

V(A). Planned Program (Summary)

Program # 4

1. Name of the Planned Program

Family Issues, Resources and Environments

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	45%			
802	Human Development and Family Well-Being	45%			
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	10%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	2.8	0.0	0.0	0.0
Actual Paid Professional	2.0	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
41341	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
85682	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Conduct workshops in all areas
- Develop support groups where and when necessary
- Partner with agencies, associations, organizations, real estate personnel, county health officials, Montana Building Industry Association.
- Conduct Seminars on Estate Planning and Healthy Indoor Environments
- Revise MontGuides (fact sheets) to reflect the changes in state and federal laws related to estate planning.
- Develop publications on asthma awareness, lead-based paint and other home environmental issues.
- Conduct webinars when appropriate, develop/maintain current web sites, use other electronic opportunities when appropriate (Face Book, etc.)

2. Brief description of the target audience

- Caregivers of people with chronic illness
- Home health care providers
- Certified nursing assistants
- Tribal members
- Farmers/Ranchers
- Montana Financial Educational Coalition Partners
- 4-H Leaders
- State Agency Employees
- Home Builders, housing authorities, real estate professionals
- Remodeling Contractors
- Weatherization Contractors
- Homeowners
- Senior Citizens
- Parents/Grandparents
- Montana Department of Family Services

3. How was eXtension used?

Extension professionals and clientele are encouraged to use the eXtension system as a resource for locating information and educational materials related to specific questions and interests.

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	5968	231882	751	43266

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
Actual	24	0	24

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Estate Planning Participants will attend in-depth seminars on estate planning and will begin to make plans for distribution of their estates. Distribute MontGuides on state and federal law changes to 1800 people who have purchased Estate Planning: The Basics Packet

Year	Actual
2013	2908

Output #2

Output Measure

- Grandparents Raising Grandchildren: Produce and distribute a bimonthly newsletter to all Extension Offices, grandparents, and others on the mailing list; currently 150 names. Provide support and assistance to start educational/support groups in local communities for grandparents who are parenting children. Currently, there are 15 in the state.

Year	Actual
2013	910

Output #3

Output Measure

- Housing and Environmental Quality Number of publications/fact sheets distributed. Number of participants attending home environmental workshops/programs. Number of people testing their wells, doing radon tests.

Year	Actual
2013	543

Output #4

Output Measure

- Parenting Piece by Piece Train county Extension agents in a train-the-trainer model for delivering an 8 week workshop to parents. Conduct 3 six week workshops in the state for parents who have limited parenting skills, are at risk for child abuse and neglect or are mandated by the Montana Department of Family Services.
Not reporting on this Output for this Annual Report

Output #5

Output Measure

- Powerful Tools for Care Givers: An estimated 100 people responsible for giving care to someone with chronic illness will learn steps in planning to provide adequate support and care. Caregivers will have tools to assist them in self-care as they provide or manage care for a friend or loved one.

Year	Actual
2013	50

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Powerful Tools for Care Givers: An estimated 100 people responsible for giving care to someone with chronic illness will learn steps in planning to provide adequate support and care. Caregivers will have tools to assist them in self-care as they provide or manage care for a friend or loved one.
2	Grandparents Raising Grandchildren: Grandparents will become aware of services available to support them as they raise their grandchildren. Grandparents will use current parenting strategies, prepare nutritious meals for themselves and their grandchildren, seek information to assist with their financial and legal issues related to parenting their grandchildren. Grandparents and their families will experience reduced stress and grandchildren will have a safe and nurturing environment to which to grow.
3	Housing and Environmental Quality: Participants will learn about an environmental health concerns common to new and existing homes e.g., molds, water quality, lead-based paint, radon, etc. Homes will routinely be tested/assessed and mitigated for environmental health issues such as molds, radon, asbestos, drinking water, carbon monoxide
4	Parenting Piece by Piece: Parents, especially those who have limited parenting skills, are at risk for child abuse and neglect or are mandated by the Montana Department of Family Services, will show evidence of improved parenting practices.
5	Estate Planning: Participants will make plans for the distribution of their property through estate planning. Families will become aware of state and federal laws impacting their estate planning situation.
6	Agricultural Pollution Prevention (Ag P2): resources for limiting environmental degradation related to agriculture will be available and actively distributed.
7	Community Health Resources Program: Extension offers leadership to state and federal efforts to provide targeted outreach to underserved, vulnerable, hard-to-reach populations regarding implementation of the Affordable Care Act (ACA)

