

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: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	26.0	0.0	0.0	0.0
Actual Paid	24.0	0.0	0.0	0.0
Actual Volunteer	3525.0	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
390000	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1341788	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 2014, 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 organizations 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.

This year there were 283 educational activities and 15,437 direct contacts recorded.

Financial Management - The major initiative within this program area was Reality Store.

Parenting Education - The major initiatives within this program area were: Healthy Families/Healthy Children program, Parenting Piece by Piece, Stewards of Children, Military Families, and Parenting Apart.

Adult Relationship Education- The major initiatives within this program area were: Healthy Families/Healthy Children, The Five Love Languages, and Marriage Preparation Training.

Childcare Training -The major initiative in this area is the ACDS Childcare Provider Training.

Adult Education

WVUES Extension faculty serve as liaisons and provide educational resources to the CEOS groups in West Virginia. Many faculty write and publish lesson plans for CEOS club meetings. There are approximately 4,000 members in West Virginia.

2. Brief description of the target audience

West Virginia parents, childcare providers in WV, older adults in WV, kin caregivers in WV, school teachers, WV citizens in significant relationships, Extension agents, social service personnel

3. How was eXtension used?

One faculty member is the lead for a learning community of practice under the Military Families Learning Network. It is the Caregiving Special Needs Concentration Area. In this capacity, she also serve as the PI for a \$73,000.00 grant from the Department of Defense (sub-award under Texas A&M).

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	7502	215650	7935	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	8	4	12

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of educational activities

Year	Actual
2014	283

Output #2

Output Measure

- Number of educational materials created or updated.

Year	Actual
2014	8

Output #3

Output Measure

- Number of educational materials distributed.

Year	Actual
2014	215650

Output #4

Output Measure

- Number of professional presentations

Year	Actual
2014	26

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.

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
2014	116

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Although Goddard, Marshall, Olson, and Dennis (2012) noted the presence of a number of empirically validated curricula for relationship and marriage education, other Extension educators (Adler-Baeder, Higginbotham, & Lamke, 2004) have argued that many couple education programs are only loosely connected to research and are rarely evaluated.

What has been done

One popular relationship and marriage Education program used in WV is based on "The Five Love Languages" (Chapman, 2004). The team developed a PowerPoint and handouts to standardize the program and spread it to other counties and states. A CEOS lesson entitled "Connecting with Others Using the Five Love Languages" is published online at <http://fh.ext.wvu.edu/publications/ceos-lessons>. Acknowledging the importance of demonstrating measurable impact as a base for future funding, we initiated research to measure impact of this popular program. In two trials, 116 participants participated in two versions of the training; one with only a didactic presentation, and one with a presentation and follow-up reminders to practice

Results

For both groups ? Significant change on all items shows knowledge and confidence gained. I feel confident that:

- I know my Love Language. (t -5.47, p<0.05).
- I know my partner's Love Language. (t -4.69, p<0.05)
- I can communicate using my partner's Love Language. (t -4.86, p<0.05).
- I can work through conflicts using my knowledge of the Five Love Languages. (t -2.73, p<0.05).

93% said that they intended to do something differently as a result of attending 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.

2. Associated Institution Types

- 1862 Extension

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)
{No Data Entered}

What has been done
{No Data Entered}

Results
{No Data Entered}

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 related to family management.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	159

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Deployments and multiple relocations are an integral part of life for military families. Sometimes fear of stigma gives way to hesitancy to seek help (Drummet, Coleman, & Cable 2003). As compared to national statistics, West Virginia has a high per capita military population; the fourth highest in the nation. Most military families in West Virginia have no military base, and this prevents them from readily accessing resources.

What has been done

In 2012, WVUES in Harrison County formed "North Central West Virginia Joining Community Forces" (NCWVJCF). This outreach focuses on health literacy and financial education. Participants learn to keep updated medical records, communicate with health care providers, and utilize health history journals. NCWVJCF added eight new members in 2014 and distributed 73 adult health literacy journals and 86 children's health literacy journals to military families. NCWVJCF continued the Brown Bags for Vets project, the Purple up Event for Military Kids, and the Military Teen Adventure Camp. All of these projects serve healthy foods to military families.

Results

Retrospective surveys were completed following financial and health literacy presentations.

Participants indicated that they had learned certain skills during the presentations: keep updated medical history, (4 to 41 percent), have family health history (4 to 37 percent), take a list of health concerns to doctor's visit (4 to 49 percent), have an updated medication list (22 to 57 percent), be confident to ask questions of my doctor (16 to 57 percent).

NCWV JCF added eight new members even though there was a loss of influential members due to relocations of positions in members' military service.

Brown Bags for Vets distributed more than 200 pounds of food this year for veterans and their families in need.

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
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

{No Data Entered}

What has been done

{No Data Entered}

Results

{No Data Entered}

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 #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
2014	25400

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In the Gallup-Healthways Index, West Virginia residents have the lowest overall well-being for the fourth year in a row, with a Well-being Index score of 61.3 in 2012 -- slipping slightly lower than the 62.3 in 2011 (US 66.7). Depression is common, under-recognized, and under-treated among West Virginians. In a 2007 study of depression and utilization of available mental health resources by Mental Health America, West Virginia ranks 2nd highest out of 51 (includes District of Columbia) for incidence of depression and poor mental health outcomes (Thomson Healthcare, 2007).

