

Extension Family Life Programs
2009 Extension Human Sciences Network Conference

Primary Contact Person: Sandy Bailey
Title and University Affiliation: Associate Professor & Extension Specialist
Montana State University
Email Address: baileys@montana.edu
Phone: 406-994-6745
Format: Share Fair
Title: Alzheimer's Caregiving Series

Brief Description: Alzheimer's Disease is increasing in prevalence as our population ages. The Alzheimer's Caregiving Series is a program planning kit to assist professionals in delivering a five-week course for caregivers of individuals afflicted with Alzheimer's. Components include an introduction to the disease, nutritional considerations, home modifications, financial issues, and caregiver stress.

Objectives of Curriculum:

- To provide Extension staff and health providers with a toolkit to plan a series on caregiving specifically related to Alzheimer's disease.
- To offer complete power point presentations, handouts, and other resources related to Alzheimer's disease.
- To provide research-based information in a program format for the public.

Description:

This program content area is "aging families." The target audience for the curriculum is Extension staff and health care professionals. The program itself is designed to be presented to caregivers of individuals with dementia or Alzheimer's. Specifically, this program targets the informal or unpaid caregiver who is caregiving in his or her own home with the care recipient. The program was developed by family and consumer science specialists from nutrition, housing, family finance, and family and human development. All materials needed to offer the program are included in the toolkit.

An evaluation found that caregivers attending the five-part program were more knowledgeable about the content presented and they intended to use strategies presented to take better care of themselves. Participants were given an evaluation to complete at the end of each session to assess knowledge and plans to use the information. A telephone survey of a random sample of participants was conducted a month later and four months later to determine if the participants had used any of the information from the program. An evaluation tool is included in the toolbox however directions for the extensive evaluation are not included. This program has won four national awards.

No training is required to teach this program however it is best suited to be used by Extension and healthcare professionals. The cost of the toolkit is \$125.00 and can be ordered by going to www.alzheimerstoolkit.info.

Primary Contact Person: Sean Brotherson, PhD

Title and University Affiliation: Associate Professor & Extension Family Science Specialist, North Dakota State University, Fargo, ND

Email Address: sean.brotherson@ndsu.edu

Phone: (701) 231-6143

Presentation Title: Gearing Up for Kindergarten: A Parent Education and School Readiness Program

Name, Title, & University Affiliation of Additional Presenters:

Sharon Query, PhD, Extension 4-H Youth Development Specialist, North Dakota State University

Brief Description: The transition to kindergarten is one of the most significant transitional experiences of a young child's life. The Gearing Up for Kindergarten program is an intensive school readiness and parent education program designed to facilitate a healthy and successful entry into school.

Objectives:

- Discuss the parent education opportunities associated with school readiness and highlight the importance of this transition for young children;
- Explore the program elements and design of the Gearing Up for Kindergarten school readiness and parent education program;
- Review the evaluation efforts and current research findings developed from two years of program implementation in the Gearing Up for Kindergarten program.

Further Description:

The specified target audience for this program effort is defined as parents and caregivers of pre-kindergarten children, the children themselves, and participating schools or early childhood programs. The transition into kindergarten is a key transitional period in which school readiness is a significant concern for children and the opportunity to reach parents in educational programs is heightened.

The Gearing Up for Kindergarten program is an intensive school readiness and parent education program that combines parent-child activities, parent education, and early intervention. The program in its current phase has reached statewide usage in North Dakota, and collaborators include United Way, Parent Information Resource Center, Head Start, and local elementary schools. The program content area is child development and parent-child relationships and the program has received extensive funding support and initial evidence of high effectiveness in evaluation efforts. Program materials include curriculum and evaluation instruments, and both curriculum and training opportunities exist and can be accessed through North Dakota State University.

Primary Contact Person: Dawn Contreras

Title and University affiliation: Coordinator of Family Resiliency & Human Development Programs, Michigan State University Extension

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Presentation/Working Group Title:

Together We Can: Co-Parenting Education Curriculum for Unmarried Parents

Name(s), Title(s), and University affiliation(s) of additional presenter(s):

Karen Shirer, Associate Dean for Family Development, University of Minnesota Extension

Brief Description: (50 words or less): Many family support programs are being asked to include family formation and father involvement education into their programming for families. Learn about a free research-based curriculum designed to enhance couple's relationship and co-parenting skills.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

The purpose of the program is to equip unmarried mothers and fathers with skills needed to:

1. establish and maintain a positive co-parenting relationship that enables them to work together in raising their child
2. ensure the on-going and sustained involvement of both parents, whenever possible in their children's lives
3. prepare unmarried parents to set goals and make healthy decisions (with their child's best interests in mind) about their romantic and couple relationships.

Description: Include the following –

- **Target audience:** parents that are unmarried
- **Program scope (local, regional, statewide, national, etc.):** Program is implemented at the community level.
- **Program partners/collaborators:** Collaborators have been Office of Child Support Enforcement, ACF-DHHs and Auburn University, University of Minnesota and a number of non-profit, social service organizations implementing Healthy Marriage grants across the country.
- **Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.)** couple relationships
- **How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)?** In the community usually in partnership with other organizations serving parents of young children or with the court system/Child Support Enforcement.
- **Level of evaluation support or evidence base or outcomes of research --** Pilot data has been collected. One manuscript on the original program (Caring for My Family) is to be published this year.
- **Are supplemental resources available?** Available on the curriculum website.
- **Are evaluation instruments provided?** Tools are available upon request.
- **Is training required to use this program?** Training is recommended but not required.
- **If training is required, how is it accessed and what is the cost?** Contact Dawn Contreras at contrer7@msu.edu for more information.

What is the cost for program materials and how can they be acquired? Available at no charge on the Internet. The curriculum is at: www.togetherwecan.fcs.msue.msu.edu

Primary Contact Person: Ted Futris
Title and University affiliation: Family Life Extension Specialist, University of Georgia
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Phone: 706-542-7566

Presentation/Working Group Title: The Reaching New Parents Project: Building Awareness and Knowledge of New Mothers about Family and Consumer Sciences Extension Programming.

Name(s), Title(s), and University affiliation(s) of additional presenter(s):
H. Marissa Stone, CFLE, Graduate Student, University of Georgia

Brief Description: (50 words or less): The Guide for New Parents (GNP) is a 12-article magazine authored by and featuring programming across Family and Consumer Sciences Cooperative Extension. The GNP was designed to deliver research-based information to new mothers at a teachable moment, in the hospital, just after delivery.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

1. Parents who read the GNP will gain knowledge about various ways they can foster the healthy development of themselves, their new-born child, and their family.
- 2: Parents will be able to identify FACS Extension as a future resource of information and support in the care and healthy development of themselves, their child, and their family.

Target Audience: New parents

Program Scope: Statewide

Program Partners/Collaborators: UGA FACS State Specialists, 22 County FACS Agents, 24 county labor-delivery hospitals.

Program Content Area/Area of Research: Parenting

How is the Program Implemented?: During a three month pilot period the GNP was included with other materials provided by hospitals located in one of our 22 pilot counties. The GNP was handed to mothers by a nurse or educator either during their stay at the hospital or at the time of discharge (as mothers left the hospital). To collect feedback from the mothers who received the GNP, business reply survey postcards were included in the GNP for mothers to return in exchange for a baby's first year calendar.

