V(A). Planned Program (Summary)

Program # 13

1. Name of the Planned Program

Human Development

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
<th>% 1862 Extension</th>
<th>% 1890 Extension</th>
<th>% 1862 Research</th>
<th>% 1890 Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
<td>100%</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>100%</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
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</tbody>
</table>

V(C). Planned Program (Inputs)

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

<table>
<thead>
<tr>
<th>Year: 2009</th>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1862</td>
<td>1890</td>
</tr>
<tr>
<td>Plan</td>
<td>33.0</td>
<td>2.5</td>
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<tr>
<td>Actual</td>
<td>18.0</td>
<td>2.0</td>
</tr>
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</table>

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

<table>
<thead>
<tr>
<th>Extension</th>
<th>1890 Extension</th>
<th>Research</th>
<th>Hatch</th>
<th>Evans-Allen</th>
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</thead>
<tbody>
<tr>
<td>Smith-Lever 3b &amp; 3c</td>
<td>331017</td>
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<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1862 Matching</td>
<td>1437808</td>
<td>105648</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1862 All Other</td>
<td>1214000</td>
<td>0</td>
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<td>0</td>
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<td>1890 All Other</td>
<td>1890 Matching</td>
<td>1890 All Other</td>
<td>1890 Matching</td>
<td>1890 All Other</td>
</tr>
</tbody>
</table>

V(D). Planned Program (Activity)

1. Brief description of the Activity

This program involved professionals, parents, child care providers, older adults, and community leaders. The target audiences were child care providers, adolescents, and parents who are divorced or incarcerated. The following methods were used to help the target audience gain awareness: Displays, exhibits, community events, newspaper articles, radio programs, TV shows and newsletters. In addition, fact sheets and resource lists for parents, teachers and professionals were disseminated. Child Care Provider training involved over 10,000 annual contacts. Parenting classes targeting parenting and co-parenting outcomes reached an additional 10,000 contacts. Extension FCS Agents in over 60 of Tennessee's 95 counties offered the four-hour class Parenting Apart: Effective Co-Parenting, an information and skills-based program that utilizes lecture, class discussion, videos, and handouts to inform parents about the potential effects of divorce on their children and provides them with strategies for minimizing those effects.

2. Brief description of the target audience

The target audiences for this planned program were Tennessee child care providers, parents, and adolescents. While all parents of infants and young children are targeted for literacy programs, parents seeking a divorce were especially targeted for parenting instruction because of the added demands of co-parenting. Tennessee child care providers working full-time are required to have 18 hours and child care center directors are required to have 24 hours of instruction annually. Tennessee parents seeking a divorce are directed by the courts to a four-hour co-parenting class. In many communities in the state, UT Extension is the only

Report Date 06/03/2010
V(E). Planned Program (Outputs)

1. Standard output measures

<table>
<thead>
<tr>
<th></th>
<th>Direct Contacts Adults</th>
<th>Indirect Contacts Adults</th>
<th>Direct Contacts Youth</th>
<th>Indirect Contacts Youth</th>
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<tbody>
<tr>
<td>Plan</td>
<td>5000</td>
<td>10000</td>
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<td>0</td>
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<td>Actual</td>
<td>7941</td>
<td>12168543</td>
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<td>0</td>
</tr>
</tbody>
</table>

2. Number of Patent Applications Submitted (Standard Research Output)
   Patent Applications Submitted
   
   Year: 2009
   Plan: 0
   Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

<table>
<thead>
<tr>
<th></th>
<th>Extension</th>
<th>Research</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan</td>
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<td>0</td>
</tr>
<tr>
<td>Actual</td>
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<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of exhibits displayed to promote program awareness and participation.

<table>
<thead>
<tr>
<th>Year</th>
<th>Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>10</td>
<td>21</td>
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</tbody>
</table>

Output #2

Output Measure

- Number of research-based publications distributed as part of this program.

