



# QUILEUTE YOUTH AND FAMILY INTERVENTION PROGRAM

Project Summary Report

# Staff

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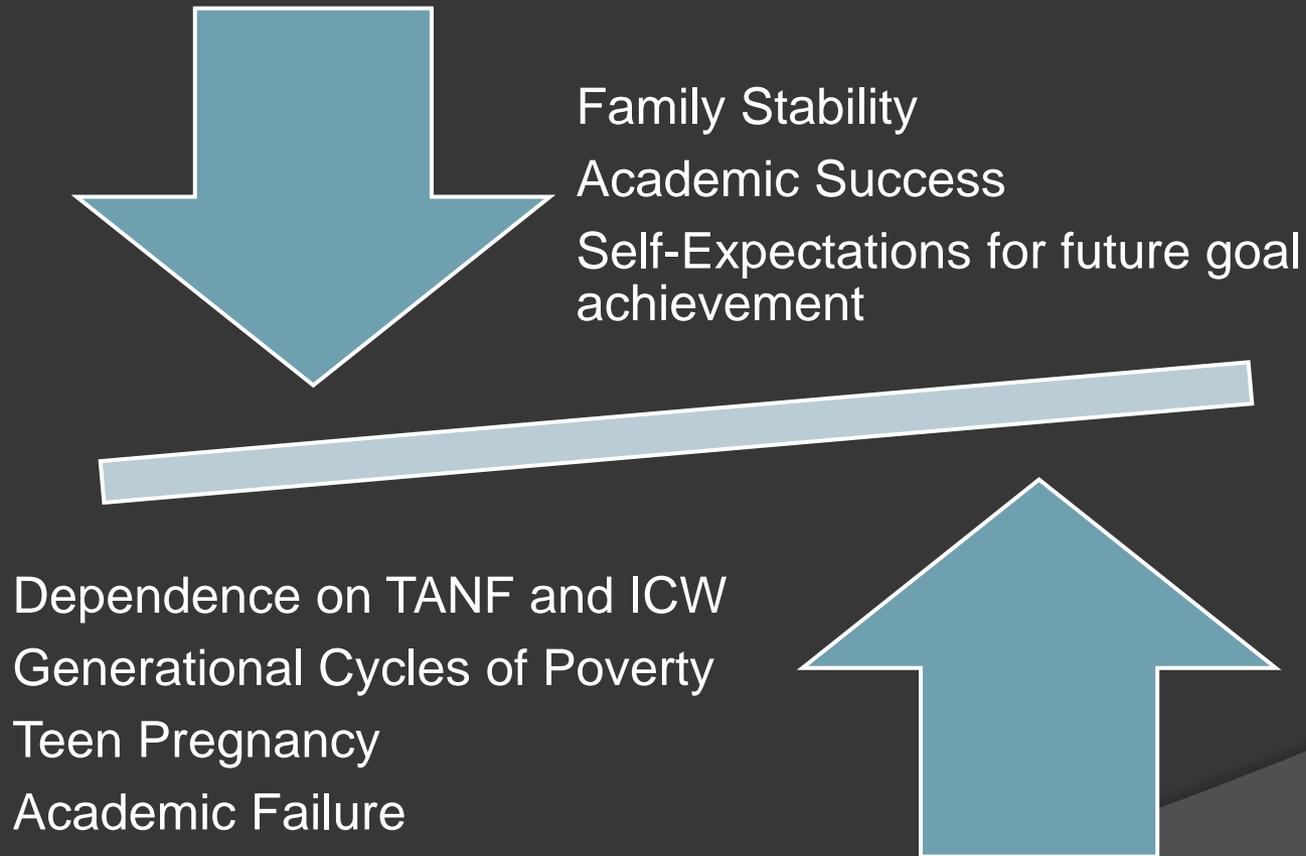
## *Program VISION:*

*We envision a community with:*

- *a **low teen pregnancy rate** where youth who have good decision making skills are actively engaged in their culture, educational success, and career planning.*
- *a **high capacity for effective parenting**, where destructive multigenerational cycles are understood and where parent-child relationships are strong.*



