

V(A). Planned Program (Summary)

Program # 9

1. Name of the Planned Program

Building Healthy, Strong 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	40%		50%	
802	Human Development and Family Well-Being	40%		50%	
806	Youth Development	20%		0%	
	Total	100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	20.1	0.0	8.1	0.0
Actual Paid	32.5	0.0	8.7	0.0
Actual Volunteer	1.1	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
681691	0	228490	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
2240259	0	715182	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
4623214	0	6519	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

MAES research in 2014 to build strong, healthy families focused on social and economic issues facing Minnesotans, and providing advances in knowledge and training for professional social service agencies throughout the region. The research concentrated on challenges for key populations, some of which are traditionally underserved, including youth, seniors, and military, as well as, on the effects of new technology on communication within families.

One new project is exploring the barriers and difficulties Minnesota's refugee population face when undergoing mental health screening upon arrival in the state.

Research highlights from 2014 include:

- Social scientists looking at how assisting families can ultimately help survivors of mass trauma, piloted a parenting intervention model among several populations exposed to mass trauma. Early results are very promising.
- Social science researchers completed two Discernment Counseling training sessions which were attended by 143 industry professionals.
- Researchers studying the effect of disabilities in the child welfare system are expanding their examining with national data to discover the prevalence nationwide. Early findings show that parental disability is the third highest reason for removing a child from a parent's home, and in some states the most common.
- Family social science researchers, focusing on understanding associations between family communication and child adjustment in situations when children and parents are not genetically related, found that family communications is especially important during the transition to young adulthood.
- Results of a study demonstrating the importance of family relationships and parent-child satisfaction in families with children conceived via in vitro fertilization will provide guidance to professionals working with couples considering adoption and in vitro fertilization.
- Researchers accessing communication in military families successfully developed a coding scheme to access emotional communication and successfully coded a sample of 336 military families. Post-test evaluations will be performed over the next two years.
- Social scientists exploring the significance of, and issues associated with, kinship care presented to staff at a local social service agency concerning new knowledge on the effect of parental alcohol abuse on children's placement with relatives.
- Researchers studying the perceived justice of inheritance expanded their study to include stepfamily structures, and how that may affect the perception of "fairness." Results are being analyzed.
- Scientists exploring how important Vital Involvement (IV) is for Alzheimer's patients partnered with Giving Voice Chorus, a Twin Cities based chorus of Alzheimer patients and their care partners. The partnership allows scientists to observe and advise choir staff on ways to enhance IV.

Extension. In past years, we reported many knowledge and behavior changes resulting from Extension's financial literacy programs. These impacts are consistent enough that it can be assumed to be a product of Extension's curricula approaches. In 2014, we report the impact of the Community Mentoring Program, which has developed partnerships with community organizations to bring this effective curricula to more communities and cultures in Minnesota. Community Mentoring Program partnerships with 80 community-based organizations are deeply engaged -- with integrated technology-based education, rigorous evaluation, technical assistance, and implementation grants that provide a full package of train-the-trainer methodologies to help community organizations succeed in replicating Extension's results. As a result, we can report that 80 agencies brought the program to 2,000 Minnesotans in 2014, causing the percentage of program participants from minority populations and limited resources to increase by 16

percent.

Similarly, Extension is monitoring whether online access to parenting education could be effective in reducing familial conflict. In 2014, this was proven, and follow-up evaluation showed improvements in family relationships after contentious divorce.

Extension is reporting only the two outcomes described above for the Building Healthy, Strong Families result because they are condition changes rather than knowledge or behavior change. Moreover, the knowledge and behavior changes have been reported routinely in the past.

2. Brief description of the target audience

The Building Strong, Healthy Families programs reach professionals in collaborating agencies, such as mental health professionals, parent educators, schools, courts, family service agencies, health care settings, organizations, and businesses. These intermediaries bring education and support to families in trusted places and through professional relationships. In 2014, the program was successful in increasing outreach to minority and immigrant populations through intentional partnerships with such community organizations. In 2013, approximately 33 percent of the total number of program participants were from minority populations. In 2014, that percentage increased to nearly half of participants (49 percent). This intentional shift required program leaders and educators to develop educational resources from the ground up, creating cultural and linguistic modifications to program delivery.

Research target audiences also include Extension educators, community action participants, family social scientists, social workers, marriage counselors, caregivers, family resource management researchers, government public policymakers, and economic development professionals.