Level of evaluation support or evidence base or outcomes of research: The GNP was developed based on research surrounding the educational needs of new parents during the transition to parenthood. The share fair poster will feature findings from the pilot study. During the distribution period, the 24 hospitals reported a total of 9465 live births and approximately 95% of these new mothers received a copy of the GNP. Of the 233 mothers who returned a business reply survey postcard as of January 2009, 55% were Caucasian, 57% were between the ages of 20-29, 52% were unmarried and 81% had at least a high school education (a sample fairly representative of new mothers across Georgia). Most of the mothers (84%) reported that the articles were "very useful" and the other 16% reported that the articles were "somewhat useful." Further, 74% of the mothers reported that they were unaware of FACS Cooperative Extension prior to receiving the GNP, and 96% had never received FACS Cooperative Extension programming in the past. However, after receiving the GNP, 68% of the mothers reported that they were somewhat or very likely to contact their County FACS Cooperative Extension Agent by phone and 73% were somewhat or very likely to visit the UGA FACS Cooperative Extension website for more information. This poster will detail how the GNP was distributed, its value as an introductory tool for FACS Cooperative Extension programming and what new mothers reported about the effectiveness of the GNP as an educational resource.

Are supplemental resources available?: Yes

Are evaluation instruments provided?: Yes, an evaluation of the GNP is currently being pilot tested.

Is training required to use this program?: No

If training is required, how is it accessed and what is the cost?: N/A

What is the cost for program materials and how can they be acquired?: The GNP costs between \$.50- \$1.00 per magazine to print, depending on the quantity printed. Free copies of the GNP and it's articles will be available online following the pilot study.

Primary Contact Person: James P. Marshall

Title and University affiliation: Assistant Professor – Family Life, University of Arkansas Cooperative Extension

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Phone: 501-671-2202

Presentation/Working Group Title: Creative new ways of reaching audiences with three innovative Extension Family Life programs

Name(s), Title(s), and University affiliation(s) of additional presenter(s): H. Wallace (Wally) Goddard, Professor – Family Life, University of Arkansas Cooperative Extension, wgoddard@uaex.edu

Brief Description: (50 words or less): Extension educators often struggle to find audiences for family life programs. Tap into existing social networks using innovative family life programming.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- Provide relationship and marriage education.
- Provide parenting knowledge and skills.
- Help parents do the perspective-taking that helps them respond to children compassionately.

Description: Include the following –

- **Target audience(s):** Married couples and those considering marriage and parents and those interested in effective parenting
- **Program scope (local, regional, statewide, national, etc.):** Statewide and national (Marriage Garden, Parenting Journey, and See the World Through My Eyes are all being used by many people outside Arkansas)
- **Program partners/collaborators:** Arkansas Dept. of Workforce Services and Arkansas Dept. of Human Services - Division of Child Care and Early Childhood Education
- **Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.):** Couple relationships and parenting
- **How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)?:** The Marriage Garden, the Parenting Journey, and See the World Through My Eyes are flexible enough that they can be implemented in a variety of formats including individual, couple, or group study. Both the Marriage Garden and the Parenting Journey have also been taught using direct training and train-the-trainer formats.
- **Level of evaluation support or evidence base or outcomes of research:** Outcome data from both the Marriage Garden and the Parenting Journey programs indicate that they are effective in helping participants gain new knowledge and skills to improve their relationships.
- **Are supplemental resources available?:** Yes – there is a “Healthy Marriage: Fact and Fiction” DVD available and there is a Parenting Journey DVD and Presentation CD available as supplements to these programs
- **Are evaluation instruments provided?** Yes – online at www.arfamilies.org
- **Is training required to use this program?** No
- **If training is required, how is it accessed and what is the cost?**
- **What is the cost for program materials and how can they be acquired?** All three curricula are free to Arkansans. Cost to those outside Arkansas is \$10.00 for Marriage Garden and \$5 each for

Parenting Journey and See the World Through My Eyes. Order forms are available online at www.arfamilies.org or by contacting Mona Norris at 501-671-2355 or mnorris@uaex.edu.

Primary Contact Person: Elaine Johannes
Title and University affiliation: Kansas State University
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Presentation/Working Group Title: Breaking the Code: Teens, Families and Communities Intervening and Preventing Bullying

Name(s), Title(s), and University affiliation(s) of additional presenter(s): NA

Brief Description: (50 words or less): “Breaking the Code” is an awareness to action, multi-level approach to building community networks that intervene and prevent [cyber]bullying. Resources, provided to all Kansas schools and Extension offices, equip community groups (e.g., PTA) and networks to support bullying prevention programs, policies and plans. Focus group data and results of an annual survey of university freshmen inform the program.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- Increase awareness of contemporary [cyber] bullying and its impact.
- Increase understanding of the connections between relational aggression, electronic bullying and teens.
- Incent appropriate youth-adult actions that address bullying in groups and community settings.

Description: Include the following –

- **Target audience:** community-based groups of teens, parents, youth-serving organizations (e.g., 4-H), schools, faith groups
- **Program scope (local, regional, statewide, national, etc.):** local pilots (schools, Extension) and state dissemination
- **Program partners/collaborators:** KS Dept. of Education, Dr. Judy Lynch – K-State University
- **Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.):** Community Youth Development
- **How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)?** : Direct implementation and train-the-trainer
- **Level of evaluation support or evidence base or outcomes of research:** Data from implementation sites available. Also, population data (e.g. University freshmen who graduated from Kansas high schools, #216) and online survey protocol available
- **Are supplemental resources available?** Yes
- **Are evaluation instruments provided?** Yes
- **Is training required to use this program?** Though recommended, it is not necessary.
- **If training is required, how is it accessed and what is the cost?** Author will provide training on-site or via video/audio conference
- **What is the cost for program materials and how can they be acquired?** No cost to access materials. Contact Elaine Johannes, School of Family Studies and Human Services, Kansas State University ejohanne@ksu.edu, 785-532-7720

Primary Contact Person: Rick Peterson, Ph.D.

Title and University affiliation: Associate Professor and Extension Specialist Texas AgriLife Extension

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Presentation Title: Disability Awareness On-line Educational Module and Accompanying Resources for Professional Development

Name(s), Title(s), and University affiliation: Career and Technical Special Populations Training and Resource Education Center, Texas AgriLife Extensions and Texas Education Agency

Brief Description: (50 words or less): This Share Fair session will introduce participants to a newly created on-line professional development educational module on Disability Awareness and its accompanying resources for Extensions professionals and teachers. Presentation will include how to access on-line module, module learning objectives, module activities and evaluation.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

1. Introduction of professional development on-line Disability Awareness Module for Extension professionals
2. Share disability resources for teachers, parents, and Extension professionals

Description: Include the following –

- **Target audience:** Teachers, parents, and Extension professionals
- **Program scope (local, regional, statewide, national, etc.):** State and National
- **Program partners/collaborators:** Texas Education Agency
- **Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.):** Special Populations
- **How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)?** On-line
- **Level of evaluation support or evidence base or outcomes of research:** Pre-post-test knowledge
- **Are supplemental resources available?** FACTS Sheets
- **Are evaluation instruments provided?** NA
- **Is training required to use this program?** NA
- **If training is required, how is it accessed and what is the cost?** On-line – cost to be determined

Primary Contact Person: Dr. Jane Riffe
Title and University: Family & Human Development Specialist, West Virginia University
Email Address: Jane.Riffe@mail.wvu.edu
Phone: 304-293-2796 x3346

Presentation/Working Group Title: Implementation of the Healthy Marriage Initiative in Rural Communities

Additional presenter: Kelly Nix, MA, Family Life Specialist, West Virginia University

Brief Description: (50 words or less):

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- Share a poster describing program goals, community involvement and delivery methods of the West Virginia Healthy Families, Healthy Children Initiative
- Describe our rural coalition-building strategies: successes and challenges

Target audience 1) local coalitions - building capacity to sustain programs by training social service staff and volunteers 2) the public-adults, parents, couples, and teens.

