

**Date of Application:** March 28, 2008

**Provider:** Mid Eastern Council on Chemical Abuse (MECCA)  
**Provider Address:** 430 Southgate Avenue  
Iowa City, Iowa 52240

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**Program Name:**

Program 1: Education and Support for Parents and Child/Family Service Providers.

Program 2: Education and Support for Families in Recovery.

**Amount of Funding Requested:** \$24,399 Program One  
\$5,692 Program Two

**MECCA in-kind contribution:** \$1,784 Program One

**Outcome Statements**

**Program 1: Part 1: Parenting skills workshops for parents who have been involved with drugs and alcohol; Part 2: Training for child/family service providers.**

1. The purpose of parent skills workshops is to offer education and support with a 6 week class for parents in recovery to reduce incidences of child abuse and promote safe, nurturing, and stimulating home environments.

2. The purpose of trainings for child/family service providers is to educate them so they can more effectively identify and intervene with families impacted by substance abuse, increase safety and stability of the home environment and make appropriate referrals.

<b>Program Name and Funding requested</b>	<b>Target Audience; expected # to be served</b>	<b>Goals of Program</b>	<b>Scope of Services (specific activities to be performed)</b>	<b>Performance Measures and Specific Measurements to be reported</b>
<p><b>1. Parent Workshops/ Provider Education</b> \$24,399 1 year</p>	<p><b>1a)</b> Parents with a history of substance abuse and at least one child age 0-5. 32 families are expected to be served annually.</p> <p><b>1b)</b> Childcare and family service providers in Johnson County. Staff members of eight facilities and participants of the 4Cs annual conference will receive training.</p>	<p><b>1a)</b> Increase protective factors among at risk Johnson County families through parent education.</p> <p><b>1b)</b> Improve the capacity of child/family service providers identify and intervene with children and families impacted by substance abuse.</p>	<p><b>1a)</b> Provide four 6-session workshops using the evidence based "Partners In Parenting" curriculum.</p> <p><b>1b)</b> Provide 8 facility-based trainings and present at the annual 4Cs conference.</p>	<p><b>1a) <u>PM:</u></b> Percent of participants who increase their knowledge of effective and positive parenting skills. Target: 75%</p> <p><b><u>PM:</u></b> Percent of participants who build support networks. Target: 85%</p> <p><b>1b) <u>PM:</u></b> Percent of providers who increase knowledge to benefit children exposed to alcohol and drugs. Target: 65%</p>

**Outcome Statements**

**Program 2: Family Workshops**

1. The purpose of family workshops is to provide education and support to reduce incidence of child abuse and encourage safe, nurturing, and stimulating home environments. This program will also establish a stronger community among transitional housing residents.

Program Name and Funding requested	Target Audience; expected # to be served	Goals of Program	Scope of Services (specific activities to be performed)	Performance Measures and Specific Measurements to be reported
<p>2. <b>Child Wellness</b> \$5,692 1 year</p>	<p>2. Parents who have children 0-5 and live in MECCA Transitional Housing. 6-8 families per month will be in attendance. 72-96 duplicated families/annually.</p>	<p>Increase protective factors among Transitional Housing families to reduce incidence of child abuse, CINAs and increase family stability.</p>	<p>2. Invite community experts who will provide monthly educational workshops on topics pertaining to child wellness and family health.</p>	<p>2. <u>PM:</u> Percent of participants who increase their knowledge of child health, growth, and development. <u>Target:</u> 75%  <u>PM:</u> Percent of participants who build support networks and reduce isolation. <u>Target:</u> 85%</p>

## **Proposal Narrative**

### **I. Need for Program**

#### **Program 1: Parenting Workshops and Provider Trainings**

The Johnson County Empowerment Board, using data from a wide variety of community resources, identified substance abuse as an issue having significant community impact. Community priorities and indicators include the encouragement of safe, stable, nurturing home environments, increases in supportive parenting skills and provision of consultation to child care providers to improve health and safety of children. The proposed programs would be able to fulfill each of these priorities.