# Overall Goals



# Community Ideas About “Causes” of Teen Pregnancy

Community Beliefs—Yr. 2	IF...	THEN...
Lack of teen supervision and permissive parenting.	<b>IF</b> we teach parenting skills...	<b>THEN</b> the youth will have more supervision.
Alcohol and drug use/availability increases high risk behaviors and date rape.	<b>IF</b> we increase skills in decision making...	<b>THEN</b> they will avoid high risk behaviors.
Teens have a desire to have someone love them—even a baby.	<b>IF</b> we help youth develop health identities...	<b>THEN</b> they will love themselves and not have a need for a baby to give them purpose.
There is a lack of understanding on the part of teens of the weight of responsibility for having a child.	<b>IF</b> we increase their awareness of the costs and benefits...	<b>THEN</b> they will realize that the costs outweigh the benefits.
Having a baby is a way to get out of the home.	<b>IF</b> we decrease domestic violence and sexual assault...	<b>THEN</b> they won't feel the need to get out of the home.
Having a baby is a form of economic support.	<b>IF</b> we change attitudes about financial benefits...	<b>THEN</b> they would not see a baby as a good financial decision.
Parents send mixed messages to their teens about teen pregnancy.	<b>IF</b> we help parents clarify the message...	<b>THEN</b> the youth will be influenced in a healthy way.

# Program Goals

1.

To broaden perspectives of youth through exposure to occupations, leadership training, and diverse cultures



2.

To develop in youth the skills to recognize unhealthy life choices, and provide the tools and knowledge for healthy decision making.



3.

To build parenting skills and better parent/child relationships



4.

To increase the amount of time families engage in family activities which promote healthy living and positive parent-child communication

# From Goals to Program Activities...

Broaden Perspectives of Youth

- Off-site Youth Trips

Develop Youth Decision-Making Skills

- Boys and Girls Groups

Build Parenting Skills

- Mom's Lunch

Increase Family Engagement

- Family Fun Night





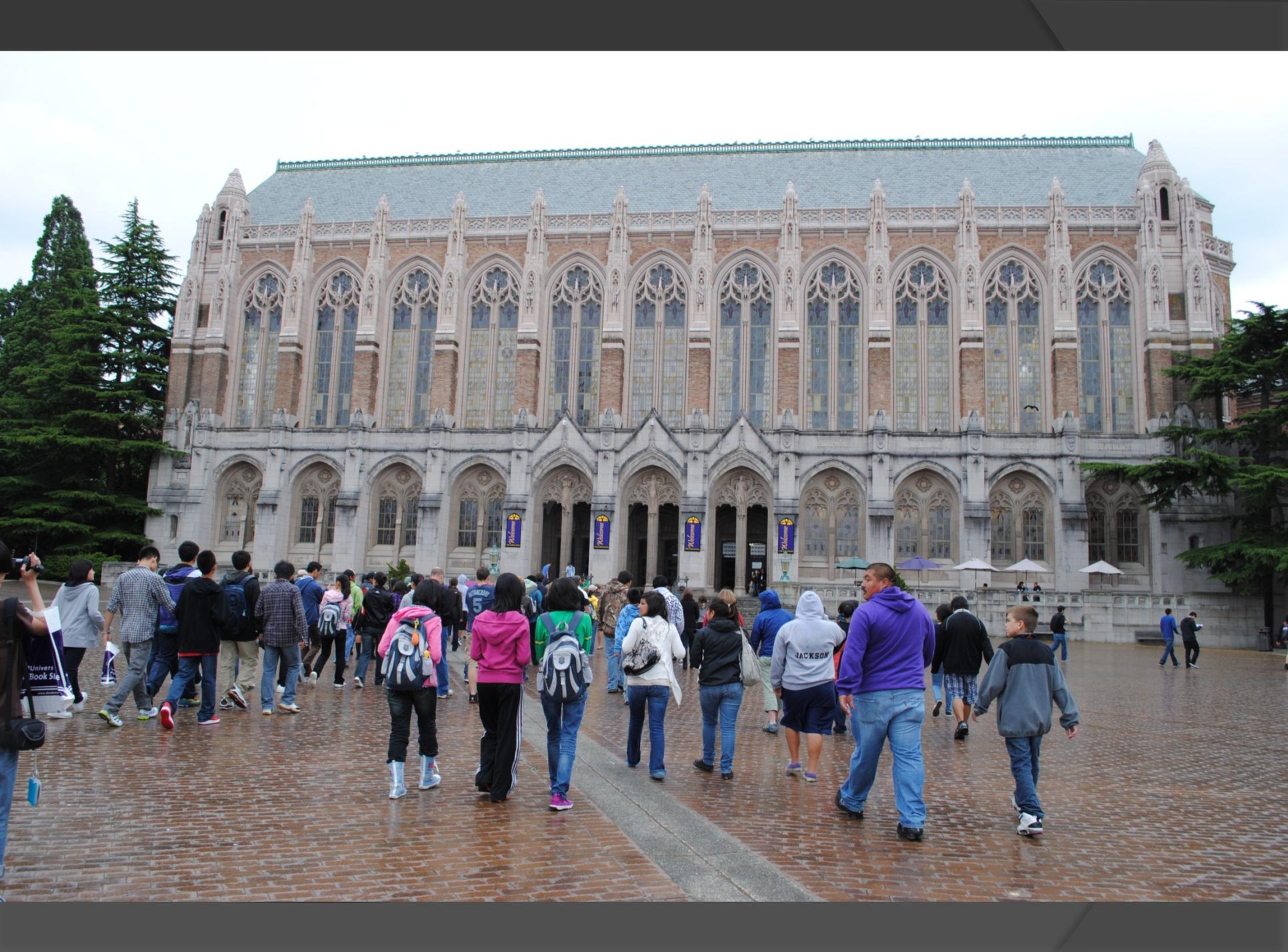
Objective #1:

**Broaden Youth Perspectives**

**Youth Trips**

# Objective, Activities, and Evaluation

Program Objective	Target Group	Program Activities	Outcomes	Evaluation Measures	
				<i>Input Measures</i>	<i>Outcome Measures</i>
1. To <b>broaden perspectives of youth</b> through exposure to occupations, leadership training, and diverse cultures	Middle and high school	<b>Five field experiences</b> per year, primarily off-site trips	1. Increase in youth <b>self-knowledge of interests</b> , long-term opportunities and short terms steps to reach long term goals; 2. Increase in positive attitude/hope for the future	1. Number and types of trips delivered per year 2. Number, age, and gender of participants	<b>Qualitative written reports</b>





# Trip Attendance

Date	College	Total Students
October	ITT Tech, Portland	14
February	QNR and Fish Hatchery	13
March	Peninsula College	10
June	Oregon State	40
July	University of WA	31
August	St. Martins, Olympia	30

# Sample Youth Comments

## Modeling

- *"The woman who spoke wrote a book and talked about how kids should stand up for themselves..."*
- *"We met Cody, the tour guide who took us around the campus and all of us asked questions, and he answered all the questions and gave a lot of help."*

## Empowerment

- *"I've got more faith in myself in school to say "no" and to stay away from drugs."*
- *"I will bring home that it is important to help out on the rez. I will help the people that are homeless and that are on the streets..."*

## Attitude Changes

- *"As a gift for coming and attending the class, the tribe gifted us with sweatshirts. I had so much fun, loved the college, and can't wait to attend."*
- *"I could try to help my mom with her drug and alcohol problems. Even if I am thirteen I can make a difference, and if I can, anyone can."*
- *"ABC—Always Be Confident—that really hit me like a fast ball."*

## Information Acquisition

- *"We talked about the different kind of degrees you can get, and how long it takes to earn the degrees."*
- *"I learned that you have to go to school in college for about 2 hours or more each day, and that at the end of the week you should have been in school for about 15 hours."*
- *"We learned about the Muckleshoot Job Corps."*

## Cultural Knowledge

- *"We were taught cedar mat making by a young woman from Lummi."*
- *"the entire conference was exciting and very interesting...all the crafts have supplies of cattails, pine needles, and materials for coiled baskets."*