Program scope (local, regional, statewide, national, etc.) Statewide – 14 county coalitions

Program partners/collaborators West Virginia Department of Health and Human Resources (WVDHHR), West Virginia University Extension Service, West Virginia State University Extension, faith-based partners, Family Resource Networks, public and private human service organizations including Head Start, and the West Virginia Coalition Against Domestic Violence.

Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.) Couple relationship skills training, financial literacy, parenting education, rural coalition-building

How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)?

- Developing and supporting “grassroots” coalitions to address couple and family educational needs.
- Training and certifying county social service workers and community volunteers in research-based curricula: Served 7,478 individuals directly through 335 different workshops held in 13 counties in West Virginia.
- Mass Media: Billboards/ Public Media Campaigns and Program Promotion/One-time Events. Reached an estimated 1.5 million people.

Level of evaluation support or evidence base or outcomes of research: All curricula are research-based, tracking participant satisfaction and knowledge gains.

Are supplemental resources available? No

Are evaluation instruments provided? No

Is training required to use this program? Yes

If training is required, how is it accessed and what is the cost? Varies with curricula

Primary Contact: H. Marissa Stone, CFLE, Graduate Student
The University of Georgia;
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Who We Are: The National Future Scientists and Educators of Extension is an innovative new student organization dedicated to informing and recruiting students to learn more about career choices and research opportunities in the Cooperative Extension System.

Our Target Audience: Students at land-grant universities nationwide

Our Program Scope: Available nationally

Program Partners/Collaborators: Cooperative State Research, Education and Extension Service

The Purpose of Share Fair Poster is to:

- Inform specialists within the Cooperative Extension System about NFSEE (Who we are, our mission, our vision and our goals).
- Provide an interactive format for specialists in the field to learn about the goals and purpose of NFSEE.
- Provide opportunities for specialists and students to assist in identifying potential members of NFSEE.
- Foster the support of specialists within the Cooperative Extension System.
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These Goals Will be Achieved Through:

- A student-led interactive display presented at the Extension Human Science Network (EFSN) Biennial Conference in April 2009
- A blueprint developed at the EHSN conference to serve as a guide for developing and sustaining NFSEE.
- A dedicated listserv where agents and specialists can post information so students can learn about new projects in their areas of interest and where students can inform or share ideas with other students.
- An innovative and informative website (<http://www.NFSEE.org>) designed to keep students abreast of new and upcoming outreach prospects and opportunities to attend and present at national conferences.
- Regular monthly teleconferences or online meetings allowing students to collaborate, share innovative outreach ideas, and gain feedback from their peers and specialists who become involved.

The Benefits of NFSEE Membership: Students who join NFSEE will experience the benefits of membership the moment they join. NFSEE seeks to bring students together with Extension professionals who are making a difference in the quality of life for the citizens of the United States. Across the country, Extension agents positively impact millions through service, education, program development, and research. Given that Extension has a presence in all counties in the United States, this organization is able to boast a clear commitment and proven record in outreach efforts targeting the most critical issues in our states. Membership in NFSEE will offer students exposure to a world of unique opportunities that will enhance professional development in terms of academic engagement, university service, and community outreach.

Extension Human Sciences Network Featured Roundtables

Primary Contact Person:

Kim Allen, PhD
Director, Center on Adolescent Sexuality, Pregnancy and Parenting
State Extension Specialist,
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Additional presenter:

David Schramm, Ph.D., CFLE
Assistant Professor, Dept. of Human Development and Family Studies
State Extension Specialist
University of Missouri

Presentation/Working Group Title: Connecting for Families: Healthy relationship programming for low-resource families.

Brief Description: (50 words or less):

The primary barrier in delivering relationship education to low-income parents is understanding the unique implications of issues surrounding generational poverty. This workshop will focus on how The Connecting for Families program has worked to ensure that relationship education trainings are sensitive to the needs and interests of our participants.

Objectives

1. Participants will be given an overview of the Connecting for Families program.
2. Workshop participants will gain knowledge of providing relationship education to families in poverty.
3. Participants will learn how to adapt the work that they are currently doing to serve the low-income population.

Description:

Fragile families face significant barriers that make lasting relationships difficult to sustain. Stressors like finding and maintaining employment with high enough pay to make ends meet and locating high quality affordable child care make it difficult to maintain healthy communication and problem solving. The University of Missouri Extension's Connecting for Families program offers unique learning opportunities for such families on topics such as healthy relationships, parenting, finding work, managing money, and handling stress.

There are many barriers in working with low-income families. The primary barrier in relationship education is in understanding the unique implications of the culture surrounding generational poverty. While many curricula exist to provide families with healthy relationship/healthy marriage education, often the teaching materials, the format, and the facilitators need adaptation to be successful in working with this population. This workshop will focus on how one healthy marriage/healthy relationship program has created a program and materials for use with fragile families. Participants will begin with an overview of the CFF program. Workshop participants will gain knowledge of the "hidden rules" of

poverty, and learn how to adapt the work that they are currently doing to serve the low-income population. Although this brand new program is still be evaluated, the curriculum is nearing its final draft and will be available for purchase summer, 2009. This is a great train the trainer program designed specifically for Extension regional faculty to partner with local community agencies.

Primary Contact Person: Sean Brotherson, PhD

Title and University Affiliation: Associate Professor & Extension Family Science Specialist, North Dakota State University, Fargo, ND

Email Address: sean.brotherson@ndsu.edu

Phone: (701) 231-6143

Format: Round Table

Presentation Title: Parents Forever and Other Adventures in Assessing the Value of Divorce Education for Adults

Name, Title, & University Affiliation of Additional Presenters:

Brief Description: Divorce education for adults is a widespread educational effort in most states across the country. This discussion will focus on initial evaluation findings for the Parents Forever program in one state and invite exploration of other evaluation efforts with divorce education programs.

Objectives:

- Discuss the programs used in divorce education efforts and common issues that arise in evaluation of such program efforts;
- Explore evaluation efforts and findings with the Parents Forever divorce education program in one state as a case study;
- Review evaluation efforts and current research findings with divorce education efforts in other states and develop ideas for shared efforts and mutual sharing of resources.