Outcome #1

1. Outcome Measures

Powerful Tools for Care Givers: An estimated 100 people responsible for giving care to someone with chronic illness will learn steps in planning to provide adequate support and care. Caregivers will have tools to assist them in self-care as they provide or manage care for a friend or loved one.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	50

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The population of the state is aging with the fastest growing age group being those individuals over 85. Along with extended life expectancy comes a variety of chronic illnesses. Most older Montanans live on their own or with a spouse, yet they often require a certain level of caregiving. In rural areas there are few mental and other health resources to provide regular assistance. The people in caregiving roles can benefit from learning strategies that will make their efforts efficient and effective while maintaining their own health and well-being. This program allows family caregivers to find the tools they need to manage their lives and care for those they love.

What has been done

Six sessions of six week Powerful Tools for Caregivers classes were conducted with a total of 48 participants. In addition, many prior participants of the class continued meeting in informal support groups. Two people completed the requirements to become "Train the Trainers" increasing the opportunity to expand the numbers reached by qualified teachers of Powerful Tools for Caregivers classes.

Results

Data collected from class participants indicated an improvement in self-care behaviors, management of emotions, increased confidence in coping with caregiving demands and better use of community resources. A review of weekly action plans indicated that participants increased their success in finding 15-30 minutes 3-4 times per week to do activities they enjoyed. Participants wrote on final evaluations, "I learned to accept the disease", "I learned to see the condition as the cause of the problem, not the person", and "I learned the value of family meetings and that it is not all on my shoulders." Overall participants made statistically significant improvement on all items in the self-evaluation.

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

Grandparents Raising Grandchildren: Grandparents will become aware of services available to support them as they raise their grandchildren. Grandparents will use current parenting strategies, prepare nutritious meals for themselves and their grandchildren, seek information to assist with their financial and legal issues related to parenting their grandchildren. Grandparents and their families will experience reduced stress and grandchildren will have a safe and nurturing environment to which to grow.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	910

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

More than 6600 Montana grandparents are raising their grandchildren without parental involvement. These children often come to them because of family crisis. The grandparents are often ill-equipped to deal with the emotional, physical, financial and social hardships of raising children "a second time around". The Montana Grandparents Raising Grandchildren Project offers these caregivers support, education and access to resources so they can live happier, healthier lives. They can raise children who know emotional and physical safety, excel in school and social activities and are prepared to take on their new challenges. The Project focuses on grandparent well-being and providing research-based resources and support to manage the physical and emotional stress of kinship caregiving. The project especially focuses on rural areas of the state, including Indian Reservations, where services and support are difficult to find.

What has been done

Six locations have active groups that meet anywhere from weekly to monthly. Seven additional locations are actively working to set up groups. Eighteen additional locations have at least one facilitator available to answer questions, direct people to services, distribute literature and make presentations. Four grief seminars and one informational meeting was held on the Crow Indian

Reservation. Two train-the-trainer meetings were held with 10 new facilitators trained. Presentations were made at six statewide professional conferences. A new URL was purchased, www.montanagrandparents.org, and a new website is being updated. Marketing materials were developed and disseminated. The facilitators enhanced and developed new partnerships with AARP, Montana Department of Health and Human Service, Montana Office of Public Instruction, Generations United and Brookdale Foundation.

Results

Quantifiable data on the state level are difficult to collect as local facilitators who are trained volunteers, are not required to fill out formal evaluations. A new study is being initiated by the program founder to evaluate and analyze the program and a statewide conference will be held in 2014, setting up another good opportunity to collect data. As one example of impact, in Cascade County 31 families gained skills in how to speak to teachers during parent/teacher conferences, keeping grandchildren safe from drugs, social networking, grieving tips and securing local resources. The Grandparents Raising Grandchildren Program won the 2013 Generations United Grandfamilies Award and Dr. Bailey, program founder, received the MSU Excellence in Outreach Faculty Award.

