

**PREVENT CHILD ABUSE IOWA'S
YOUNG FAMILIES INITIATIVE
Final Report, Federal Fiscal Year 2006**

I. Introduction

This is the final report for the Young Families Initiative (YFI) of Prevent Child Abuse Iowa (PCA Iowa) for federal fiscal year 2006 (October 1, 2005 through September 30, 2006). Financial support for YFI came from a grant of \$150,000 from the Department of Human Services (DHS) and a \$50,000 grant from an Anonymous donor.¹

The overriding goal of YFI is to promote early intervention and prevention activities that reduce the risk of child abuse in Iowa by developing and enhancing networks of community-based, prevention-focused, family support programs that:

- Offer assistance to families
- Provide early, comprehensive support for parents
- Promote the development of parenting skills, especially in young parents and parents with very young children
- Increase family stability and
- Improve family access to other resources and opportunities within their communities

In this report, PCA Iowa will: (1) offer an overview of the YFI projects, (2) summarize their services, (3) describe how services benefited families, (4) analyze how participants evaluated the services they received, (5) detail the local support that YFI projects received, (6) provide demographic data on the families served, and (7) list project costs.

II. Overview of the Young Families Initiative Projects

PCA Iowa delivered YFI services through its extensive network of local child abuse prevention councils. Using a statewide RFP process described in the April 2006 quarterly report, PCA Iowa awarded approximately \$180,000 in grants to councils for services in 30 counties. Grants ranged from a low of \$2,500 (Henry and Louisa counties) to a high of \$8,000 (Adams, Benton, Black Hawk, Fayette, Mills, Montgomery, Polk and Winneshiek counties).² The April 2006 YFI progress report contained a list of the grant review results. A map of the counties that received funding for YFI services is on the next page.

YFI grants supported parent education projects targeted at families with young children. Individual projects varied in intensity, curricula, structure, and delivery (i.e., group- or home-based). A summary of each of the projects, grouped according to their type, follows on the next page.

¹ The DHS funds are a portion of Iowa's annual allocation from the federal Community-Based Grants for the Prevention of Child Abuse and Neglect program (CBCAP), which is part of the Child Abuse Prevention and Treatment Act (CAPTA). This was the sixth year of YFI funding from an Anonymous donor.

² Because of the much greater demand for funding than available resources, councils received a maximum of \$8,000. A few councils did not spend all of their allotted funds.

Consistent with the goal of reaching parents who may not ordinarily participate in parenting classes, some councils focused their outreach and programming on dads, minorities, and families with children with special needs. For instance, Henry, Webster, and Winneshiek counties offered support groups for young dads. The Nest in Lucas County worked with many Ukrainian immigrants. Montgomery, Muscatine, Polk, Washington, and Woodbury counties used Spanish-language curricula and had bilingual staff to better work with their Spanish-speaking participants. Jackson, Lee, and Montgomery counties also incorporated curricula for parents of children with disabilities.

CHART ONE
Counties with YFI Projects in Federal Fiscal Year 2006



Note: YFI counties are shaded in gray

Nests

The “Nest” is a parenting program primarily for families who are pregnant and/or have children under three. Families are encouraged to receive early prenatal care, access consistent health care for their children, and attend parenting classes. Parents receive points for attending classes, and the families buy baby items with the points they earn. The counties with Nest projects were Des Moines (\$6,500), Lee (\$7,000), Louisa (\$2,500), Lucas (\$8,000), Mills (\$8,000), and Muscatine (\$7,500).

In-Home Parent Education

Buchanan County (\$8,000): This project provided in-home *Nurturing Program* instruction. Through individualized home visits, the project sought to improve parenting skills and reduce child abuse by providing parent education, emotional support, information on healthy child development, skills for coping with the demands of nurturing child care, and assistance in accessing community services.

Cerro Gordo County (\$5,000): This program provided in-home parent education using trained family support workers. The program taught parents about child development, parenting skills, and healthy parent/child relationships and empowered families to use community resources.

Chickasaw (\$3,500), Floyd (\$4,000), and Mitchell (\$3,500) counties: In these three counties, home visitors, utilizing both the *Parents as Teachers* and *Nurturing* curricula, offered support to families to learn several skills, including: age appropriate discipline, role modeling, behavior management, and identifying community resources.

Marshall County (\$6,000): Pregnant teens, fathers, and teen parents received individualized parent education through home visitation and peer support. This school-based project provided early, comprehensive support to promote the development of parenting skills, increase family stability, and improve access to other community resources and opportunities.

Montgomery County (\$8,000): The project used the *Parents as Teachers* curriculum to instruct primarily parents who are teenagers, Hispanic, or have a child with a disability. It also offered parent support groups. The instruction focused on enhancing parental competence and confidence, increasing parental knowledge of child development, and promoting a strong parent-child relationship. The project activities also included developmental screenings of children.

Page County (\$3,323): Through in-home parent education sessions, home visitors worked with parents on communication, behavior management, realistic expectations, and establishing safe relationships. The project also included a Nest component.

Washington County (\$4,500): This project used the *Parents as Teachers* curriculum to teach parents about developmental milestones and expectations and behavior management. The project targeted families with children less than three years of age. Using the Spanish language version of the curriculum, the project also attempted to reach Spanish-speaking families.

Group Parenting Instruction

Black Hawk County (\$8,000): The council's "Empowering Dads" project provided parent education to fathers. The project specifically targeted fathers with children in Head Start, young fathers attending the local high school, and fathers attending the local teen parent support group. The curriculum focused on the importance of fathers, communication skills, age appropriate behaviors, and stress management

Cherokee County (\$4,233): Using the *Partners for a Healthy Baby* and *Nurturing* curricula, pregnant teen moms learned parenting skills, identified community resources, and accessed peer support. The teen moms attended the local alternative high school, which offered them high school credit for participating in the project.

Jackson County (\$5,500): This project (called “Parent Connection”) offered education classes for families with young children. It reached both custodial and non-custodial parents. The council offered classes in different locations throughout the county, including transitional housing sites, affordable housing sites, and child care centers. Classes covered a range of topics as well as offered social opportunities for parents.

Plymouth County (\$3,000): Young parents attended group-based parent education sessions that focused on developing parenting skills and improving family access to resources and opportunities in their communities. This project developed out of interest from child care center and Head Start program staff to assist young parents in their community.

Polk County (\$7,981): The council hosted a variety of parent education sessions in different locations in Polk County. These sessions included classes for Hispanic families, mothers in the Women’s Residential Correctional Facility who are transitioning to parole, and parents of young children who live in inner-city Des Moines.

Winneshiek County (\$5,000): The Family Support Network worked with young moms and dads to help them improve their parenting skills, seek peer support, and identify and access community resources. The project also included play groups, giving parents an opportunity to connect with other young parents in the community.

In-Home and Group-Based Parenting Instruction

Adams County (\$7,369): The “Parents in Charge” project offered parents the opportunity to increase their knowledge of child rearing practices and community resources, and allowed them to develop beneficial communication and family-building skills. The project connected with parents through individualized home visits, monthly support groups, and center-based play groups.