Further Description:

Divorce education programs have become common in most states and comprise a significant portion of the parent education efforts directed at adults. The specified target audience in such efforts is typically parents and caregivers of children who are experiencing separation or divorce in their couple relationships. A variety of challenges exist in evaluating the effectiveness of such programs.

The Parents Forever program is an example of one divorce education effort being implemented in North Dakota and which is undergoing substantive evaluation. The program is statewide and currently evaluated using a retrospective post-then-pre survey process. Additional evaluation in a follow-up survey is now ongoing. The findings from this initial evaluation process will be explored, then used to highlight challenges in such evaluation and opportunities for further research and program development in divorce education. Additionally, evaluation of divorce education efforts in other areas and issues that exist will be discussed and explored. Such issues include alternative divorce education programs, on-line divorce education efforts, programs for school-age or teen-aged children, and other developments. Evaluation instruments will be shared.

Leslie Forstadt

Child and Family Development Specialist, University of Maine

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207-581-3487

Round Table

Title: Parents of young children and the Internet-what do they want from Extension?

Description: With decreasing budgets and increasing technologies, transition to fully electronic parenting newsletters seems a *fait accompli*. However, there are compelling reasons to keep paper options available to the public, in addition to developing electronic resources in a way that responds to public need.

Objectives:

- Present results from two surveys
- Discuss the future of parenting newsletters
- Discuss parent Internet search habits

Description:

- Target audience: Extension specialists and educators
- Scope: statewide, regional
- Program partners: N/A
- Content area: parenting education, information technology
- Implementation: newsletter mailed to parents, research conducted by mail and Internet
- Outcome of research:
 - Many parents (40% in our sample) want paper copies of newsletters
 - Those that want paper copies are more likely to refer to the newsletter more than 2 times, and share it with others
 - Those that are interested in electronic delivery look at it one time and are less likely to share with others
 - Implications for future practice include education about electronic delivery (that it can be downloaded and read even if it's not mailed), but maintaining the option for some clients is recommended
 - Parents in the study use search engines to find parenting information online, and do not go directly to Extension websites
 - The top five features parents would desire on a website are: issues of newsletters for download, links to local organizations and information, Q&A with experts, blog from an expert, and links to national organizations and information
 - Implications for local practice as well as for resources like eXtension, which is not designed to meet local needs

Primary Contact Person: Jan Johnston, Ph.D.

Title & University affiliation: Assistant Professor & Extension Specialist, Gerontology;
Oklahoma State University

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Presentation/Working Group Title: The COACH Project- Empowering Older Adults, their Families, and Communities for Positive Nutrition

Name(s), Title(s), and University affiliation(s) of additional presenter(s):

Whitney Brosi, Ph.D., Assistant Professor
Oklahoma State University

Brief Description: (50 words or less)

This presentation introduces original research and a developing curriculum to address older adult nutritional needs in family/community context. Empowering older adults to shop, cook and eat for good health is the focus. Identified biopsychosocial barriers lay the groundwork for introducing assistive technology to improve nutritional behaviors, independence, safety and wellbeing.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- Introduce the COACH project and the multidisciplinary framework of approaching older adult nutritional needs in family/community context.
- Present methodology, along with quantitative and qualitative data from older, rural Oklahomans on nutritional behaviors, community opportunities, and assistive technology.
- Discuss the emerging COACH curriculum and needed resources for addressing the needs of older adults, their family members, and communities.

Description:

- Target audience
 - All members of the Family & Consumer Science Extension network and the respective communities of older adults, families and aging service providers.
- Program scope (local, regional, statewide, national, etc.)
 - The COACH data are from rural Oklahomans aged 65 and older. Yet data and resultant materials are relevant for members of the Extension network who work with older, rural citizens.
- Program partners/collaborators
 - The COACH project is funded by the USDA-CSREES Rural Health and Safety Education program. Grant # 2007-0480.
 - Partners include the Oklahoma State University Department of Human Development & Family Science; Department of Nutritional Sciences & Oklahoma ABLE Tech.
 - A Curriculum Development Team of 20 self-selected FCS Educators to serve as review and feedback to faculty members.
- Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.)

- Older adults/Gerontology, Nutritional Behaviors, Community Health, Empowerment within Relationships.
- How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)?
 - The COACH project is a collaborative endeavor involving original research, development of an original educational curriculum, and training.
 - Data were collected in two ways: via a phone survey and focus groups.
 - Constructs measured include:
 - Nutritional behaviors: Information about shopping, cooking and eating.
 - Functional ability – ADLs and IADLs, need for assistance.
 - General health and well-being.
 - Social support: Informal & Formal Systems of Care
 - Empowerment
- Level of evaluation support or evidence base or **outcomes of research**
 - To date, the curriculum is being developed and evaluations will be an important part of that resource.
 - Initial results show that older adults who live alone report a higher overall health score. Further, men are less likely to report social support yet feel a greater sense of ability to do things for themselves.
- Are supplemental resources available?
 - Assistive technology (AT) resources exist in every state. It is our goal the COACH project will increase awareness and understanding of AT tools in general and specific resources for older adults with regard to shopping, cooking, and eating.
 - Family caregiving and nutritional health resources are also highly relevant to the COACH project. Therefore such resources will be available, as will recommendations for on-line resources so that attendees might access for constituents in their home areas.
- Are evaluation instruments provided?
 - To date, the curriculum is being developed and evaluations will be an important part of that resource.
- Is training required to use this program?
 - Yes. The initial, statewide training of all interested Oklahoma FCS Educators is scheduled for October 2009 to introduce curriculum materials. Future trainings will be available for State Specialists and FCS Educators across the United States as requested.
- If training is required, how is it accessed and what is the cost?
 - The initial In-service for Oklahoma FCS Educators will include coverage of some expenses. Individuals interested in attending future sessions are encouraged to write the training In-service into future Plans of Work as future COACH funding is not guaranteed.

- What is the cost for program materials and how can they be acquired?
 - This information has yet to be determined as the materials are now being developed.

Primary Contact Person: **Kelly Nix**

Title and University affiliation: **West Virginia University Extension Family Life Specialist**

Email Address: Kelly.Nix@mail.wvu.edu / Phone: **304-293-2796 X3431**

Format (list one of the four options): **Round Table**

Presentation/Working Group Title: **WV Community Educational Outreach Service (WVCEOS) (Former – Extension Homemakers) Needs Assessment: Results, Key Findings & Discussion for Future Survival.**

Name(s), Title(s), and University affiliation(s) of additional presenter(s): **N/A**

Brief Description: (50 words or less): **In 2008, we conducted a Needs Assessment for the WVCEOS. 700 surveys were completed and 26 out of 55 counties were represented. The results were significant and will give us the foundation to develop a strategic plan that will guide the organization to a better future.**

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- 1. to obtain the WVCEOS Needs Assessment tool and implementation strategy.**
- 2. to learn the results of the WVCES 2008 Needs Assessment.**
- 3. to identify strengths, weakness', opportunities and threats (SWOT) of the affiliated organizations with states present.**

Description: **For many years, the delivery and operating model for the WV Community Educational Outreach Service (CEOS) organization has remained the same. While it is important to preserve the West Virginia heritage and skills, it is also important to recognize the ever changing society we live in. I will present the significant results from this assessment and will lead a discussion to determine other states strengths, weaknesses, opportunities and threats.**

