

V(A). Planned Program (Summary)

Program # 7

1. Name of the Planned Program

Sustainable Youth, Families, and Communities

Reporting on this Program

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
608	Community Resource Planning and Development	15%			
724	Healthy Lifestyle	60%			
802	Human Development and Family Well-Being	20%			
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	5%			
Total		100%			

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	30.5	0.0	0.0	0.0
Actual Paid Professional	29.2	0.0	0.0	0.0
Actual Volunteer	1775.0	0.0	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
329563	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1990868	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1315566	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- .. Community Development (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- .. Connecting 4-H Youth to Senior Companions
- .. General Activities-Sustainable Youth, Family and Community Development (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- .. General Activities-Sustainable Youth, Family and Community Development (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- .. Human Development (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- .. Human Development (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- .. Parenting Education (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- .. Senior Companion Program (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

2. Brief description of the target audience

- .. 4-H Volunteers (Adult)
- .. 4-H Youth (Youth)
- .. Agricultural Workers (Adult)
- .. Business Assist Organization Staff (Adult)
- .. Community Leaders (Adult)
- .. CountyExecutiveCommittee Members (Adult)
- .. Eat Well Participants (Youth)
- .. EFNEP Participants (Youth)
- .. Extension - staff (Adult)
- .. Extension Staff (Adult)
- .. Families (Adult)
- .. General Public (Adult)
- .. General Public (Youth)
- .. Home Gardeners (Adult)
- .. Parent Educators (Adult)
- .. Parents (Adult)
- .. Senior Companion Program Volunteers (Adult)
- .. Teachers (Adult)
- .. Volunteers (Adult)

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	3834	3145	18604	1057

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

Patent Applications Submitted

Year: 2012
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2012	Extension	Research	Total
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training

Year	Actual
2012	9758

Output #2

Output Measure

- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Year	Actual
2012	528

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Increase life skills (healthy relationships, decision making, problem solving, parenting, lifespan development, communication, etc
2	Demonstrate application of subject matter knowledge
3	Increase career aspirations & goal setting
4	Reduce carbon footprint
5	Reduce waste
6	Adopt sustainable living practices
7	Engage positively in their community
8	Train, support and mentor others in leadership roles
9	Demonstrate application of leadership skills
10	Demonstrate civic engagement
11	Assess community needs and assets
12	Strengthen community capacities, human capital, building partnerships
13	Adopt effective community strategies
14	Adopt food safety practices
15	Apply knowledge of risks to food safety
16	Integrate regular physical activity into daily life
17	Demonstrate application of life skills

Outcome #1

1. Outcome Measures

Increase life skills (healthy relationships, decision making, problem solving, parenting, lifespan development, communication, etc)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	12980

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #2

1. Outcome Measures

Demonstrate application of subject matter knowledge

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	4553

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Hunting has a long tradition in Maine and many homes contain firearms. Children are naturally curious, especially about guns, and cannot tell the difference between a toy and a real weapon until around age eight. According to the National Institutes of Health, children and teens commit more than half of all unintentional shootings. Young people need to understand the risks posed by firearms, and when participating in activities such as hunting or target shooting, need to know how to do so safely.

What has been done

Shooting sports are an integral part of the outdoor learn-by-doing curriculum at the UMaine 4-H Camp and Learning Center at Bryant Pond, our state headquarters for 4-H Shooting Sports. Our program complies with the National 4-H Shooting Sports policies and guidelines for teaching good self-concept, character, and the safe and ethical use of firearms.

Results

Typical of most years, during 2012 35 adults were certified to teach shooting sports to 4-H clubs, and over 850 youth ages of 9 - 18 received firearm safety training through 4-H programs. Through certified instructors youth have learned the rules of safely handling firearms and archery equipment, that guns have the potential to be deadly weapons, and they must be treated with respect. The National 4-H Council believes that firearms education reduces gun accidents and accordingly, Maine youth are safer as a result of the 4-H Shooting Sports Program.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

Increase career aspirations & goal setting

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	4361

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Robotics: By 2020, three-quarters of all jobs will be science and engineering related and 123 million people will be needed nationally to fill them if current educational trends continue. Providing opportunities for successful engagement in science, technology, engineering, and mathematics (STEM) can help develop an early interest and start young people on a path to successful careers in STEM related fields.

