

Teen Parent Connection

FY11 Year End Program Summary Report

Our Mission: *To serve the community through education on the realities and responsibilities of teenage pregnancy and through long-term assistance to adolescent parents for their development of self-esteem, parenting skills and empowerment toward self-sufficiency.*

Teen Parent Connection provides adolescent parents in DuPage County with parenting education and support services with the shared goal of child abuse prevention and increased self-sufficiency through individualized home visit services and/or peer parent group meetings.

Our Family Strengthening Programs provide direct support services to teen parents and their families. They include:

- **Doula Services:** Doulas provide prenatal care, labor & delivery information and support before, during, and after labor through weekly home visits. The Doula supports early parent-child bonding, the initiation of breastfeeding, and screens the new parent for post-partum depression.
- **Childbirth Education Classes:** Eight-week classes cover prenatal care, developing birth plans, and preparing for labor and delivery.
- **Healthy Families:** Family Support Workers provide parenting information covering overall health and development of the child through weekly home visits. This program offers services at various levels of intensity over the first five years of the child's life.
- **Parent Groups:** Weekly teen parent group meetings provide additional educational and social support opportunities that help reduce the isolation young parents often face.
- **Parents' Pantry:** An incentive based program in which participants earn "baby bucks" through program participation and reaching set goals, which can then be redeemed in exchange for diapers, wipes, formula, and other baby essentials.

In addition, Teen Parent Connection provides a **Teen Pregnancy Prevention program** at local schools in the community. The Prevention program promotes community health through primary prevention education on the realities and responsibilities of adolescent pregnancy and parenting. This model equips middle and high school students with the education they need to make informed decisions about their sexual health as well as how to access reproductive health and family planning services.

Programs	Number Served in FY 11
Family Strengthening	
Healthy Families	133
Doula	43
Childbirth Classes	123
Parent Groups	209
Total Family Strengthening	508
Parent's Pantry	
# of Pantry Users	199
# of Pantry Visits	1270
Prevention Program	

Number of Schools/Sites	44
Number of Students	13522
Number of Presentations	478

A total of 478 teen parents served through Family Strengthening programs (CBE, Doula, Healthy Families and/or Group) (508 individuals –including family members or support partners attending CBE)

Program Population Demographics:

- **Gender:** Female – 82%, Male - 18%
- **Ethnicity:** Hispanic - 49%, Not Hispanic - 51%
- **Race:** White – 50% Black – 11%, Asian – 1%, Native Hawaii or Pacific Islander – 3%. Other Multiracial – 35%
- **Income Level (defined by HUD guidelines):** Extremely Low Income –54%, Very Low Income– 29%, Other Low Income – 10%, Median Family Income – 7%

Year in Review

Overall, Teen Parent Connection is excited to report a very successful year. All programs remained at full capacity leading to a waiting list for Doula and Healthy Families services. To address these waiting lists, Prenatal Parent Support Groups are now offered to parents who are early in their pregnancy and specifically address the needs of pregnant mothers who have not yet reached their third trimester and do not therefore qualify for Doula services or Childbirth Education Classes. We have added two new teen parent group sites in Carol Stream and Downers Grove for a total of seven groups and have seen a 22% increase in the number of group participants. Our Teen Pregnancy Prevention program served five new schools during the 2010-2011 school year and delivered presentations to 13,522 students reflecting a 4% increase from last year.

Friend of Children Award: In October 2010, Teen Parent Connection’s Executive Director, Becky Beilfuss, was awarded the "Friend of the Children" Award from Prevent Child Abuse Illinois, honoring her for nearly two decades of work in the field of child abuse prevention.

Program Outcomes

Agency Wide Outcome: Less than 2% of participants were identified as the perpetrator of an act(s) of child abuse and/or neglect.

Doula Program & Childbirth Classes

Doula Program:

Year End Outcome: 43 participants served

Childbirth Classes:

Year End Outcome: 123 participants served including 93 teen parents (62 teen mothers, 31 teen fathers, 30 family members/support partners attended). A total of 4 classes offered during the grant period.

Doula Program Outcomes

- 94% of Doula Participants have babies born within a healthy birth weight range (above 5.5 lbs)
- 97% of babies born to Doula participants were born at full term.
- 89% of participants who had a Doula present at their birth initiated breastfeeding.
- 100% of participants reported that the prenatal visits from their doula prepared them for the birth of their baby.

Healthy Families Program

Year End Outcome: 133 participants served

Healthy Families Program Outcomes

- 98% of participants have followed the schedule of immunizations recommended by the American Academy of Pediatrics.
- 96% of participants have followed the schedule of well child doctor visits recommended by the American Academy of Pediatrics.
- Over 98% of participant families served by the Healthy Families program delayed subsequent births.
- 96% of participant children received the appropriate number of developmental screens per their age.

Group Services

Year End Outcome: 209 teen parents served

Group Sites: Addison, Downers Grove, Carol Stream, Naperville, Roselle, Villa Park, West Chicago

Group Services Outcomes:

- 96% of participants aged 18 or younger are enrolled in high school or a GED program.

- 98% of parents that attended the presentation on healthy discipline techniques reported an increase in knowledge around age-appropriate discipline and reported that they will use some of the suggested techniques provided in group.
- 100% of parents that attended depression education reported an increased knowledge of the symptoms of depression and were able to identify at least one community resource for depression treatment.
- None of the teen parents attending group has experienced a subsequent pregnancy.

Prevention Program

Total students served: 13,522 students

Total schools/locations served: The Prevention Program was presented in 48 locations including: 9 middle schools, 35 high schools, 4 alternative schools.