- Target audience – **University Employees that work and/or affiliated with “Extension Homemakers” organizations.**
- Program scope (local, regional, statewide, national, etc.) - **National**
- Program partners/collaborators – **University employees that work with “Extension Homemakers”**
- Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.) – **Community Educational Outreach and Service non profit organization**
- How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)? – **Needs Assessment was implemented with County Extension Offices support at county meetings.**
- Level of evaluation support or evidence base or an outcome of research – **WVU Evaluation Specialist was actively involved in the data collection and reporting.**
- Are supplemental resources available? **Project Narrative and SWOT analysis tool will be provided.**
- Are evaluation instruments provided? - **Yes**
- Is training required to use this program? – **Implementation strategy will be discussed and featured in the Methods section of Narrative.**
- If training is required, how is it accessed and what is the cost? **N/A**
- What is the cost for program materials and how can they be acquired? **N/A**

Primary Contact: Charlotte Shoup Olsen, Ph.D., CFLE
Extension Specialist in Family Systems
Kansas State University
colsen@ksu.edu
785-532-5773

Format: Round Table

Title: Working with Military Families

Additional Presenter: Elaine Johannes, Ph.D.
Youth Development Extension Specialist
Kansas State University

Description: What are the essential elements that should be included in professional development initiatives for community-based professionals and volunteers working with military families? Let's learn from each other about the information and processes that have been used to increase professional competency for addressing the needs of military families and their youth.

Objectives of the round table:

- Share conceptual and theoretical perspectives used in professional development for practitioners working with military families.
- Share content areas, process methods, and evaluation techniques used in professional development for practitioners working with military families.

Description:

The round table discussion will begin with the presentation of a conceptual outline of an online credit-earning course that is being developed for students and community-based professionals and volunteers, specifically targeted for work with Army military families and their youth. The course is titled *Army Family: From Challenge to Resilience* and is open to any enrolled student in this asynchronous online learning environment. Class assignments will serve as the evaluation component and the cost is specific to each participating university in the Great Plains Interactive Distance Education Alliance (GP-IDEA). Program partners in the creation of this course are the GP-IDEA master's program in Youth Development and the following entities from Kansas State University – Cooperative Extension Service, Division of Continuing Education, Marriage and Therapy Program, Developing Scholars Program, and College of Human Ecology Honors Program. As the objectives indicate above, the purpose of the round table is to have participants share their specific models for training practitioners working with military families, helping all round table participants to have a broader understanding of conceptual and theoretical models, learning objectives, resources, readings, experiences, and evaluation tools for such training initiatives.

Primary Contact Person: Dr. Jane Riffe
Title and University: Specialist in Family & Human Development, West Virginia University
Email Address: Jane.Riffe@mail.wvu.edu
Phone: 304-293-2796 x3346
Format (list one of the four options): Roundtable
Presentation/Working Group Title:

“Strong Families Eat Together” – The West Virginia Mealtime Project (Mealtime Initiatives)

Name(s), Title(s), and University affiliation(s) of additional presenter:

Dr. Allison Nichols, Evaluation Specialist, West Virginia University

Brief Description:

Objectives of the program, curriculum, research, or CoP/Working Group):

- Demonstrate a research and education project designed to improve family mealtime experiences and increase the time families spend eating together
- Share two interactive educational tools developed to reinforce healthy family mealtime behaviors
- Discuss evaluation procedure and process of mentoring of county faculty in research skills throughout project development

Target audience	Parents or grandparents with children in the household
Program scope	Statewide – 20 counties
Program partners/collaborators	WV-DHHR, local Family Resource Networks, Head Start programs, WV Family Nutrition Program, WV Healthy Families, Healthy Children Initiative
Program content area	Family mealtime, family interactions

How the program or research is implemented

Trainers are prepared to implement the program and then they deliver it locally through face to face groups of parents in many different venues identified by county agents. Educators are county Extension agents (Families and Health & 4-H) and county coalition leaders of the Healthy Families, Healthy Children project (Marriage Initiative)

Level of evaluation support or evidence base or outcomes of research

The evaluation protocol is based on solid research findings that indicate that positive family mealtimes are related to improvements on indicators of child health, relationships, self-esteem, and school performance, as well as decreases in the likelihood that youth, especially girls, will participate in risky behaviors. The research protocol, which is ongoing, compares outcomes by the degree to which comparison groups have access to the educational tools used by this program.

Are supplemental resources available? Yes, condensed literature review, Power Point presentation, participant handout, educational tools, pre and post survey tools

Are evaluation instruments provided? Yes

Is training required to use this program? Yes, but minimal

If training is required, how is it accessed and what is the cost? Undetermined

What is the cost for program materials and how can they be acquired? Undetermined

Primary Contact Person: **LaVona Traywick, Ph.D.**

Title and University affiliation: **University of Arkansas Cooperative Extension Service**

Email Address: **ltraywick@uaex.edu**

Phone: **501-671-2027**

Presentation/Working Group Title: **Adventures in Grandparenting**

Name(s), Title(s), and University affiliation(s) of additional presenter(s):

Brief Description: (50 words or less): **Although written for every type of grandparent, The “Adventures in Grandparenting” curriculum takes an innovative approach to educating grandparents raising grandchildren. Reverting from the now standard PowerPoint presentation for a large audience, the Adventures in Grandparenting program is to be offered as a structured support group for a small number.**

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- **To provide support for “traditional” grandparents as well as “custodial” grandparents**
- **To foster new knowledge or ideas about grandparenting**
- **To help grandparents adopt an effective grandparent behavior/practice**

Description:

The Adventures in Grandparenting curriculum is designed to assist both traditional as well as grandparents raising grandchildren in the daily task of child rearing. Although distributed state-wide to the Extension County Faculty, it is designed to implement on a local level with partners, such as faith based organizations or churches.

The Adventures in Grandparenting curriculum is designed to foster a supportive atmosphere for group discussion on the key topic of the session. There are 6 main teaching topics and each lesson topic has at least one handout. The information is basic enough that the grandparent can immediately use the suggestions or information without additional materials. Research shows that group discussion and peer learning is more successful with the senior adult population in knowledge gain and behavior change than listening to Power Point Presentations on the same topic area. This knowledge was the premise of the curriculum design.

Extension Human Sciences Network Workshops

Primary contact person: Mary Brintnall-Peterson, Ph.D.

Title and University Affiliation: Program Specialist in Aging, UW-Extension

Email address: Mary.Brintnall-Peterson@uwex.edu

Phone: 608-262-8083

Presentation/Working Group Title: Next Steps with the Prepare to Care Workplace Pilot: Going National

Name(s), Title(s), and University affiliation(s) of additional presenter(s):

Dianne Weber, Washburn County Family Living Educator, UW-Extension

Andy Crocker, Extension Specialist in Gerontology Health at Texas AgriLIFE Extension

Lori Strauss, National Program Manager at the AARP Foundation

Brief Description: (50 words or less): Educators will experience the Prepare to Care Workplace program by completing the employee survey before the meeting. Survey results and findings from the four state pilots on engaging employers will be discussed. Resources developed to implement Prepare to Care locally or statewide will also be available.

