

V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program

Strengthening Families

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
801	Individual and Family Resource Management	50%			
802	Human Development and Family Well-Being	50%			
	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	24.0	0.0	0.0	0.0
Actual Paid Professional	27.0	0.0	0.0	0.0
Actual Volunteer	0.0	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
414917	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1483747	0	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

In 2012, the Strengthening Families planned program at West Virginia University Extension worked towards improving the financial wellbeing of WV families and building strong primary adult and child/parent relationships in WV families. The goals of the program include: 1) increasing knowledge and skills related to financial decision-making and family relationships; 2) ensuring the success of those who teach others about financial education and family relationships; 3) increasing collaborations between WVU-ES and community organization in order to strengthen families; 4) increasing the number of participants who are certified to provide childcare and offer relationship, parenting or financial education; and 5) increasing the amount of money raised as in-kind contributions to sustain programs.

Financial Management - In 2012, there were **28** educational activities reported in the financial management program area, **1714** direct adult contacts and **606** direct youth contacts. The major initiatives within this program area were: Money Habitudes, Understanding Economic Diversity, Get A Life, and Financial Freedom. WVU-ES educators produced two educational publications about family finance.

Parenting Education - In 2012, there were **88** educational activities reported in the parenting education program area, **2,682** direct adult contacts and **876** direct youth contacts. The major initiatives within this program area were: Healthy Families/Healthy Children program, the Strong Families Eat Together program, Parenting Piece by Piece, Stewards of Children, and Parenting Apart. WVU- ES educators produced five educational publications and presented at one national professional conference.

Adult Relationship Education- In 2012, there were **875** educational activities in the adult relationship program area, **15,162** direct adult contacts and **12,488** direct youth contacts. The major initiatives within this program area were: Healthy Children/ Healthy Families Initiative, The Five Love Languages, and How Not to Fall in Love with a Jerk, PREP Marriage Preparation Training, 10 Great Dates, and True Colors. WVU-ES educators produced 15 educational publications, and presented at five professional conferences.

Childcare Training - In 2012, there were **11** educational activities reported in the childcare training program area and **313** direct adult contacts. The major initiatives in this area are the ACDS Childcare Provider Training and Making a Difference - the Mandate to Report training program.

2. Brief description of the target audience

West Virginia parents, high school students, childcare providers, older adults, kin caregivers, school teachers, prison inmates, WV citizens in significant relationships, Extension agents, and social service personnel.

3. How was eXtension used?

One specialist is involved with the Family Caregiving CoP as an evaluator and content contributor.

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	19571	90727	13970	39142

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	1	0	1

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of educational activities

Year	Actual
2012	1016

Output #2

Output Measure

- Number of educational materials created or updated.

Year	Actual
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2012 3

Output #3

Output Measure

- Number of educational materials distributed.

Year	Actual
2012	90727

Output #4

Output Measure

- Number of outside organizations collaborating within this program area

Year	Actual
2012	5

Output #5

Output Measure

- Number of professional presentations

Year	Actual
2012	12

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of participants who increased their knowledge.
2	Number of participants who improve or increase their skills.
3	Number of participants who change a behavior or use a new skill
4	Number of participants who train others
5	Amount of money raised by participants to support the program
6	Number of people certified or license to practice in the field
7	Number of groups or organizations that change their procedures and/or policies
8	Number of new groups or organizations that are established or enhanced
9	Number of physical or social effects, such as disease, pollution, or crime that are reduced or eliminated
10	Number of economic improvements
11	Number of social improvements

Outcome #1

1. Outcome Measures

Number of participants who increased their knowledge.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	251

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Since 2005, through the Healthy Children Healthy Program, WVU-ES has worked toward decreasing the economic, psychological, and physical costs of unhealthy couple relationships in the communities of West Virginia by promoting and providing research-based, skill-focused education in relationships and marriage. Grant funding ended this year, however, WVU Extension faculty and partners continue to deliver these programs, including one called "Five Love Languages."

What has been done

County Extension agents offered the training entitled "Five Love Languages" at 19 venues throughout the year. In 2013, a team of agents and specialists will conduct research to determine the benefits of this program.