What has been done

The family life specialist developed a five session curriculum titled Stress Less with Mindfulness as well as numerous educational articles, web-based resources, and discussion leaders' guides related to emotional well-being. 12 stress management workshops reaching 370 individuals were held. Stress Less with Mindfulness was a second place National NEAFCS winner for best Health and Wellness Program, and first-place winner for West Virginia and the Northeast region. Twenty-two additional Extension educators in WV, Michigan, and Washington were certified to teach the Stress Less with Mindfulness program this year.

Results

The WV health insurance program, PEIA, covered insured individuals who wanted to participate in the Stress Less with Mindfulness program. WVU Extension received \$25,400 in cost recovery payments for these workshops. This money was used to support other family educational programs. In addition, 93 percent of participants in the Stress Less with Mindfulness program

indicated that they would do things differently because they participated in the workshop. The most common things that participants said they would do differently were: mindful breathing, laughing more, being more mindful of eating, walking, and their responses to stress.

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

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

It is important for WV to invest in early childhood care. Everyday nationally five million children attend child care. The care that children get needs to be of the highest quality possible. There is a direct correlation between the amount and quality of training that early childhood educators receive and the quality of care that they pass on to young children.

What has been done

WV has a nationally recognized Apprenticeship for Child Development Specialist (ACDS) program that is a four-semester training program for those employed in early care programs. ACDS promotes highly skilled, confident, early childhood employees: quality early childhood settings; and informed, supportive, early childhood professionals. Graduates received national certification through the US Department of Labor. This year, WVUES agents evaluated knowledge gained by ACDS apprenticeship students throughout the state and determined program integrity, demographics, and short- and long-term retention of knowledge, and overall satisfaction with the ACDS educational experience.

Results

24 childcare workers were certified in 2014.

Data supports student competency in major content areas across all four semesters. Regardless of the location, students were able to answer questions correctly with a high level of accuracy.

There is strong retention of knowledge over semesters. Regardless of the semester, students answered questions correctly with a high level of accuracy.

Students reported that the ACDS program helped them to be better childcare providers.

Students reported positive interactions with ACDS instructors.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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 Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	7

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The impact of recent high profile sexual abuse cases has been a dramatic shift in public opinion about the common occurrence of child sexual abuse and the damaging impacts on children. Although most would agree that keeping West Virginia's children safe from sexual and physical abuse is a high priority, willingness for adults to take action is another matter. Worries about

possibly being misinformed, retribution, embarrassment, and lack of information have contributed to the continued endangerment of many children by adults and older children. Individuals are becoming more ready to talk about this difficult topic and take action if given specific, safe steps to do so

What has been done

WVU-ES specialists and agents have become certified in Stewards of Children: From Darkness to Light, an evidence-based program designed to encourage organizations to implement policies which discourage child predators from volunteering or working there. This program was designated as a Priority Program by the WVU-ES Relationship and Parent Education Team as was Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse & Neglect. Four classes were held for 82 childcare providers and Nutrition Outreach Instructors. A partnership with the north central WV Child Care Resource Center to train center-based and in-home child care providers was developed. We also created a Stewards listserv to share resources and protocols.

Results

Six outside groups requested educational programs on preventing and reducing child abuse from WVU-ES. WVU-ES developed a new partnership with Child Resource Center, Charleston who reimbursed Extension 50% of cost of participant workbooks. Eighty childcare providers received training related to prevention and reporting of child sexual abuse.

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

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Competing Public priorities
- Competing Programmatic Challenges

Brief Explanation

There was one specialist on leave for part of the year, so some programs were not offered.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Parenting Piece by Piece

Do you intend to do anything differently after hearing this information today? 40 (78%)

Yes 11 (22%) No

If yes, please describe one or two thing you will do differently after participating in this program.

Talk and listen to my child (12); Different ways to discipline (7); learn patience (2); Step back and think before I speak (3); Listen more (5); Think before react; communication(2); Use stress relievers to resolve problems in relationships (2); Contact my resources (2); Try to stay more positive about a situation, fix it and not go off! Be aware of my child's feelings; Conflict is between 2 or more people; Take a breather before or when upset; Three things I am grateful for; Be a role model; no bribes, just rewards; Talk to my daughter-spend time with her; Make my house child proof; Lead more by example; Rewards and values; make choices when to go for help; open up and play with my kids more

Make Your Money Matter

Two Things I learned: How to budget(10); Every dollar has a name (5); Impulse buying (3); Saving tips (2); pay yourself first (2); Needs(2); manage money better(2) ; fixed/variable expenses; To start young; I need to control my spending; Write down your plan.

From this program, in the coming month or so I will use: A budget (11); Everything(2); The savings method; Knowledge of saving; Break down my budget to include more details with a remaining balance of zero; The budget sheet; The subtraction of funds; Less credit.

Stewards of Children: From Darkness to Light

Of the 60 people attending the Stewards workshops, 53 turned in completed matched pre- and post-tests. T-tests on the questions showed significant gains in two areas: 1) 10 of 17 questions measuring 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

All of our family life programs use an evaluation form which asks participants what they learned and how they intend to change their behavior as a result of the program. More follow-up is needed to measure change over time.