Objectives of the program, curriculum, research, or CoP/working group (no more than 3 bullets):

To help employers integrate free and low-cost methods to support their employees who are or will someday be family caregivers, with special emphasis on bringing tools and resources to hourly-wage workers at small and mid-sized businesses.

Description: Include the following

Target audience: Family caregivers and professionals who support them.

Program scope (local, regional, statewide, national, etc.): National program to be used locally

Program partners/collaborators: Funded by the AARP Foundation. Pilot was collaborative effort between Extension and AARP State offices in Oregon, North Carolina, New York and Wisconsin.

Program content area or area of research: Family caregiving and family resource management

How is the program or research implemented: The primary model of implementation of the Prepare to Care Workplace program is through educational workshops for employees, enabled through educator contact with employers and human resource professionals. Additional options for program design/delivery are described in detail in an educator's guide, the Prepare to Care Workplace Toolkit, available on the eXtension Family Caregiving CoP website

Level of evaluation support or evidence base or outcomes of research: The pilot program involved extensive collection of information from field faculty regarding their contacts with individual employers and employees; significant findings were compiled in the Prepare to Care Workplace Tool Kit. Another feature of the program is an electronic employee survey, allowing each employer to receive an executive survey and summary of the data collected from their employees on their family caregiver situations and needs.

Are supplemental resources available? Yes—a tool kit that provides details on how to implement this exciting new program along with educational tools such as power points, employee survey, marketing materials, etc.

Are evaluation instruments provided? After meeting evaluations exist and follow-up evaluation tools for the local Prepare to Care coordinators are being developed

Is training required to use this program? The pilot team feels that training is needed to share what they discovered in implementing the pilot yet the toolkit is detailed and could be used without training.

If training is required, how is it accessed and what is the cost? The pilot team is in the process of developing a training program that they are hoping will be available on-line and/or via breeze. Cost is unknown at this time.

What is the cost for the program materials and how can they be acquired? Program materials are free and can be access on the eXtension Family Caregiving web site at:

http://www.extension.org/pages/Prepare_to_Care

Primary Contact Person: Sean Brotherson, PhD

Title and University Affiliation: Associate Professor & Extension Family Science Specialist, North Dakota State University, Fargo, ND

Email Address: sean.brotherson@ndsu.edu

Phone: (701) 231-6143

Presentation Title: Father Times, FRED, and Other Approaches to Working with Fathers in Extension

Name, Title, & University Affiliation of Additional Presenters:

Stephen Green, PhD, Associate Professor and Extension Child Development Specialist, Texas A&M University System

Brief Description: One of the largest and often untapped audiences in parent education is men—fathers, grandfathers, and other men in the lives of children. Innovative educational approaches designed to meet men on their ground and reach out to them as parents will be discussed and demonstrated.

Objectives:

- Discuss challenges associated with reaching fathers and father figures as an audience in parent education;
- Explore research-based solutions and effective program approaches to working with men in Extension
- Highlight innovative educational approaches to reaching fathers in Extension such as the Father Times newsletter, FRED program, and other program efforts.

Further Description:

The specified target audience for this program effort is broadly defined as men in the lives of children, with a specific focus on fathers and father figures. Reaching men effectively in parent education is a consistent and continuing challenge. However, some research-based approaches have been developed and effectively implemented in Extension that we would like to highlight.

The Father Times parenting newsletter resource (ND) and the Fathers Reading Every Day (FRED) program are examples of two educational efforts that developed at the state level and have become programs used nationwide. Partners in delivery of these programs have included child care programs, Head Start, elementary schools, and other collaborators. The program content area for both programs is parent-child relationships and each of them has received funding support and shown evidence of effectiveness with fathers in published research studies. Ongoing research continues with both programs. Program materials, evaluation instruments, and training opportunities exist with both programs, though both can be implemented without extensive training.

Primary Contact Person: Robert J. “Bob” Fetsch
Title and University affiliation: Extension Specialist & Professor, Human Development & Family Studies, Colorado State University
Email Address: fetsch@cahs.colostate.edu
Phone: 970-491-5648

Presentation/Working Group Title: Recognizing Signs of High Stress, Anger, Depression, and Suicidal Thinking & Making Effective Referrals

Name(s), Title(s), and University affiliation(s) of additional presenter(s): None

Brief Description: (50 words or less): Farm/ranch families have lots to be stressed about. Farming is one of the top 12 high stress occupations. In the U.S., farmers/ranchers were 1.5-2.0 times more likely to commit suicide. It is important to know the symptoms and signs and steps to take to make effective referrals.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- **To increase participants’ knowledge about signs and symptoms of high stress, anger, depression, and suicidal thinking.**
- **To acquaint participants with resources to offer high-risk Extension clientele.**
- **To discuss how to make effective referrals to other professionals.**

Description: Include the following –

- **Target audience: Initially—Extension Family Life State Specialists; Later: farm/ranch families**
- **Program scope (local, regional, statewide, national, etc.): Statewide**
- **Program partners/collaborators: Mental Health Centers, physicians, nurses, occupational therapists, licensed marriage & family therapists, psychologists, guidance counselors, etc.**
- **Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.): Risk & Resilience**
- **How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)? Train-the-Trainer**
- **Level of evaluation support or evidence base or outcomes of research: Teaching materials include a high level of research-based information. Evaluation tools assess knowledge gained, attitudes and behaviors improved, tax dollar support, etc.**
- **Are supplemental resources available? Yes**
- **Are evaluation instruments provided? Yes**
- **Is training required to use this program? Probably not, but if so, call Bob Fetsch.**
- **If training is required, how is it accessed and what is the cost? To be negotiated.**
- **What is the cost for program materials and how can they be acquired? No cost, contact Bob Fetsch.**

Extension Human Sciences Network Featured Communities of Practice

Primary Contact Person: Diane Bales

Title and University affiliation: Associate Professor and Human Development Specialist
The University of Georgia

Email Address: dbales@uga.edu

Phone: 706-542-7566

Presentation/Working Group Title: Better Kid Care America eXtension Community of Practice

Name(s), Title(s), and University affiliation(s) of additional presenter(s):

Lesia Oesterreich, Iowa State University

Jane Lanigan – Washington State University, Vancouver

Jim Van Horn – Pennsylvania State University

Dan Weigel, University of Nevada, Reno

Brief Description: (50 words or less):

Better Kid Care America is a new eXtension Community of Practice working to develop comprehensive web-based resources for child care professionals, parents seeking child care, and employers supporting employees' child care needs. The work group will continue answering and reviewing FAQs, posting articles to the CoP wiki, and planning for ongoing website development. Conference attendees not already involved in Better Kid Care America are welcome.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- Familiarize existing and new CoP members with the eXtension wiki system and processes of developing, posting, and reviewing content for eXtension
- Add and review content articles for the Better Kid Care America public site
- Develop a plan for ongoing content management, workflow, and leadership of Better Kid Care America

Description:

The proposed working group session for Better Kid Care America (BKCA) will provide the BKCA team with an opportunity to work collaboratively to identify articles and other content resources, post them in the eXtension wiki system, and begin systematically reviewing content articles for coverage, accuracy, and gaps in information. The intent of the session is to develop content sections of the BKCA website in preparation for public launch late in 2009, and to familiarize all team members with the eXtension content development tools and resources. The working group will eagerly welcome the involvement of EFSN specialists with interests and expertise related to child care.

