



IMPACT 2020

Through Extension programs across the nation, Family and Consumer Sciences 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.

Parenting & Relationship Education

Ohio offered *Successful Co-Parenting* to 1,289 participants with 93% indicating they learned new information, most reported to be more prepared to co-parent. **Missouri** implemented *Focus on Kids* in partnership with the Missouri Circuit Court System; 2,500 participants taught parent skills to nurture children during the divorce process. Over 90% of the participants reported positive impact on their overall relationship and 75% in a follow-up survey indicated benefiting. **North Dakota** implemented a web-based program with 3,673 participants and 28 community partners. After participating in this program 85% of the participant families reported eating together in the recommended time with 29% increase in family vegetable consumption.

Positive Discipline, from **Arizona** delivered 18 program series, with five lessons per series, reaching 163 participants with 18 community partners. This program helped parents to recognize their child's needs and acquire skills to adopt more positive behavior.

Oklahoma with 49 community partners delivered *Co-Parenting for Resilience* program to 2,046 participants through numerous program series. Oklahoma is ranked third in the nation for divorce.

Program evaluation indicated that 85% of the participants have approached parenting as a joint team effort. **Utah** has provided *Relationship Conference* and *Educational* programming reaching 4,537 participants.

West Virginia has served 385 adolescent and adult participants through *How to Avoid Falling for a Jerk*, *Healthy Grandfathers*, *Parenting Piece by Piece* and *5 Love Languages*. **Minnesota** reached 516 Military Families through *Military Families Learning Network Family Transition*. Through the program participants learn strategies for nurturing resilience.

"After she [my-ex spouse] took this class, my ex threw out the original custody arrangement and gave me more time with our daughter. I think we would have been able to work things out if we had first taken this class together."
Oklahoma, Co-Parenting for Resilience

Raising kids, Eating right, Spending smart



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Mental Health

Arizona implemented *Child Behavior Management* program to reach 31 families with children who have special needs.

Michigan offered workshops in seven counties on *Social Emotional Health Across the Life Span* reaching 4,345 participants through topics on mindfulness, anger and stress management, parenting, bully preventions, healthy relationships and raising teens. **Arizona** implemented *Child Behavior Management* program to reach 31 families with children who have special needs.

New Mexico reached 90 individuals through *Resilient Mothers, Resilient Children* program with four community partners. This program taught stress management, coping strategies, and resiliency abilities. During this program 99% of the participants learned about their stress Triggers.

"This [Resilient Mothers, Resilient Children] program helped to change my reactions, be more positive and a better role model for my kids, It helped me with my stress and anxiety that sometimes cause depression." – New Mexico, Resilient Mothers, Resilient Children

Montana implemented *Youth Aware Mental health (YAM)* to 613 9th grade students and over 58 Adults. **Missouri** implemented *Mental Health First Aid* programming to 556 participants with

numerous collaborative partnerships. This program is building a public awareness on mental health.

Healthy Aging

Kansas has reached 739 participants through 60 program series, through *Stay Strong Stay Health*. This program provides older adults with safe structure and effective exercise capable of building muscle and increasing bone density. After three months, 80% reported strength and flexibility improvement and indicating better sleep. One participated said, "Improvement my physical balance and renewed my confidence in my abilities. Provided a great atmosphere for social interaction while maintaining focus on exercise. Has helped so much that I can get up and down in the pews at church without getting out of breath!" **Guam** implemented *Key to Embracing Aging* with 105 participants with the help of six community collaboratives. This program has been piloted here on the island in different settings and it has been successful. This program can be adopted for many age ranges. This powerful lesson helps to reinforce the healthy behaviors and lifestyles overtime to live long healthy lifestyles. The older adults learned that it is never too late to adapt healthy lifestyle behaviors. **Kansas** has reached more than 10,000 participants through *Gray for A Day* programming that focuses on the overall lifestyle in order to improve one's future well-being.



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