3. How was eXtension used?

Educators and specialists in the Building Healthy Strong Families program area have connected to eXtension in a variety of ways, including being active on various Communities of Practice and an "Ask the Expert" team, answering questions on resource management around health care reform, military financial learning, and disaster preparedness. Extension staff searches eXtension for research and educational resources, and uses the site to promote Minnesota educational curricula and teaching events such as national webinars.

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	12456	203043	979	0

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

Patent Applications Submitted

Year: 2014
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2014	Extension	Research	Total
Actual	22	15	37

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of publications distributed.

Year	Actual
2014	3166

Output #2

Output Measure

- Number of community-based workshops held.

Year	Actual
2014	751

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. (Outcome expressed as a percentage of participants who report improving skills.)
2	Parents will improve their parenting practices. (Outcome is the percentage of participants 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. (Outcome expressed as percentage of parents who report reducing conflict.)
4	Individuals, families and employees who participate in Resource Management programming will report they have increased confidence (increased efficacy) in financial management, decision-making and planning for later life. (Outcome expressed as percentage of participants who report increasing efficacy.)
5	Individuals, families and employees who participate in Resource Management programming will report they have used the knowledge and materials provided by the program to change behaviors related to targeted financial management goals. (Outcome expressed as a percentage of participants who reported making behavior change.)
6	UMN Extension will significantly increase the amount of financial literacy training available to low-income and minority Minnesotans throughout the state. (Target expressed is the number of agencies delivering programming with proven outcomes in helping families manage their finances.)
7	Research will provide information related to inheritance best practices to practitioners working with aging populations.
8	Research will provide new information to assist family and parent educators working to integrate technology into their parent education efforts.

Outcome #1

1. Outcome Measures

Professionals who work with parents and families will improve their skills. (Outcome expressed as a percentage of participants who report improving skills.)

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Parents will improve their parenting practices. (Outcome is the percentage of participants reporting improvement.)

Not Reporting on this Outcome Measure

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. (Outcome 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
2014	54

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research shows that less than half of American children can expect to live with both biological parents throughout childhood. Children who experience family disruption often live with parental conflict before, during, and after the divorce. Children in these households are more likely to be poor, and are more likely to have emotional problems and lower academic achievement. Longitudinally, these children are more likely to conceive a child in their teens and get in trouble

with the law.

What has been done

For more than a decade, UMN Extension has delivered and rigorously evaluated a program that works with Minnesota's court system and local service agencies to reach parents during highly contentious divorce. Parents Forever teaches parents that the effects of divorce on children can be reduced if they create a plan focused on children's needs, if they use effective parenting approaches, communicate effectively, make joint decisions, and avoid putting children in situations where loyalty to either parent is threatened.

Results

In 2014, thousands of parents completed the program online. Results of the online education format demonstrated effectiveness in behavior change at a six -month follow-up. Fifty-four (54) percent of parents reported a significant decrease in conflict observed by their child. Further, parents reported significant improvement in their ability to cope compared to others going through divorce or separation. These results have large or very large statistical significance.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Individuals, families and employees who participate in Resource Management programming will report they have increased confidence (increased efficacy) in financial management, decision-making and planning for later life. (Outcome expressed as percentage of participants who report increasing efficacy.)

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Individuals, families and employees who participate in Resource Management programming will report they have used the knowledge and materials provided by the program to change behaviors related to targeted financial management goals. (Outcome expressed as a percentage of participants who reported making behavior change.)

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

UMN Extension will significantly increase the amount of financial literacy training available to low-income and minority Minnesotans throughout the state. (Target expressed is the number of agencies delivering programming with proven outcomes in helping families manage their finances.)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	80

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Choices about money and family finances have a strong context within culture and community. To best reach families who most need family financial literacy, finding trusted liaisons is critical.

What has been done

The Community Mentorship Program (CMP) was designed to build the capacity of grassroots organizations to conduct financial literacy training, especially in the language of participants. CMP includes an initial two-day workshop, mentoring from Extension educators about program delivery, mini-grants to fund program implementation, and a follow up meeting to share experiences among agencies.

Results

Extension increased the capacity of participating agencies to increase financial literacy training available in their communities. The incentives and services provided by CMP resulted in a 60 percent implementation rate after the initial workshop. Since its inception, 80 agencies across the state conducted nearly 160 financial literacy programs for approximately 2,000 Minnesotans, a majority of whom are culturally diverse. Online evaluation systems indicate these programs result in participants being significantly more satisfied with their financial situation. Participants report being better able to create a budget and pay monthly bills, and are managing their debt and saving money for financial emergencies.

