



Teen Growth and Development Utilizing Primary Prevention Strategies

An Opportunity for Parents to Mentor and Lead Youth through Meaningful Volunteer Roles

As a 4-H volunteer I have been able to contribute to my community in many positive ways that impact not only the youth, but also families. Participating in 4-H programming has been one of the best experiences I have had working with youth. Even though most people think about 4-H in terms of pigs, cows, and farming, it is really much more. I live in an urban setting and have participated in 4-H for the past 10 years.

4-H is a youth leadership development program delivered by Cooperative Extension that helps youth grow into responsible citizens. As a primary prevention program it is very effective. The youth learn to work in partnership with adults (mentors), so they learn that their voice matters. I have been fortunate enough to participate in a 4-H program and curriculum that was in development and now has been peer reviewed through the National 4-H Council called *4-H Teen Corps: Developing Youth and Adult Leaders to Strengthen Communities*.¹ It was started in 1998 in Baltimore City and has great outcomes. The best part of this program is getting youth to become involved in their communities in meaningful ways and the opportunity for parents to take a leadership role as a volunteer to support, create or lead clubs.

The three components of 4-H Teen Corps are:

Service Learning which is different from community service in that the youth do



community mapping to find out the needs of the neighborhood in which they want to do a project and create a meaningful project based on their research which includes input from the community.

Workforce Readiness/Entrepreneurship which teaches youth job readiness skills, such as identifying their strengths and areas of interest, interviewing skills, resume writing and how to start their own business.

Environmental Science teaches youth the importance of taking care of where you live, not to pollute, how to prevent pollution and volunteering to help efforts to clean up pollution in their community, locally, on a state or national level. Youth also learn to grow plants for beautification or food. Helping in community gardens and learning and experiencing the importance of eating healthy and living a safe and healthy lifestyle are important lessons that youth also learn.

The beauty of this curriculum is that it can be adapted and used by any program or organization to develop

continued on page 2

Visit the PAC on the FRIENDS website at www.friendsnrc.org



Inside This Issue...

- Teen Growth and Development Utilizing Primary Prevention Strategies
- Twice the Opportunity
- What is New and Coming Soon
- In the Spotlight
- CAP Month Special Event
- U-TURNS
- Meet the PAC Alumni

Twice the Opportunity

Sacramento Supporting Expectant & Parenting Youth

While nationally teen pregnancy rates are at historic lows, those for youth in out-of-home care remain unacceptably high. Approximately 1/3 of young females in care become pregnant at least once by the age of 17. By the age of 19 this number rises to almost half.¹ Young men who are in foster care are twice as likely as their peers to report that they have fathered a child.² In California, Sacramento County Child Protective Services (CPS) has been working with the Center for the Study of Social Policy (CSSP) to develop new policy and practice to support these young people as new parents and youth making the transition to adulthood. Aspects of the approach include:

- Team meetings during pregnancy, at the time the youth chooses to parent, just before birth and shortly after the baby is born to make sure the youth and their baby get the support and services they need. Teamings are

hosted at the nearest family resource center and bring together the youth and their network (friends, family, co-parent, etc.), caseworker and CPS staff, community partners, and others to make a plan to ensure parent and baby get the support they need.

- Connecting expectant and parenting youth to mentors.
- Developing a sexual and reproductive health policy that is inclusive of all sexuality and gender expression to ensure youth know their sexual and reproductive health rights, medically accurate sexual and reproductive health information and are connected to appropriate services they need.
- Ensuring that babies (or children) of youth in foster care get priority access to early childhood services.
- Building the capacity of foster homes to support these youth in

ways that build their capacity to parent.

- Using youth consultants to help shape the overall approach and connect directly to expectant and parenting youth in care.
- Building their capacity to track when a youth is expecting or parenting.
- Reaching out specifically to young fathers in care and ensuring that they have support in their fathering role.

Look to CSSP for more tools and resources based on: the work in Sacramento County, similar work going on in New York City and products from our national working group on expectant and parenting youth in out-of-home care.

Submitted by Nilofer Ahsan, Lead, Knowledge and Partnerships, CANTASD

¹<http://www.chapinhall.org/sites/default/files/DworskyFosterPregnancy-7-16-09.pdf>

²Courtney, M.E., Dworsky, A., Brown, A., Cary, C., Love, K., & Vorhies, V. (2011). Midwest evaluation of the adult functioning of former foster youth: Outcomes at age 26. Chicago, IL: Chapin Hall Center for Children at the University of Chicago. From https://www.chapinhall.org/sites/default/files/Midwest%20Evaluation_Report_4_10_12.pdf

continued from page 1

Teen Growth and Development Utilizing Primary Prevention Strategies

youth leadership skills. The target ages are 12 to 18, but it can be adapted for older young adults as well.