<table>
<thead>
<tr>
<th>Year</th>
<th>Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>200</td>
<td>14230</td>
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</tbody>
</table>
### V(G). State Defined Outcomes

#### V. State Defined Outcomes Table of Content

<table>
<thead>
<tr>
<th>O. No.</th>
<th>OUTCOME NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Book by Book: Number of childcare providers and parents who report that they now provide books for infants and toddlers at eye-level and within their reach.</td>
</tr>
<tr>
<td>2</td>
<td>Book by Book: Number of childcare providers and parents who report providing a special place for children to read and write which is in their reach.</td>
</tr>
<tr>
<td>3</td>
<td>Book by Book: Number of childcare providers and parents who report visiting the library more than before this program.</td>
</tr>
<tr>
<td>4</td>
<td>Parenting Skills for Incarcerated Inmates: Number of inmates who acquired knowledge about the importance of effective communication required to build parent/child relationships.</td>
</tr>
<tr>
<td>5</td>
<td>Parenting Skills for Incarcerated Inmates: Number of inmates who demonstrated their knowledge of positive parent/child relationships by writing to their child.</td>
</tr>
<tr>
<td>6</td>
<td>Love At First Sight: Number of parents and childcare providers who report using suggested guidance techniques more often.</td>
</tr>
<tr>
<td>7</td>
<td>Parenting Skills for Incarcerated Inmates: Number of inmates who now have an ongoing relationship with their children and demonstrate the need not to violate the law.</td>
</tr>
<tr>
<td>8</td>
<td>Love At First Sight: Number of parents and child care providers who report yelling less at children.</td>
</tr>
<tr>
<td>9</td>
<td>Love At First Sight: Number of parents and child care providers who report putting down or blaming their child less.</td>
</tr>
<tr>
<td>10</td>
<td>Love At First Sight: Number of parents and child care providers who report talking, singing and playing more with their children than before the program.</td>
</tr>
<tr>
<td>11</td>
<td>Divorcing Parents: Number of parents who plan to decrease exposure of their children to parental conflict.</td>
</tr>
<tr>
<td>12</td>
<td>Parenting Program Impacts</td>
</tr>
<tr>
<td>13</td>
<td>Parenting Apart: Effective Co-Parenting in Tennessee</td>
</tr>
<tr>
<td>14</td>
<td>Relationship Skills for Premarital Couples</td>
</tr>
<tr>
<td>15</td>
<td>Relatives as Caregivers of Children</td>
</tr>
</tbody>
</table>
1. **Outcome Measures**

   Book by Book: Number of childcare providers and parents who report providing a special place for children to read and write which is in their reach.

   Not Reporting on this Outcome Measure

1. **Outcome Measures**

   Book by Book: Number of childcare providers and parents who report visiting the library more than before this program.

   Not Reporting on this Outcome Measure

1. **Outcome Measures**

   Parenting Skills for Incarcerated Inmates: Number of inmates who acquired knowledge about the importance of effective communication required to build parent/child relationships.

2. **Associated Institution Types**

   ● 1890 Extension

3a. **Outcome Type:**

   Change in Knowledge Outcome Measure

3b. **Quantitative Outcome**

<table>
<thead>
<tr>
<th>Year</th>
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</thead>
<tbody>
<tr>
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</table>

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

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>

**Outcome #5**

**1. Outcome Measures**

Parenting Skills for Incarcerated Inmates: Number of inmates who demonstrated their knowledge of positive parent/child relationships by writing to their child.

Not Reporting on this Outcome Measure

**Outcome #6**

**1. Outcome Measures**

Love At First Sight: Number of parents and childcare providers who report using suggested guidance techniques more often.

Not Reporting on this Outcome Measure

**Outcome #7**

**1. Outcome Measures**

Parenting Skills for Incarcerated Inmates: Number of inmates who now have an ongoing relationship with their children and demonstrate the need not to violate the law.

Not Reporting on this Outcome Measure

**Outcome #8**

**1. Outcome Measures**

Love At First Sight: Number of parents and child care providers who report yelling less at children.