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

Housing and Environmental Quality: Participants will learn about an environmental health concerns common to new and existing homes e.g., molds, water quality, lead-based paint, radon, etc. Homes will routinely be tested/assessed and mitigated for environmental health issues such as molds, radon, asbestos, drinking water, carbon monoxide

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	543

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Throughout Montana, consumers, real estate professionals, county health officers and others are reporting alarming incidences of home environmental issues and related health concerns. Radon levels in Montana are third highest in the nation and asthma has increased due to poor home environments. Mold has forced some homeowners from their homes and resulted in some homes having to be destroyed. Other home environmental issues common to Montana include asbestos in vermiculate insulation, drinking water contamination, improperly installed and maintained septic systems, carbon monoxide from faulty heating systems and lead-based paint.

What has been done

Twenty-eight training sessions related to healthy homes were conducted by the Weatherization Center. Classes included: Mobile Home Weatherization; Renovation, Repair and Painting Training and Certification; Warm Hearts Warm Homes; Asbestos Inspector Accreditation Refresher; Single Family Energy Audits and Lead Inspector/Risk Assessor Refresher. A total of 179 individuals from the Montana, North Dakota, Idaho and Wyoming successfully completed 389 hours of training provided through a combination of classroom, lab, and on-site instruction. The Extension Pollution Program administered the EcoStar Pollution Prevention Award Program which recognizes businesses and organizations that are championing pollution prevention. Extension managed the Housing Opportunities for People with AIDS/HIV (HOPWA) program.

Results

The Department of Energy claims a 35% reduction in energy use in homes that have been weatherized. By training contractors and providing resources, Extension helps low-income families save an average of \$437/year on an ongoing basis. In 2013, 22 organizations from 17 Montana communities earned EcoStar Awards. The award recognizes those taking environmentally responsible steps to reduce solid and hazardous waste, maximize efficiencies, conserve energy and water and improve air quality. The 22 winners' efforts conserved almost 7 million gallons of water and reduced waste by 41,493 pounds. In the latest reporting year, HOPWA assisted 142 individuals in Montana, South Dakota and North Dakota by helping them to find stable housing and connecting them with a case worker and medical services. Twenty-two individuals were assisted with finding employment. 200 additional individuals were offered support with landlord/tenant issues, housing services and other support.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

Outcome #4

1. Outcome Measures

Parenting Piece by Piece: Parents, especially those who have limited parenting skills, are at risk for child abuse and neglect or are mandated by the Montana Department of Family Services, will show evidence of improved parenting practices.

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Estate Planning: Participants will make plans for the distribution of their property through estate planning. Families will become aware of state and federal laws impacting their estate planning situation.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	2908

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Montanans are interested in the wise use and handling of their financial resources, especially as it relates to passing property of all types from one generation to another. Statistics reveal that 70 percent of Montanans die without a will. Being informed on estate planning is the only way individuals/families can be sure their final wishes are realized. The state legislature continues to change intestate succession (dying without a will law) and contract laws that impact beneficiaries of real and personal property. In addition, Congress has made changes in the federal estate and gift tax laws that are termed permanent from 2013 forward. Education is needed to provide Montana families with information about the impact of state and federal laws on their situations.

What has been done

In 2013, "Think You Know Who Gets Your Property When You Die? Think Again" estate planning workshops were held in 44 Montana communities reaching over 2,908 clients. Montanans purchased 1,647 "Estate Planning: the Basics" packets which contain a variety of estate planning MontGuides. The estate planning website had over 2,244 hits. Fifteen related webinars are available on the site. An interactive website and CD that illustrates how property passes under Montana law when a person dies without a written will had over 1,710 hits during 2013 and 80 CDs were mailed upon request. Partnerships were enhanced and/or developed with the State Bar of Montana, The Federal Taxation Committee-Montana Society of Certified Public Accounts and the School of Law at the University of Montana.