## Enthusiasm and Grateful Attitudes

- *"I've never been to a conference before, and I would like to go to another one that comes up soon."*
- *"Thanks to everyone who made this trip possible."*
- *"It's over, and we have to say goodbye. It feels so good to be here."*





Objective #2

# Improving Youth Decision Making

## Boys and Girls Groups

# Objective, Activities, and Evaluation

Program Objective	Target Group	Program Activities	Outcomes	Evaluation Measures	
				<i>Input Measures</i>	<i>Outcome Measures</i>
1. To develop in youth the skills to <b>recognize unhealthy life choices</b> , and provide the tools and knowledge for <b>healthy decision making</b> .	Middle and High School girls and boys	<b><u>Eighteen</u> groups per year</b> for boys and 18 groups per year for girls	1. Decrease in negative educational and behavioral deficits 2. <b>Increase educational and behavioral strengths</b>	1. Number of group meetings delivered during the year (boys and girls) 2. Number, age, and gender of participants	Beginning and end of the year pre- and post-test change tools, including the <b>BERS</b>

# Youth Groups

- ◎ Girls Groups—  
Middle and High School
  - LaPush—Tribal School
  - Forks—Public School
- ◎ Boys Groups—  
Middle and High School
  - LaPush
  - Forks—Public School





Objective #3:

# Improved Parent-Child Relationships

# Parenting Groups

# Objective, Activity, and Evaluation

Program Objective	Target Group	Program Activities	Outcomes	Evaluation Measures	
				<i>Input Measures</i>	<i>Outcome Measures</i>
1. To build parenting skills and better <b>parent/child relationships</b>	Parents of youth ages 10 to 19.	Develop and implement an <b>invisible parent education</b> program, where parents will gain parent skills without taking parent education classes.	<b>Stronger parenting strategies</b>	1. Number of group meetings delivered during the year (boys and girls) 2. Number, age, and gender of participants	<b>Parent Education class evaluations</b>



## *New and Expecting Mom's Luncheon*

- To reach women who were or are teen moms and are pregnant or have a child under 5 years old.

# The Format:



- By utilizing the allocated funds we are holding hour-long lunch events for local teen moms
- The speaker presents on a topic offering helpful information, facts, and answers questions related to their field of expertise
- The lunch offered is a glimpse of healthy *and* tasty food
- Each of the moms takes home a gift package relating to the topic of the day

# Mom's Lunch Overview

- We send special invitations to about 60 moms each month.
- Topics - Childproofing Your Home, Child Discipline, Emergency Preparedness, Cleaning, Domestic Violence, and DIY Laundry Detergent/Cleaners.
- Average attendance at each event was 9 moms.





Objective #4:

**Increasing Parent/Youth Interaction**

**Family Fun Night**

# Objective, Activities, and Evaluation

Program Objective	Target Group	Program Activities	Outcomes	Evaluation Measures	
				<i>Input Measures</i>	<i>Outcome Measures</i>
1. To increase the amount of time families engage in <b>family activities</b> which <b>promote healthy living</b> and positive parent-child communication .	All families living in catchment area	<b>12 Family Fun Nights</b> per year	Increase in family activities/family interaction	1. Number of programs implemented in a year 2. Number of participants	Pre- Post <b>Survey on amount and type of family activity</b> at beginning and end of year Consumer Feedback Survey to be distributed as part of raffle ticket process for Family Fun Night



## Description of Activity

Monthly Family Fun Nights  
Activities influenced by  
community survey

FFN includes educational  
component and family  
activity









# Family Fun Night Overview

- Total of 335 people attended for an average monthly attendance of 55 individuals.
- Topics covered were Back to School, Fire Safety, Board Games, Holiday Party, Bingo, Movie Night, and Scrapbooking.

# Challenges

Decreased mom's lunch participation (although that isn't necessarily a bad thing)

Teen parents this year

Decrease in support from leadership

Lack of parent involvement in PAC

Hard to find chaperones for trips

