



# IMPACT 2012

Through Extension programs across the nation, Family and Consumer Science Extension Educators provide a multitude of educational opportunities to meet the needs of diverse audiences.

## Protecting Our Resources - Family Life

### Strengthening Families

- *Healthy Marriage Initiative*- **Utah's** statewide program has reached 11,500 individuals with information crucial to preparing for good marriages. The nationally recognized dating education curriculum "How to Avoid Falling for A Jerk" is part of this training. Competitive grant funding was secured for these programs that reinforce positive family values.
- **Missouri's** *Building Strong Families* seeks to identify and build on strengths of families. Recognizing that divorce is a reality, Missouri also conducts Focus on Kids training to help divorced and separated parents learn how to support their children through the divorce process and how to work together in co-parenting their children. As a result of the 257 programs presented to 1,852 parents, participants felt more confident to about their ability to handle finances, to avoid playing the blame game with their spouse, and to build more positive relationships with their children.
- In **Texas** *Fathers Reading Every Day* is a family literacy program designed to increase parental involvement in children's early literacy development. In Iowa, Family Story Teller helps strengthen families and addresses literacy.
- *RELAX-Alternatives to Anger*, a four-part series taught in **Michigan**, uses group discussions and skill-building activities to help participants learn how to handle anger. A total of 398 have participated in this program.
- Improving life for families of incarcerated individuals and preventing juvenile crime has been a team effort in **Wisconsin**. FCS agents there work with county criminal justice partners to reach inmates, parole and drug court clients and their families. Implementation of evidence-based policies on visitation with children and supportive pro-family environments in jails has been an outcome of this effort.
- Foster Care Teens Transitioning into the Real World is a concern addressed in **Alabama** through a series of Independent Living Conferences around the state. This is a partnership effort with other organizations created in response to the Foster Care Independence Act of 1999. In addition to reaching 400 teens, 100 foster care caseworkers were also trained by Extension. Role reversal and other strategies were used to help workers effectively assist those youth aging out of foster care.
- **Iowa's** *Strengthening Families* program targets parents of youth ages 10-14 by using electronic media including podcasts and blogs.

Raising kids, Eating right, Spending smart



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### Leadership Training

- Throughout the country **Extension** educators are involved in county leadership development programs. *Eleanor Days* is one especially innovative Extension FCS program that is conducted in **Maine**. Based on Eleanor Roosevelt's courage and commitment to being an agent of social change, this annual week-long retreat prepares women for competition and collaboration as leaders. Turn Beauty Inside Out is an initiative for girls that came from Eleanor Days. That program focuses on body image, empowerment, media literacy and leadership skills development.
- *TMI-Teens Making an Impact* is a leadership and career education curriculum used in **Alabama** to reach 297 youth. A follow up Teens Empowering Teens conference was held at Alabama A&M University.

### Elder Care

- *Grandparents Raising Grandkids, Fall Prevention in the Home, Master of Memory, and Improving Health Literacy, Alzheimer's Disease and Other Dementias* are all programs presented in **Texas** that have reached over 30,000 and improved their quality of life.
- *Powerful Tools for Caregivers* courses were offered in **Wisconsin** to 200 caregivers in response to their need for information and education. As a result of this evidence-based program caregivers' average self-assessment scores were significantly higher at the conclusion of the course. Iowa also implemented this program.

**eXtension.org** continues to be a well utilized resource for all Extension educators on Nutrition, Health, and Fitness. Extension educators have contributed fact sheets, programs, and resources to this site covering child care; drinking water and human health; families, food and fitness; family care giving; food safety; parenting, and personal finance. New research-based resources are added continually for consumers and professionals.

**NEAFCS** is the National Extension Association of Family and Consumer Sciences.

**NEAFCS** provides professional development for Extension professionals who improve the quality of life for individuals, families, and communities and provide education in:

- Food preparation, food safety, and nutrition
- Financial management
- Healthy lifestyles
- Home and work environment and safety
- Relationships and parenting skills

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