Benton, Iowa, Jones, and Linn counties (\$8,000 each): These four *Parents as Teachers* projects offered early childhood parent education and family support. The projects served families with children who were under five years old whose parents are either (1) less than 22 years old, mentally ill, developmentally delayed, or subjects of a DHS child abuse assessment or (2) older than 21 years old with high risk factors. Through home visits, the projects offered instruction on child development, described how to encourage child learning and manage behavior, and promoted strong parent-child relationships. The projects also hosted group meetings and family activities.

Fayette County (\$7,000): This project offered comprehensive parent education services to parents under 25 years old. The parents received home- and group-based education intended to foster parenting skills and competence; promote knowledge of child development, health, and safety; enhance parent-child interactions; and decrease the likelihood of abuse and neglect.

Parent Support Groups

Henry County (\$961): This council offered a support group for fathers that addressed concerns such as stress management, setting priorities, and the specific pressures and concerns of the fathers of young children.

Muscatine County (\$7,500): This project offered support groups for young fathers and Hispanic young mothers. A male facilitator leads the fathers support group. A bilingual facilitator conducts the Hispanic young mothers group sessions in Spanish.

Webster County (\$6,500): This council effort offered two separate support groups for fathers. The first group targeted fathers in the Fort Dodge community through weekly support meetings. The second group provided monthly parent education courses and support to fathers housed at Community and Family Resources, a local inpatient drug and alcohol treatment facility.

Woodbury County (\$5,500): The council's "Teen Parenting Program" targeted young dads and Hispanic teen parents. The program offered parent support groups in addition to individual home visits. The program aimed to increase parenting knowledge and decrease stress.

III. Program Services

Table One (next page) summarizes the parent education and support services that YFI projects provided in federal fiscal year 2006 (October 1, 2005 through September 30, 2006). Councils received funds to offer parenting instruction and support in thirty counties. These YFI-funded programs provided parenting instruction and support to 1,634 families. The YFI families served had 2,109 parents and 2,680 children. Ten projects served more than 100 parents: Montgomery (337), Jackson (190), Polk (139), Lee (131), Des Moines (123), Muscatine (117), Lucas (113), Mills (111), Black Hawk (104), and Webster (104). Of the parents attending, 85.0 percent completed instruction.

Parents received instruction in 4,195 in-home and 1,258 group classes. Montgomery County taught 1,527 home-based classes, and five other programs taught at least 200 in-home classes: Iowa (411), Adams (398), Linn (274), Benton (266), Buchanan (200). Fayette (106), Des Moines (101), Muscatine (95), Louisa (94), and Cherokee (92) counties hosted the most group classes.

Councils received 4,105 hours of help from 647 volunteers. Des Moines County received 571 hours of donated time from 123 volunteers, and 73 volunteers contributed 438 hours of help to Louisa County.

TABLE ONE
YFI Services in Fiscal Year 2006

<i>County</i>	<i>Grant award</i>	<i>No. of families</i>	<i>No. of children</i>	<i>No. of parents</i>	<i>In-home classes</i>	<i>Group classes</i>	<i>Program completion</i>			<i>Volunteers</i>	<i>Volunteer hours</i>
							<i>Completed</i>	<i>Not completed</i>	<i>Percent completed</i>		
Adams	\$7,369	55	69	69	398	12	69	0	100.0%	21	357
Benton	\$8,000	17	25	17	266	38	12	5	70.6%	7	33
Black Hawk	\$8,000	85	153	104	16	67	92	12	88.5%	6	70
Buchanan	\$8,000	12	19	18	200	0	18	0	100.0%	10	40
Cerro Gordo	\$5,000	9	19	12	178	0	12	0	100.0%	14	193
Cherokee	\$4,233	8	8	8	0	92	6	2	75.0%	10	93
Chickasaw	\$3,500	15	26	21	121	0	19	2	90.5%	12	42
Des Moines	\$6,500	117	126	123	0	101	87	36	70.7%	123	571
Fayette	\$7,000	18	21	25	162	106	15	10	60.0%	5	72
Floyd	\$4,000	19	37	30	171	0	26	4	86.7%	12	19
Henry	\$961	13	20	13	0	9	8	3	61.5%	1	3
Iowa	\$8,000	15	27	17	411	45	15	2	88.2%	10	25
Jackson*	\$5,500	68	290	190	0	42	NA	NA	NA	16	35
Jones	\$8,000	14	16	14	138	32	12	2	85.7%	8	52
Lee	\$7,000	115	137	131	0	51	131	0	100.0%	57	284
Linn	\$8,000	25	35	33	274	4	27	6	81.8%	38	150
Louisa	\$2,500	65	97	65	0	94	65	0	100.0%	73	438
Lucas	\$8,000	98	209	113	20	54	103	10	91.2%	35	130
Marshall	\$6,000	32	25	49	178	8	45	4	91.8%	17	18
Mills	\$8,000	97	102	111	0	11	91	20	82.0%	13	134
Mitchell	\$3,500	6	10	11	21	0	10	1	90.9%	5	9
Montgomery	\$8,000	187	224	339	1,527	24	269	70	79.4%	69	104
Muscatine	\$7,500	104	175	117	0	95	112	5	95.7%	2	380
Page	\$3,323	50	91	58	0	40	55	3	94.8%	0	0
Plymouth	\$3,000	71	147	86	0	18	66	20	93.0%	17	187
Polk	\$7,981	139	281	139	0	60	85	54	61.2%	12	144
Washington	\$4,500	20	24	20	114	89	15	5	75.0%	33	86
Webster	\$6,500	104	155	104	0	65	101	3	97.1%	0	0
Winneshiek	\$5,000	18	32	33	0	44	31	2	93.9%	17	247
Woodbury	\$5,500	38	80	39	0	57	33	6	84.6%	4	189
Totals	\$178,367	1,634	2,680	2,109	4,195	1,258	1,630	287	85.0%	647	4,105

* Third quarter figures; council program ended then because of loss of local Empowerment funding.

IV. The Impact on Individual Families of YFI Services

A basic premise of YFI is that child abuse is preventable and that children can be made safe from it. Almost all parents love their children, wish to be good parents, and do not want to abuse their children. Unfortunately, some parents are socially isolated, have few resources to help them through difficult times, face stresses with which they cannot cope, or lack important parenting skills. Parents in these circumstances are more likely to abuse their children.

Instead of waiting for child abuse to occur and then trying to treat its effects, YFI projects provide families with appropriate and timely social support and education to reduce the risk of abuse. Social support breaks down the isolation that many parents experience and helps them build necessary connections with other adults. Education teaches parents how to communicate effectively and manage better their children's behavior.

In three notable ways, projects furthered these family-building goals:

1. Parents learned effective, positive parenting skills. Almost all projects instructed parents on how to discipline their children positively and manage their behavior better. Projects noted several instances where such instruction "took hold," leading to significant improvement in parenting.