Brainstorming with youth at the development phase of projects and programming is a practice I have adopted and has caused me to grow and think out of the box by considering how to incorporate the ideas and vision of the youth. It also garners greater interest and participation from the youth, boosts their self-confidence and gives them life skills that impact the rest of their lives in a positive manner.

You can check out the 4-H Teen Corps curriculum at: 4-Hmall.com/

curriculum. It will be under business and citizenship.

~submitted by Eliza Cooper, FRIENDS PAC member and 4-H Organizational Volunteer

¹Brown, M. Published (2016). *Teen Corps Leadership Program: Developing Youth and Adults to Strengthening Communities*. 4-H Cooperative Curriculum System, USDA. The curriculum includes lesson plans, worksheets/handouts, and PowerPoint slides. The lesson plans are built on research-based scholarship, as well as lessons learned and practices developed over the history of the Teen Corps program (1998) in Baltimore. Learn more about the 4-H Teen Corps curriculum at: http://www.4-hmall.org/Category/4_hcurriculum-businessandcitizenship-teencorps.aspx



What is New and Coming

Soon

What is Cost Analysis and New Resources

FRIENDS, in partnership with the University of Kansas - Center for Public Partnerships and Research, recently released *The Practitioner's Guide to Cost Analysis-Part 2: Conducting your first cost analysis*. <https://friendsnrc.org/activities-that-support-collaboration/cost-analysis>. The guidebook and accompanying resources are a follow-up to *The Practitioner's Guide to Cost Analysis First Steps*, released last spring. In the first guide, programs learn about three focus areas critical to preparing for a cost analysis (CA)- stakeholder buy-in, data collection and processing, and communicating and using the results.

Part 2 includes a Readiness Assessment Decision Tree and costing templates that walk users through the process of collecting and analyzing their program data to determine the cost per family to deliver services.

Cost analysis encompasses a variety of methods for identifying costs per family enrolled in a program and determining the cost-benefit ratio for programs or services - are the costs of providing a service outweighed by the costs (to society, a community, or other group) if the service had not been provided?

A program might spend \$2,500 during a six-month period to work with a teen mom and her infant, providing support to help the teen complete high school, and receive birth control counseling and infant care instruction. If program outcomes demonstrate that teen moms who complete this program are more likely to finish high school, delay a second

pregnancy, and have healthier infants than teens who are not enrolled in the program, the cost of the program would seem to be well-worth the expense. But often administrators, funders, and legislators want to know exactly what spending money on the program saves in tax dollars, or whether money would be better spent on another program.

With the appropriate data, a cost analysis can compare the costs of providing services to this young mom and her infant with the costs of negative outcomes that would be more likely to occur if they did *not* receive services. For example, when a student does not complete high school, it dramatically increases the risk of multiple outcomes that carry costs to society, including involvement in the criminal justice system, lower wages, and longer periods of unemployment. In this way, a cost analysis can demonstrate that the \$2,500 spent to help this mom and her baby results in savings in the long term.

Parents and parent leaders may be included in this type of program evaluation by agreeing to participate in data collection, sitting on workgroups that plan for a CA, or recommending a cost analysis if they serve on a board or advisory committee where this type of study might strengthen program support. Parent leaders may also be involved by sharing results of a CA in their communities, informing others of good work and positive outcomes.



Redesigned Online Learning Center and New Course

In the next few weeks, FRIENDS will release a redesigned homepage for the Online Learning Center. The new homepage will be much easier to navigate - it is cleaner with less information, colorful with large tabs, and more informative than our old page!

A new online course, *Data 101*, will also be released this spring. The former e-learning course on data has been completely revamped. You will find new graphics, new information, and a great learning experience for those in need of an introduction to collecting and using data, working with participants, preparing staff, and addressing confidentiality issues.

Parent leaders, practitioners, and others are welcome to take any of FRIENDS' e-learning courses free of charge, twenty-four hours a day, seven days a week. We appreciate users completing the evaluation at the end of each e-course so that we can continue to improve our online learning resources.

~Valerie Spiva Collins, FRIENDS with Jessica Sprague Jones, KU-CPPR





In the Spotlight

Missouri

Missouri's newly established statewide Parent Advisory Council (PAC) met for its inaugural meeting on March 23, 2017. The fifteen member PAC, which includes members from throughout Missouri, worked to establish plans for moving forward with the help of FRIENDS TA Coordinator, Carolyn Abdullah. The PAC is a culmination of many years of working with parent leaders through an annual parent summit and is supported by a statewide consortium of private and public partners including the Missouri's Children's Trust Fund, Departments of Health, Mental Health and

Social Services and the Head Start Collaboration Office among others.

