HEALTHY PARENTS, HEALTHY KIDS

THE FAMILY CONSERVANCY

The Healthy Parents, Healthy Kids program services include The Incredible Years program (parent training); Conscious Fathering classes (preparing men for the challenges of fatherhood); and Child of Mine (prenatal and infant care education). All programs work together to increase a range of family protective factors.

STRATEGIES

- Parent support groups
- Adult support services
- Advocacy and awareness
- Resources and referrals
- Fatherhood program

“We want to model for [families] a consistency in our class format, so they can become more consistent at developing their children at home.”

- Sabrina Boyd, Healthy Parents, Healthy Kids provider
HEALTHY PARENTS, HEALTHY KIDS THE FAMILY CONSERVANCY

COLLABORATION

- K-State Research and Extension provided families with educational materials and trainings on nutrition, stress management, and gardening.
- The local health department provides trainings and classes for the families served and acts as a referral source.
- Healthy Parents, Healthy Kids provided referrals for families to Early Head Start and Head Start; Maternal, Infant, and Early Childhood Home Visiting (MIECHV) services; outpatient mental health programs; and substance abuse services.

SPECIAL POPULATION OUTREACH

- Created a new class, with the help of an interpreter, specifically for Somali families to enhance their knowledge of child development and build connections within the community.
- Hosted events specifically to recruit the participation and involvement of dads living in the public housing units.
- Provided services to families whose first language was not English (69% of families served had a first language other than English).

EVIDENCE BASE

Well Supported: The Incredible Years has been rated an "effective" program by the Office of Juvenile Justice and Delinquency Prevention’s Model Program guide and “proven” by the Promising Practices Network.

CHALLENGES

- St. Margaret’s Park has experienced a surge in its refugee population, heightening both cultural and linguistic challenges for staff.
- Juniper Gardens and St. Margaret’s Park public housing residents are living in poverty. All the school-aged children are eligible for free lunch, and the majority of families receive food assistance.
- The majority of families served have inadequate access to prenatal care, and only a small number of families have medical homes for ongoing health care.

SOLUTIONS

- A strong partnership with the Kansas City, KS Housing Authority allows for individualized outreach and on-site services to residents of two public housing complexes.
- Families are offered three programs: The Incredible Years (18-week parenting education curriculum), Conscious Fathering (nine father-focused sessions), and Child of Mine (8 prenatal and infant care education sessions).
HEALTHY PARENTS, HEALTHY KIDS  THE FAMILY CONSERVANCY

OUTCOMES

The number of families who scored a three or above increased or remained stable between pre- and post-test on the following subscales of the PFS-2 (n = 50):

- Family Functioning/Resilience by 30%*
- Social Supports by 26%*
- Caregiver/Practitioner Relationship by 20%*
- Nurturing and Attachment remained stable

*Results significant at the (p < .01) level

NUMBERS SERVED

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<tr>
<th>Age Group</th>
<th>Number</th>
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<tr>
<td>Caregivers</td>
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<td>Children 0-1</td>
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TOTAL FUNDING: $301,049

CBCAP $52,000
ECBG $12,000
TRUST FUND $23,067
MATCH $213,982

“Our Somali interpreter has been very beneficial, and the parents are much more engaged during the class time. The interpreter has even said that she has learned a lot herself.”

- Sabrina Boyd, Healthy Parents, Healthy Kids provider