- Buchanan County parents shared the following remarks about changes this program has had in their lives:
 - Home visitations have helped me a lot with learning about how my daughter is growing and developing. It's also helped a lot when I needed to talk to someone and have them listen or when I have questions about something. I always get an answer and, if the staff doesn't know, they find out and tell me at the next visit.
 - Home visits really help me out! When I started, I didn't know much about kids, but now I feel I do.
 - My home visits are extremely helpful. They calm me down and help me figure out ways to reduce my stress. Good advice is shared.
 - They teach me how to play with my kids. That makes me feel like a GOOD mom.
- Parent education services provided to young families in Chickasaw County had a profound effect on their abilities to nurture and parent their children. Families reported that their parenting knowledge regarding proper child development and proper discipline, increased their confidence as a parent and their self-esteem as a human being.
- An Iowa County parent educator worked with a 22-year-old mom with a two-year-old son. Mom has cerebral palsy and limited use of one side. Mom progressed well, implementing the ideas and activities of the *Parents as Teachers* curriculum. The parent educator loved to go to her home and see how she followed through with activities.
- A Jackson County provider presented Shaken Baby Syndrome information to two classes of students with special needs, in which two of the students are teen parents. Both classes were impacted by the presentation. The students learned why babies cry, what steps to take if they cannot calm their baby, how to take care of themselves as parents, and to NEVER shake a baby. They learned why to stay away from drugs and alcohol as a parent. They learned the consequences of losing control and what could happen to a shaken baby.

2. Parents made significant changes that lowered family stress and improved family functioning, thereby reducing the risk of abuse. Projects reported several instances where families took important steps to reduce the risk of child abuse:

- An Adams County provider reported several families changing their discipline strategy from physical punishment, such as spanking and slapping hands, to less aggressive discipline techniques like redirection, timeout and consequences. The parents reported feeling much better about themselves when they were not punishing their children through physical means.
- A Benton County mom has participated in a young parents program for more than two years now. She is expecting her second child and already has a two-year-old son. She and the father of the baby recently became involved with the Department of Human Services because of drug use. Both the mom and the dad have been clean now for five or six months. They recently were able to move out of her mother's house and into a rental house. This mom is in college full time and is planning on returning to college after she delivers her child. Their two-year-old is making progress and meeting his developmental milestones.
- A Des Moines County family who has been struggling with substance abuse has made a full turn-around and changed their lives. Mom, who was pregnant, attended pre-natal classes. Dad attended all Thursday evening classes. They have maintained control over substance abuse and attribute their success to their consistent attendance at the Nest classes along with the support they received from staff.
- Page County's "Partners in Parenting" program provided instruction for 15 teen parents, 12 of whom are parents of children between the ages of one month and two years. They readily discussed their parenting skills and/or lack thereof and their fears about parenting. They wanted to be able to learn how to be the best possible parents so that their children would be able to develop strong intellectual, physical, emotional, and coping skills. Some of these teens went home in the evening and began using the skills they learned in class that very night.

3. Parents built social and community connections. Projects sought to reduce the risk of abuse by addressing one cause of it – social isolation. They succeeded in several instances:

- A Fayette County mom with a one-year-old currently lives with her mom. She expressed concerns about feeling inadequate in her mother's eyes. The in-home visitation program empowered her parenting and confidence skills. The weekly group meetings allowed her to be with her peers and give her confidence. Having an additional support resource, such as Parent Share and Support, that is independent of her mother allows her to ask any questions without feeling inferior.
- Two young moms from Jones County are high school students, who attend the Jones County Alternative High School. This allows them to have a flexible schedule. They are great support for each other. They are both planning to graduate early next year, and they are both planning to attend Kirkwood Community College. Their daughters are four months old and 16 months old. The mom with the 16-month-old has recently reminded the other mom that she will soon need to baby proof her home. Both moms

are extremely interested in their daughters' developmental milestones and report new milestones each month.

- A Mills County mom, who is new to the community and hearing impaired, learned about the YFI program through WIC. The program was able to help her access other resources, such as *PAT*, energy assistance, lead testing, and general relief through Mills County. Her husband is also very grateful for the help she has received and utilizes the lending library.
- In Muscatine County, a Hispanic mother of five children left her abusive husband and moved to the shelter. The provider helped her with stress relief, referrals for community agencies for assistance, and respite time from the children. She has been attending group several times a week and her children are cared for while she is given time to network with other mothers. She has told staff that she wouldn't know what to do without having these services available.

V. How Participants Evaluated YFI Projects

PCA Iowa asked that YFI projects distribute and collect service evaluations on which participants could note their responses to several different questions. The evaluation form asked participants to assess, as a result of participating in the program:

- The extent that family interactions have improved
- Whether they feel more connected to other parents in the community
- The extent to which stress in the family has decreased
- Whether they know how to get help for their family

The evaluations also asked participants to rate the quality of instruction they received and assess the extent of their knowledge in five different parenting-related areas *before* and *after* project participation.

PCA Iowa received 826 surveys from the 2,109 participants – a return rate of 39.2 percent. Lee (95), Polk (91), and Jackson (74) counties returned the most surveys. Benton, Cherokee, Iowa, Jones, and Page counties returned surveys from at least three-quarters of their participants. Henry, Mills, and Woodbury counties did not return any surveys. Following are four tables summarizing the participant responses.

Table Two (next page) summarizes the participant responses to questions about possible improvements resulting from program participation in family interactions and the level of family stress. To the first question, participants rated the extent of improvement in family interactions from 1 (*none*) to 5 (*a lot*). To the second question, participants used the same rating scale to identify the extent of any reduction in their family's level of stress.

A total of 803 respondents (97.2 percent) stated that family interactions improved at least *some* (rated as a 3, 4, or 5), with 263 respondents (31.8 percent) noting that interactions had improved *a lot* (rated as a 5). As to the second question, 749 respondents (92.7 percent) stated that the family stress level had declined at least *some* (rated as a 3, 4, or 5). A total of 198 respondents (24.3 percent) said that the stress level decreased by *a lot* (rated as a 5), while 24 (3.0 percent) noted that the level decreased *none* (rated as a 1).

TABLE TWO
Family Interactions and Stress Management

County	Res- ponse s	<i>Family interactions improved</i>						<i>Stress level has decreased</i>					
		<i>A lot</i> 5	<i>4</i>	<i>Som</i> <i>e 3</i>	<i>2</i>	<i>None</i> <i>1</i>	<i>Avg.</i>	<i>A lot</i> 5	<i>4</i>	<i>Som</i> <i>e 3</i>	<i>2</i>	<i>None</i> <i>1</i>	<i>Avg.</i>
Adams	10	1	4	5	0	0	3.60	3	1	6	0	0	3.70
Benton	13	4	5	4	0	0	4.00	2	1	8	0	0	3.45
Black Hawk	13	4	4	5	0	0	3.92	2	3	4	1	1	3.36
Buchanan	11	5	5	1	0	0	4.36	5	4	2	0	0	4.27
Cerro Gordo	3	1	2	0	0	0	4.33	1	2	0	0	0	4.33
Cherokee	8	5	2	1	0	0	4.50	3	2	3	0	0	4.00
Chickasaw	9	0	6	2	1	0	3.56	2	5	0	1	1	3.67
Des Moines	28	13	9	6	0	0	4.25	1	10	12	2	3	3.14
Fayette	13	4	8	1	0	0	4.23	3	6	3	0	1	3.77
Floyd	13	2	9	2	0	0	4.00	3	6	4	0	0	3.92
Iowa	13	4	8	1	0	0	4.23	0	6	7	0	0	3.46
Jackson	74	23	26	21	4	0	3.92	30	21	17	1	1	4.11
Jones	14	4	4	6	0	0	3.86	0	4	9	0	0	3.31
Lee	95	36	37	19	3	0	4.12	26	30	32	6	1	3.78
Linn	21	9	6	6	0	0	4.14	4	4	11	2	0	3.48
Louisa	44	19	16	9	0	0	4.23	14	12	15	2	1	3.82
Lucas	64	25	23	15	1	0	4.13	14	24	22	3	2	3.69
Marshall	21	10	4	7	0	0	4.14	16	3	2	1	0	4.55
Mitchell	2	0	2	0	0	0	4.00	1	1	0	0	0	4.50
Montgomery	68	30	23	14	1	0	4.21	12	23	26	4	3	3.54
Muscatine	64	18	20	22	4	0	3.81	19	10	27	6	0	3.68
Page	50	12	15	21	2	0	3.74	11	12	19	4	2	3.54
Plymouth	59	13	23	22	1	0	3.81	12	20	25	2	0	3.71
Polk	91	16	36	34	2	0	3.75	13	24	42	5	7	3.34
Washington	14	5	5	4	0	0	4.07	1	4	10	0	0	3.40
Webster	2	0	1	1	0	0	3.50	0	1	1	0	0	3.50
Winneshiek	9	0	3	4	1	1	3.00	0	1	4	1	1	2.71
Totals	826	263	306	234	20	3	3.98	198	241	311	41	24	3.67