Not Reporting on this Outcome Measure

**Outcome #9**

**1. Outcome Measures**

Love At First Sight: Number of parents and child care providers who report putting down or blaming their child less.

Not Reporting on this Outcome Measure

**Outcome #10**

**1. Outcome Measures**

Love At First Sight: Number of parents and child care providers who report talking, singing and playing more with their children than before the program.

Not Reporting on this Outcome Measure
Outcome #11

1. Outcome Measures

Divorcing Parents: Number of parents who plan to decrease exposure of their children to parental conflict.

Not Reporting on this Outcome Measure

Outcome #12

1. Outcome Measures

Parenting Program Impacts

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
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<td>{No Data Entered}</td>
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</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Inadequate parenting and interpersonal skills are associated with family instability which negatively affects child well-being and results in increased costs to individuals, communities, and governments.

What has been done
Agents have received training and curricula to work with parents in varying circumstances. Based on annual reports:
* Agents reported 1,141 face-to-face contacts with court-ordered parents through 150 group meetings and 252 in-office or on-site visits.
* Agents reported 224 face-to-face contacts with relative caregivers of children through 15 group meetings and 13 in-office or on-site visits.

Results
In self-report surveys of class participants, the following outcomes for parenting programs were noted:
* 158 of 211 (75%) parents/caregivers report an increase in use of appropriate child guidance techniques.
* 210 of 258 (81%) parents/caregivers report an increase in use of positive communication techniques with their children.
* 179 of 232 (77%) parents/caregivers report feeling better about their abilities as parents.
* 140 of 251 (56%) parents/caregivers report feeling less stressed as parents.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>
Outcome #13

1. Outcome Measures

Parenting Apart: Effective Co-Parenting in Tennessee

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>{No Data Entered}</td>
<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

**Issue (Who cares and Why)**

Based on the latest data available, Tennessee ranks 7th in divorce rate among 45 reporting states (Division of Vital Statistics, National Center for Health Statistics, 2008). Tennessee's rate of 4.9 is higher than the U.S. rate of 3.6 divorces per 1000 population. On average, children whose parents divorce have higher rates of emotional problems, academic problems, and engage in higher risk behaviors than do children who remain in two-parent biological families.

**What has been done**

Agents in 53 counties reported 3,157 contacts through group meetings, 1,226 contacts through client visits or on-site-visits, and 2180 contacts through direct mail or telephone. In addition, agents have produced 24 exhibits, 58 newspaper articles, 7 radio programs, 1 TV program, 57 Websites and have distributed 678 promotional items and 1260 publications reaching a potential total of 1,339,630 people with information about parenting through divorce. Volunteers made an additional 184 contacts with this audience.

**Results**

*2089 (93%) of respondents improved knowledge of how divorce impacts children by age/stage of development.*

*2086 (92%) of respondents learned effective communication techniques.*

*1950 (86%) of respondents plan to decrease exposure of their children to parental conflict.*

*2052 (91%) of respondents report understanding the importance of working together for the sakes of their children.*

*1566 (70%, N = 2252) of respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.*

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>
Outcome #14

1. **Outcome Measures**

   Relationship Skills for Premarital Couples

2. **Associated Institution Types**

   ● 1862 Extension
   ● 1890 Extension

3a. **Outcome Type:**

   Change in Knowledge Outcome Measure

3b. **Quantitative Outcome**

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>(No Data Entered)</td>
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</tbody>
</table>

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

   **Issue (Who cares and Why)**
   Researchers have found that, on average, children raised by both biological parents in a healthy marriage fare better on all measures than children in any other type of living arrangement. Tennessee continues to have among the highest divorce rates in the nation, and the incidence of cohabiting parents continues to increase dramatically. Divorce or single parenting and their consequences potentially cost the government money in benefits paid to low-income families, lost tax base from children who drop out of school or who cannot function successfully in school, and increased crime and property damage.