Results

251 participants gained knowledge of the five love languages and expressed motivation to practice them in within their primary relationships.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

Outcome #2

1. Outcome Measures

Number of participants who improve or increase their skills.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	225

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Knowing normal child development information will help parents to adjust expectations and responses to their child's level and needs. This will help parents manage their children more appropriately. Parents and children need to deal with their feelings, encourage each other to take responsibility, and use effective communication strategies.

What has been done

WVU-ES county faculty have offered the Parenting Piece by Piece training to parents within the state in a variety of venues including prisons, court-required parenting classes, and the like. Thirty classes were offered.

Results

225 participants gained skills in recognizing personal and parenting strengths, managing stress, listening and attending to their children's feelings and ideas, modelling of appropriate behaviors, problem solving, establishing and maintaining reasonable limits, and finding, using, and creating community resources that benefit their children.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

Outcome #3

1. Outcome Measures

Number of participants who change a behavior or use a new skill

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	239

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to Stop It Now®, 2012 has been a "watershed year" in the area of public awareness about child sexual abuse. Several high-profile cases revealing widespread, unchecked sexual abuse of children have catapulted this issue into the media limelight. The impact of these cases has been a dramatic shift in public opinion about the common occurrence of child sexual abuse and the damaging impacts on children.

What has been done

Extension professionals, staff of youth-serving organizations such as Starting Points, and parents attended a three-hour seminar taught by a WVU-ES specialist and county agents.

Results

10 WVU-ES faculty members, Energy Express mentors and site supervisors, and HR representatives improved their skills in recognizing and reporting child abuse.

222 parents and staff of youth-serving organizations improved their skills in recognizing and reporting child abuse.

7 WVU-ES faculty received certification to teach Stewards of Children. WVU-ES now has a total of 11 certified trainers to meet the need.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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- 801 Individual and Family Resource Management
- 802 Human Development and Family Well-Being

Outcome #4

1. Outcome Measures

Number of participants who train others

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	9

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Among stress management approaches, mindfulness-based stress reduction has shown promise in positively impacting physiological as well as emotional correlates of stress. "Mindfulness" has been described as paying attention, on purpose, to the present moment, and with a non-judgmental attitude. (Kabat-Zinn, 1994) Mindfulness involves training in gently focused awareness. Simple self-regulation practices are taught which can lower one's reactivity to stress triggers.

What has been done

Our family life specialist and a county agent trained Extension faculty from 9 states in the Stress Less curriculum at the Priester Extension Health Conference. The educational package was made available on the web. A day-long training for professional social workers and counselors was created. Three county agents were trained in reproducing the curriculum. Materials were peer-reviewed and disseminated to agents and human service professionals.

Results

9 Extension faculty from 9 states gained skills in conducting the Stress Less training for their county clients. They plan to carry out the training in their state.

PEIA, our state health insurance provider, has expressed interest in having WVU Extension provide curricula for PEIA insured individuals. Their top state-wide priority is stress management, citing WV-DHHR studies showing the high medical cost of stress. We have submitted a proposal and once a Memorandum of Understanding is signed, the family and Human Development specialist will be streamlining Stress Less materials for a fall, 2013 roll-out. Three agents have

been trained and will teach the classes in their counties.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

Outcome #5

1. Outcome Measures

Amount of money raised by participants to support the program

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	126755

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Educational programs, offered by WVU-ES are funded through traditional sources such as federal, state, and private funds. However, most could not be implemented with the same quality without the in-kind donations of volunteers and participating organizations.

What has been done

The Healthy Family/Healthy Children program was funded until July1, 2012 by a grant from the WV Department of Human Resources. In addition to those funds, additional in-kind contributions were made from volunteer hours, donated meeting space, and donated food and refreshments for educational programs.

Results

As a result of in-kind donations of \$126,755, the Healthy Family/Healthy Children Initiative was able to increase public awareness about the value of healthy couple and parent-child relationships, increase the knowledge and skill of couples to form and sustain healthy marriages and family relationships, build a network of county-based coalitions to assess needs and to plan and deliver locally relevant educational and family-strengthening activities, provide relationship, parenting, and financial education promoting healthy families and healthy marriages by training

and certifying coalition leaders and members to teach the chosen relationship curricula to residents of their communities and helped change public policy with the legislative, and maintain and improve program evaluation process to evaluate outcomes and impact.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

Outcome #6

1. Outcome Measures

Number of people certified or license to practice in the field

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

Number of groups or organizations that change their procedures and/or policies

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	1

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The West Virginia Apprenticeship Child Development Specialist (ACDS) promotes highly skilled, confident, early childhood employees; quality early childhood classrooms; and informed, supportive early childhood professionals.