The Better Kid Care America site will be a community site within the eXtension public website (www.extension.org), and is scheduled for launch on or before December 31, 2009.

When completed, the Better Kid Care America site will provide a national (and potentially international) outreach tool on quality child care for three target audiences: child care providers and administrators; parents seeking child care; and employers wanting to support employees' child care needs. The current

BKCA leadership team is a collaboration of Extension specialists from at least 10 different states with different types of expertise in child care. We are also beginning to partner with county-based and regional Extension educators, as well as partners outside Extension, to build a comprehensive, research-based web resource. A goal of the working group session at this conference is to include new members in the BKCA team, build connections among the team, and build the technical expertise of all team members in order to facilitate smoother work on the BCKA site in the future.

Multi-level evaluation of the site content, usage, and resulting knowledge and behavior change will be an integral part of the completed BKCA site. Evaluation plans are in the earliest stage of development. Participants in the working group session at this conference will have opportunities to join the evaluation team and help shape the evaluation, develop and implement tools, and analyze and share results. All evaluation activities will be conducted with the support of the national eXtension initiative.

Trainings are helpful to group members posting content on the wiki system. We will discuss and practice the basics of navigating the wiki system during the working group sessions. New members who have not attended a wiki training session (and existing members who would like refresher training) can access an archived training session on the eXtension system. Ongoing technical expertise and support is also available to help group members learn to navigate the eXtension content development tools smoothly. All training and technical support is provided free of cost.

The final website materials will be available on the Better Kid Care America public website following our public launch date. All materials will be free.

Primary Contact Person: 1) Jatunn Gibson / Gerontology Specialist 2) Andy Crocker/Gerontology and Health Specialist

Title and University affiliation: 1) Auburn University 2) Texas A&M University

Email Address: 1) jtg00006@auburn.edu 2) abcrocker@ag.tamu.edu

Phone: 1) (334) 740-4243 2) (806) 677- 5600)

Name(s), Title(s), and University affiliation(s) of additional presenter(s):

Deb Sellers, Assistant Professor & Extension Specialist, Kansas State University/ 785.532.5773

Brief Description: The Family Caregiving CoP has been actively developing content for the past two years to build a research-based, online resource for caregivers. Learn about the CoP's progress, exchange ideas and practices, share information, and discover how you can contribute to this work.

Objectives of the program, curriculum, research, or CoP/Working Group:

- *Gain knowledge of the many aspects of the public and private resources that are a part of eXtension and the CoP;*
- *Understand how participation within the CoP may be integrated into the daily work of an Extension Specialist; and*
- *Explore the possibilities of utilizing eXtension as a dissemination method of state or local projects and programs.*

Description:

Target audience: The eXtension Family Caregiving CoP is composed of Extension faculty from across the nation who have come together to assist individuals, groups, and organizations concerned with family caregiving issues.

Program scope: The eXtension Family Caregiving Community of Practice is a national effort designed to develop a web-based resource that can be accessed at an individual, family, community, state, national, and global level.

Program partners/collaborators: *AgrAbility, Centers for Medicare and Medicaid Services, Easter Seals, The League of Experienced Caregivers, National Alliance for Caregivers, National Family Caregivers Association, Rosalyn Carter Institute for Caregiving, and United States Administration on Aging* are all partners. *The Brookdale Foundation* is also a sponsor.

Program content area or area of research:

The main subject matter is family caregiving, which is further divided into nine content areas: disaster preparedness, financial management, health, housing, nutrition, employed caregivers, raising grandchildren, relationships, and rural caregiving.

How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)? The CoP conducts its work virtually, utilizing a technological platform called a *wiki*, which may be found at http://cop.extension.org/wiki/Family_Caregiving_Content. eXtension family caregiving public resource is found at <http://www.extension.org/family%20caregiving>.

Level of evaluation support or evidence base or outcomes of research. Are evaluation instruments provided? Evaluation efforts are conducted at a national level by the eXtension initiative, with representation on the committee from the CoP. Instruments are under development.

Are supplemental resources available? eXtension is a comprehensive national initiative which provides expansive resources for professional advancement, content development support, and various other opportunities to support the work of the CoP. The public site utilizes the resources and materials of other Extension systems, universities, government agencies, and gold standard organizations to supplement the developed content.

Is training required to use this program? How is it accessed and what is the cost? Training in the use of the wiki is provided nationally by eXtension and in a more targeted way by the family caregiving CoP, and is offered at no cost. Use of the public resource does not require any training.

What is the cost for program materials and how can they be acquired? Materials may be accessed anytime, anywhere accessed at <http://www.extension.org/family%20caregiving>. Content under development may be found at http://cop.extension.org/wiki/Family_Caregiving_Content.

Primary Contact Person- Aaron Ebata, Extension Family Life Specialist, University of Illinois ebata@illinois.edu (217) 333-2912

Title- Extension's *Just in Time Parenting* Community of Practice Is Ready for You to Join Us

Additional presenters- Extension Specialists: Ellen Abell, Auburn University; Diana Del Campo, New Mexico State University; Ted Futris, University of Georgia; Robert Hughes (Virtually) University of Illinois at Urbana-Champaign; Sally Martin, University of Nevada, Reno; Pat Tanner Nelson, University of Delaware; Doctoral Student: Marissa Stone, University of Georgia.

Brief Description *Just in Time Parenting* provides a broad umbrella for delivering Extension's information and resources to parents nationwide – providing research-based information when it can be most useful and make the biggest difference -- promoting healthy growth and development, reinforcing positive parenting behaviors, connecting families to local resources, and reinforcing family strengths.

Target audience- Parents, County Extension Educators and Agents and State Specialists

Program scope- Program is disseminated at the local, regional, state, and national level

Program collaborators- eXtension CoP's of Child Care, Caregiving, Financial Security

Program content area or area of research- Parenting

How is the program or research implemented- Electronic and print copy dissemination of educational resources and evaluation questionnaires.

Level of evaluation support or evidence base or outcomes of research- Evaluation toolbox for Extension colleagues available at www.parentinginfo.org/

Are supplemental resources available? Yes. *Frequently Asked Questions* and *Ask the Expert* searchable databases; *Front Page Feature Articles* offering current, research-based perspectives on “hot” topics among parents -- including current controversies and emerging or typical parenting concerns; Podcasts, webinars and streaming videos (the next focus for expansion) <http://www.extension.org/parenting>

Are evaluation instruments provided? Yes. An automated evaluation and reporting system is being pilot tested.