   **What has been done**
   Agents have received training and curricula (Before You Tie the Knot) for use with premarital couples, teens who are not yet in committed relationships, and professionals who work with those audiences. Based on annual reports:
   * Agents reported 412 face-to-face contacts with program participants through 24 group meetings and 29 in-office or on-site visits.
   * Additionally, agents have utilized 3 exhibits, 6 newspaper articles, 2 radio programs, 3 TV program, 2 Websites and have distributed 1,175 promotional items and 825 publications reaching a potential total of 53,075 contacts with information about healthy relationships.

   **Results**
   In self-report surveys of class participants, the following outcomes for relationship education programs were noted:
   * 240 of 246 (98%) committed to setting up a family spending plan with their future partners.
   * 244 of 246 (99%) committed to spending more time talking to their future partners without distractions.
   * 227 of 246 (92%) committed to talk to and listen to each other about their child-rearing practices/beliefs.
   * 244 of 246 (99%) committed to trying to understand their future partners' perspectives when having a disagreement.
   * 200 of 246 (81%) improved their scores from pre-to post-test after completing the classes.

4. **Associated Knowledge Areas**

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>
Outcome #15

1. Outcome Measures

   Relatives as Caregivers of Children

2. Associated Institution Types

   ● 1890 Extension

3a. Outcome Type:

   Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>{No Data Entered}</td>
<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

   **Issue (Who cares and Why)**
   Studies reveal that there is an increase in the number of individuals who provide care for others in the United States. In Tennessee there are 101,510 children living in grandparent-headed households (7.3% of all children in the state). There are another 24,774 children living in households headed by other relatives (1.8% of all children in the state). Of the children living in households headed by grandparents or other relatives in Tennessee, 56,682 are living without the presence of either parent (U.S. Census 2000).

   **What has been done**
   TSU Extension conducted a Caregivers Conference. In addition, a TSU Specialist served on the leadership team for the National e-Xtension Family Caregiving Community of Practice. Extension agents and specialists conducted 15 group meetings to reach relatives caring for children.

   **Results**
   32 caregivers feel prepared to cope with the stresses of being a kinship caregiver; 30 caregivers improved knowledge of child development; 42 caregivers increased confidence in their ability to find and access community resources.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>

V(H). Planned Program (External Factors)

   **External factors which affected outcomes**
   ● Natural Disasters (drought, weather extremes, etc.)
   ● Economy
   ● Government Regulations
   ● Competing Programmatic Challenges

   **Brief Explanation**
1. Evaluation Studies Planned
   ● Retrospective (post program)

Evaluation Results

An independent evaluation of Parenting Apart: Effective Co-Parenting was conducted by a graduate student at the University of Tennessee utilizing data from 19 counties. Using a retrospective post-then-pre design, 139 participants reported their knowledge gain in two areas: (a) the impacts of divorce and of putting children in the middle of conflict, and (b) strategies to reduce conflict with one's former spouse. Two-month follow-up interviews were used to assess behavior change in two areas: (a) using techniques to manage post-divorce conflict with one's former spouse, and (b) implementing strategies to keep children out of the middle of conflict. The following results were reported: The participants reported knowledge gain and behavior change in each of the four respective areas. It was also found that knowledge gain in regards to the impact of divorce and putting children in the middle of conflict predicted behavior change in regards to implementing strategies to keep children out of the middle of conflict (p < .05).

Key Items of Evaluation

Using a retrospective post-then-pre design, 139 participants reported their knowledge gain in two areas: (a) the impacts of divorce and of putting children in the middle of conflict, and (b) strategies to reduce conflict with one's former spouse. Two-month follow-up interviews were used to assess behavior change in two areas: (a) using techniques to manage post-divorce conflict with one's former spouse, and (b) implementing strategies to keep children out of the middle of conflict. The following results were reported: The participants reported knowledge gain and behavior change in each of the four respective areas. It was also found that knowledge gain in regards to the impact of divorce and putting children in the middle of conflict predicted behavior change in regards to implementing strategies to keep children out of the middle of conflict (p < .05).