

### *Grant Summary*

<b>Initiative:</b>	Healthier Beginnings
<b>Project Name:</b>	<i>Growing Great Kids</i> <sup>™</sup> Parenting & Childhood Development Program (Year 7)
<b>Funding Period:</b>	December 1, 2016 – November 30, 2017
<b>Date of Funding:</b>	December 1, 2016
<b>Project Coordinator:</b>	Kathleen Richard, LMSW
<b>Project Administration:</b>	Life Choices of North Central Louisiana
<b>Total Funding Approved:</b>	\$ 124,000.00

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### **Program Summary**

The *Growing Great Kids*<sup>™</sup> program is a nationally recognized voluntary home-based visitation program that utilizes and deploys educational curriculum for intensive parenting and childhood education services targeted at critical points in a child's development. Beginning prenatally, *Growing Great Kids* provides a "how to" guide, or roadmap, for supporting parents and developing parenting competencies. It provides a structure for each home visit or group, and takes the "guess work" out of parent contacts and supervision.

*Growing Great Kids*<sup>™</sup> puts difficult concepts into simple language by offering examples of practical "how-to's" in the following areas:

- Building relationships with families that focus on program goals
- Growing parental empathy and nurturing relationships
- Doing activities that support childhood health, growth and development
- Integrating the latest information on supporting early brain development into daily parenting practices
- Gaining an understanding of parental/family values
- Communicating to facilitate open discussion and parental empowerment
- Making age-appropriate toys from common household items
- Enhancing family relationships
- Extending families' support systems

- Addressing concerns and exploring solutions
- Cultivating critical thinking and problem-solving skills
- Promoting parental self-care and health

*Growing Great Kids™* program objectives are as follows:

- **Prevention of Child Maltreatment** through parenting skill development and monitoring of home environments.
- **Facilitation of Positive Pregnancy and Child Health Outcomes** by teaching proper prenatal and postnatal care.
- **Improving Family Functioning** through the development of parenting and problem solving skills.
- **Optimization of Child Growth and Development** by enhancing parental knowledge of child development and linking with relative community resources.

Year 6 objectives are as follows:

- **Continue Wellness Events**  
Life Choices understands the importance of preventative care. However, access to that care by some clients is limited due to transportation and/or health care coverage. Life Choices would like to continue to host wellness events for GGK™ participants. Wellness issues to be addressed would include information about healthy exercise, the importance of having a medical home, and oral health. Events also encourage the building of support systems outside the limited contact with GGK™ staff.
- **“What Works” Conference**  
The 2016 “What Works” conference hosted by the Children’s Coalition brings together leading experts with local data that will provide GGK™ staff with better knowledge and skills to help advocate for children and families in North Louisiana. Topics will include Human Trafficking along I-20, Internet Crimes against Children, STIs in Louisiana, Infant Safety, and Adverse Childhood Experiences (ACE). All home visitors and a supervisor will attend this training.
- **All Home Visitors To Maintain A Full Case Load**  
*Growing Great Kids™* home visit program has been well received among the clients of Life Choices. Life Choices currently has three fulltime home visitors. Fulltime home visitors should maintain a maximum caseload of 20-24 points.

- **Partner with other Life Choices Programs**

Growing Great Kids™ home visit program staff would like to make sure that clients are offered well balanced services. GGK™ staff plans to partner with our Fatherhood program, Work Life course, Healthy Relationships curriculum, and Mentoring of Mothers.

- ✓ **Fatherhood Program:** GGK™ staff has found a huge need for support for home visit participant fathers. By involving fathers in the Fatherhood programs at Life Choices, fathers will receive more individualized support.
- ✓ **Work Life course:** One of the greatest needs that client families have is for jobs and work related training and skills. “Work Life” is a job preparedness curriculum designed especially for people from backgrounds of generational poverty. Life Choices will offer “Work Life” classes beginning in the spring.
- ✓ **Healthy Relationships Curriculum:** One GGK™ home visitor is trained in the WAIT Training (abstinence education) through The Center for Relationship Education in Colorado Springs, Colorado. The “Why Am I Tempted” (WAIT) Training curriculum is a unique product specifically designed to help young people navigate the mine field of challenges, obstacles, and temptations to healthy relationships they will face in adolescence. GGK™ plans to introduce this Healthy Relationships education to Lincoln Parish high schools due to an increasing percentage of Life Choices clients being under 18 years of age. Statistics confirm that younger women have more preterm births and their babies are more likely to have a lower birth weight. The hope is that this program will provide life changing education to adolescent women thus reducing the occurrence of teenage pregnancy in Lincoln Parish.
- ✓ **Mentoring of Mothers:** GGK™ home visitors often encounter clients that have significant levels of needs for their families. When needed, establishing participation in the GGK™ home visit program and providing the clients with mentors can be considerably beneficial to the wellbeing of the client and their family.

- **Show Positive Influence on Health Factors**

Without a doubt, GGK™ home visit program is having a positive impact on participants. One of the more concrete ways of measuring that success is by measuring core health factors. The main factors that Life Choices measures are (1) those clients who deliver at full term (at least 37 weeks), (2) those clients who deliver babies at healthy birth weights (at least 5 pounds, eight ounces), and (3) those clients who choose to breastfeed their infant. Since the inception of the GGK™ home visit program, Life Choices has noted positive movement in all three areas. Those stats will be fully discussed in the Year 5 Final Report.

Life Choices has also begun to track other significant factors for clients including pre-delivery emergency room visits, post-delivery emergency room visits, childhood immunizations, subsequent pregnancies, medical home, and prenatal dental visits.

**GGK™ Budget**

**December 1, 2015 – November 30, 2016**

<b>Staff</b>			
<i>Director</i>		10,000	
<i>Office Manager</i>		4,400	
<i>Home Visit Specialist 1</i>		23,400	
<i>Home Visit Specialist2</i>		22,000	
<i>Home Visit Specialist 3</i>		20,300	
<i>Nurse(RN) Supervisor</i>		13,300	
		subtotal	93,400
Related Taxes/Insurance	\$9,500		
Travel	\$5,000		
Supplies and Incentives	\$4,500		
Printing and Copying	\$650		
Postage and Delivery	\$150		
Rent, Utilities and Maintenance	\$3,500		
Training	\$1,500		
Hope Room Supplies	\$3,800		
Outreach Events	\$2,000		
		subtotal	30,600
	Total Budget		\$124,000
	<b><i>Amount Requested</i></b>		<b>\$124,000</b>