

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: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	26.0	0.0	0.0	0.0
Actual Paid Professional	25.0	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
349158	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1442412	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 2013, 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 - 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 - 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- 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 -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?

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
Actual	5952	95701	5473	700

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	5	1	6

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of educational activities

Year	Actual
2013	233

Output #2

Output Measure

- Number of educational materials created or updated.

Year	Actual
2013	5

Output #3

Output Measure

- Number of educational materials distributed.

Year	Actual
2013	96401

Output #4

Output Measure

- Number of professional presentations

Year	Actual
2013	5

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of participants who increased their skills in family relationships.
2	Number of participants who improve or increase their skills in family financial management.
3	Number of participants who change a behavior or use a new skill related to family management.
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 new groups or organizations that are established or enhanced
8	Number of economic improvements related to families.
9	Number of social improvements related to families.
10	Number of participants who increase or improve their skills in parenting.
11	Number of participants who increased their knowledge.
12	Number of groups or organizations that change their procedures and/or policies.

Outcome #1

1. Outcome Measures

Number of participants who increased their skills in family relationships.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	94

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

"Parenting Piece by Piece" aims to reduce or eliminate instances of child maltreatment by providing parents with educational and social experiences that increase the use of positive parenting practices. This is achieved by creating an environment that facilitates the development of caring, competent, and healthy children.

What has been done

Even though "Parenting Piece by Piece" is designed for use with parents who have been mandated to attend parenting training due to their identification as physically or emotionally abusive and/or neglectful parents, classes were held at Bannum House, a transitional housing from prison to the workforce in Harrison County. Twenty- two classes were taught throughout the year.

Results

Most participants in the "Parenting Piece by Piece" program (94%) agreed or somewhat agreed that they learned something new, would use the information in the next six months, and felt more confident about their ability to parent and/or strengthen their relationship. Participants commented that they learned the following skills: new ways to interact with their children, empathy for their children's feelings, leading by example, being a more caring, and loving parent. A majority (60%) intend to do something differently as a result of the classes.

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 in family financial management.

Not Reporting on this Outcome Measure

Outcome #3

1. Outcome Measures

Number of participants who change a behavior or use a new skill related to family management.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	7

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Modeling good literacy practices helps encourage literacy development. Some estimates from teachers state that over one-third of children entering kindergarten has poor language skills and are not ready for school. Family literacy programs empower parents to help their children be successful in school and build strong parent-child relationships.

What has been done

Family Storyteller was presented to a Mothers of Preschoolers group and included a three- month follow up session. Different teaching methods were incorporated in the Family Storyteller classes including power point presentations, group discussions, and interactive activities.

Results

All Family Storyteller participants (100%) reported on a three-month follow up survey that they implemented such skills as sitting close to the child while reading and having a regular time to read books to the child. All also reported that they were somewhat satisfied or very satisfied as a

parent and with the relationship with the children. The participants also reported 2 hours or more of reading with their children during the week.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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
2013	34

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

West Virginia has the fifth highest divorce rate of 5.3 divorces/1000 married individuals (Wall Street Journal, 2010 from census data). Additionally, the Census Bureau found statistically higher divorce rate for men (10.9/US 9.2 and women (11.8/US 9.7) than the US average. There has been little change in the State's divorce rate for the past 20 years. This means that there is currently 1 divorce for every 1.32 West Virginia marriages.

What has been done

A WVU Extension specialist developed a curriculum and educators' guide titled "West Virginia Parenting Apart." The WV Supreme Court approved WV Parenting Apart as the mandated curriculum. WVU Extension specialist has been training court-approved parent educators in the new curriculum and certifying WVU-Extension agents as Parent Educators for the court mandated course.

Results

Parent Educators found the materials helpful for their audiences (Average rating 3.67/4). Parent

Educators expressed confidence in teaching this material (Average rating 3.51/4).
Twenty-five new family mediators gained knowledge of co-parenting skills to inform mediation work with parents regarding the development of parenting plans.

Nine WVUES faculty certified to teach co-parenting classes

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

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

Number of people certified or license to practice in the field

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	3166

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.

Results

3,166 adults and youth have been successfully trained by WVU Extension faculty to teach children in day care centers. These trained individuals have then gone on to teach children.

4. Associated Knowledge Areas

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

Outcome #7

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
2013	2

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Unhealthy couple and parent-child relationships are associated with a broad range of poor emotional, social, and financial outcomes for children and adults.

What has been done

The Healthy Families Healthy Children program in West Virginia supports grassroots coalitions to provide locally relevant educational programs. Although grant funding has ceased, the Ohio/Marshall County Coalition, made up of 24 community members continues to educate on the importance of healthy relationships, financial stability and strong parenting. The Healthy Family

Coalition of Raleigh County and Braxton County also continued to grow after federal funding ceased.