Results

As a result of the "Think Again" workshops, 65 percent indicated they had "lots of motivation" to take action toward estate planning. Over half did not have an estate plan when they took the class, only 4 percent correctly identified how property would be distributed and 38 percent thought a will could undo a life insurance designation form. Following the class, participants indicated that

the most important action they plan to take is: discuss estate plan with a spouse (43%), review their property ownership titles (13%), see an attorney (13%), review his/her will (15%) and write a will (17%). Participants indicated they appreciated being able to attend a session online without having to use family resources or risk winter roads.

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

Agricultural Pollution Prevention (Ag P2): resources for limiting environmental degradation related to agriculture will be available and actively distributed.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	200

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Agriculture is the number one industry in Montana - the heart of the State's economy. Montana farmers, ranchers and agricultural processing facilities are known for their high level of productivity, quality and efficiency. However, when improperly managed, agricultural practices have the potential to pollute and degrade the environment. The Montana Agricultural Pollution Prevention (P2) program supports and encourages agricultural entities across the state to adopt P2 measures to significantly reduce the impact of agricultural activities on the environment. The audience for this program includes agricultural policy-makers, organizational leaders, educators and agricultural producers and processors.

What has been done

Montana Ag P2 created a voluntary statewide agricultural P2 Outreach partnership, "Montana AgP2 Connect", consisting of over 200 agricultural commodity groups and organizations with a common goal of promoting and adopting voluntary pollution prevention practices. The organization distributed Agricultural Education folders to all High School Ag Ed Educators/Administrators. The group created a database of existing best practices, environmental

management systems, case studies, and/or self-assessment resources refined specifically for Montana. It also created the mtagp2.org website as a one-stop pollution prevention resource.

Results

Montana Ag P2 has showcased several Montana businesses that have been successful in pollution prevention efforts. The businesses have utilized AgP2 principles to realize significant energy savings and reduction of waste. The Cold Springs Ranch saved over 638,000 gallons of irrigation water, nearly 20 million BTUS of energy, averted .528 metric tons of CO2 and saved \$3,985 through their P2 efforts. The Amaltheia Organic Dairy has used P2 efforts to save over 12,000 BTUs, 624 gallons of fuel, 15,000 gallons of water and have reduced 1,300 pounds of hazardous waste and saved over \$4,000 annually. The Goddard Land and Cattle LTL, Inc. has created the LTL Custom Manure Service which provides area feedlots with custom clean-out, hauling and manure application services, as well as a system for documenting manure application and soil nutrient levels. Through windrowing of livestock manure in pens, LTL has cut fuel consumption and engine emissions in half; offset use of 130 tons of nitrogen fertilizer and 98 tons of phosphorous fertilizer and composted over 300 tons of manure. These pollution prevention efforts have saved LTL over \$132,000.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

Outcome #7

1. Outcome Measures

Community Health Resources Program: Extension offers leadership to state and federal efforts to provide targeted outreach to underserved, vulnerable, hard-to-reach populations regarding implementation of the Affordable Care Act (ACA)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	175

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Implementation of the Affordable Care Act (ACA) is a national initiative that requires states to provide targeted outreach to underserved, vulnerable, hard-to-reach populations. Montana is a model state for a high percentage of these populations. Montana has nearly 200,000 uninsured, amounting to approximately 20 percent of the total population. Montana opted not to expand Medicaid. As a result, it is estimated that anywhere from 50,000-70,000 individuals will remain uninsured even with implementation of the ACA. MSU Extension is an ideal delivery organization for ACA education and implementation because of the number of agents at the grass roots level across the state.

What has been done

MSU Extension's community health specialist is Extension's lead for implementation of the ACA and has partnered with agencies including but not limited to: Office of the Montana Commissioner of Securities & Insurance (CSA), the Montana Department of Public Health and Human Services (DPHHS) and the US Department of Health and Human Services. The specialist is the chair of the Professional Training Subcommittee (PTS) of the Nutrition and Health Committee for Planning and Guidance (NHCPG), USDA-NIFA. The goal of the PTS is "to assist health and nutrition state specialists, county agents and staff to implement health reform, advance health equality, improve health outcomes, reduce health disparities and provide consultation and guidance on these issues to the national program leaders."

Results

Montana received three federal Navigator Grants and the Montana OSI approved three insurance companies to sell insurance on the State Marketplace. Montana trained 55 Navigators in 46 towns and over 120 Certified Application Counselors scattered across the state.