Parents in recovery experience challenges in parenting for a variety of reasons: limited or non-existent support systems, lack of parenting skills, unrealistic expectations about children's behavior and capabilities, negative childhood experience, health care concerns and/or lack of health care, maintaining sobriety, reestablishing parent-child relationships and dealing with their feelings of guilt and shame. Parenting skills groups designed specifically to meet the needs of this population will allow recovering parents a place to share similar concerns, gain knowledge and skills and explore solutions for better parenting. Both the knowledge and skills learned as well as the support network gained will reduce overall stress and decrease risks of child maltreatment.

Since the parenting workshops will be specifically for parents who have a history of substance abuse it is important to acknowledge the strong correlation between child maltreatment and neglect and substance abuse. A 1999 study by the National Center on Addiction and Substance Abuse found that children of substance-abusing parents were almost three times likelier to be abused and more than four times likelier to be neglected than children of parents who are not substance abusers. Prevent Child Abuse America reports that 40% of founded cases of child maltreatment involve drugs and alcohol.

During the 2006 calendar year, Johnson County had 165 founded reports of child abuse. If Johnson County is similar to national statistics, 66 founded cases of child abuse involved drugs and alcohol. Additionally, in Johnson County, nearly half of all founded child abuse cases involve children age five or under, the age targeted by our proposal. Prevent Child Abuse America recommends the following undertakings to prevent child abuse related to substance abuse:

- Access to supportive services for all parents under stress.
- Intensive parenting and prevention education and support for all new parents.
- Education for individuals who work with children and families, including teachers and service providers regarding the interplay between a parent's alcohol or other drug problems and child maltreatment.

Trainings proposed in this application would meet the recommendation of education for child care and family service providers on the correlation between substance abuse and maltreatment. Additionally, the trainings would lead to earlier identification and intervention for children who have been exposed to parental substance use and appropriate referrals for services. Trainings for child family service providers on how to identify and intervene when children have been exposed to substance abuse will facilitate increased health and safety for children impacted by substances.

Parenting classes and trainings for providers will reduce the number of child abuse reports in Johnson County and increase the health and safety of children. Increasing knowledge and support for parents as well as professionals will improve outcomes and school readiness.

## **Program 2: Family Workshops**

Transitional housing at MECCA combines substance abuse treatment, housing and support service for women with children. According to City Steps (Iowa City's Consolidated Plan for Housing, Jobs & Services for Low-Income Residents), Iowa City has very limited transitional housing opportunities for families. Residents living in transitional housing have an opportunity to live in safe, affordable, drug-free housing; stabilize employment, have easy access to ongoing treatment and support; become self-sufficient; and break the cycle of substance abuse in the family. During the time that residents are residing in transitional housing, MECCA Services has the opportunity to provide knowledge and skills that will further their abilities to parent their children, prepare their children for school and create a nurturing environment to stimulate their growth.

All of the residents of transitional housing are in recovery from substance abuse which creates unique needs for them in their parenting role. Many are reestablishing trust with their children, recreating support networks, relearning how to live without using drugs and alcohol/maintaining sobriety, reentering the work force or returning to school. These demands increase stress levels which may contribute to neglect and maltreatment of children. Additionally, transitional housing specifically provides services for low-income individuals and limited funds contribute to high levels of stress. By providing knowledge on positive interactions with children, health care, budgeting, nutrition, and safety, as well as opportunities for building a support network through social interactions, there will be a reduced likelihood of child abuse and neglect. Furthermore, these opportunities provide parents with the skills to better prepare their children for starting school. Good health, positive interactions with parents, activities and games, reading and a safe home environment all play a role in school readiness.

Family workshops will have a positive impact on the families in transitional housing which will in turn have a positive influence in the whole community. Healthier families contribute more to the community through being active in the schools and other volunteerism. This program meets both the needs of the parents in recovery as well as children with recovering parents. School readiness, safe home environments and positive parenting are all goals of Johnson County Empowerment Board and this program will meet each of these goals.