Submitted by: Laura Malzner, Program Coordinator, Missouri Childrens Trust Fund

Florida

In 2013, the Centers for Disease Control and Prevention released the "Essentials for Childhood Framework," designed to assist communities in promoting the types of relationships and environments that help children grow up to be healthy and productive citizens. In 2016 Prevent Child Abuse Florida, in partnership with the Department of Children and Families, began utilizing techniques outlined in the framework to help guide our child abuse prevention efforts. A three-step approach conducted over the next two years will help

identify important strategic partners and communication strategies. First, we completed a statewide media survey in January 2017 to gather data to inform our media plan for Child Abuse Prevention Month. We conducted fourteen focus groups with 350 caregivers across

the state. Participants completed the "Parent Survey" and contributed to follow-up discussions on the topic of media consumption trends and habits. Session 2 will focus on healthy child development, Adverse Childhood Experience (ACEs) and protective factors education in the summer and fall of 2017. The third session, planned for 2018, will consist of town-hall meetings focused on readiness assessment with state and community leaders.

Submitted by: Chris Lolley, Executive Director, Prevent Child Abuse Florida

CAP Month Special Event

On April 26, 2017, the Children's Bureau's Office on Child Abuse and Neglect (OCAN) hosted an event in observance of National Child Abuse Prevention Month. This special event, facilitated by Sharon McKinley, Child Welfare Program Specialist, featured the film, *Resilience: The Biology of Stress & The Science of Hope* (KPJR Films, LLC). The film was shown live at the Department of Health and Human Services' Hubert H. Humphrey Building in Washington, DC and at several remote sites around the country.

Resilience is a 1-hour documentary that delves into the science of adverse childhood experiences and the birth of a



(l. to r.) Teresa Rafael, Valerie Spiva Collins, Melissa Morabito, Eliza Cooper, Elaine Stedt, and Sharon McKinley.

new movement to treat and prevent toxic stress. The screening of the movie was followed by an interactive panel discussion facilitated by OCAN Director, Elaine Stedt. FRIENDS Parent Advisory Council member and parent leader Eliza Cooper spoke on the panel along with Valerie Spiva Collins, Director, FRIENDS National Center for CBCAP; Teresa Rafael, Executive

Director of the National Alliance of Children's Trust and Prevention Funds; and Melissa Morabito, Senior Director of Public Policy, Prevent Child Abuse America. The day's events elevated resilience as a core child abuse and neglect prevention strategy while underscoring the strengths of individuals, families and communities in overcoming adversity.



U-TURNS: Highlighting a Newly Funded SAMHSA Initiative in Baltimore, MD

The U-TURNS (Trauma, Unity, Recovery, Navigation and Safety) program launched on February 23, 2017 after receiving a five-year grant from Substance Abuse and Mental Health Services Administration (SAMHSA).

It is a collaborative effort between the Behavioral Health System Baltimore, Baltimore City Health Department, Office of Youth Violence Prevention, Catholic Charities of Baltimore, Penn North Kids Zone, and the University of Maryland Institute for Innovation and Implementation.

U-TURNS is a new initiative supporting and healing Baltimore City youth between 14-25 years of age residing or visiting the Sandtown-Winchester community who have experienced or are experiencing any form of trauma. We look at trauma not only as being physical, but anything that can have a negative impact in the lives of our youth is addressed.

Our program offers a range of resources:

- Community Resources
- Outreach Workers/Street Outreach
- Job Search
- Homeless Services
- Conflict Resolution
- Resume Building
- Acupuncture
- Computer Access & Video Gaming
- Yoga, Mindfulness & Meditation
- S.E.L.F. Rap/Chat
- Individual & Group Therapy Tai-Chai

Shante Johnson, the Project Coordinator, was hired in December 2016 to implement and manage the program. Shante grew up in Baltimore City and currently resides in Sandtown-Winchester and is proud to serve the community in which she resides.

Kevin Parker and Akai Alston are community outreach workers. The



Shante Johnson

community outreach workers have impacted several youth during this short period of time. For example, several young adults in the program now have jobs and access to workforce development resources. One youth will be starting Job Corps soon thanks to the U-TURNS program and U-TURNS has also helped several youth enter homeless shelters to get them off the street.

