The Healthy Parents, Healthy Kids program includes Incredible Years program (parent training); Conscious Fathering classes (preparing men for the challenges of fatherhood); and Child of Mine program (prenatal and infant care education). All programs are designed to work together to collectively address the five protective factors outlined in the Strengthening Families research.

“A new dad told our parent educator that he did not know there was so much invested in raising a child and thanked the parent educator for sharing their parenting information with him so he could work on his parenting at home.”

- Healthy Parents, Healthy Kids program staff
HEALTHY PARENTS, HEALTHY KIDS
THE FAMILY CONSERVANCY

Serving high-risk families at Juniper Gardens and St. Margaret's Public Housing complexes

Focused on multi-component parenting education effort offered to the residents of two public housing complexes

STRATEGIES

1. Parent support groups
2. Adult support services
3. Homeless/transitional housing
4. Advocacy and awareness
5. Resource and referral
6. Fatherhood program
HEALTHY PARENTS, HEALTHY KIDS
THE FAMILY CONSERVANCY

CHALLENGES
- The populations in each of the housing developments are experiencing an increase in refugees from several Asian and African countries.
- The majority of residents are single mothers who have usually received limited prenatal care.
- Residents of both Juniper Gardens and St. Margaret’s public housing developments are below poverty level.
- According to the KC Health Matters Community Dashboard, Wyandotte County ranks 98th out of 105 counties for healthy behaviors (2014). This is an improvement from 2012 when it was ranked 102nd.
- Of the public housing residents attending prenatal classes at Juniper Gardens and St. Margaret’s in 2014, most had received no prenatal care during previous pregnancies and had never breastfed their infants.

SOLUTIONS
- A strong partnership with the Kansas City, KS Housing Authority allows the Family Conservancy to provide individualized outreach and on-site services to two public housing complexes. Program satisfaction is high and most referrals are word of mouth.
- There are 3 components: Incredible Years (18 week parenting curriculum), Conscious Fathering (9 father-focused sessions), and Child of Mine (8 prenatal education sessions).

COLLABORATION
- Provides referrals to Early Head Start, Head Start, Maternal, Infant, and Early Childhood Home Visiting (MIECHV) services, outpatient mental health programming and substance abuse services
- Makes referrals to other Family Conservancy programs. Staff strive to provide a warm hand-off for clients
- Makes referrals to public health programs such as Women, Infants, and Children (WIC)for health needs

SPECIAL POPULATION OUTREACH
- Targets families for services who are living in subsidized housing
- Offers interpretation services for non-English speaking families
- 83% of families served are non-English speaking

EVIDENCE BASE
- Well-Supported: The Incredible Years is an "exemplary" program rated by the Office of Juvenile Justice and Delinquency Prevention's Model Program guide and “proven” by the Promising Practices Network. Demonstrates at least two group studies with sustained effect and multiple site replication.
THE FAMILY CONSERVANCY

NUMBERS SERVED

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<th>Category</th>
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<td>Families</td>
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<td>Caregivers</td>
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TOTAL FUNDING: $138,828

HEALTHY PARENTS, HEALTHY KIDS

OUTCOMES

The percentage of families who scored 5 and above in the following PFS subscales increased from pre- to post-test for:

- Family Functioning by 9%
- Social Support by 16%
- Nurturing and Attachment by 6%

There was no change for the Concrete Supports subscale from pre- to post-test.