## **II. Program Description**

### **Services to be Provided**

#### **Program 1: Part 1: Parenting Skills Workshops**

A six series workshop on parenting skills will be provided utilizing the evidence based “Partners in Parenting” curriculum. This curriculum will be enriched with supplemental videos and activities from the “Nurturing Skills” and “Real Life Parenting Skills” evidence based programs. We are adding the supplemental activities to improve the program for parents who choose to take the course more than once as well as to provide additional parenting tools for all participants. All supplemental activities will be additional and *not* in lieu of the Partners in Parenting lessons. “Partners in Parenting” is specifically designed to address the needs and concerns of parents recovering from substance abuse. Emphasis will be placed on building skills, providing support and helping parents understand and nurture the needs and abilities of their children during different stages of development. Additionally, this program has a strengths-based approach to help parents acknowledge the assets that they have and what they are already doing well as parents. Following are the topics for each session:

*Session 1: Introduction and Self-Image*

*Session 2: Child Development and Nurturing*

*Session 3: Effective Communication: Building Understanding and Active Listening*

*Session 4: Guiding Behavior and Positive Discipline*

*Session 5: Self Care for Parents*

*Session 6: Problem Solving*

The two hour weekly workshops will be provided quarterly for a total of 4 series or 32 classes. Each session will begin with 30 minutes of time for families to enjoy a meal together. The group will then be divided with parents participating in the parenting skills class and the children being supervised by childcare staff.

**Target Audience:** The target audience for the workshops is Johnson County parents, with at least one child age 0-5, who have a history of substance abuse. Services will target families whose income is at or below 185% federal poverty level. Thirty two families or eight parents per rotation are estimated to complete the program.

#### **Community Plan Priorities and Local Indicator:**

**A. *Secure and Nurturing Families: encouraging safe, stable, nurturing home environments through enhanced parent-child relationships, increase in supportive parenting skills, by providing neighborhood based services and building natural networks of support within neighborhoods.***

The purpose of parenting skills workshops is to provide education and support to parents in order to reduce incidence of child abuse, CINAs and increase family stability (decrease termination of parental rights). Parents will develop skills to effectively nurture their child’s development, improve communication with their child(ren), learn appropriate methods for guiding behaviors, and learn how they can assist their child in developing resiliency. These skills will enhance parent-child relationships and establish healthier home environments thereby reducing the likelihood of child abuse, CINAs or termination of parental rights). Participation in the workshops will assist parents in developing and maintaining support networks that further decreases risk factors of child abuse by reducing social isolation and increasing peer resources.

#### **Expenses Associated with Parenting Skills Workshops:**

To support the attendance and participation of families, grant funds will be used to cover the cost of food, transportation, materials, and incentives. Meals will be provided for families at the start

of each evening session. This cost will be \$50/session for 32 sessions for a total of \$1600. Transportation will be provided to families as needed using the MECCA van. We have budgeted for approximately 100 miles for the program year, at the current mileage rate of \$0.445 used by our agency. Materials include folders, copies of handouts, the “Nurturing Skills” curriculum, parenting DVDs, and childcare supplies. We have included funds in our proposed budget to cover these materials plus the cost of printing flyers and posters to help promote the program and recruit families.

To encourage attendance, we will offer a \$10 incentive to families on the first night and a \$25 incentive on the last night of programming for those families who have attended all six sessions. In addition, we will further encourage attendance by giving a door prize to participants at each class.

### **Services to be Provided**

#### **Program 1: Part 2: Training for Child/Family Service Providers**

MECCA will provide eight trainings to Johnson County child care and family support professionals and present at the 4Cs annual conference on identifying and intervening when children are exposed to alcohol and drugs. Trainings will present information on addiction, impact of drugs on child development, behavioral signs and symptoms of drug exposed children and drug abusing adults, fetal alcohol syndrome, the stages of change model, and resources for referral. Trainings will be tailored to meet the needs of the child/family services provider and provided at their site. This training is considered a sponsored training by DHS so it also fulfills the need for continuing education as required for childcare providers.

**Target Audience** The target audience for this training is community child care workers and family service providers. Eight child care/ family service facilities will be provided training during the year in addition to a presentation at the annual 4Cs conference.

#### **Community Plan Priorities and Local Indicator:**

***B. Healthy Children: increasing access to quality health care for children, early identification of health concerns, increasing accessibility of health insurance for children, reducing health disparities among different populations, and providing consultation to child care providers.***

The purpose of training on child exposure to substance abuse is to provide consultation to child/family service providers so they can more effectively identify and intervene in situations where children are exposed to alcohol and other drugs. This training will facilitate early identification of substance abuse concerns, increase the health and safety of children, and facilitate appropriate referrals for substance abuse services.