Outcomes

- A total of 12,507 students participated in Peer Prevention this year.
- A total of 817 students participated in AWARE Program.
- A total of 198 students participated in the HIP program this year.
- 96% of all evaluated students agreed with the statement, “this presentation has made me more aware of the consequences of teen pregnancy.”
- 100% of teachers reported that the program provided useful information to prevent teen pregnancy (93% strongly agreed).

Prevention Program Student Evaluation

Summary of comments:

I learned:

- *“To fulfill things in my life before I add a baby to the equation” (female, 15)*
- *“Not assume. Any girl can get pregnant” (male, 16)*
- *“Be more patient and not take a risk that can affect the rest of my life” (female, 15)*
- *“Think before I act and consider all the consequences of having sex” (female, 16)*
- *“Care about myself rather than what people care about” (female, 16)*
- *“Take control of my life” (17)*
- *“It’s too hard to have kids as a teen” (Male, 15)*

I plan to:

- *“Not give into peer pressure and be my own abstinent person” (female, 18)*
- *“Go to college, marriage and then get pregnant” (female, 15)*
- *“Keep myself on a straight path and not try to maneuver off of it” (female, 14)*
- *“Not have sexual activities with my boyfriend until we both become ready to raise children” (Female, 15)*
- *“Stop sexual activities and think more about my consequences” (Female, 15)*
- *“Be smarter about my choices with sexual activity and pregnancy, prevention” (Female, 15)*
- *“Talk to my boyfriend about the consequences of having sex” (Female, 15)*

Overall:

- *“It was neat to hear her story and it gives me more power to even wait now” (female, 18)*
- *“The personal stories really made the presentation realistic” (female, 15)*
- *“The speaker Selmy was amazing. I would never be able to do what she does.” Female, 17)*
- *“It was good to have someone actually affected, instead of someone that just talks about it.” (Male, 15)*
- *“I appreciate this presentation; it made me think a lot.” (Male, 17)*
- *“The teen parent speaker helped me realize the consequences better than if it was just someone telling me. (Female, 15)*
- *“Your program has influenced me to choose the right choices in life and to prevent pregnancy. Thank you Selmy, Bianca, Arti,” (Female, 16)*

Family Strengthening Programs: Participant Satisfaction Survey

100% of program participants rated their satisfaction with programs and services at Teen Parent Connection as excellent or good.

100% of program participants said that they would recommend Teen Parent Connection services to others if they needed support.

Summary of comments:

How has the information you received helped you become a better parent?

- *I know the right foods for him. I know what toys are right for him.*
- *How to deal with tantrums and potty training.*
- *I understand what’s right for my baby and what isn’t.*
- *Things we go over, for example today, how to discipline a toddler. I will use the info I learn today and apply it to my everyday lifestyle.*
- *How to discipline my child, where I can get stuff that I need.*
- *Information of babies, learning to do activities with my baby, child protection and safety.*
- *When I need help with something I ask them, and the next time she comes she gives me paperwork about it and we talk about it.*
- *I have learned how to better react in stressful situations.*

- *I learned new things that I didn't know and that helped me become a better parent.*
- *Birth control, child development, school info, family planning info.*
- *The program helped meet the needs of my children and myself.*
- *When I needed info for my Social Security #, she helped me out.*
- *I found the courage to talk for a job and get over my emotions to go to Group.*
- *Learning different ways to cope with everyday struggles.*
- *I get info packets that are very helpful.*
- *I have all the resources I need, for example, I now know where to go for financial assistance for day care. Also I have more knowledge about things such as feeding (amounts, frequency, etc.).*
- *I have learned a lot of important information I wouldn't have gotten on my own.*
- *I learned what my daughters are going through.*

Think back to when you first joined Teen Parent Connection. What changes have you seen in yourself since that time?

- *I have learned to be patient with my children because their childhood is full of surprises.*
- *Schooling, parenting, counseling.*
- *Becoming a better parent and knowing how to manage having enough time for me and baby.*
- *My relationship with my son and my skills as a parent.*
- *Starting out as a mom.*
- *Bonding with child, getting my link for food.*
- *I've matured and become more patient and understanding of situations.*
- *I know places I can go to when I need help and when I need diapers etc. the Teen Parent Connection pantry helps.*
- *My overall parenting skills.*
- *I became a better parent.*
- *Stress, spending time with baby, etc.*
- *Being better mother, and going to school.*
- *My relationship with my son and family.*
- *I feel like I have some kind of guide on how to be a good parent.*
- *Finish CNA class, fill out for Sec. 8 and jobs.*
- *How to be a better parent.*
- *School, home, my relationships with my babies.*
- *Better communication.*
- *Interacting with my son.*
- *Disciplining my child in addition to getting along better with my fiancé.*
- *I know different games to play with my child and how much she should be eating and many other questions I've wondered were answered.*
- *Potty training and switching from bottle to cup.*
- *School—I have had more motivation for going back to school.*
- *I think my bond with my child and my drive to exceed in life.*

- *I'm in school, I wasn't before. Raising Allan and life in general.*
- *I'm more concerned with my child's well-being.*
- *I know more how to take care of my baby.*
- *Parenting, relationships (family & significant other).*
- *Setting and keeping track of goals for me and my family.*
- *I feel that since beginning the program, I became a better person and a better parent to my children.*
- *Everything; my goals in life, my future with my kids.*
- *Knowledge of infants; not overwhelmed anymore.*
- *Ways and techniques to parenting.*
- *My personal well-being and my baby's.*
- *Understanding my daughter.*
- *Being a mother and setting general goals—school, my daughter, work, etc.*