

**V(A). Planned Program (Summary)**

**Program # 19**

**1. Name of the Planned Program**

Parent Education - Parents Forever

**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	6.0	0.0	1.0	0.0
Actual	6.0	0.0	1.0	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
192000	0	37700	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
288000	0	56500	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

- Develop educational resources on healthy parenting and child development.
- Develop presentation and resource materials for staff members and community professionals.
- Provide training and education through seminars and workshops.
- Identify key and emerging issues to address.
- Evaluate the effectiveness of activities.

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

- Parents and family caregivers
- Child care programs
- School system personnel
- Government agency
- Personnel community workers and professionals

**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>	300	3500	0	0
<b>Actual</b>	312	7500	0	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**

2010	Extension	Research	Total
<b>Plan</b>	1	1	
<b>Actual</b>	1	1	2

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

**Output Target**

**Output #1**

**Output Measure**

- {No Data Entered}

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

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

O. No.	OUTCOME NAME
1	Percent of individuals demonstrating increase in subject knowledge and skills
2	Percent of individuals implementing recommended actions or practices.
3	Percent of individuals indicating a change in frequency of specified parenting practices.
4	Percent of individuals indicating a change in other quality indicators of parent-child relationships.
5	Number of individuals receiving information through materials or training.
6	Percent of parents experiencing divorce or separation that gained new skills as a result of the Parents Forever program.

**Outcome #1**

**1. Outcome Measures**

Percent of individuals demonstrating increase in subject knowledge and skills

Not Reporting on this Outcome Measure

**Outcome #2**

**1. Outcome Measures**

Percent of individuals implementing recommended actions or practices.

Not Reporting on this Outcome Measure

**Outcome #3**

**1. Outcome Measures**

Percent of individuals indicating a change in frequency of specified parenting practices.

Not Reporting on this Outcome Measure

**Outcome #4**

**1. Outcome Measures**

Percent of individuals indicating a change in other quality indicators of parent-child relationships.

Not Reporting on this Outcome Measure

**Outcome #5**

**1. Outcome Measures**

Number of individuals receiving information through materials or training.

Not Reporting on this Outcome Measure

## **Outcome #6**

### **1. Outcome Measures**

Percent of parents experiencing divorce or separation that gained new skills as a result of the Parents Forever program.

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

- 1862 Extension
- 1862 Research

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

Change in Action Outcome Measure

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

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	{No Data Entered}	312

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

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

In programs for adults experiencing separation or divorce, parents can learn to cope with their feelings, communicate with their former spouse and children, and learn about specific things to help children through the transition. Effective parent and family education is intended to benefit families who may be facing distress or difficulty and enable them to activate those capacities that will aid them in the coping and adjustment process. Parents experiencing the pain of separation and divorce need knowledge, support and resources to provide them with guidance on healthy parenting in the midst of divorce. Parent education interventions can provide assistance to parents undergoing family transitions.

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

The NDSU Extension Service adopted the Parents Forever divorce education program. Program facilitators, community partners and extension educators deliver a 4-hour portion of Parents Forever, focusing on the impact of divorce on children. In North Dakota, the program is administered regionally through the NDSU Extension Service and is regularly delivered in 4-hour educational sessions to divorcing or never-married parents. Participants in the single-session Parents Forever class offered in North Dakota receive instruction and discuss grief and loss issues for children, child responses to divorce based on developmental levels, parental communication concerns, helpful parental responses to child concerns, and strategies for managing conflict and improving communication between parents. Seven sites with a total of 312 participants were involved in the program in the past year.

#### **Results**

The 312 adult participants in the single-session program of Parents Forever indicated high levels of satisfaction and strong perceptions of the program's value to them. Asked whether they felt the class was worthwhile for them, 85% of attendees strongly agreed or agreed that they did perceive

it as worthwhile. In addition, 90% of participants strongly agreed or agreed that the class would be beneficial for all divorcing parents. When asked if they would recommend participation in the program to someone else, 98% of participants noted that they would recommend the course to another person. Study findings indicated statistically significant increases between retrospective pre-program and post-program positive divorce-related behaviors (mean scores) for participants in all areas assessed. The largest behavior changes were reported in communicating successfully with the other parent about issues and in controlling angry or negative responses to the other parent. Also, participants rated the program as of equal or greater value to them than 11 other sources of information on divorce adjustment and co-parenting.

#### 4. Associated Knowledge Areas

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

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

##### External factors which affected outcomes

- Other (No specific external factors affected the outcomes.)

##### Brief Explanation

No specific external factors affected the program other than typical societal pressures and personality traits that result in divorce.

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

##### 1. Evaluation Studies Planned

- Retrospective (post program)
- Before-After (before and after program)
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

##### Evaluation Results

Fifty-three percent of class participants were female and the remainder were male (45%). At the time of class participation, current relationship status of participants included considering separation or divorce (2.7%), separated from partner (2.7%), in the divorce process (43%), and completed the divorce process (34%). Additionally, 14% of respondents were never married to the child's other parent at the time of class participation.

The largest behavior changes were reported in communicating successfully with the other parent about issues (M = 2.58 before program versus M = 3.17 after program), and in controlling angry or negative responses to the other parent (M = 3.34 before program versus M = 3.92 after program).

##### Key Items of Evaluation