#### **Expenses Associated with Training for Child/Family Service Providers:**

To support trainings, grant funds will be used to cover the cost of transportation to the worksites, materials to create visual aids, and copies of information to provide to the child care/family service providers. We have budgeted for approximately 50 miles at the current mileage rate of \$0.445 used by MECCA Services.

**Collaboration for Program 1:** We will continue to collaborate with agencies such as The Nest of Johnson County, Women Infants and Children (WIC), Johnson County Department of Human Services, Neighborhood Centers of Johnson County, Hawkeye Area Community Action Program, Iowa City Parks and Recreation, Iowa City Community School District and Domestic Violence Intervention Program to implement these programs. In addition, local child care centers (e.g. Good Shepherd Center, UIHC Child Care Center, Kinderfarm) will be offered the training and a presentation will be provided at the 4Cs annual conference for childcare providers.

## **Program 2: Family Workshops**

Monthly educational workshops (3 per quarter) will be provided to give parents both knowledge and skills to establish quality parent-child relationships and nurture their child(ren) and prepare them for school while maintaining a safe and healthy home. Emphasis will be placed on health, education and safety. Following are a list of possible workshop topics:

*Fun and Safe Family Activities*

*Well-child Health Visits*

*Children's Health Insurance*

*Car Seat Safety*

*Fire Prevention*

*Parent and School Communication*

*Dental Care*

*Budgeting*

*Nutrition- healthy snacks, how to read a nutrition label, cutting out salt and fat*

*Reading*

*First Aid*

*School Readiness*

The monthly workshop for parents and children will last 2 hours each and will be provided twelve times throughout the year; or three each quarter. Each session will begin with 30 minutes of time for families to enjoy a meal together and have positive family interaction. The group will then be divided with parents participating in workshops and the children being supervised by childcare staff. At the conclusion of the presentation, parents will have the opportunity for socializing until 8 Pm. Staff will also be available to answer questions and provide one-on-one consultation for parents as needed.

**Collaboration:** We will continue to collaborate with agencies such as Iowa City Fire Department, Iowa City Police Department, University of Iowa Pediatrics Department, University of Iowa Dental Clinic, Iowa State Extension Offices, Hills Bank and Trust Company, United Action for Youth (UAY), Hy-Vee, Grant Wood AEA and the Iowa City Community School District.

**Target Audience:** The target audience for the family workshops is residents of MECCA Transitional Housing, with at least one child age 0-5, and who are currently in recovery from substance abuse. Services will target families whose income is at or below 185% federal poverty level. We estimate serving 6-8 families per month with each of these families attending a total of 10 programs per year.

### **Community Plan Priorities and Local Indicator:**

The proposed services will address the following community plan priorities and local indicators:

***C. Children Ready to Succeed in School: increasing children's readiness to succeed in school and schools' readiness to educate today's children.***

Family workshops will emphasize the skills necessary to ensure young children are nurtured in safe, healthy, and stimulating environments so that they are ready to learn and succeed when they enter school. Topics will include, but are not limited to, well-child health visits, school readiness, reading and writing, family activities, parent and school communication and nutrition.

Increased parent knowledge and skill development in these areas will impact child readiness to succeed in school by promoting a nurturing environment for healthy child development, increased positive communication between parents, school and children, and family resiliency.

**Expenses Associated with Program 2 Services:**

To support the attendance and participation of families, grant funds will be used to cover the cost of food, materials, door prizes and incentives. Meals will be provided for families at the start of each evening session at a cost of \$70/meal for 12 sessions for a total of \$864.

We will provide copies and handouts for each of the monthly sessions on information pertaining to the topic. In addition, childcare supplies will be purchased quarterly. We have also included funds in our proposed budget to cover the cost of printing flyers and posters to help promote the program and recruit families.

To encourage attendance, we will offer a \$10 incentive to families on each night. In addition, we will offer a \$10 door prize drawing each evening to encourage a consistently high level of attendance. We are not planning to purchase any equipment through this project.

