

V(A). Planned Program (Summary)**Program # 10****1. Name of the Planned Program**

Family Relations

 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
802	Human Development and Family Well-Being	100%		100%	
	Total	100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	8.1	0.0	5.1	0.0
Actual Paid Professional	7.4	0.0	8.0	0.0
Actual Volunteer	1.2	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
409847	0	195040	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
775106	0	733614	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
942527	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

MAES supported family relations research in 2012 examined characteristics of family systems to identify the impact of environment and decision-making on quality of marriage and family life. Specific

research projects addresses positive family development, and effective services that aim at security for the individual and family unit. Continuing 2012 research efforts include study of processes and patterns of community adaptation, acceptance of youth and frail elders and various minority groups in Minnesota, i.e. Latino/a, Hmong, Vietnamese, Native American and Somalian. Some examples of 2012 progress in family relations research:

- A culturally relevant mental health screening tool has been developed for four refugee populations resettling in Minnesota. The screening tool is being implemented across cultural group. A pilot family intervention was conducted in Northern Uganda the summer of 2012 to test the feasibility of using the tool in that country and to assess preliminary mother and child outcomes.
- An intervention program aimed at improving parenting and child adjustment among formerly homeless families now residing in supportive housing communities was tested and evaluated. Results showed that parents with low parenting skills at the beginning of the program had children who particularly benefited from the intervention.
- In 2012 researchers developing strategies to engage fathers to prevent early child exposure to violence conducted six focus groups with fathers and two groups with mothers. The project findings led to an engagement with the practice community that works with new and expectant fathers and a community forum on transition to fatherhood issues.
- Long term studies on marital reconciliation and divorce decision making has led to a new counseling protocol called discernment counseling that U of M researchers are pioneering. It is designed to engage married couples where the individuals within the marriage have different agendas with regard to divorce, and offers couples a new way of looking at all options available with emphasis placed on restoring health to the relationship.

In 2012, **Extension's** Family Relations team focused effort on three important efforts to address current issues for children and families in Minnesota. 1) At the request of the Minnesota Supreme Court, the team launched an online version of the successful Parents Forever course for parents. (Evaluated results of the program are typically reported to NIFA.) Providing an online 24/7 opportunity to receive parent education during the transition of divorce is not only convenient, it is necessary to reaching the audience at a critical time. The team developed the online course and evaluated it for knowledge and behavior change. 2) With funding from a multi-year Children, Youth and Families at Risk grant, the team expanded the Partnering for School Success program (PSS) to two rural school districts, focusing on Latino families whose educational outcomes fall well behind their white classmates. PSS uses a three-pronged approach, including parents, the community and the school. Evaluation results show that parents are more engaged in their children's school work and activities and schools are being more responsive to the needs of Latino parents. 3) The team is providing parenting education curriculum to help parent educators deliver co-parenting education to unmarried parents whose children can benefit from co-parenting relationships. The team is also testing a family skills training to prevent tobacco and other substance use in Latino youth.

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 directly serves parents who are divorcing, parents of adolescents and parents of pre-school and school-aged children. The family relations team reaches out with great efficacy to participants of color. In 2012, 32 percent of program participants were persons of color.

Research target audiences also include Extension educators, community action participants, family social scientists, social workers, marriage counselors, and caregivers.

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	4920	136000	276	0

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	7	20	27

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Publications will be distributed.

Year	Actual
2012	7500

Output #2

Output Measure

- Professionals will be trained.

Year	Actual
2012	1457

Output #3

Output Measure

- Parents will participate in Extension trainings.

Year	Actual
2012	3937

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	Research will provide information to devise educational programs to support Minnesota families.

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

Year	Actual
2012	86

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In community settings, schools, nonprofits, and health care settings, professionals have the opportunity to engage parents in discussions about raising children. Research can better inform these discussions, and can provide practical skills and knowledge that can help those who work with families of teens.

What has been done

We offer short term, non-credit professional development opportunities to professionals working with families of teens. "Research Updates for Professionals" explore current research on specific topics in the field of normative adolescent development and what it means for the two-way parent-adolescent relationship. Participants reflect on course content and explore what it means for their day to day work.