Is training required to use this program? Yes **If training is required, how is it accessed and what is the cost?** Accessed through *JITP* CoP at no cost

What is the cost for program materials and how can they be acquired? All resources are available – at no cost for Extension colleagues -- at www.parentinginfo.org/. The *JITP* team is happy to provide training, webinars and ongoing support. *JITP* is a cost-effective way to get high quality parenting information to families, is well researched and objective, is customized for each family, and complements and enhances face-to-face and community-based outreach to parents

Objectives of the CoP/Working Group:

- Provide fellow specialists with information on the goals, objectives, and research protocol for the *JITP* CoP. Recruit fellow specialists to join the CoP and add other dimensions to the program -- such as evidence based face-to-face programming and alternative parenting education techniques.
- Orient specialists on the research background of *JITP* and the possibilities for reaching large numbers of parents and providing a program with evaluation tools for Extension personnel. Evaluations completed include annual surveys of readers, multi-state pre-post evaluations of knowledge and attitude change, and treatment and control group comparisons. They show that parents who use *JITP* newsletters feel reassured about their child's development and their family strengths, have age-

appropriate expectations for their children, and are able to identify emerging problems and learn how to find appropriate help.

- Continue to advance the goals of the CoP through this opportunity for intensive, concentrated work sessions. Agenda items include refining the evolving web design (with special consideration to enhancing social networking) and refining the strategic plan for expansion and growth.

Primary Contact Person: Ted Futris

Title and University affiliation: Family Life Extension Specialist, University of Georgia

Email Address: tfutris@uga.edu

Phone: 706-542-7566

Presentation/Working Group Title: The National Extension Relationship and Marriage Education Network (NERMEN)

Name(s), Title(s), and University affiliation(s) of additional presenter(s):

Existing working group team members who are likely to be in attendance and participating in the working group session include: Francesca Adler-Baeder and Jennifer Kerpelman, Auburn University; Andrew Behnke, North Carolina State University; Sean Brotherson, North Dakota State University; Wally Goddard and James Marshall, University of Arkansas; Brian Higginbotham and Linda Skogrand, Utah State University; Linda Roberts and Nancy Brooks, University of Wisconsin; Anthony Santiago, Iowa State University; David Schramm and Kim Allen, University of Missouri; Karen Shirer, University of Minnesota; Charlotte Shoup Olsen, Kansas State University; Angela Wiley, University of Illinois. (More are expected to join the group if they can attend)

Brief Description: (50 words or less): NERMEN is a network of Extension Specialists and Educators partnering with agencies and organizations at the national, state, and community levels. We are involved in the identification and development of research and evidence based programs, professional development opportunities, and documenting the efficacy of relationship and marriage enrichment programs.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- provide research-based resources that promote the development and maintenance of healthy relationships and marriages
- promote partnerships to advance the knowledge and practice in relationship and marriage education

Description: Include the following –

Day 2 of the conference (and possibly the morning group session time on Day 3) would be spent on welcoming newcomers and handling general NERMEN business. The agenda will be flexible but in general will cover the following.

- Sharing of updates on and development of new programs and projects
- How our working group is doing in fulfilling our mission and goals
- Outlining member roles and responsibilities within NERMEN
- NERMEN role in eXtension (partnering with existing COPS; creating our own COP)
- NERMEN Model – steps in completing the model by Summer 2009.
- Website (www.nermen.org) update and next steps
- Growth and next steps/projects

On Day 3 of the conference, NERMEN members can meet newcomers for breakfast and have a general discussion that includes the history of the collaboration and future directions. A core group of NERMEN members who are working on the multi-state Children's Bureau grant project (developing a curriculum; see <http://www.nermen.org/development.php> to learn more) would like to devote most of that day to this

specific project (at minimum the 1-2:30 and 2:45-5:00 time slots; and depending on the progress made on Day 2, possibly the 9:45-12 time slot as well). All who are not a part of this project are welcome to join the group for this part of the meeting.

Target audience Extension Specialists and Educators interested in relationship and marriage education.

Program scope (local, regional, statewide, national, etc.) National

Program partners/collaborators Administration on Children and Families Children's Bureau

Program content area or area of research (e.g., parenting, child care, couple relationships, intergenerational initiatives, etc.) Couple relationships

How is the program or research implemented (e.g., direct, train the trainer, mass media, mailed survey, observation, CoP, other)? We provide and promote a number of training opportunities, utilizing a range of delivery strategies and end audiences. The NERMEN website is one venue for networking among those interested in couples education. We are working on a national model for relationship and marriage education and are planning a curriculum for those who teach or provide service to the public in this area.

Level of evaluation support or evidence base or outcomes of research We use theory and research to guide our selection and development of resources. We provide educational programs that are based on solid research and tested for effectiveness. Recognizing that not all programs/resources have been tested, we also participate in and assist partners/collaborators in evaluating program effectiveness.

Are supplemental resources available? Yes.

Are evaluation instruments provided? N/A

Is training required to use this program? N/A

If training is required, how is it accessed and what is the cost? N/A

What is the cost for program materials and how can they be acquired? N/A

Primary Contact Person: Denise J. Brandon, PhD, CFLE

Title and University affiliation: Associate Professor, University of Tennessee Extension

Email Address: dbrandon@utk.edu

Phone: 865-974-8179

Presentation/Working Group Title: Parenting Education for Divorcing Parents

Name(s), Title(s), and University affiliation(s) of additional presenter(s):

Minnell Tralle, Program Leader

University of Minnesota Extension

Brief Description: (50 words or less): Many states require divorcing parents to complete parent education that addresses effective co-parenting. Extension educators are often program providers. It would be beneficial to share resources, research, and best practices to improve our programming. This might include creation of a web-based resource center or on-line program through eXtension.

Objectives of the program, curriculum, research, or CoP/Working Group (no more than 3 bullets):

- Identify states in which Extension educators provide parent education for divorcing parents
- Compile list of resources used in states to conduct classes
- Develop strategies for addressing common needs of Extension co-parenting programs on a national level, possibly through eXtension.

Description: Include the following –

- **Target audience** – Divorcing parents of minor children
- **Program scope (local, regional, statewide, national, etc.)** – statewide/national
- **Program partners/collaborators** – Extension Specialists working in this field (David Schramm, PhD, CFLE Assistant Professor, Dept. of Human Development and Family Studies & State Extension Specialist, University of Missouri; Lawrence G. Shelton, Human Development and Family Studies, University of Vermont; Maureen Mulroy, Human Development Specialist, University of Connecticut, School of Family Studies; and others as identified)
- **Program content area or area of research** - parenting
- **How is the program or research implemented** - Currently coparenting education is offered both directly and as a train-the trainer program, depending on the state. By forming a CoP around this topic, specialists could have a central source of information, curricula, and expertise to enhance programs in their states.
- **Level of evaluation support or evidence base or outcomes of research.** In research on the Extension program offered in Tennessee, program participants reported a decrease in the following behaviors from time one to time two as determined using both paired *t*-tests and the Wilcoxon Signed Ranks Test: talking to others about the other parent when angry at that parent; sending messages through the children; insulting the other parent in front of the children; asking the child about the other parent; asking the child to take sides; arguing in front of the children; complaining to the other parent in front of the children; yelling in front of the children; and fighting in front of the children.
- **The proposed workgroup would address the following questions:**
 - What curricula and supplemental resources are available?
 - What is the evidence basis for these programs; are evaluation instruments provided?

- Is training required to use these programs?
- If training is required, how is it accessed and what is the cost?
- What is the cost for program materials and how can they be acquired?
- What are the gaps that could be addressed by a CoP in eXtension?