



IMPACT 2016

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

Family life continues to be a struggle for many American families. They have limited resources of time, money and energy. Many families often do not have extended family support and lack household management skills. Extension Family and Consumer Sciences (FCS) educators have developed and delivered numerous programs that help strengthen family life. Programs have helped families better manage resources, develop skills for parenting, acquire stress management skills, learn ways to stretch family resources and plan for the future.

Mental Health

Illinois presented 13 *Hold That Thought* programs to 469 participants. The program was geared to help participants learn about healthy brain contributors and strategies to help with everyday forgetfulness.

Ohio presented *Mindful Extension* in 23 sessions to 93 participants. The program was geared to help participants learn techniques to handle stress. Two participants shared that because of the stress reduction techniques they learned in the program, they no longer require sleep aid medication.

Missouri presented *Mental Health First Aid*, an evidence-based international program to 905 participants in 50 programs. Participants learned a 5-step action plan encompassing skills, resources and knowledge helping individuals connect with professional, peer, social and self-help. Evaluations showed a reduction in social distance created by attitudes and perceptions of mental illnesses.

Resource Management

Pennsylvania provided *PROmoting School-community-university Partnerships to Enhance Resilience (PROSPER)* to 563 participants in 26 programs. The program goal is strengthening families, building youth skills and reducing youth substance use and other problematic behaviors.

Iowa provided *Online Professional Development* to 250 child care professionals in 17 programs to help provide higher quality environments and improved outcomes for academic success. The on-line program was especially beneficial to providers in rural areas.



Children in **Florida** are riding safer since 3523 adults participated in *Child Passenger Safety Program*.

Kansas also offered *The Caregiver Journey* to 656 participants of which 40% provide care for someone. As a result 60% reported they intend to take action or make life changes – including finding respite care, making time for themselves, visiting more with a doctor or building bridges with other caregivers.

"This class has given me the courage, the power, and skills to tackle some of the toughest decisions of my life. I am finally able to address some challenges and communicate my feelings to those most important. This has been life altering for me; because of this class, I feel like a braver person."
~ **Kansas** Caregiver Journey participant

Raising kids, Eating right, Spending smart



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Kentucky's Master Clothing Volunteers provided basic and advanced sewing skills to youth and adults across the state reaching over 35,000 participants. The acquisition of sewing skills enriches the quality of life and serves as both a means for leadership development and economic gain.

Florida presented *Human Development* to 3,523 participants in 118 programs. In an activity, parents learned how to travel in a vehicle safely with a child.

Kansas presented *Powerful Tools for Caregivers*, six-session workshops, to 190 participants. Of these, 51% currently provide care for someone. As a result of this program, 93% reported that they intend to take action or make life changes. 96% reported they feel more confident as a caregiver as a result of building relationships with other caregivers.

Relationship and Life Management

Minnesota offered 5 series of *Military Families Learning Network – Family Transitions* to 1,402 participants. The program provided opportunities for greater and sustained interaction and learning among professionals around the world and across organizations and disciplines, resulting in a professional network capable of providing collaborative, interdisciplinary and highly skilled services to military families.

Missouri offered *Building Strong Families* to help families improve relationships and increase communication.

Mississippi presented *Parent Academy* to 500 participants in 42 workshops since 2011. The purpose of the academy was to enable single parents to focus on behavioral methods to help them grow, learn and be a part of something that will continue to strengthen their parenting efforts.

Oklahoma offered the *Active Parenting* series to 38 participants. The programs helped parents learn coping skills.



Ohio provided *Parenting Education* to 253 participants in 20 programs. Participants reported improvement in family relations, communication and behavior management skills. Ohio presented *Active Parenting – Parenting Teens* to 37 parents of teens involved with juvenile court. Ohio also provided *Successful Co-Parenting* to 364 individuals. The program focused on taking care of yourself, taking care of the children and taking care of the new co-parenting relationship.

Wisconsin has over 16,000 children experiencing their parents' divorce each year. To help families in need, *Supporting Children with Parent's Divorce or Separation* was offered in 268 co-parenting programs to over 3000 participants that affected over 2400 children. Results included a reduction of inter-parental conflict and increased cooperation.

"At first it was a check-the-box thing for me - a requirement. Now I see the class as a MUST for all divorcing/separating families."
~ **Wisconsin** Supporting Children with Parent's Divorce or Separation participant

Utah offered *Dating Your Mate and Marriage Survival* to 1,134 participants in 19 programs. Participants gained skills to enable a relationship to flourish and become strong. Participants reported the programs helped with communication skills and respect for their partner. They learned to embrace differences and appreciate them. Additionally, *Marriage Celebration Conferences were attended by* 1,052 participants. Couples attending reported learning effective communication skills, respect for their partner, problem solving and compromise techniques, the importance of spending time together, and ways to strengthen and protect a relationship.

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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 the areas of: Childhood Obesity Prevention; Community Health and Wellness; Diabetes Prevention and Management; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life.