### **III. Evaluation**

#### **Program 1: Part 1: Parenting Skills Training**

**Outcomes:** Thirty-two parents per year will increase their knowledge of parenting skills to promote a nurturing home environment, improve parent-child relationships and build support networks with other parents to reduce social isolation.

**Indicators:** Decreased incidence of founded child abuse, decreased incidence of CINAs and termination of parental rights, and increased school readiness.

**Evaluation Tools:**

Attachment A: Partners in Parenting Evaluations

These evaluations are completed at the end of each class and provide feedback for the facilitator to make continual improvements throughout the series. Each evaluation allows the participant to describe the class, indicate how he/she will use the information they been given, and make suggestions for future classes.

Attachment B: Empowerment Education and Support Participant Evaluation

We have selected the following questions for evaluation:

#4 I am more realistic about what to expect of my child at this age

#7 I am more likely to use positive discipline with my child

#14 I know more ways to prevent behavior problems before they happen

#16 I feel more confident about my parenting skills

#32 I have discovered new resources in the community to use

#35 I had a chance to meet and talk with other parents

These questions correspond with the material taught in the class as well as the goals of providing this program. This evaluation will be completed at the end of the last class of the series and the data collected will be provided in quarterly and annual reports.

During the past two quarters this program has had an average of 82% of participants feel a lot more likely to use positive discipline techniques, 76.5% feel a lot more confident about their parenting skills and 89% indicating having an opportunity to meet and talk with other parents in a positive environment.

#### **Program 1: Part 2: Training for Child/Family Service Providers**

**Outcomes:** Eight trainings on child exposure to substance abuse for child/family service providers will be provided in addition to a presentation at the annual 4Cs conference.

Participants will be able to more effectively identify and intervene in situations where children are exposed to alcohol and other drugs.

**Indicators:** Earlier identification of health concerns, increased number of consultations to child care providers.

**Evaluation Tools:**

We have developed an evaluation for the effectiveness and participant satisfaction of the training. Data will be provided in quarterly progress reports.

Attachment C: Training for Child/Family Service Providers Evaluation

This program is becoming more established through increased community connections and recent acceptance as an approved training by the Department of Human Services. A standard presentation has been developed titled “Working with Children and Families Impacted by Substance Abuse”. Other topics continue to be offered to meet the individual needs of the agencies. Informational brochures and other resources are also being provided at all trainings.

## **Program 2: Family Workshops**

**Outcomes:** Eight parents will attend 10-12 workshops that will increase their knowledge of parenting skills to promote nurturing home environments and build support networks thus reducing social isolation.

**Indicators:** decreased incidence of founded child abuse, decrease incidence CINAs and termination of parental rights, and increased school readiness

### **Evaluation Tools:**

Attachment D: Empowerment Education and Support Participant Evaluation

We have selected the following questions for evaluation:

- # 14 I have more Activity Ideas to use at home with my child.
- # 18 I know more about the health services for my family.
- # 21 I feel less stressed in caring for my child
- # 27 I had a chance to meet and talk with other families
- # 33 I spend more time playing with my child.
- # 50 I have discovered new resources in the community to use.

These questions correspond with the goals of the program and the topics to be covered by the invited speakers. Evaluations will be provided at the end of each program and the results from the data will be reported in quarterly and annual reports. Data collected from the evaluations will also inform the facilitator on areas for improvement so the program will continue to meet the needs of the transitional housing residents.

Interest in this program has grown greatly among the transitional housing residents during the past few months. A variety of speakers have presented to this group on topics related to money, health, parenting and self-care. Information about community resources related to the topic is made available to the participants at each program. During fiscal year 2007, 89% of participants indicated that they had discovered a lot more new community resources, 72% of participants felt a lot less stressed in caring for their child(ren), and 89% of participants felt as though the program provided a good opportunity to meet and talk with other parents.