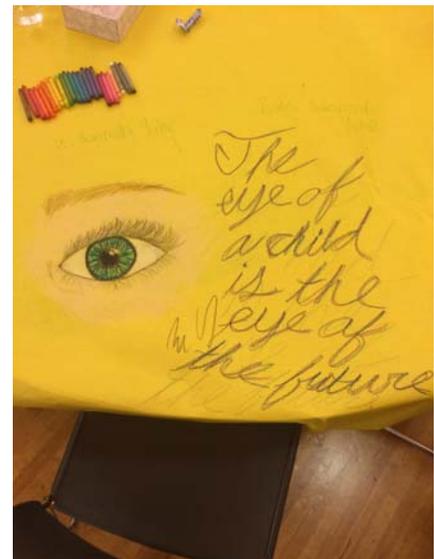
Submitted by Shante Johnson
www.bhsbaltimore.org

Observing CAP Month...



(left) Participants from the Washington State Department of Early Learning, whose Director is Judy King, planted pinwheels near the state capital in recognition of Child Abuse Prevention month. The child in the picture is Nazz Patzer, the grandson of PAC member Dawn Patzer.

(right) This image was drawn on the table covering at the Unsung Heroes Dinner in Washington State. The artist is a young woman who did not wish to be named but welcomed the opportunity to share a photo of her drawing!



Meet the PAC Alumni

The FRIENDS National Center for CBCAP Parent Advisory Council (PAC) has engaged in a strategy to increase the opportunity for more parent leaders to develop leadership experience and share their expertise through participation on a national advisory board. The PAC now holds annual nominations of parent leaders interested in representing the voice of parents by informing the work of FRIENDS and CBCAP activities. Potential PAC members are asked to commit to a three year term before mentoring new PAC

members for one year or joining the growing number of PAC alumni. PAC alumni are encouraged to stay active in child abuse prevention efforts, and if they choose, are invited to participate in monthly PAC meetings and serve as trainers, consultants and speakers for FRIENDS. In 2017, two PAC members transitioned to Alumni Status, Art Hernandez and Brook Hoffbauer.

Art has served on the PAC since the PAC's inception in 2006. Art resides in California and is

passionate about child abuse prevention and family strengthening. During his eleven years on the PAC, Art was actively involved in supporting parents to receive leadership training, presented at national conferences (including the CBCAP Grantee meeting), and has voiced the importance of parents and practitioners to work together to both understand the importance of and engage in evidence based programs and practices. Art also shared the story of his personal leadership and parent journey in story in an audio clip and welcomed its use in parent leadership and parent practitioner trainings. Art's story can be found at <https://friendsnrc.org/parent-leadership/parent-stories>

Brook began her service with the PAC while residing in Alaska and continued to participate after moving to Minnesota! Her experience includes time as a consultant, kindergarten teacher, pre-school teacher/director, home childcare caregiver, foster care respite provider, Community Café host, and most importantly, a parent to her four children. During her time with the PAC Brook was an active proponent of identifying ways to nurture the skills of emerging parent leaders. Brook also encouraged and supported parents to identify ways to provide an authentic voice to trainings, public awareness events and dialogues designed to promote child abuse prevention by using their personal story and experiences.

For a list of all active, mentor and alumni PAC members please refer to the map of parent leaders on the FRIENDS website: <https://friendsnrc.org/parent-leadership/parent-advisory-committee-sub-link-from-about-us>.

Submitted by MaryJo Alimena Caruso



FRIENDS Parent Advisory Council members (from l to r, row 1): Bruce Bynum, Fatima González Galindo, Jill Gentry, Beth Stodghill, Sam Blue; (from l to r, row 2) Eliza Cooper, Jessica Diel, Dawn Patzer, Sam Bowman Fuhrman and Dena Hillman

About the PAC

FRIENDS has established a Parent Advisory Council to provide useful overall program direction and guidance to the activities of the National Center. Committee members share their experience and expertise in child abuse prevention and family strengthening through their active participation in FRIENDS workgroups and the annual Grantee's meeting, development/review of FRIENDS written materials, and by providing resource center staff with consultation and advice.

Contact Information: Eliza Cooper & Beth Stodghill, Editors
friends@friendsnrc.org

This publication was produced by the FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP). FRIENDS is a service of the Children's Bureau and a member of the T/TA network.

FRIENDS is funded by the U.S. Department of Health and Human Services, Administration for Children, Youth and Families, Office on Child Abuse and Neglect, under discretionary Grant 90CZ0024. The contents of this publication do not necessarily reflect the views or policies of the funder, nor does mention of trade names, commercial products or organizations imply endorsement by the U.S. Department of Health and Human Services. This information is in the public domain. Readers are encouraged to copy portions of the text which are not the property of copyright holders and share them, but please credit the FRIENDS National Center for CBCAP.