Table Three (next page) summarizes the responses from participants to questions about community connectedness and awareness of how to get help for the family. The first question asked participants to state whether they *strongly agreed*, *agreed*, *disagreed*, or *strongly disagreed* that they felt more connected to other parents in the community as a result of participating in the YFI program. A total of 753 respondents (92.1 percent) either *strongly agreed* (306) or *agreed* (447) that they felt more connected as a result of program participation. Of those programs with more than five responses, Black Hawk, Jackson, and Marshall counties had more than half the respondents mark that they *strongly agreed* with the statement. Nine respondents said that they *strongly disagreed*, and 56 said they *disagreed*.

Table Three also contains responses as to whether participants *strongly agreed*, *agreed*, *disagreed*, or *strongly disagreed* that, as a result of participating in the program, they know how to get help. All but 17 of the respondents (2.1 percent) marked that they either *strongly agreed* (465 or 56.6 percent) or *agreed* (339 or 41.3 percent) with the statement.

TABLE THREE

Community Connections and Ability to Get Help

County	<i>More connected to community</i>				<i>Know how to get help</i>			
	SA	A	D	SD	SA	A	D	SD
Adams	2	8	0	0	7	3	0	0
Benton	3	9	1	0	5	8	0	0
Black Hawk	7	5	0	0	8	3	0	0
Buchanan	5	5	1	0	6	5	0	0
Cerro Gordo	3	0	0	0	3	0	0	0
Cherokee	2	6	0	0	8	1	0	0
Chickasaw	4	4	1	0	6	2	0	0
Des Moines	5	20	2	1	17	10	1	0
Fayette	3	9	1	0	8	5	0	0
Floyd	5	7	0	1	8	5	0	0
Iowa	0	11	1	1	8	5	0	0
Jackson	53	20	0	0	53	20	0	0
Jones	2	10	2	0	6	8	0	0
Lee	45	50	0	0	49	44	2	0
Linn	6	12	2	1	7	13	0	1
Louisa	17	23	3	0	27	16	1	0
Lucas	26	37	2	0	44	21	0	0
Marshall	14	6	1	1	18	4	0	0
Mitchell	2	0	0	0	2	0	0	0
Montgomery	21	27	15	1	46	20	3	0
Muscatine	20	41	2	0	18	39	3	0
Page	18	27	5	0	27	21	2	0
Plymouth	12	42	5	0	29	29	1	0
Polk	29	45	11	3	49	42	0	0
Washington	0	14	1	0	5	10	0	0
Webster	1	1	0	0	1	1	0	0
Winneshie	1	8	0	0	0	4	3	0
Totals	306	447	56	9	465	339	16	1

SA= Strongly agree; A= Agree; D= Disagree; SD= Strongly disagree

Table Four (next page) lists the overall ratings that respondents gave the YFI projects on the quality of instruction that participants received, on a scale from 1 (*poor*) to 5 (*excellent*). Two-thirds of the respondents (549 out of 819) rated their satisfaction with the projects as *excellent* (5). Another 202 respondents (24.7 percent) gave the programs a quality rating of 4, and 63 (7.7 percent) rated the quality of instruction as a 3 (*average*). Only five respondents (0.6 percent) rated the instruction as a 2 or a 1 (*poor*).

TABLE FOUR
Quality of Instruction That Participants Received

<i>County</i>	<i>Excellent</i> 5	4	<i>Average</i> <i>3</i>	2	<i>Poor</i> 1	<i>Avg.</i> <i>score</i>
Adams	4	6	0	0	0	4.40
Benton	7	5	1	0	0	4.46
Black Hawk	7	5	0	0	0	4.58
Buchanan	8	2	1	0	0	4.64
Cerro Gordo	3	0	0	0	0	5.00
Cherokee	9	0	0	0	0	5.00
Chickasaw	2	6	1	0	0	4.11
Des Moines	22	2	4	0	0	4.64
Fayette	8	4	1	0	0	4.54
Floyd	5	8	0	0	0	4.38
Iowa	7	6	0	0	0	4.54
Jackson	67	3	1	2	0	4.85
Jones	8	5	1	0	0	4.50
Lee	55	32	7	1	0	4.48
Linn	15	5	1	0	0	4.67
Louisa	35	6	4	0	0	4.69
Lucas	55	7	3	0	0	4.80
Marshall	13	8	1	0	0	4.55
Mitchell	0	2	0	0	0	4.00
Montgomery	57	11	1	0	0	4.81
Muscatine	21	23	18	0	1	4.00
Page	31	14	3	1	0	4.53
Plymouth	38	18	3	0	0	4.59
Polk	59	16	8	0	0	4.61
Washington	9	4	2	0	0	4.47
Webster	2	0	0	0	0	5.00
Winneshiek	2	4	2	0	0	4.00
Totals	549	202	63	4	1	4.58

Table Five (next page) lists parents' ratings of their knowledge before and after YFI program participation in these five areas:

- Positive ways to manage my child's behavior
- How to effectively communicate with my child
- Ways to establish safe relationships with my family
- Realistic expectations for my child
- Good ways to manage my stress

Parents noted significant increases in their knowledge in all parenting areas. The knowledge improvement increased, on average, 1.58 points for *positive ways to manage my child's behavior* and 1.45 for knowing *good ways to manage my stress*. The least increase (1.34 points) was in knowledge about *ways to establish safe relationships with my family*.

