

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

**Program # 3**

**1. Name of the Planned Program**

Family and Youth Development

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
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%
	<b>Total</b>		100%		0%

**V(C). Planned Program (Inputs)**

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

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	22.0	0.0	0.0
Actual Paid Professional	0.0	20.0	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
0	1937477	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	115118	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 Regions; Kansas City, St. Louis, Central, and Southeast regions all have similarities and differences. However, all have been developed to design, implement, and evaluate educational programs for youth and families at-risk. Program implementation includes club member retention, 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 and these are meetings that address topics related to self-esteem, nutrition, fitness, computer skills, relationships and parenting.
  - Afterschool Tutoring Program: Programs are to assist students K-8 with homework, tutoring, computer classes, reading and math labs, life skills, arts, and crafts and recreation. Collaboration with the National Book Bank provides donations of books to non-profit organizations.
  - Fitness Program: LUCE currently offers the 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 Abstinence Program, for youth 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 and is to provide 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 will not limited to homework assistance, open-microphones to develop their skills in public speaking/poetry, teen talk to discuss youth community issues and concerns, and educational games as well as activities that teach to enhance their life skills. Offered through 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. Our initiative is to provide a power-hour implementing homework assistance for youth after school, provide life skills activities that teach addressing 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. This activity 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 community.

**Specific examples of activities in the Southeast Missouri 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 for all ages.
  - Back-to-school rally to prepare students for the upcoming school year.
  - HIV/AIDS/STD Awareness Day
  - Summer Camp, a partnership with YMCA, community and state agencies 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, 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 Cole Co. area will become more aware and knowledgeable about importance of adopting a healthy lifestyle.
- Participants will become proactive in seeking health information.
- 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.
  - Family and community empowerment experiences to assist parents helping their children close the educational achievement gap.

**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.

Program to address childhood obesity for parents and youth.

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.

A Gathering of Kings 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

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

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 public housing developments.

**3. How was eXtension used?**

eXtension was not used in this program

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	4103	3886	12894	9543

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

**Patent Applications Submitted**

Year: 2013

Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2013	Extension	Research	Total
<b>Actual</b>	1	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	Actual
2013	193

**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 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, 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 life skills.

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

- 1890 Extension

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

Change in Knowledge Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2013	0

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

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

Lack of availability of services and resources for 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, make better life decisions, and show more leadership skills.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
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, and 5) Better life choices.

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

- 1890 Extension

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

Change in Action Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2013	0

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

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

Lack of availability of services and resources for 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 (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	Actual
2013	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**

<b>KA Code</b>	<b>Knowledge Area</b>
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**

- 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.

## **V(I). Planned Program (Evaluation Studies)**

### **Evaluation Results**

A survey of statewide regions resulted in a huge response from stakeholders. This input allows staff to make necessary program adjustments.

### **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.