

Pregnant and Parenting Teen Proposal
February 1, 2008

The following is a proposal to request the ongoing funding to continue to build upon and operate “Pregnant and Parenting Teen” programs in the communities serving Prince Edward County, Quinte West, Belleville, Centre Hastings and North Hastings. The Program in Prince Edward County has been in existence for a number of years without any financial resources to assist with the program. The Belleville Program has been in operation since 2006 with an additional day expansion in November 2007. All of the other programs in the various geographic areas are just commencing and are reporting very positive initial successes in the first few weeks of operation.

The summary of financial request is broken down as follows:

Funding - \$41,580 – For Programs serving Prince Edward County, Quinte West, Belleville, Centre Hastings and North Hastings

Funding - \$10,000 – To continue to support the Belleville Program

The Pregnant and Parenting Teen Network is an initiative of the Hastings Prince Edward Children’s Services Group. The need for the Network is a direct result of the high number of babies born to teenage mothers in this area. These teens are very high risk and have a multitude of needs including academics, healthy living, parenting, housing, finances, food security and life skills. They are also at risk of isolation, negative self image and poor relationships.

The lack of services available to this group prompted the formation of the Teen Parenting Committee.

BELLEVILLE

PREGNANT AND PARENTING TEEN PROGRAM (PPTN)

The Pregnant and Parenting Teen Network (PPTN), known as babies and beyond currently operates every Wednesday morning from 9:00 a.m. to 12:00 p.m. and Monday mornings from 12:00 p.m. to 3:00 p.m. This program was an initiative of the Children’s Services Network and has been in existence on Wednesdays since 2006 and expanded with additional funding at the end of November 2007 to include Mondays. It offers a warm nurturing atmosphere where the teens up to the age of twenty one (21) can feel accepted and comfortable.

OUTCOMES

OUTCOME

To have a minimum of 15 participants in the Wednesday program between May 2006 and March 31, 2007.

To register a minimum of 10 participants in the expanded Monday afternoon program between November 2007 and March 31, 2008.

RESULTS:

The following table represents a summary of unique participants and visits to the program in Belleville for 2007.

Total Number of Participants	Monday Group	Wednesday Group
45 Unique Teens/Adults	9 Unique Teens/Adults	36 Unique Teens/Adults
440 Teen/Adult Visits	18 Teen/Adult Visits	422 Teen/Adult Visits
44 Unique Children	5 unique children	39 unique children
380 Child Visits	13 Child Visits	367 Child Visits

OUTCOME:

Participants will develop a plan which encompasses their educational, parenting and personal goals and their methods and steps for achieving their goals.

RESULTS:

Surveys were completed by the teen group, the following goals were identified:

Educational goals

- get grade 12
- eventually go to college

Parenting goals

- to raise happy healthy children
- learn new ways of communicating with children to help them learn
- being an aware, positive mother
- prepare for the arrival of the baby

Personal goals

- moving in with my boyfriend
- moving out on my own
- getting a job to support my Family

OUTCOME

Participants will complete high school courses while working towards their high school diploma.

RESULTS

Presently 9 participants are currently working towards their grade 12

- 1 participant is enrolled at Loyola
- 1 participant is enrolled at Quinte High
- 7 participants are currently working with Quinte Adult Education
- 3 participants have completed grade 12

- 2 participants are attending Loyalist College
- 1 participant will be attending Loyalist College in April

OUTCOME

Participants will be able to identify the community agencies which will assist them in achieving their educational, parenting and personal goals.

RESULTS

In the survey the participants identified the following agencies:

- Educational: -LEAP
 - Quinte Adult Education
 - Loyalist College

- Parenting: -Pregnancy Family Care Centre
 - Family Space
 - Healthy Babies Healthy Children
 - Health Unit
 - Counseling Services of Belleville & District
 - (infant development worker)

- Personal: -Family Space
 - Ontario Works
 - Hastings Housing Corporation
 - Job Connect
 - Manpower
 - Children's' Mental Health

COMMUNITY PARTNERS: Children's Mental Health, County of Hastings – LEAP, Family Space, Hastings and Prince Edward District School Board, Counselling Services of Belleville and District, Hastings and Prince Edward Health Unit, Hastings County Children's Aid Society, Youthab.

NORTH HASTINGS

SUMMARY OF OUTCOMES WORKING TOWARDS TO DATE:

The program in North Hastings commenced in December 2007. To date there have been eight (8) participants with 4 babies. A total of seven sessions have been facilitated as of January 24, 2008.

The one participant who is still attending high school intends to continue her studies via correspondence courses after the baby is born. The Adult Ed. Coordinator, from the HPEDSB has offered to help her and come up to Bancroft to tutor her if needed. Three other participants have completed their high school credits and are hoping to work on some college credits. Two participants still need high school credits but have not yet committed to starting the courses. We are still going ahead with an educational component one session per month, where the participants can either work on their courses, or read and report on/ discuss topics that are relevant to pregnancy, parenting, infant and child development, and self care.