The PTS identified 14 Extension state offices that have taken leadership in education and implementation of the ACA. The PTS is also reviewing and providing comments on the ECOP Health Task Force's upcoming national report entitled, "Cooperative Extension's National Framework for Health and Wellness" due for publication in spring of 2014.

4. Associated Knowledge Areas

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

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Montana citizens are concerned about the quality of life of their families and often look to Extension for help. In addressing concerns, Extension specialists fill a variety of needs resulting from sparse populations, an aging demographic and a struggling national economy. The major programs covered in this report include assisting caregivers, providing resources and training to ensure healthy homes and helping citizens understand the transfer of wealth. In addition, MSU Extension has taken a leadership role in working with partners to deliver education and outreach related to the Affordable Care Act.

Data collection and evaluation in this area is complicated due to the use of networking and train-the-trainer programs designed to expand coverage with limited resources. For instance, in the Powerful Tools for Caregivers class, participants form ongoing support groups outside of the immediate supervision of Extension. Because of the training they receive, participants become leaders in their community and offer services as volunteer leaders. The agents continue to provide resources, research-based knowledge and other guidance, but impact data becomes more difficult to track as community leaders take over. The best impact is that the people are empowered and continue programing because of its value and need.

Programs to assist families with parenting skills are popular and provide a clear service to Montana. The Grandparents Raising Grandchildren program offers direct support to grandparents who take on childcare, often in crisis. Participants continue receiving newsletters and often continue support groups. Many take other Extension classes related to creating a will or estate planning. Reports show that the availability of the classes online is a major factor in participation. This exemplifies how MSU Extension reaches people where they are.

The Extension Housing and Environmental Quality program helped low-income families save an average of \$437/year while reducing energy consumption by an average of 35%.

Key Items of Evaluation

Powerful Tips for Caregivers: 100% who replied to a follow-up survey indicated an improvement in self-care behaviors, management of emotions, increased confidence in coping with caregiving demands and better use of community resources. A review of weekly action plans indicated that participants increased their success in finding 15-30 minutes 3-4 times per week to do activities they enjoyed. Overall participants made statistically significant improvement on all items in the self-evaluation.

Grandparents Raising Grandchildren: 31 families gained skills in speaking to teachers during parent/teacher conferences, keeping grandchildren safe from drugs, using social networking, grieving tips and securing local resources. The Grandparents Raising Grandchildren Program won the 2013 Generations United Grandfamilies Award.

Housing and Environmental Quality: By training and providing resources, Extension helps low-income families save an average of \$437/year on an ongoing basis. In 2013, 22 organizations from 17 Montana communities earned EcoStar Awards. The 22 winners' efforts conserved almost 7 million gallons of water and reduced waste by 41,493

pounds. In the latest reporting year, HOPWA assisted 142 individuals in Montana, South Dakota and North Dakota by helping them to find stable housing and connecting them with a case worker and medical services. Twenty-two households found income producing jobs. 200 additional individuals were offered support with landlord/tenant issues, housing services and other support.

Estate planning workshops: 65 percent indicated they had "lots of motivation" to take action toward estate planning. Following the class, participants indicated they would: discuss estate plan with a spouse (43%), review their property ownership titles (13%), see an attorney (13%), review his/her will (15%) and write a will (17%).

Assistive Technology: Kits were placed in three Montana locations for check-out. On a post-evaluation questionnaire 131 participants indicated they would use: Pens for orally reading prescription dosages, devices that make it easier to get in and out of the car, ice cleats to attach to shoes/boots, devices to extend reach to grab items, assistance for low vision, zipper pulls, one-handed can openers and seat belt adjusters. Cost are saved and people are able to be self-sufficient longer.

Montana AgP2 Connect includes over 200 commodity groups and organizations with the shared goal of promoting and adopting voluntary pollution prevention principles. By using AgP2 principals, the Cold Springs Ranch saved over 638,000 gallons of irrigation water, nearly 20 million BTUS of energy, averted .528 metric tons of CO2 and saved \$3,985.

Community Health Resources Program: Montana trained 55 Navigators in 46 towns and over 120 Certified Application Counselors who are scattered across the state.