#### **IV. Provider Qualifications**

MECCA Services has a strong history of serving parents, children and families in Johnson County. Since 2000, MECCA has facilitated the “Strengthening Families Program” and the FAST (Families and Schools Together) program with over 168 Johnson County families. These programs include components for parents, school aged youth, and 0-5 aged youth. MECCA staff has also been successfully teaching the Partners In Parenting curriculum to parents participating in substance abuse treatment services. Between 2005 and 2007 “Partners in Parenting” workshops were provided for approximately 50 Johnson County parents.

MECCA has extensive experience in recruitment of parents and families to prevention programs, utilizing a host of media and promotional avenues for success. MECCA has a history of positive collaboration with local law enforcement and local agencies in providing trainings to service providers and parents. Our prevention staff will call upon these past experiences to ensure the successful delivery of the programs in this proposal.

Rebecca McMurray, MECCA Services Project Coordinator will provide the “Partners in Parenting” workshops, and the childcare and family service providers’ trainings. Rebecca is an LMSW with a focus on community practice. She has been in this role at MECCA since October 15, 2007. Applicable trainings she has attended include “Positive Parenting with a Plan”, “Family Team Meeting Facilitation”, “Infant Mental Health”, “Postpartum Depression Screening” and she will complete the Substance Abuse Prevention Specialist training on May 14, 2008.

Kelly Vander Werff, Prevention Supervisor, will oversee all Empowerment programming. Kelly has a B.A. in Sociology and a Master of Criminal Justice degree. She has fifteen years of experience working with at-risk youth and families in a variety of settings including schools, non-profit agencies, and juvenile court services. Kelly began working for MECCA Services in 2003 and is currently the Prevention Supervisor for MECCA.

This is the third year MECCA has worked with Johnson County Empowerment funding and we are looking forward to greater opportunities to serve this target audience in our community. MECCA has also served as the fiscal agent on a number of local, state, and federal grants, and is competent and capable in performing the necessary duties related to managing the budget for this proposal.

## Budget Page-Program 1

**Proposed Budget:** The budget is to be on this budget form. Budgets will be based on a program period of July 1, 2008 to June 30, 2009. Include an explanation of the budget and describe how the Empowerment funding will fit within your other sources of funding (tuition, grants, etc). Identify any involvement you may have with the Empowerment Board or its programs. Reasonable administrative or indirect costs may be included. Reasonable administrative costs are generally defined as up to 8% of total direct expenditure request.

Provide details for each line item. For multiple programs, identify each program. For example, "Salaries & Personnel" might include "Program 1 salaries" and "Program 2 salaries". Specific salary details should be in Chart A. Other Revenue details should be in Chart B. For other line items, include details in the budget form. For example, "Program Costs" might include materials and promotion or "Participant Supports" might include child care, incentives, meals, and transportation. You may add additional detail lines where necessary. Total Program Cost should equal Empowerment Request plus Other Revenue.

<b>Program 1: Parent education and Staff Training</b>	Total Program Cost	Empowerment Request	Other Revenue (detail chart B)
Salaries & Personnel detail chart A			
a. Project Coordinator salary	13040	13040	0
Benefits	2608	2608	0
b. Childcare workers	1488	1488	0
c. Prevention Supervisor (supervision)	1377	0	1377
Benefits	275	0	275
1. Salaries subtotal	18788	17136	1652
Program Costs provide detail			
a. Handouts (paper and copying)	200	200	0
b. Childcare supplies	150	150	0
c. Program promotion and advertisement	200	200	0
d. Mileage for Project Coordinator (\$.445/mile x 30miles/month x 12 months)	160	160	0
e. Curriculum and DVDs	200	200	0
2. Program Costs subtotal	910	910	0
Participant Supports provide detail			
a. Family Incentives for attendance (\$35 x 32 families)	1120	1120	0
b. Door prizes (\$5/prize x 8 families x 24 sessions)	960	960	0
c. Meals (\$50/session x 24 sessions)	1200	1200	0
d. Mileage to transport families (\$.445/mile x 100 miles)	45	45	0
3. Participant Supports subtotal	3325	3325	0
Equipment provide detail			
a. Telephone/Cell Phone	688	688	0
b.	0	0	0
4. Equipment subtotal	688	688	0
Other provide detail			
a. Space Cost	533	533	0
5. Other subtotal	533	533	0
6. TOTAL DIRECT (total lines 1+2+3+4+5)	24244	22592	1652
Administration	0	0	0
Other Indirect	1940	1807	132
7. TOTAL INDIRECT (8%)	1940	1807	132
<b>8. TOTAL EXPENDITURES (total lines 6+7)</b>	<b>26184</b>	<b>24399</b>	<b>1784</b>