What has been done

UMaine Extension's 4-H Youth Development program addresses this need in part by providing training for adults and hands-on projects for youth in robotics. In 4-H clubs and residential camps, robotics provides a way to learn and apply STEM skills to real world issues and challenges. In 2012 STEM programs were well integrated into our program and UMaine Extension hosted two Robotics Expos where 163 4-H'ers shared projects they had developed with parents and peers. This year's 4-H National Youth Science Day Experiment also provided opportunities to work with robotic technology.

Results

: This year approximately 1,300 Maine youth developed skills and interests in STEM disciplines through 4-H robotics, and were assisted by dozens of newly trained volunteers. Through Robotics, youth have developed college and career aspirations related to all four STEM disciplines. Evaluation of 4-H Science continues to show that exposing youth to science improves performance in subjects related to STEM and that they are more likely to express intent to pursue STEM careers. This is true statewide in Maine, and is well documented in a 2013 report from National 4-H, 4-H Science Initiative From Inception to Impact [<http://www.4-h.org/>].

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Reduce carbon footprint

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	3521

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #5

1. Outcome Measures

Reduce waste

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	4637

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #6

1. Outcome Measures

Adopt sustainable living practices

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	7574

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #7

1. Outcome Measures

Engage positively in their community

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
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2012

3309

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Operation Military Kids (OMK): Over 4,000 school-aged military-connected youth live in Maine. When a parent is deployed, children must deal with stressors that can lead to depression, anxiety, and behavior problems. When a family member returns, the long-awaited homecoming may be another difficult period of readjustment while relationships and roles are redefined. The goal of our 4-H Youth Development Program is to provide a network of support for these youth and their families in the face of change and uncertainty.

What has been done

OMK is a UMaine Extension program that is partially funded through the Department of Defense that focuses on the needs of military-connected youth and their families. Our OMK team works in partnership with local military, community groups that support the military, and organizations that serve youth to design and deliver educational and recreational programs, including summer residential camps, to youth. Our programs included efforts to help raise awareness of the issues of deployment on military-connected youth and families.

Results

Since 2008 OMK programs have reached nearly 6,900 youth in Maine and 2,500 military service men and women, increasing their capacity to build skills and create a sense of belonging and engagement within families and with military and community peers. Over 350 school counselors, and 22,600 childcare providers, school nurses, community counselors, social workers, and camp staff were educated on the stressors affecting military youth and families, increasing the capacity of school personnel to understand this issue. On a recent evaluation of OMK youth attending teen adventure camps in Maine more than 90 percent learned that there were people they could depend on when needed, 85 percent learned to understand relationships that can support them in an emergency, and 73 percent indicated they gained the self-confidence to be helpful to their OMK peers and others. Ninety percent felt as if they now had a support group with other campers and would like to return to camp in the future. One camper said: When my dad left, I buried myself in books thinking the world was an awful place. This camp pulled me out of that and showed me there are people who care if I'm here or not.

4. Associated Knowledge Areas

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

Outcome #8

1. Outcome Measures

Train, support and mentor others in leadership roles

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	3160

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

eLearning for an Army of 4-H Volunteers: Maine youth need a safe environment in which they can live and grow through mutual learning and respect. With huge economic challenges facing schools, non-traditional programs like 4-H are of even greater significance to children and the community than ever before. In Maine, as in other states, our most important role is to recruit, train, and coordinate the work of high quality youth and adult volunteers - there cannot be effective 4-H programs without well-trained volunteers.

What has been done

In 2010, UMaine Extension implemented a new web-based training program that makes it easier for volunteers to complete their initial training without compromising the quality of their experience. The majority of training can be done at home, around individual schedules. Once complete, volunteers engage in assignment and/or location specific face-to-face trainings by our staff. In the past year, 700 volunteers have completed the eLearning series.

Results

Web-based training reduces staff time while providing consistent teaching and training to all volunteers. Research shows that youth who participate in positive development opportunities are more likely to be involved in their communities and less likely to get into trouble or make choices that could negatively impact their lives. In 4-H, young people acquire the knowledge, life skills, leadership abilities, and attitudes to help them succeed. During 2012 over 29,000 youth were generously supported by more than 1,500 adult and 6,000 youth volunteers in Maine's 4-H Youth Development Program through clubs, camps, schools, nutrition programs, and after school programs.

