2012-13 Parent Education in Region 2

The Situation
Parent education has been identified as a critical need by many citizens in northwest ND. Families in this area face the challenges of multiple jobs, poverty, a shortage of housing due to the oil boom and the 2011 Souris River Valley flood, a lack of available and accessible services, difficult and challenging child behaviors, changing community demographics, single parenting and time constraints which result in stressors on the family unit. Families, childcare providers, court based personnel and other professionals have increased requests for educational opportunities, parenting information and parenting support.

Extension Response
The Region 2 Parent Resource Center (PRC) is a member of the ND Parent Education Network ( NDPEN)-NDSU Extension Service and serves the residents of Bottineau, Burke, McHenry, Mountrail, Pierce, Renville and Ward counties. With Department of Human Services-Children and Family Services funding support, the following evidence based curriculums/classes were offered during the Region 2 program year (July 1, 2012-June 30, 2013): Active Parenting Now; Bright Beginnings; Building Strong Families; Love and Logic for the Young Child; 1,2,3 Magic; Nurtured Heart Workshop; Period of Purple Crying; Signing with Jolene; Advanced Signing with Jolene; Teen2Teen&Baby2; Cooperative Parenting and Divorce; Active Parenting for Stefamilies and several PRC informational sessions. A total of 297 adults and 112 youth (unduplicated count) attended the 21 classes or series that were comprised of 154 class sessions.

Additionally, Region 2 PRC programming included: Are You Ready?-The College Transition and Navigating Healthy Teen Relationships. The 18 sessions provided education for 65 adults and 154 youth (unduplicated count).

The Region 2 PRC also offered 5 sessions of the Parents Forever Program for separating and/or divorcing parents. 19 adults participated in the class.

During the 2012-2013 program year, the Region 2 PRC provided direct services to 647 (unduplicated) people through 177 educational sessions. Other educational contacts are accomplished through a newsletter (4-6 times/year), regular newspaper columns, a lending library, and community booths and displays.

PRC-DHS funded classes are held on-site at New Hope (a residential treatment center for addicted moms and their children), Quentin Burdick Job Corps (single parent program), Minot Head Start/Early Head Start and Magic City Campus-MPS (new or expecting teen parents). (The Reg. 2 PRC Extension Educator is a .70 FTE.)

Impacts
Completed outcome surveys of DHS supported programs showed that:

● 93% of participants agreed-strongly agreed that the program helped improve their parenting skills
● 96% of the participants agreed-strongly agreed that the program helped them reach goals for their families and selves
● 100% of the participants agreed-strongly agreed that they were satisfied with the program

Feedback
Parent education participants shared:
“…taught me how to address my child when acting up.”
“This program is great. I have gotten some great activities from the instructor.”
“…learning a little bit about each major area to prepare for parenting/caring for a newborn.”
“…I have more resources to help my children better adjust to their new living situation.”
“I have a new view on parenting children.”
“It made me feel more secure about parenting and disciplining my son.”
“…ways to work with my daughter’s emotions.”

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