What has been done

WVU-ES has contributed to the enhancement and promotion of this organization for several years by designing and implementing classes that count for accreditation. Some of our agents have taught classes on a regular basis. This year, classes for childcare providers have been taught in

7 venues to 226 participants.

Results

This year the WV ACDS added programs on child abuse and neglect issues, an initiative of WVU-ES.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

Outcome #8

1. Outcome Measures

Number of new groups or organizations that are established or enhanced

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	1

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

While the American economy continues to change and grow many of them are working, but still living below the poverty line because of economic globalization and their lack of employable skills. This is especially true in West Virginia. In West Virginia, interest remains strong from educators and social service providers to better understand and instruct children and families from poverty.

What has been done

WVU-ES faculty taught classes on understanding economic diversity which included poverty simulations. This year, a Families and Health agent taught 9 classes with 1,359 participants. These are held in schools and community organizations. In the simulations, some play the part of community people while others play the part of individuals living in poverty.

Results

Adult participants gained knowledge and skill in utilizing the following concepts in their work with West Virginia clients: the 12 key points of poverty; the hidden rules of three economic classes;

how family structure impacts poverty; the eight resources and determining which resources individuals are lacking; the difference between casual register and formal register in language; how discipline differs in poverty; the importance of relationships, and strategies for "making deposits" and for discipline.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

Outcome #9

1. Outcome Measures

Number of physical or social effects, such as disease, pollution, or crime that are reduced or eliminated

Not Reporting on this Outcome Measure

Outcome #10

1. Outcome Measures

Number of economic improvements

Not Reporting on this Outcome Measure

Outcome #11

1. Outcome Measures

Number of social improvements

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes

Brief Explanation

A grant from the WV Department of Health and Human Resources has discontinued a large grant to WVU Extension which funded the Healthy Families/Healthy Children program. The program is continuing with less funding through state funds.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

For the Healthy Families/Healthy Children program:

- 216 childcare providers, family court judges, supreme court administrators and educators such as Extension agents and specialists have used the protocol to guide their decisions about disclosing and acting on reports of domestic violence.
- 507 individuals taught other people in their communities using curricula for which they received training by faculty members in the Strengthening Families section of WVU-ES Families and Health Unit.
- 17,136 participants gained knowledge and skill in parenting, including: 1) protecting children against sexual abuse, 2) establishing rules and routines for children, 3) the importance of eating together as a family, 4) accessing resources to meet the needs of the families and children, and 5) finding resources for inmates and their families after they leave prison.
- 3,804 family members gained skills in identifying types of spending habits, setting goals and creating budgets, and changing patterns of spending and saving. In addition, citizens gained skills for applying for the Earned Income Tax Credit.
- 27 providers were certified in "Parenting Piece by Piece," a parent education curriculum for high-risk, low-literacy parents.

For the Stress Less with Mindfulness program

Pre-test and Post-test retrospective surveys were administered after two Stress Less With Mindfulness workshops on 10/12/2012 (N=23), and 4/11/2012 (N=15). The surveys principally looked at if participants would use the tools that they were taught, and how they would implement them. Overwhelmingly participants indicated that they would do things differently after hearing information taught in the workshop. The most common things that participants said they would do differently included: mindful breathing, laughing more, being more mindful of their eating, and allowing for personal time to de-stress. 100% of 48 Nutritional Outreach Instructors intend to do something differently after hearing the presentation including: take time to breathe, worry less, be more aware of mindless eating, and install mindfulness bell on my cellphone and use it.

For the Preventing and Reducing Child Sexual Abuse program:

Impact analysis of the class evaluations using aggregate sample t-tests showed significant gains in two areas: 1) knowledge about child sexual abuse and 2) willingness of adults to

engage in behaviors to protect children. A remarkable finding is that parents and professionals increased willingness to change 100% of the behaviors identified as protecting children.

Key Items of Evaluation