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United Action for Youth

Teen Parent Program

Family Support Report

January 1, 2008- June 30, 2008
Year End

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Implementation

During the last two quarters of FY 2008 36 young families received Empowerment family support services. Those 36 families received 422 visits from a family support worker. There have been 37 children served aged birth to five and 36 aged birth to three years served in these families during this time period.

During fiscal year 2008 57 teen families with 61 children participated in the Empowerment Family Support Program at UAY. 59 of the children were aged birth to three and 61 children were birth to five. UAY family support workers provided 805 home or community based visits through the Empowerment Family Support Program. This represents a 5% increase in the number of visits provided over last year, for the same number of families served.

Additional services that these young families accessed at UAY this fiscal year included:

- 6 of the 15 pregnant (40%) young women received pre-natal health education from the UAY PNP (UAY has been without a nurse since February)
- 22 of the 61 (36%) children received pediatric health services from the UAY PNP
- 21 of the 57 (37%) pregnant and/or parenting women attended support group
- 20 of the 61 kids (33%) attended enhanced respite child care
- 4 families received housing assistance through the Transitional Living Housing Program at UAY

EPDS Screenings

All UAY family support workers and support staff completed the post-partum depression training facilitated by Dr. Lisa Segre last year. Given the incidence of depression among low income women and adolescents it was a valuable training for staff. Prior to the training staff had not administered the Edinburgh Postnatal Depression Scale (EPDS).

This year staff screened 16 young women were screened for post-partum depression, with two having elevated scores. One young person was referred for counseling services at UAY and the other was referred back to her primary care doctor for treatment.

The UAY protocol outlines that the EPDS should be administered at the following intervals of time:

Once during pregnancy

6-10 weeks post-partum

7-10 months post-partum

As needed after 12 months post-partum

Screenings may occur at any interval in between if signs of depression surface.

Along with the tremendous participation in UAY program staff continues to network with many community resources. The Teen Parent Program routinely makes referrals to the following organizations; WIC, Crisis Center, the Nest of Johnson County Housing Authority, Greater Iowa City Housing Fellowship, WIA, DHS, Neighborhood Centers, 4 C's, HACAP, MECCA, DVIP, UIHC, and area daycare centers.

The Teen Parent Program is funded by a variety of grants that support home visitation services. Multiple funding streams allow us to maximize services and best place families in the most appropriate programming. Many families fluctuate between various grants throughout the year. During this fiscal year the Teen Parent Program served 109 families with family support services from the following grants (some families were served by more than one grant during the year):

- 57 families served from Empowerment family support program
- 56 families served from the DOE and DHS Parent Support Grants
- 30 families served from the FaDSS grant
- 8 families served through a special United Way grant

Participant Demographics

There were 57 families served by the Empowerment Family Support Program at UAY during the year.

Demographics for the head of household (in this case all were young women) included:

Age of Parent

14	01 of 57 = 02%
15	01 of 57 = 02%
16	12 of 57 = 21%
17	16 of 57 = 28%
18	06 of 57 = 11%
19	13 of 57 = 23%
20	04 of 57 = 07%

21 04 of 57 = 07%

Race of Parent

Caucasian	25 of 57 = 44%
African American	25 of 57 = 44%
Latino	03 of 57 = 05%
Multi-Racial	04 of 57 = 07%

Successes:

UAY continues to offer a wide range of services to young families while maintaining important linkages in the community. We continue to see many positive outcomes with the families we serve. The Teen Parent Program continues to see few subsequent births to teenagers participating in the program with only two or 4% for all of the program participants 19 and under. This success can be attributed to young parents active participation in work, and school and being more active is establishing goals for themselves and their family. There are a growing number of young mothers attending college and active in the work force. 88% of the Empowerment participants are enrolled in an educational program or have already graduated. In 60% of the families the head of household is employed outside of the home.

During the fiscal year there were no low birth weight babies born to the young women receiving pre-natal health and family support services through Empowerment. 100% of the children receiving services through the Empowerment Program had a primary healthcare provider. Immunizations were current on 100% of the children enrolled.

Obstacles:

A growing obstacle for the Teen Parent Program is meeting the demand for services. We have consistently carried a waiting list of 10-15 families throughout the year and it has taken up to 12 weeks for a pregnant or parenting youth to receive services. This waiting list exists despite our caseload capacity increasing by 10 families given a one year priority grant from United Way. The United Way grant ends on September 30, again reducing our caseload capacity by ten families. Additionally, our newly funded Community Adolescent Pregnancy Prevention grant does not include funding for family support services as the grant from previously years allowed for minimal family support services.

Program Evaluation

During this fiscal year 32 families completed 42 Empowerment Family Support evaluations. There were a total of 51 (duplicated count) children 0-5 years of age in these families. Ten families reported participating in the program for up to six months, 25 reported more than 12 months and seven families left this line blank.

Agency Name	UAY		
Dates of Report	July 2007 - June 2008		
Number of Families	0		
Number of Children 0-5	51		
Number of Surveys	42		
Number in program 6 months	10		
Number in program 12 months	0		
Number in program more than 12 months	25		
<u>Percentage of Responses</u>			
Item:	<u>Not At All</u>	<u>A Little More</u>	<u>A Lot More</u>
1 I am more likely to use positive discipline with my child	0%	26%	74%
2 I feel I have more emotional energy to give to my children	2%	21%	76%
3 I know what I can expect of my child at his/her age	0%	10%	90%
4 I know where to turn for help when I need it	0%	17%	83%
5 I feel less stressed in caring for my child	5%	33%	62%
6 I have more ideas about how to discipline my child	12%	36%	52%
7 I feel I am more realistic about what to expect of my child at this age	2%	21%	76%
8 I have discovered new resources in the community to use	2%	31%	67%
9 I encourage my child to try new activities to increase his/her skills	0%	21%	79%
10 I feel I have more emotional support from others	0%	21%	79%
11 I am more likely to follow a schedule with my children	5%	40%	55%
12 I use discipline based on my child's development	7%	36%	57%
13 I am more likely to sit down and read to my children	5%	29%	67%
14 I am more confident about my parenting skills	0%	17%	83%
	<u>Disagree</u>	<u>Unsure</u>	<u>Agree</u>
15 The family support worker talked at a level I could understand	0%	2%	98%

16 The family support worker was very knowledgeable	0%	5%	95%
17 I felt comfortable asking the worker any questions I had	0%	2%	98%
Compiled data			
Parent-child interactions	4%	27%	69%
Identifying needed resources	1%	24%	75%
Building social support & decreasing stress	2%	23%	75%
Counselor effectiveness	0%	3%	97%

UAY has five family support workers providing Empowerment family support services. All of the family support workers are certified to use the *Parents as Teachers* curriculum. UAY continues to have a grant from *Reading is Fundamental* (RIF) which enables the family support workers to provide a literacy activity once a month for three consecutive months to each family. Following the activity each member of the family is able to select a book that ownership. Additionally, this year we received a *First Books* grant which will allow us to distribute a book to each child for the remaining nine months of the year, once the RIF distributions are complete.

Throughout the year 74 Ages and Stages Questionnaires were completed on 27 children participating in the Empowerment Program family support program. Two children recorded delays, were referred to Grant Wood AEA and are receiving services.

The Ages and Stages Social Emotional Questionnaire was completed with 17 children for a total of 22 assessments completed. All were within the normal range.

Feedback

We continue to be grateful for Empowerment’s commitment to family support services. Our families face multiple barriers in their lives. In-home family support is a critical link to assist these families in eliminating barriers and becoming the most knowledgeable and effective parents they can be.