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 #7

1. Outcome Measures

Research will provide information related to inheritance best practices to practitioners working with aging populations.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Virtually all families regardless of shape, size, ethnicity, or socioeconomic status will deal with asset distribution in the future, and with baby boomers aging this will be an increasingly important issue. However, very little research has been done to develop best practices concerning inheritance decisions, and to explore how inheritance affects families.

What has been done

U of M social scientists set out to explore the multiple meanings behind the concept of "being fair" in inheritance situations. Researchers designed, created and coded a, first of its kind, intergenerational family systems qualitative database focused on inheritance decision making. They also used vignettes to further delve into study participant's meaning and perspectives. Findings revealed that procedural justice criteria are relevant for judging the concept of fairness in inheritance situations, these include: participation, information, decision structure, correction, ethnicity, neutrality, and ground rules. Additionally, studies found concern about specific criteria and their importance differed amongst families and their situations with particular concerns about the perceived "meaningfulness" of certain possessions.

Results

The findings show inheritance communication and planning would benefit from: (1) assessment tools to help family members identify fair inheritance practices and address specific concerns for their situation and (2) training practitioners addressing concepts and criteria of "being fair" when working with families. Research findings have been disseminated directly to families and

practitioners working with families and aging populations. Outreach has included webinars, in-person training on the state and national level, as well as, the continued development of the Extension's outreach program "Who Gets Grandma's Pie Plate?"

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

Research will provide new information to assist family and parent educators working to integrate technology into their parent education efforts.

2. Associated Institution Types

- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Despite widespread adoption of information and communications technologies (ICTs) by families in the United States, little is known about parents' use of ICTs in regard to parenting.

What has been done

Family social science researchers conducted a study on parents' use of four widely used ICTs (text message, email, social networking sites, and Skype) to communicate with family. They were particularly interested in discovering how usage differed based on the age of the child.

Results

Findings revealed ICTs use for parent-child communication increased overall with child's age, and communication with a co-parent via text messaging was more likely among parents of school age children. But, significantly, parents of adolescent children were less likely to communicate using ICTs (text, or email) to non-resident family than parents of school age children. These results show parents' use of ICTs is dynamic, reflecting developmental differences in the child, and rational differences in the family system. Examining how parents are using specific ICTs to

communicate with family furthers our understanding of the impact of technology on communication processes occurring within families in today's digital age.

Study findings have been passed on to assist practitioners, and family and parent educators who are adapting to new media, and working to integrate technology into parent education efforts.

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

- Populations changes (immigration, new cultural groupings, etc.)
- Other (Advancing of technology and community partnerships within programming)

Brief Explanation

The Building Healthy, Strong Families program area has consistently demonstrated impacts regarding improved skills, behaviors and confidence. These consistently evaluated results were not reported this year in favor of reporting on an important conditional change. Extension significantly increased the degree to which family financial literacy results were replicated within communities of color within trusted organizations.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

To demonstrate that Minnesota's community agencies could effectively create financial literacy impacts in their communities, the program measured the extent to which agencies participating in the Community Mentorship Program implemented the program, and then tested the results of financial literacy education replicated by those agencies. Seven agencies participated in a pre-survey (n=152). Six completed the post-survey and three completed the follow-up survey (n=61). Data was matched between participants who completed both the pre-and the post-surveys (n=129), and between participants who completed both the pre-and the follow-up surveys (n=54).

In the pre-survey, participants endorsed their top financial priorities as either paying monthly expenses (78.9 percent), saving money for an emergency (35.5 percent), saving for a long-term goal (19.1 percent), getting out of debt (27 percent), improving credit (15.8 percent), or other (3.3 percent). Top financial priorities that participants identified as "other" included a business, children's education, family needs, budgeting, and house expenses.

Key Items of Evaluation

By embedding a tested financial literacy program within 80 community-based organizations, and providing a myriad of incentives and support to implement the program,

Extension significantly increased the amount and quality of financial literacy programs available in the state of Minnesota. Evaluation demonstrated that these 80 agencies were able to create changes in the financial priorities and actions taken to address those priorities. These effects rippled throughout the state, serving approximately 2,000 Minnesotans. A majority were from culturally diverse communities with limited resources.