**Detail Chart A: Salary Costs**

Job Title	% of FTE for project			
1 Project Coordinator	40% x \$32,600	13040	13040	0
Benefits	20% x \$13,040	2608	2608	0
2 Childcare Workers	\$10.33/hr x 12 hrs x 3 staff x 4 cycles	1488	1488	0
4 Prev. Sup.	3% x \$45,900	1377	0	1377
Benefits	20% x \$1377	275	0	275
Totals		18788	17136	1652

Above totals should be the same as budget line 1; if these two numbers aren't the same, check the arithmetic

from Chart 1 Line 1

**Detail Chart B: Other Revenue**

Prev. Sup. Salary (Supervision)	1377
Prev. Sup. Benefits	275
Indirect Expenses	132
<b>Total Other Revenue</b>	<b>1784</b>

Total should be the same as budget line 8 far right column; if these two numbers aren't the same, check the arithmetic

1784

from Chart 1 Line 8

## Budget Page-Program 2

**Proposed Budget:** The budget is to be on this budget form. Budgets will be based on a program period of July 1, 2008 to June 30, 2009. Include an explanation of the budget and describe how the Empowerment funding will fit within your other sources of funding (tuition, grants, etc). Identify any involvement you may have with the Empowerment Board or its programs. Reasonable administrative or indirect costs may be included. Reasonable administrative costs are generally defined as up to 8% of total direct expenditure request.

Provide details for each line item. For multiple programs, identify each program. For example, "Salaries & Personnel" might include "Program 1 salaries" and "Program 2 salaries". Specific salary details should be in Chart A. Other Revenue details should be in Chart B. For other line items, include details in the budget form. For example, "Program Costs" might include materials and promotion or "Participant Supports" might include child care, incentives, meals, and transportation. You may add additional detail lines where necessary. Total Program Cost should equal Empowerment Request plus Other Revenue.

Program 2-Child Wellness	Total Program Cost	Empowerment Request	Other Revenue (detail chart B)
Salaries & Personnel detail chart A			
a. Project Coordinator salary	\$1,630	\$1,630	0
Benefits	\$326	\$326	0
b. Childcare workers	\$496	\$496	0
1. Salaries subtotal	\$2,452	\$2,452	
Program Costs provide detail			
a. Handouts (paper and copying)	\$200	\$200	0
b. Guest Speaker Stipends	\$150	\$150	0
2. Program Costs subtotal	\$350	\$350	0
Participant Supports provide detail			
a. Family Incentives (\$10 x 6 families x 12 sessions)	\$720	\$720	0
b. Family Supports (\$10 x 6 families x 12 sessions)	\$720	\$720	0
c. Meals (\$70/session)	\$840	\$840	
3. Participant Supports subtotal	\$2,280	\$2,280	0
Equipment provide detail			
a. Telephone/Cell phone	\$69	\$69	0
b.	0	0	0
4. Equipment subtotal	\$69	\$69	0
Other provide detail			
a. Space Costs	\$119	\$119	
5. Other subtotal	\$119	\$119	0
6. TOTAL DIRECT (total lines 1+2+3+4+5)	\$5,270	\$5,270	0
Administration	\$422	\$422	0
Other Indirect			
7. TOTAL INDIRECT (8%)	\$422	\$422	0
<b>8. TOTAL EXPENDITURES (total lines 6+7)</b>	<b>\$5,692</b>	<b>\$5,692</b>	<b>0</b>

**Detail Chart A: Salary Costs**

Job Title	% of FTE for project			
1 Project Coordinator	5% x \$32,600	\$1,630	\$1,630	0
Benefits	20% x \$1630	\$326	\$326	0
2 Childcare Worker	\$10.33/hr x 2 hrs x 2 staff x 12 sessions	\$496	\$496	0
Totals		\$2,452	\$2,452	