TABLE FIVE
Parental Knowledge before and after Program Participation

County	Res- ponses	<u>Behavior Management</u>		<u>Communication Skills</u>		<u>Safe Family Relationships</u>		<u>Realistic Expectations</u>		<u>Stress Management</u>	
		before	after	before	after	before	after	before	after	before	after
Adams	10	2.80	4.30	3.10	4.30	4.00	4.40	2.90	4.70	3.20	4.10
Benton	13	2.92	4.33	2.92	4.42	3.00	4.42	2.92	4.42	2.67	4.25
Black Hawk	13	2.67	4.67	3.00	4.67	3.08	4.58	2.83	4.58	2.58	4.50
Buchanan	11	2.36	4.45	2.64	4.73	2.55	4.45	2.45	4.45	2.18	4.36
Cerro Gordo	3	2.00	4.67	2.00	4.33	2.33	4.67	2.00	4.67	2.00	4.67
Cherokee	8	2.67	4.89	2.56	5.00	2.89	4.89	2.22	5.00	2.44	4.56
Chickasaw	9	3.00	4.33	3.00	4.11	2.67	4.00	2.78	4.00	2.67	3.89
Des Moines	28	3.07	4.71	3.19	4.58	3.37	4.68	3.27	4.52	3.31	4.38
Fayette	13	2.77	4.31	3.08	4.54	3.31	4.54	2.92	4.54	2.46	4.46
Floyd	13	2.54	4.15	2.85	4.23	2.69	3.92	2.92	4.31	2.69	3.92
Iowa	13	2.46	4.23	2.92	4.31	3.08	4.31	2.69	4.00	2.54	3.77
Jackson	74	3.34	4.62	3.40	4.65	3.38	4.59	3.47	4.66	3.26	4.57
Jones	14	2.79	4.57	3.07	4.79	3.08	4.62	2.79	4.79	2.71	4.14
Lee	95	2.68	4.35	2.82	4.42	2.86	4.38	2.85	4.35	2.55	4.16
Linn	21	2.50	4.60	2.85	4.35	2.75	4.45	2.75	4.55	2.38	4.05
Louisa	44	2.76	4.40	2.95	4.45	3.00	4.53	3.03	4.49	3.05	4.20
Lucas	64	3.09	4.49	3.25	4.54	3.56	4.48	3.21	4.55	3.21	4.53
Marshall	22	2.36	4.36	2.32	4.82	2.45	4.68	2.50	4.68	2.55	4.59
Mitchell	2	2.50	4.50	2.50	4.00	2.50	4.00	3.00	4.00	2.50	4.00
Montgomery	68	2.81	4.49	3.19	4.52	3.43	4.51	3.26	4.59	3.10	4.32
Muscatine	64	3.07	4.30	3.10	4.25	3.10	4.30	2.96	4.20	2.97	4.28
Page	50	3.00	4.38	3.32	4.48	2.89	4.36	3.21	4.46	2.96	4.50
Plymouth	59	2.70	4.37	2.86	4.40	3.05	4.42	2.80	4.35	2.64	4.37
Polk	91	2.88	4.52	3.05	4.42	3.13	4.52	3.09	4.31	3.03	4.45
Washington	14	2.60	4.07	2.80	4.13	2.87	4.00	2.73	4.07	2.73	4.07
Webster	2	2.50	4.00	2.50	4.00	2.00	4.00	2.00	4.00	3.50	4.50
Winneshiek	9	3.38	4.13	3.63	4.13	3.63	4.13	3.63	4.00	3.00	3.75
Totals	826	2.86	4.44	3.04	4.47	3.11	4.45	3.02	4.45	2.88	4.33

Participants also wrote comments about what they liked about YFI projects and suggested improvements for them. Appendix A contains samples of participant comments.

Participants greatly appreciated project efforts to provide them with useful and timely information on parenting. For instance, a Fayette County parent said, “Thanks for the help! Being a single, first-time mom, I received plenty of useful information.” A Jackson County parent also observed that, “The presenter always has helpful information about child care and helpful resources on getting help with clothes, food, and other things. She brings different ideas to playgroup.” A Lucas County parent stated, “I think this is a great program. I’m learning many things and have other information or resources for extra help.”

Participants noted the quality of the instruction they received. A parent from Iowa County declared, “YPN is a very good program; I highly recommend it. The teachers do whatever they can to help you. My worker is great at reassuring me if I am stressed out about something.” A Montgomery County parent further stated: “We feel we are good parents, but *PAT* has been great and always brings positive ways to interact with our child.”

Parents appreciated the respect and affirmation that they received from YFI projects. For instance, a Floyd County parent said, “I felt like I was someone with this worker!” Similarly, a Lucas County parent said, “I am very excited to visit the classes. They give me constant support, and I am very thankful for the stuff I receive for attending classes.” A Polk County parent declared, “This class heightened my awareness as a parent and broadened my horizons as a man.”

Participants appreciated the support from other parents. One Lee County parent remarked, “This program is a great way to learn about parenting skills and learn from each other’s parenting techniques,” and another Lee parent said, “I like the class, and it gets me out of the home to be with others.” A Louisa County parent stated, “This has been an excellent way to interact with other mothers and refresh my knowledge about infants.” A Plymouth County parent stated, “This has been a wonderful experience, and I am less stressed as a parent after attending *Love & Logic!*”

VI. Collaborative Efforts and Local Support

YFI projects relied heavily on local support for their efforts. Table Six (below) summarizes the extent of this support, with private and governmental agencies, churches, and individual citizens assisting in project design, publicizing programs, referring families, teaching classes, offering meeting space, conducting home visits, and providing child care. The table also notes the extent to which parents were involved in program governance, planning, and operations.

TABLE SIX
Organizational Collaboration and Parent Involvement

Council	I. Organizational Collaborations	II. Parent Involvement
<i>Adams</i>	Adams County Extension, Head Start, local day care providers, WIC, FaDSS, DHS, Taylor County Public Health Maternal Child Program, and local churches disseminated information, made referrals, and/or presented to group. Empowerment provided funding.	Parents helped select speakers, decide topics and pick meeting locations and times. <i>Parents as Teachers</i> parent advisory board provided input on services.
<i>Benton, Iowa, Jones, and Linn</i>	Area Substance Abuse Council, Grant Wood AEA, WIC-Maternal Health, HACAP, hospitals and clinics, DHS, YWCA, ISU Extension, Lutheran Services, preschools, juvenile court, and Kirkwood Community College referred. Empowerment provided financial support for <i>PAT</i> .	Parents helped plan, implement and evaluate the activities.
<i>Black Hawk</i>	Empowerment, Decategorization, Community Partnerships for Protecting Children, Child Support Recovery, Department of Corrections, Tri-County Child and Family Development (Head Start), the judicial system, and many businesses supported the project.	Fathers provided input on structure and content.
<i>Buchanan</i>	The project received referrals from Community School Districts, Crisis Child Care, Operation Threshold, DHS, Buchanan County Health Center and Community Care, Building Directions for Families (Empowerment), Tri-County Head Start, Job Training Program for Adults, and WIC.	Parents prepared presentation materials.
<i>Cerro Gordo</i>	Mercy Medical Center – NI, public health nursing agencies and home care aid agencies provided direct home visits. The project collaborated with, referred to and coordinated services with North Iowa Community Action, WIC, Maternal Health, Caring Pregnancy Center, mental health services, and addiction treatment.	Parents helped coordinate their program plan to achieve outcomes they deem appropriate.
<i>Cherokee</i>	Empowerment, Decategorization, and Community Partnerships for Protecting Children developed the plan for this project. Washington High School made arrangements to offer students credit for participation.	Parents helped pick class topics.