We continue to invite guest speakers from Community Agencies in North Hastings to come and educate the participants about the services available in the community

There are ongoing comment forms at each session for the participants to provide feedback about the program. Some participants have completed a questionnaire. See attachment for results.

1. How did you hear about the Pregnant and Parenting Teen Network? If you were referred to the group, who were you referred by?

*- referred to the group by the principal at North Hastings High School.
- heard about the group from the Guidance Counsellor at the High School
-heard about the group and referred by Aboriginal Healthy Babies Program*

2. Have you attended this group before today? If yes, how often, on average, have you been attending the group per month?

*- yes, 3-4 times per month
- yes, I go to the group every week unless it is cancelled
- yes, every Thursday*

3. When there is a day that you can't attend the group, what is usually the reason that you can not attend?

*- school buses are cancelled
-sickness or bus cancellation
- sickness (me or baby), doctor's appointment, or cancellation of the group due to weather*

4. Is your current partner interested in attending the group? If no, why, and would you like for them to attend the group?

*- no, we are not together
-yes, she does
-yes, he does*

5. Has attending this group benefited you and/or your child in any way? If yes, please explain.
-yes, this group has benefited me and my baby by having speakers come in and talk about how babies develop, meeting other moms, and just information about babies
-yes, it has benefited me because it has taught me about babies and what to do in certain situations
-yes, it has benefited me because now I know answers to questions that I had, and how to do certain things
6. What do you enjoy most about attending this group?
-I enjoy attending this group because I can learn about how babies develop and information about babies, and I can meet new moms/people
-the group is fun and they don't tell you how to raise your Child
-I enjoy doing the activities, talking about babies, and learning new things
7. Is there anything that you dislike or would change about this group? Why?
-no
-I have no dislikes and would not like to change anything about this group because I learn different stuff and I like the way it's run
8. Do you plan on attending this group on a weekly basis?
- yes

Additional Comments:
-keep up the good work

Prince Edward County

1. Number of Participants:

Number of Teens	Number of Children	Number of Visits	Number of Teens participating in Education Program
14	9 children two expecting	80 visits	4

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2. Evaluation Summary:

A) Question: How has this program benefited you?

- Support from other parents
- Support from staff
- See progress from baby being weighed
- Learning to separate from child – often first time away from child
- Confidential – freedom to express self/ ask any questions I want. Non-judgmental
- Getting answers to my questions
- Socializing with other parents
- Snacks and learning to cook recipes and saving money
- Learning safety, discipline, ages of development – what to do to prompt development
- Learning literacy / how to read to child
- Finding out what services are available

B) Question: How has this program benefited your child?

- Develop friendships with children and other parents
- Experience more safety from what we learned in group; e.g.: kitchen safety
- Infants socializing with other adults
- Stimulation from group experience
- Literacy development, recognize more words from books we've made
- Communication skills
- Manage behaviours in a more positive manner
- Setting boundaries; e.g.: not needing to spend money on a lot of toys; giving kids everything they want
- Separation from parents for the first time by going to child-minding room

C) Comments given by parents during an exercise of discussing why they like coming to the group:

- I enjoy coming because this group talks about anything I want to know. Me and my daughter socialize with lots of different people. My daughter loves all the attention. I love it when she gets weighed and I can see the progress.
- Why I enjoy this class. It gives me a chance to socialize with other mothers my own age. I also get to learn about topics that are of concern to me. I also like the fact that I can bring my child to a child friendly place. I can get information or opinions about my child. People here also care about each other so we feel safe to say what we want.
- I like this room because I learned a lot about safety of my child. I enjoy the fact that we all have a turn to talk and say what we want to say about how we feel in our hearts. I'm glad that we get to meet new people and how our old friends still come back to join us in our discussions. I like how our children get a chance to interact with one another. We all have a chance to play.
- I enjoy this class because of the people in it. We all get along and give each other great advice. I also like this class because of the information it gives me. I find the information very useful. The guest speakers are really nice but the thing that is best

is how it is a place to come and get out with people who have gone through the things I am going through with my children. Overall it is a very useful class for me. Thank you.

- I enjoy this program because it brings parents together to share their experiences. Parents and children learn together.
- Learning ways to teach my children how to learn new things.