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development

Outcome #9

1. Outcome Measures

Demonstrate application of leadership skills

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	3381

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #10

1. Outcome Measures

Demonstrate civic engagement

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	2018

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

4-H Service Learning and Curriculum Integration: Middle school is a crucial time for students as they change developmentally and form behaviors that will guide them as adults. Ten percent of the middle school population in rural areas of Maine are failing academically and in danger of dropping out. Students can re-engage in school when they are given real life problems to solve and meaningful decisions to make, and find a measure of success. Our goal is for them to stay in school, go on to college, and live meaningful lives.

What has been done

At 14 rural middle schools in western Maine, UMaine Extension combined science, technology, engineering and math concepts with service learning projects and mentoring to engage students. Teams of students worked on problems within their own communities. Classes took place in school, afterschool, and at residential 4-H camps, and comprised 20 to 40 percent of their formal schooling. More than 180 students took part, a mix of at-risk students and above average learners.

Results

In the first full-year pilot (2011), grades and attendance dramatically increased, as did positive attitudes toward learning. From spring of 2011 to spring of 2012, scores reported by the Northwest Evaluation Association standardized testing service increased an average of 11.5 points for 8th graders and 5.6 points for 7th graders in science, 11.5 points for 8th graders and 8.6 points for 7th graders in language and reading, and an average of 6.5 points for both grades in math. These are phenomenal changes; a three-point increase represents an entire year of learning. As one student wrote, "You encouraged me to do things I never thought I could do. I never thought I would be part of a big project that stretched all over Bethel!!" The success achieved by these students has created a new culture for change and innovation in area schools. It's changing the way teachers think about chronically disengaged students and the way they teach.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #11

1. Outcome Measures

Assess community needs and assets

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	850

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #12

1. Outcome Measures

Strengthen community capacities, human capital, building partnerships

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	1123

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Gardening for Youth; A Cultural Community Bridge: New settlement patterns are emerging for many migrant farm workers who work in Maine each year. An example, over 200 Latino migrant workers and their families have permanently settled in the town of Milbridge (pop. 1,200), in rural Washington County in the last few years to take advantage of jobs harvesting blueberries, making holiday wreaths, and processing fish. As the largest minority group in Maine, Hispanics add diversity and cultural breadth to a very white state. Integrating and building trust in a new community is a slow process.

What has been done

In 2012, UMaine Extension reached out to the Washington County Latino community through our Kids Can Grow program, a program teaching health and nutrition to young people by growing gardens and cooking its bounty for their friends and families. For this course, promotional materials and orientations were done in Spanish. Participants worked on a group garden at a local housing complex, and applied what they learned to grow their own gardens at home. Community volunteers helped them with their gardens throughout the growing season, and helped the children introduce their homegrown produce into their households.

Results

The Kids Can Grow program is becoming a bridge between the Milbridge Latino and non-Latino communities. The program has provided an opportunity for UMaine Extension to work directly with Mano en Mano, the organization supporting Washington County Latinos and is improving health and nutrition in a culture that often has high levels of diabetes and obesity. The experience is positive for kids who are gaining life skills through mastery of an important and positive skill, and are finding respect within their own families in their role as provider and cook. The youth are pivotal in breaking down language and cultural barriers between the community and their families. The ripple effects of positive change continue to reverberate as the Kids Can Grow program is expanding to local schools.

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
724	Healthy Lifestyle
802	Human Development and Family Well-Being

803

Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #13

1. Outcome Measures

Adopt effective community strategies

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	5336

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #14

1. Outcome Measures

Adopt food safety practices

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	122

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #15

1. Outcome Measures

Apply knowledge of risks to food safety

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
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2012

256

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #16

1. Outcome Measures

Integrate regular physical activity into daily life

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	8865

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #17

1. Outcome Measures

Demonstrate application of life skills

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	67

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Evaluation initiatives measured knowledge gained and behavioral changes that contribute to sustainable youth, families, and communities in Maine. Methods included:

- .. Pre, post, and retrospective activity assessments
- .. Surveys
- .. Observations
- .. Case studies

Key Items of Evaluation