<i>Chickasaw, Floyd, and Mitchell</i>	The following provided the project with resources, services and planning support: DHS, Juvenile Court officers, and Families Making Connections (Decat and Empowerment). WIC, Child Care Resource and referral, AEA, ISU Extension, Lutheran Services in Iowa, Early ACCESS, public health agencies, service organizations, and churches.	Graduated parents acted as mentors to new families. Parents have also sat on the Prevent Child Abuse council and shared their stories at community awareness events.
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TABLE SIX
Organizational Collaboration and Parent Involvement (continued)

Council	I. Organizational Collaborations	II. Parent Involvement
<i>Des Moines</i>	Empowerment provided funding. Great River Medical Center donated meeting space for the Nest store, office and meeting room. The Nest coordinator worked with ISU Extension to present programs and with the Mentoring Moms program to match Nest moms with mentors. The project also worked with almost 30 other partners to implement activities.	A Parent Board helped with special events, fundraising, advertising and planning other community events .Parents also provided input on educational topics and incentive items the Nest should purchase.
<i>Fayette</i>	The following helped coordinate services as well as make referrals: schools, hospitals, physicians, ISU Extension, Public Health, WIC, PROMISE JOBS, Alternative High School, AEA, and DHS.	Parents developed family goals, selected group activities and evaluated project staff and services.
<i>Henry</i>	The project worked with Decategorization, Empowerment, and Community Partnerships for Protecting Children.	Parents requested project implementation. Parents provided feedback on services as well as input on session topics.
<i>Jackson</i>	Community agencies helped with recruitment and provided sites for meetings. PROMISE JOBS, DHS, YWCA, Jackson County Public Hospital, Hillcrest, Women’s Health Services, Sunshine Pre-school and Day Care, and other area preschools made referrals.	Parents provided feedback on services.
<i>Lee</i>	The project collaborated with: Lee County Health Dept., HOPES, DHS, FaDSS, civic and community groups, medical personnel, AEA #16, ISU Extension, Southeastern Community College, Alcohol and Drug Dependency Services, school districts, community health educators, churches, Tri-State Coalition Against Domestic and Sexual Abuse and Community Action of Southeast Iowa Parents as Teachers.	Parents helped stock the store, collect donated incentive items, and raise funds for incentive items. Parents provided input on parenting topics and ideas for receiving incentive points.
<i>Louisa</i>	ISU Extension, Alcohol and Drug Services, Public Health, mental health, schools, Community Action, and law enforcement provided mini-lessons to participants.	Participants helped plan and attend fundraisers, and raised community awareness by handing out flyers.
<i>Lucas</i>	First Baptist Church and Lucas County Public Health provided space for meetings. Rathbun Mental Health, Lucas County Behavioral Health Services, law enforcement, Iowa State Patrol, and DHS helped with instructors. WIC, Maternal Child Health, Community Action Agency, SAFE Coalition, an alternative high school, and FaDSS make referrals.	Two parents sat on the Child Abuse Prevention council. Nest moms helped promote awareness of child abuse prevention, attended PCA Iowa’s conference, helped with fundraising, and distributed materials.
<i>Marshall</i>	Marshalltown high schools identified, referred and provided space for group meetings. Marshalltown OB/Gyn, Primary Health Center and Home Care Plus identified and referred participants. Youth and Shelter Services, DHS, and Marshall County Child Care Services helped with child care and housing needs.	Teen parents selected group topics and guest speakers.
<i>Mills</i>	AEA and Early ACCESS provided early intervention and assessments. PAT, Mills County Tobacco Coalition, and a Maternal/Child Health specialist worked with the moms to support programming.	Parents provided input on topics and materials.
<i>Montgomery</i>	The following provided program support, referrals and education: Public Health, AEA 13 and 14, ISU Extension, county schools, county literacy group, DHS, WIC, Maternal Health, Head Start, Latino Resource Center, area preschools, libraries, and local doctors.	Parents served on the Parent Advisory Board. Activities included lobbying, preparing community food boxes, and providing input on programming
<i>Muscatine</i>	The project collaborated with the following for advisory members, speakers, outreach, networking and assisting participants: Family Resources, WIC, New Iowan Center, DHS, ISU Extension, Lutheran Social Services, Unity Public Health, and AEA.	Parents served on the Advisory Committee, and provided feedback on services.
<i>Page</i>	Collaborators included: WIC, DHS, Growing Strong Families, schools, preschools, Head Start, Clarinda Ministerial Alliance, Care and Share Room, and Clarinda Community Center.	Graduated parents hosted classes.
<i>Plymouth</i>	Decategorization, Empowerment, and Community Partnerships for Protecting Children helped plan the project. Mid-Sioux Opportunity	Parents provided input during sessions.

	provided meeting space.	
<i>Polk</i>	Women's Residential Facility provided meeting space, child care, and referrals. Cavalry Baptist Church provided meeting space and a nursery. Hispanic Education Resource Center provided meeting space, child care, and a food service worker. Polk County DHS made referrals.	Graduated parent served on Parent Education Committee.

TABLE SIX
Groups and Agencies Collaborating with YFI Projects (continued)

Council	I. Organizational Collaborations	II. Parent Involvement
<i>Washington</i>	The following agencies made referrals, collaborated on teaching, provided supplies, and organized meetings: WACAN, Grant Wood AEA, Public Health, WIC, Start, Community Chest, Decategorization, Washington County Hospital and Medical Practices, Lions Club, Early Childhood Board, U of I Hospitals and Clinics, and Parents As Teachers.	Families made referrals and sat on the Empowerment and Community Chest boards.
<i>Webster</i>	Collaborators included: United Way of Greater Fort Dodge, Community and Family Resources, ISU Extension, DHS, Head Start, Early Head Start, PROMISE JOBS, Upper Des Moines Opportunity, Parents Anonymous, and Webster County Probation and Parole.	Parents chose presentation topics and acted as mentors.
<i>Winneshiek</i>	Local churches and local libraries provided space for meetings. The following provided referrals: Iowa Workforce, DHS, AEA, churches, Winneshiek County Public Health, Helping Services of Northeast Iowa, HAWC Empowerment for Healthy Families, Decategorization, WIC, and ISU Extension.	Parents referred participants, helped coordinator during presentations, participated in council activities and volunteered during community activities and fundraising.
<i>Woodbury</i>	School counselors assisted with facilitation, Guest speakers came from: Planned Parenthood, WIC, Council on Sexual Abuse and Domestic Violence, AEA, Maternal Health Center, DHS, PROMISE JOBS, Siouxland Mental Health Center, Western Iowa Tech, Head Start, Siouxland District Health Department, and Legal Aid.	Parents and grandparents attended sessions.

Table Seven (below) summarizes the total in-kind and cash support that YFI projects received. In total, projects raised almost three-and-a-half times as much in local cash and in-kind resources as they received in YFI grant awards.