3. Agencies Involved:

- One of the goals of the Family Enrichment Network is to bring services to families rather than families having to go to services. This is helping families become comfortable with service providers by getting to know them through group activities, providing more easy access to services, on-site referrals, etc. Currently over 15 agencies are involved in the Family Enrichment Network. The Pregnant and Parenting Teen Program is part of this Network and planning for the group occurs at the monthly meetings. The agencies involved in the Family Enrichment Network include:

- Community Living Prince Edward (Lead Agency)
- Children's Mental Health Services
- Family Health Team – Public Health Nurse
- Prince Edward Child Care Services - Ontario Early Years Centre
- Prince Edward Lennox & Addington Social Services
- Hastings Prince Edward Health Unit
- Prince Edward Learning Centre
- Loyola Community Learning Centre
- Counselling Services of Belleville and District
- Prince Edward Children's Aid Society
- Alternatives for Women
- Sexual Assault Centre
- Early Literacy Specialist – Ontario Early Years Centre
- Preschool Speech and Language
- Queen Elizabeth Public School

4. Future Plans:

- The Family Enrichment Network has been in operation for the past several years without sustained funding. It operates 3 mornings a week. Sustained funding will enable us to design and structure a much needed group focused solely on pregnant and parenting teens, address teen priorities, welcome and encourage new teens, promote involvement with more services focused on youth such as the high school, pregnant crisis centre, youth hab, etc. We will be able to look at options such as setting up portfolios with the teens, promote continued education to obtain their grade 12 diploma, develop more individualized plans, welcome new referrals, set and measure outcomes, provide subsidized baby supplies, meaningful incentives, teach hands-on parenting strategies geared to teens, help teens get connected with services, etc. Funding will assist with costs associated with space, resources, supplies, teaching aids, incentives, administration and coordination, etc.

CENTRAL HASTINGS

We have secured an inviting comfortable site in Madoc- the Madoc Wesleyan Church- the space is well received by participants and more than meets the needs of the program. The Church has been very supportive of the program.

A brochure for agencies has been customized for Central Hastings using the Belleville program participant developed brochure.

An open house is planned for February 19th

To date we have had 7 participants who have 8 children, 2 participants are pregnant for their 2nd child. We have had 19 contacts with these participants

Week 1- 3 participants

Week 2- 3 participants- 1 new participant

Week 3- 5 participants-2 new participant

Week 4- 2 participants

Week 5 -5 participants 1 new participant

Week 6- Jan 29th – Three Oaks Foundation workers visiting the group and Gateway Community Health Center Dietitian working with participants to develop menu for the Open House Luncheon February 19th.

A range of 2-5 participants each week out of the 7 who have come out so far for a total of 19 visits.

We have surpassed our target of attracting 6 participants by March 31st and are working on recruitment continually by presenting to the Brown Bag Interagency group in Madoc twice; Phone calls to Centre Hastings Secondary School Guidance Department, The Pregnancy Crisis Centre and presentations to Gateway Community Health Center. We have accomplished our first participant number evaluation indicator and working on retention of those we have recruited.

Current Participants are talking about the program to other potential participants.

Referrals have been made for either the moms or children to Quinte Learning Group, Family Physicians, Local Playgroups, and the Good Baby Box program.

Transportation, childcare, snacks and lunch are provided each session- we are able to model child behaviour management techniques, serve balanced nutrition and provide an opportunity for socialization in this environment. Children are able to learn how to interact with other children in a safe social setting, while being cared for by a qualified Early Childhood Educator.

Parents enjoy the time to be able to concentrate on adult issues with their peers along with having access to assistance/referrals through the 3 facilitators at the group- i.e. child behaviour, prenatal, nutrition, housing, finances, relationships etc.

We have had a guest presentation by Quinte Learning Group to get the participants on track for their education goals- assistance was given with a grade 10 math

correspondence course and information given for the women and mechanics pre program at Loyalist College.

Skills being worked on are cooking, making environmental cleaning products and baby wipes, setting goals and establishing routines for time management.

Participants have been able to take home items that will make raising their families a bit easier- A Christmas party for held for them with gifts for both moms and children, baking was done to be taken home for families to have over the holidays, House hold cleaning and safety items were offered, school supplies were purchased for participants, a baby clothing give away was offered, left over food is offered to participants.

The program is just getting established now, we have been able to retain participants if not on a weekly basis due to life encounters but they are coming back when able.

Continued funding is critical to run this program- transportation and childcare are essential. Participants look forward to what take home items are each week.

QUINTE WEST

This program commenced on January 8, 2008. Three teens are currently attending with four children being provided with childcare. Marketing for this program has commenced which has resulted in support from community partners. An open house was conducted which was well attended. The LEAP co-ordinator has indicated she has clients she is asking to attend. CAS and Trenton High School have been in contact with the program and discussions are underway to work out how the high school students will receive credits for attending the Teen Program. The Health Unit is also involved in marketing the program through Food For You, Food for Two. We know the need exists in the community, and are looking forward to building the program for this very vulnerable population over the next year.