Above totals should be the same as budget line 1; if these two numbers aren't the same, check the arithmetic

from Chart 1 Line 1

**Detail Chart B: Other Revenue**

Source of Other Revenue	Total amount of other revenue from source
1	
2	
Total Other Revenue	0

Total should be the same as budget line 8 far right column; if these two numbers aren't the same, check the arithmetic

0

from Chart 1 Line 8

**Attachment A: Partners in Parenting Evaluation**

*Building a Partnership*

**Session Evaluation  
Partners in Parenting  
Session 1**

**INSTRUCTIONS:** Please take a minute to give us some feedback about how you like this session.

1. Use one word to describe your feelings about today's class

\_\_\_\_\_.

2. What was the most important thing you learned today?

3. What is one thing you really like about your relationship with your child (children)?

4. On a scale of 1 to 10, how do you rate today's class? (Circle your rating).

<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
<b>Poor</b>			<b>Pretty Good</b>				<b>Excellent</b>		

5. Do you have any suggestions to help make this class better

**Attachment B:**  
**Program 1: Empowerment Education and Support Participant Evaluation**

**MECCA Parenting  
Education & Support Participant Evaluation**

**Age:** \_\_\_\_\_ **Number of Children age 5 & under:** \_\_\_\_\_ **Number of classes attended:** \_\_\_\_\_  
**Race:** White African American Native American Asian Hispanic (Latina) Multiracial Other  
**Are you a single-parent household?** Yes No

*Please answer the following questions by putting an "X" through the number that best describes how you may have changed because of this program.*

<b>As a result of participating in this program...</b>	Not At All	A Little More	A Lot More
1. I am more realistic about what to expect of my child at this age.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
2. I am more likely to use positive discipline with my child.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
3. I know more ways to prevent behavior problems before they happen.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
4. I feel more confident about my parenting skills.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
5. I have discovered new resources in the community to use.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
6. I had a chance to meet and talk with other parents.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2

*Below are some statements about this program. Please put an "X" through the number that best describes how you feel about them.*

	Disagree	Unsure	Agree
9. The presenter talked at a level I could understand.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
10. The presenter was very knowledgeable.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
11. I felt comfortable asking the presenter any questions I had.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2

**Attachment C: Training for Child/Family Service Providers Evaluation**

## **Evaluation**

Strongly agree      strongly disagree

5      4      3      2      1

5      4      3      2      1

5      4      3      2      1

**Content**

The training achieved the stated objectives.

Clear and understandable materials were presented.

The training increased my subject knowledge.

Strongly agree      strongly disagree

5      4      3      2      1

5      4      3      2      1

**Instructor**

was well-prepared and organized.

explained the information clearly.

Other comments:

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Strongly agree      strongly disagree

5      4      3      2      1

5      4      3      2      1

**Overall Program:**

The session was well-paced.

Overall, the training was professional, up-to-date, and useful.

Other comments:

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Date: \_\_\_\_\_

Class Title: \_\_\_\_\_

Presented by: \_\_\_\_\_

**Attachment D: Program 2: Empowerment Education and Support Participant Evaluation**

<p><b>MECCA Health Education &amp; Support Participant Evaluation</b></p>
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**Age:** \_\_\_\_\_ **Number of Children age 5 & under:** \_\_\_\_\_ **Number of classes attended:** \_\_\_\_\_  
**Race:** White    African American    Native American    Asian    Hispanic (Latina)    Multiracial    Other  
**Are you a single-parent household?**    Yes    No

*Please answer the following questions by putting an "X" through the number that best describes how you may have changed because of this program.*

<b>As a result of participating in this program...</b>	Not At All	A Little More	A Lot More
1. I have more activity ideas to use at home with my child.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
2. I know more about health care services for my family.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
3. I spend more time playing with my child.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
4. I have discovered new resources in the community to use.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
5. I had a chance to meet and talk with other parents.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
6. I feel less stressed in caring for my child.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2

*Below are some statements about this program. Please put an "X" through the number that best describes how you feel about them.*

	Disagree	Unsure	Agree
7. The presenter talked at a level I could understand.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
8. The presenter was very knowledgeable.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
9. I felt comfortable asking the presenter any questions I had.....	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2