TABLE SEVEN
Local Contributions to YFI Projects

<i>County</i>	<i>Grant</i>	<i>Cash</i>	<i>In-Kind</i>	<i>Total Match</i>	<i>% Match/Grant</i>	<i>County</i>	<i>Grant</i>	<i>Cash</i>	<i>In-kind</i>	<i>Total Match</i>	<i>% Match/Grant</i>
Adams	\$7,369	\$2,878	\$480	\$3,358	45.6%	Louisa	\$2,500	\$0	\$500	\$500	20.0%
Benton	\$8,000	\$117,000	\$11,200	\$128,200	1,602.5%	Lucas	\$8,000	\$1,500	\$7,700	\$9,200	115.0%
Black Hawk	\$8,000	\$11,688	\$450	\$12,138	151.7%	Marshall	\$6,000	\$1,289	\$0	\$1,289	21.5%
Buchanan	\$8,000	\$4,533	\$7,492	\$12,025	150.3%	Mills	\$8,000	\$3,600	\$3,600	\$7,200	90.0%
Cerro Gordo	\$5,000	\$2,150	\$1,135	\$3,285	65.7%	Mitchell	\$3,500	\$7,700	\$275	\$7,975	227.9%
Cherokee	\$4,233	\$1,096	\$2,406	\$3,501	82.7%	Montgomery	\$8,000	\$88,000	\$16,808	\$104,808	1,310.1%
Chickasaw	\$3,500	\$7,920	\$550	\$8,470	242.0%	Muscatine	\$7,500	\$20,600	\$11,124	\$31,724	423.0%
Des Moines	\$6,500	\$22,453	\$3,825	\$26,278	404.3%	Page	\$3,323	\$0	\$0	\$0	0.0%
Fayette	\$7,000	\$1,331	\$890	\$2,221	31.7%	Plymouth	\$3,000	\$1,500	\$1,000	\$2,500	83.3%
Floyd	\$4,000	\$7,590	\$825	\$8,415	210.4%	Polk	\$7,981	\$1,560	\$4,860	\$6,420	80.4%
Henry	\$961	\$0	\$0	\$0	0.0%	Washington	\$4,500	\$2,368	\$1,311	\$3,679	81.8%
Iowa	\$8,000	\$88,000	\$11,200	\$99,200	1,240.0%	Webster	\$6,500	\$328	\$456	\$784	12.1%
Jackson	\$5,500	\$800	\$0	\$800	14.5%	Winneshiek	\$5,000	\$1,237	\$4,085	\$5,321	106.4%
Jones	\$8,000	\$74,000	\$6,500	\$80,500	1,006.3%	Woodbury	\$5,500	\$0	\$2,540	\$2,540	46.2%

Lee	\$7,000	\$7,302	\$17,718	\$25,020	357.4%	Totals	\$178,367	\$491,223	\$121,329	\$612,552	343.4%
Linn	\$8,000	\$12,800	\$2,400	\$15,200	190.0%						

VII. Program Demographics

PCA Iowa requires that projects ask participants to complete family information forms; if two parents participate, they need only complete one form. This information helps PCA Iowa determine if projects are reaching young families and involving families from minority or under served populations. The forms also allow PCA Iowa to assess the extent to which projects are reaching families at greater risk of abuse because of stresses like limited income, drugs, physical or mental health problems, or relationship difficulties. A council-by-council summary of selected demographic information is in Table Eight (next page); a full summary is in Appendix B.

PCA Iowa received 982 information forms from the 1,634 families that participated – a response rate of 60.1 percent. Polk (115), Lee (115), Muscatine (99), and Lucas (97) counties returned the most forms. Cherokee, Henry, Mills, and Woodbury counties did not return any forms.

While YFI projects serve some older families, most beneficiaries are young parents and/or parents of young children. PCA Iowa expects that the average age of mothers participating in each YFI project will be less than 26 years old or the average age of their children less than six years. For YFI as a whole, the average age of respondent mothers was 25.6 years, and their children's average age was 4.3 years. Only Louisa and Muscatine counties did not meet either of the age criteria.

YFI projects reached a high proportion of families who are low income, with 61.7 percent of respondents noting that they received WIC, and 54.1 percent saying they received Medicaid. Of the 898 respondents who disclosed family income, 403 people (44.9 percent) listed it as below \$10,000, and another 209 (23.3 percent) marked it as between \$10,000 and \$20,000. As sources of *high family stress*, 393 respondents (40.0 percent) cited *inadequate income*, 215 respondents (21.9 percent) marked *employment*, and 214 respondents (21.8 percent) noted *housing*.

Many YFI respondents cited other sources of stress, with an overall average of 1.80 areas noted. A total of 231 respondents (23.5 percent) noted *family relationships* as a source of *high family stress*. Another 72 respondents (7.3 percent) similarly cited *child's health/disability*, while 64 respondents (6.5 percent) noted *parent's health/disability*.

Councils attempt to involve minorities as much as possible in their projects. Of those who responded, 27.7 percent of the mothers, and 34.2 percent of the fathers were minorities. Several projects were very successful in these efforts; at least 80 percent of the respondent mothers in four projects (Louisa, Marshall, Muscatine, and Washington counties) were minorities. The overall result was a much higher representation of minorities in YFI projects than in the general Iowa population. More than four-fifths of the minority parent respondents were Hispanic.

TABLE EIGHT
YFI Demographics, by County, Fiscal Year 2006

County	No. of families served	No. of surveys returned	Mothers			Fathers			Family						
			Avg. age	% minority	% < h.s. grad.	Avg. age	% minority	% < h.s. grad.	Avg. child age	Special needs	Income <\$20K	FIP	Medi-caid	WIC	Avg. no. stresses
Adams	55	14	22.9	0.0%	14.3%	24.6	0.0%	27.3%	2.2	1	6	1	7	11	4.07
Benton	17	16	23.4	0.0%	31.3%	30.2	0.0%	16.7%	3.6	2	12	7	9	12	3.38
Black Hawk	85	48	20.2	34.3%	62.9%	23.4	41.7%	39.6%	2.8	3	43	12	39	33	1.60
Buchanan	12	12	19.9	0.0%	41.7%	22.8	0.0%	50.0%	1.3	2	10	4	11	10	3.17
Cerro Gordo	9	9	22.4	33.3%	22.2%	26.7	33.3%	33.3%	2.1	4	8	6	9	9	6.11
Chickasaw	15	6	21.3	0.0%	16.7%	NA	NA	NA	2.6	0	6	5	2	5	2.67
Des Moines	117	55	23.2	9.4%	30.8%	27.3	15.8%	21.6%	3.0	4	46	13	35	42	1.76
Fayette	18	18	20.0	0.0%	55.6%	21.1	37.5%	50.0%	1.2	0	16	9	14	15	1.72
Floyd	19	7	19.6	14.3%	57.1%	25.0	100.0%	0.0%	1.5	2	5	3	3	6	3.43
Iowa	15	12	26.6	16.7%	8.3%	28.7	0.0%	0.0%	3.1	1	11	4	10	9	3.83
Jackson	68	52	24.3	3.8%	29.4%	32.0	0.0%	0.0%	2.3	1	16	6	9	13	0.42
Jones	14	14	20.4	0.0%	35.7%	NA	NA	NA	1.3	0	14	4	14	12	6.00
Lee	115	115	22.4	5.6%	19.3%	25.9	8.2%	19.4%	3.0	5	94	30	68	82	1.04
Linn	25	25	20.9	4.3%	26.1%	23.9	20.0%	20.0%	1.6	3	22	10	19	21	3.32
Louisa	65	28	28.8	81.5%	48.1%	32.4	90.0%	55.0%	6.4	5	12	11	20	19	0.93
Lucas	98	97	24.7	14.7%	23.7%	29.7	15.9%	15.9%	3.2	0	54	6	62	85	1.49
Marshall	32	31	17.1	90.3%	77.4%	21.2	100.0%	31.8%	0.7	0	21	1	19	29	2.84
Mitchell	6	1	20.0	0.0%	0.0%	NA	NA	NA	3.1	0	1	1	0	1	4.00
Montgomery	187	68	30.8	23.5%	35.8%	33.3	32.6%	27.6%	5.5	2	29	3	40	38	1.62
Muscatine	104	99	33.6	80.7%	33.7%	37.4	85.7%	35.5%	7.2	7	49	13	43	39	1.14
Page	50	45	26.6	7.1%	28.6%	28.5	16.1%	22.6%	4.5	0	23	3	16	27	2.27
Plymouth	71	62	30.6	5.0%	8.3%	33.9	7.0%	11.6%	5.6	6	24	7	22	25	1.90
Polk	139	115	26.9	51.5%	56.5%	28.9	68.4%	33.3%	4.1	4	78	9	48	42	1.94
Washington	20	15	25.5	100.0%	33.3%	30.0	100.0%	50.0%	5.0	2	6	0	5	15	1.00
Webster	104	6	29.5	0.0%	0.0%	30.3	0.0%	33.3%	3.7	4	3	2	5	2	3.50
Winneshiek	18	12	33.2	0.0%	0.0%	37.8	0.0%	0.0%	4.2	1	2	0	2	4	0.25
Totals	1,478	982	25.6	27.7%	31.5%	29.5	34.2%	27.7%	4.3	59	611	170	531	606	1.80