Results

The HFHC coalitions have offered educational programs including: "The Five Love Language," and "How not to Fall for a Jerk," "Money Habitudes," "Financial Management," "Five Languages of Children and Teens," Languages of Appreciation in the Workplace. Stewards of Children Darkness to Light, "How to Avoid Marrying or Dating a Jerk." The coalitions have worked with the SPOKES program, Family Resource Networks, and other organizations to present programs on relationship education and financial management.

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 economic improvements related to families.

Not Reporting on this Outcome Measure

Outcome #9

1. Outcome Measures

Number of social improvements related to families.

Not Reporting on this Outcome Measure

Outcome #10

1. Outcome Measures

Number of participants who increase or improve their skills in parenting.

Not Reporting on this Outcome Measure

Outcome #11

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
2013	1034

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Child sexual abuse is a difficult subject but needs to be addressed because of the devastating human toll that arises when prevention and protection is attainable. There are 39 million survivors of child sexual abuse in America today. It touches every community.

What has been done

"Darkness to Light Stewards of Children," is a prevention and response program for adults that seeks to protect children from sexual abuse. This training is a tool to help accomplish the goal of saving as many children as possible within our reach. Darkness to Light Stewards of Children was taught to all of the Harrison County Parks and Recreation summer camp workers.

Results

More than 95 percent of participants in the "Darkness to Light Stewards of Children" program agreed or strongly agreed that they learned new information about child sexual abuse, have changed their attitudes about child sexual abuse, and will protect children. They said that the training addressed the most critical issues for organizations and individuals concerned about the protection of children, and was appropriate training for a wide range of organizations.

4. Associated Knowledge Areas

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

Outcome #12

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 Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Poor mental health outcomes in West Virginia are related to our State's demographics of poverty and low educational attainment and the paucity of behavioral health resources. Many rural counties lack master's level behavioral health providers. Attitudes which regard seeking help for depression or anxiety as a sign of personal or moral weakness still serve as barriers to treatment.

What has been done

The family life and human development specialist created a five-module curriculum titled Stress Less with Mindfulness based on the Kabat-Zinn approach. Beginning in 2012, she developed materials on Seasonal Affective Disorder suitable for community audiences to address the "winter blues."

Results

Stress Less with Mindfulness was accepted by the WV Public Employee Insurance Association as a free wellness program for those insured by PEIA Plan B. WVU Extension is being reimbursed for each participant meeting 80% attendance criterion.

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

- Economy
- Appropriations changes
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

Our family finance specialist left his position and his position has not yet been filled.

Our direct adult contacts have been reduced because the Healthy Families Healthy Children program, which reached thousands of adults each year was unfunded. Several counties are continuing the program on their own.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

2013 evaluations of the Stress Less workshops consistently showed gains in participant knowledge and intention to use targeted skills. One summary is presented below:

WV Diabetes Symposium: October 16, 2013 (Train the Trainer Event)

Pre-post change

1. Identify 3 mindfulness tools to help me manage stress.
+51 %
1. Identify my Personal Stress Barometers.
+44%
1. Use mindful breathing to calm myself in the face of stress.
+44%
1. Practice mindful movement as a way of calming the mind and body.
+45%
1. Use mindful awareness when I am eating.
+70%
1. Describe how a mindfulness perspective can change my reaction to

daily stressors.

+54%

All are significant positive increases.

"How Not to Fall for a Jerk

- 100% reported that after attending program they know something they didn't know before about adult relationships
- 100% reported that in the next 6 months they plan to use the information or skills they learned today
- 80% reported they feel more confident about their ability to use the Relationship Attachment Model to strengthen their relationships

"5 Love Languages"

- 100% reported that after attending program they know something they didn't know before about adult relationships
- 100% reported that in the next 6 months they plan to use the information or skills they learned today
- 100% reported they feel more confident about their ability to communicate using the 5 Love Languages

•
"Appreciation in the Workplace"

According to the average from program feedback forms

- 96 % reported that after attending program they know something they didn't know before about encouraging and motivating coworkers
- 100% reported that in the next 6 months they plan to use the information or skills they learned today
- 100% reported they feel more confident about their ability to communicate using the languages of appreciation

"Money Habitudes"

- 70 % reported that after attending program they know something they didn't know before about their money habits and attitudes
- 71% reported that in the next 6 months they plan to use the information or skills they learned today in their spending and saving
- 70% reported they feel more confident in their ability to understand their spending behaviors

"Financial Fortress"

- 90% reported that after attending program they know something they didn't know before to use when teaching others about credit cards, saving money and making a budget.
- 90% reported that in the next 6 months they plan to use the information or skills they learned today when teaching others about credit cards, saving money and making a budget
- 85% Reported they feel more confident in their ability to teach the curriculum to their clients

Key Items of Evaluation