Health, and Social Services
806	Youth Development
901	Program and Project Design, and Statistics
903	Communication, Education, and Information Delivery

Outcome #2

1. Outcome Measures

Medium term: 1) Completion of current grade and promotion to the next, 2) Increased graduation rates from high school, 3) Reduced probability of acts of crime, 4) Increased self-esteem, 4) Better social standards, and 5) Better life choices.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	300	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Lack of availability of services and resources to underserved and minority populations to reduce health disparities and inequities in access to health-related care and literacy. Limited resource and underserved minority youth and families are in need of supplemental education to increase academic achievement and school success.

What has been done

Information was compiled from monthly health educational sessions, health screenings, face-to-face interviews, and testimonies from program participants via in-person and/or small group settings.

Afterschool tutoring, summer enrichment, EFNEP, computer literacy program, and college preparatory classes. Workshops and seminars focused on leaderships skills, health education, making better choices, and nutrition

Results

Participants indicated adopting one health behavior (eg. decreased sodium and sugar consumption) that aided in better blood pressure and glucose monitoring of hypertension and diabetes, respectively. Completion of current grade and promotion to next, increased graduation rate, increased self-esteem, better life decisions, and increased interest in attending college. Students who were identified as high risk youth were provided additional education, social, and emotional support. Those identified youth were able to achieve academic improvement and graduated to the next grade level. Teenage parents are making positive changes in the way they parent at home. Youth are learning to set goals with new aspirations.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
805	Community Institutions, Health, and Social Services
806	Youth Development
901	Program and Project Design, and Statistics
903	Communication, Education, and Information Delivery

Outcome #3

1. Outcome Measures

Long term: 1) Improved education levels, 2) Increased standard of living, 3) improved quality of life.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	300	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Lack of availability of services and resources to underserved and minority populations to reduce health disparities and inequities in access to health-related care and literacy. Limited resource and underserved minority youth and families are in need of supplemental education to increase academic achievement and school success.

What has been done

Survey results of participants indicated a change in better health management and knowledge based on health educational sessions. There was qualitative and quantitative analysis using pre-post test, testimonials and survey evaluations. Workshops on college prep, financial aid completion for college, volunteer and leadership training, summer enrichment programs, and EFNEP.

Results

Participants plan to have more health screenings, especially for blood pressure and diabetes. Expected outcomes and impacts were described through monthly, quarterly and annual reports. Improved life decisions, healthier and more fit individuals, and improved quality of life. Students who were identified as not being able to complete grades 11 and 12 were given academic and emotional support, and completed grades 11 and 12, and subsequently graduated high school.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
805	Community Institutions, Health, and Social Services
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V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

A funding decrease resulted in the elimination of two positions. Extreme weather conditions in Southeast Missouri increased the joblessness situation in an already hard hit area. Overall, the economic situation has made it more difficult on families in underserved areas. State budget cuts have had a huge impact in some areas, resulting in more stress and tension in families and communities.

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

1. Evaluation Studies Planned

- Retrospective (post program)
- Before-After (before and after program)
- During (during program)
- Comparisons between program participants (individuals, group, organizations) and non-participants

Evaluation Results

- Participants have made family and friends aware of the importance of adopting a healthy lifestyle.
- Participants utilized health literature as resource information on culturally appropriate healthcare, regional health and aging programs, health issues and concerns.
- An assessment identified an initial set of issues facing Callaway County, which was identified by partners through community organization and with additional input from individuals in the county.
- More youth are graduating from high school with an improved quality of life.
- Youth are making better grades in school, learning leadership skills, and serving less suspensions.
- Youth are eating healthier and are more active.
- Individuals completing evaluations indicated they learned helpful information and will share it with friends and families.
- Communities are excited about continued participation with Lincoln University Extension.
- Returning participants brought siblings along for enrollment in programs and workshops.

Key Items of Evaluation

- It is important that varying degrees of flexibility and uniqueness be reasonably allowed for the maximization of program delivery and participation.
- Some issues are still a concern: increased high school dropout rate in urban areas, the non-parental presence and support in the lives of urban youth, the increasing number of young African-Americans affected by HIV/AIDS, and a high teenage pregnancy rate in urban schools.