APPENDIX A
Selected Participant Comments on
YFI Projects

Selected YFI Participant Comments

Benton

This program has helped me out a lot in some ways. I am very glad this program is available to us.

Black Hawk

I feel like I have a long way to go.

Being a father is hard.

More men need to come to group!

Cerro Gordo

This class was a great opportunity.

Maybe further topics can address reducing stress and chaos in active families.

Please continue this class.

This program really helped us in becoming good parents. Staff have been a lot of help and support.

Fayette

It was a very good program. I have learned how to raise my kids and what they should be doing at their age.

I had a hard time with stress and my new baby. They taught me things that help.

Floyd

I got help when I needed it.

Iowa

I like this program and the activities that it has. My son likes it also.

I love the program and the good ideas for my kid's development and growth.

Jackson

The presenter has great advice and helpful information.

The instructor always provides good information about parenting and helpful resources.

Everyone was very friendly. There were a lot of different fun activities.

There were lots of different activities for the kids to choose. I liked the informal nature of the evening.

The case helped me understand how serious shaken baby syndrome can be.

Jones

I like the encouragement they give me and the home visits.

I feel like I know a lot more about what to expect.

Lee

This is a great program to learn from other parents' experiences. Also, it is nice to earn points for diapers that would cost me a lot if I wasn't in this program.

I liked the safety class the best. It shows how to make my house safe for my child.

Thank you for making this class available to us. It really can help us.

Linn

I learned a lot one-on-one with the Parents as Teachers program.

I really enjoy and appreciate the PAT program.

These classes have helped in some ways.

Louisa

This program is very good and has taught me a lot about everything.

Lucas

I like all the different speakers and free items.

I learned how to comfort my child from “Happiest Baby on the Block.”

This class is the best way to have a time out away from the kids. I can rest and learn stuff. I also love helping out the new moms and giving input to them.

This program has helped me to be a better mother.

Nest has helped me gain confidence in myself.

Marshall

As a teen mom, it was hard for other people to take me seriously. They would assume I did not know anything. Now, thanks to this program, I can make a stand.

All has been good information for me.

This program was helpful in all ways, especially with the support and the fact that my worker cares for me and my child.

It was helpful with everything, because I didn't know a lot about what to do if my child is sick.

It was helpful because I used to feel a lot of stress when my daughter cried, and now I know what to do.

Mitchell

I very much enjoyed the worker and the help.

Montgomery

I have had visits with my baby, but I'd really like my four-year-old to participate in the program.

I have participated for seven years. The information has been extremely helpful. We are grateful and very excited about this wonderful program.

Before this program I didn't realize how little I knew.

I'm so thankful for this wonderful blessing of a program. I'm a better mother because of it!

PAT helps me know my kids are developing normally and gives me ideas for games and activities I can do for their age.

Muscatine

I really appreciate this program. If it weren't for it, there's no way I could come and work on my health. I could not afford it!

I really appreciate this program because it gives me the chance to get away and have time without the kids and know they're fed and taken care of.

I have learned a lot and feel like it's actually teaching me something.

Plymouth

This program is for everyone at any time of their ages or stages. I've tried it. It works.

This class has been great! Even my boyfriend has said he appreciates the way things have turned around, and I have quit yelling!

I really enjoyed this class. I got a lot out of it. I want to take the next class for the elementary school age children.

I really enjoyed this class and all that I have learned. I wish my parents would have had this.

This program is so great. I wish we could start a Love & Logic epidemic.

Polk

I really liked the 1, 2, 3 Magic technique. It is showing me a good way to discipline my children.

This is a very informative class and is beneficial for anyone that can keep an open mind to learn better ways of parenting.

I really enjoyed this class. At first I was in denial, but this was a really positive experience. I have learned many ways to deal with my children, and the instructor was really involved.

This has been a very educational class. I've learned a lot about ways to do different, more positive things with my child.

I really enjoyed this class. I wish I would have taken it years ago. I'm thinking about going to the next age classes.

Thank you. I enjoyed this class.

Washington

I appreciate the help that I received.

I like the program and would recommend to everybody.

All the materials and instruction I received were excellent.

Winneshiek

Play group was an opportunity for me and my kids to get out of the house and interact with others. It helped get me through the long winter.

My daughter really needs lots of stimulation and interaction with other kids, and this group has really helped her. It makes our home life easier.

APPENDIX B
Young Families Initiative
Program Demographics, Federal Fiscal Year 2006

YFI Demographics for All Counties, Federal Fiscal Year 2006

<i>NUMBER OF REPLIES:</i>						982
<i>PARENTS</i>			<i>FAMILY</i>		<i>CHILDREN</i>	
Age	Mother	Father	Household Assistance		Number and Age	
Avg. age of parents	25.6	29.5	FIP/welfare	174	Avg. no. of children	2.0
Minimum age	14	16	SSI/Disability	69	Avg. age of children	4.3
Maximum age	53	65	Medicaid	531		
			Food stamps	363		
			WIC	606	Special Needs	
					Number with special needs	76
Race/Ethnicity	Mother	Father	Annual Family Income			
White	665	395	0-\$9,999	403		
Black	27	37	\$10,000-\$19,999	209		
Hispanic	201	147	\$20,000-\$39,000	201		
Asian/Pacific Islander	2	2	\$40,000 or more	85		
American Indian/Alaskan Native	1	4				
Other	13	11				
Two or more races	11	4				
			Areas of High Family Stress			
Marital Status	Mother	Father	Housing	214		
Never married	312	114	Nutrition/food	93		
Living with partner	148	131	Parent's health/disability	64		
Married	368	325	Child's health/disability	72		
Separated	37	15	Mental health	63		
Divorced	57	18	Alcohol/Drug abuse	45		
Widowed	0	1	Family violence	28		
Education	Mother	Father	Inadequate income	393		
Some high school	281	158	Family relationships	231		
High school grad.	310	249	Transportation	204		
Some college	183	89	Child care	150		
College graduate	119	75	Employment	215		
Employment	Mother	Father				
Employed full-time	207	410				
Employed part-time	173	66				
Unemployed	156	76				
Homemaker	221	4				
Disabled	23	18				
Student	107	21				