Results

In post-course assessments, 86 percent of participants reported that they had improved their skills regarding best practices for improving parenting skills.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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	Actual
2012	88

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to a recent report by the Department of Education, Minnesota has the greatest gap in the United States regarding educational outcomes between white students and students of color. The greatest educational disparity is occurring among Latino students.

What has been done

The Partnering for School Success Program is a U of M Extension program that targets families and schools, focusing on developing partnerships for students' academic success. As part of this effort, an educational curriculum was developed for Latino families, titled: Educacion Nuestra Major Herencia/Education is Our Legacy.

Results

Fifty Latino parents who attended the program in 2012 reported the following results: A comparison of means between pre-post tests showed statistically significant increases in validated scales designed to measure knowledge, attitudes and behavior around home discussion and communication, home supervision regarding homework and other school related activities, as well as parent communication with the school. It also shows a statistically significant increase in Latino parents' abilities to navigate the U.S. school system. Analysis of participant reflections also revealed that participants were motivated by a concern for their child's academic success, overall education, as well as their future.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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	Actual
2012	81

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Parents play a critical role in their children's adjustment following divorce. Research about children of divorced households has determined that sustained conflict following divorce can produce negative eventual outcomes for children.

What has been done

Parenting couples who are experiencing a contentious divorce in Minnesota are mandated by courts to attend Parents Forever classes. This curriculum was developed and evaluated by the University of Minnesota Extension. Extension trains all community trainers so that the program is available across the entire state of Minnesota.

Results

Based on pre-post data on 341 parents who participated in one course series of Parents Forever, statistically significant improvements were made both in terms of parents communicating with their children and encouraging children to spend time with the other parent. As a result, parents report at a statistically significant level that their children are doing well in comparison to other children their age. Both mothers and fathers made statistically significant improvements in terms of not talking badly about the other parent in front of children, reducing conflict in front of children, and parents were less likely to put children in the middle when dealing with co-parenting issues.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Research will provide information to devise educational programs to support Minnesota families.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

New immigrant and migrant families face many unique stresses on their family life. Minnesota family support professionals have a lack of information about those unique stresses, especially in the case of migrant Mexican agricultural workers and their families. Almost all Latino/a workers migrate for economic reasons; they hope to earn a decent living so they can send money home to improve the lives of the families they left behind. Some workers migrate alone, leaving family behind; others bring immediate family members with them but may leave aging parents behind in their home countries. Thus, their personal lives can be characterized as bi-national ? spanning two countries, languages, cultures, economic systems, and ways of life.

What has been done

Mexican agricultural workers in Southern Minnesota and one of their family members in Mexico were interviewed to better understand their work and family situations.

Results

Research results were used to develop an Extension program that is currently being delivered in rural communities, particularly in southeast Minnesota where a significant percent of the agriculture workforce is Latino. The educational program, including a video that features research findings, has received positive feedback with reports that employers, co-workers, and human service professionals are finding it helpful in their work.

4. Associated Knowledge Areas

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

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Appropriations changes

Brief Explanation

No factors negatively affected outcomes. Direct contact with adults increased by nearly 25 percent in 2012. This is the result of increased staffing, online offerings, and new University of Minnesota partnerships to reach the targeted audiences.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Extension's Family Relations programs are thoroughly evaluated for curriculum success. Besides being accountable to our stakeholders for delivering effective programming, we test our approaches and offerings so that we can inform programs and professionals in the field of parent education and family support about what works in supporting healthy child development through parents.

To that end, the evaluation design for family relations programs includes randomized control trial studies, pre-post and follow up design, and post-program surveys.

Evaluations are finding statistical evidence that programs are meeting their goals for knowledge and behavior change, as described in these outcome measures.

Key Items of Evaluation

Parents Forever is one example of a research-based and Extension-evaluated program that addresses important issues in parent development. Parents Forever is a court-mandated program for families experiencing a contentious divorce, and has the goal of helping parents put their child's healthy development above their own needs. A 2012 evaluation demonstrates significantly improved parenting practices for divorcing parents. Parents' communications with children improved. Parents were encouraging their children to spend time with the other parent more often. Both mothers and fathers made statistically significant improvements in terms of not talking badly about the other parent in front of children. Parents also reported they were less likely to put their children in the middle when dealing with co-parenting issues. Parents who completed the classes indicate that now they understand the need for both parents to be involved in their children's lives. Significantly, parents report that their children are doing well in comparison to other children their age.