



IMPACT 2018

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. Extension Family and Consumer Sciences (FCS) educators have developed and delivered numerous programs that strengthen family life. Programs have helped families develop skills for parenting, acquire stress management skills, healthfully age, and plan for the future. Extension educators are most known for their work in community education, but they collaborate with community agencies to extend their reach.

"We can refer to skills learned at the conference and have a common ground when trying to improve our relationship. It was worth about 10 counseling sessions!" – Utah Marriage Conference Participant

Youth Engagement

Idaho Extension presented *Learning to Be an Adult* programs to 208 participants with 43 community partners. This program offered skills to students in low-income situations to learn real-life exercises to help bridge the gap to include important financial skills.

Montana Extension collaborated with the Center for Mental Health Research and Recovery, and 17 certified County Extension Agents taught *Youth Aware of Mental Health (YAM)* to high school freshman.

"This is the program we've been needing for a while. It's going to really benefit our students."
– **Montana** Local High School Administrator

FCS educators with **Michigan** Extension delivered *RELAX: Alternative to Anger for Youth* to youth in detention who have a variety of difficult emotions that could include anger.

"I know how to recognize when I am getting mad and I remember to RELAX and calm down before reacting. Thank you for taking the time to teach us." – Michigan Relax Participant

Family and Relationship Education

Mississippi offered *Taming Temper Tantrum Thursdays* to 146 participants. The program aims to help children cope with exposure to violence. A strong relationship with a competent, positive parent with knowledge and skills was directly related to making positive choices.

In the *CYFAR Incarcerated Fathers Program*, **Kentucky** Extension worked with 77 incarcerated fathers to promote better relationships with their children. At the beginning of the program, 45% stated they had positive perceptions about their relationship with their children, compared to 100% at the conclusion.



Arizona offered parenting programs, including the *Family Engagement Program* in prisons and the *Positive Parenting Program*. With several community partners, 12 4-lesson

Positive Parenting programs reached 66 participants who learned 5 core principles of positive parenting. According to the evaluation process, 63% of participants were parenting more consistently, 27% reduced the use of coercive parenting, and 41% reported an improved parent-child relationship.

Minnesota Extension worked with 6 community partners to offer the 11-lesson *Military Families Learning Network (MFLN): Family Transitions (FT)* program for 2,627 participants. This project provides professional development and networking opportunities for military families.

Missouri Extension offered the 2-lesson *Building Strong Families Program* 33 times to reach 382 participants with information to help them find strengths within their family unit, learn how to manage money, and how to improve relationships and communication. **Ohio** Extension worked with 18 community partners to reach 1,835 participants; 94% of the participants learned new information, 96% planned to use the information, and 90% felt more prepared to co-parent.

Healthy Aging

With 70 community partners and 200 participants, **New York** Extension offered *Interagency Awareness Day* to raise awareness, foster collaboration and improve services to address ongoing and emerging community health needs. **Oregon** Extension worked with 52 community partners to offer *Strong Women* in 12 counties, reaching 500 participants. Women improved their strength, balance, confidence and ability to age in place through weight lifting in a community setting.

"I learned how to talk about money problems with my family." – Missouri Program Participant



With 30 community partners, **Oregon** Extension offered the *Better Bones & Balance Community-based Exercise Program* to more than 1,000 participants.

Kentucky Extension worked with 96 community partners to deliver the 12-session *Key to Embracing Aging* in 48 counties with 523 participants. According to the evaluation, 98% improved knowledge about how positive attitude, healthy eating and physical activity affect overall health and well-being, and 43% reported improved lifestyle behavior skills. **Kentucky** Extension reached 500 participants in 16 counties with *Know the 10 Signs - Early Detection of Alzheimer's*; 78% increased their knowledge about the risk factors, and 75% reported a better understanding of what to do if they notice risks of Alzheimer's.

Kansas Extension, with more than 50 community partners, has offered *Gray for A Day* 50 times to reach more than 4,500 participants to increase knowledge of aging and related sensory and functional challenges. **Texas** Extension has offered the 6-lesson *Master of Memory Program* to 93 participants; 100% of participants showed a greater confidence in their ability to take steps to improve their memory function.

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Raising kids. Eating right. Spending smart 

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; Community Health and Wellness; Financial Management; Food and Nutrition; Food Safety; Healthy Homes and the Environment; Improving Children's Lives; and Protecting our Resources – Family Life.