



Initiative:	Healthier Beginnings
Project Name:	Mentoring of Moms (MOMS) & Dads Program - Year 5
Funding Period:	February 1, 2015 – January 31, 2015
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Project Coordinator:	Kathleen Richard, LMSW
Project Administration:	Life Choices of North Central Louisiana
Total Funding Approved:	\$ 46,000.00

Program Summary

The Mentoring of Moms (MOMs) Program has been funded by the Foundation since 2010. In 2013, the program was expanded to include the mentoring of fathers-to-be (DADs Program). In its first year as The Mentoring of Moms & Dads Program, a Fatherhood Program (DADs) Coordinator and a MOMs Program Coordinator were hired. There were 13 mentor-to-mom matches and 2 husband/wife to dad/mom (couple) matches.

Life Choices also has a partnership arrangement with the Family Counseling Center at The Methodist Children's Home to offer professional counseling to both Life Choices' mentors & mentees.

For Year 5, Life Choices will continue its expansion to at-risk dads & its utilization of the Family Counseling Center, and the following goals have been established.

- Increase number of matches to 45 active cases by January 31, 2016, 10 of which to include men (dad/mom matched with husband/wife mentors).
- Offer structured pregnancy services to 65 young men by January 31, 2016.
- Increase the rate of full-term birth rates among MOMs clients.
- Decrease the rate of low-birth weight babies among MOMs clients.

- Encourage mother-to-be to seek adequate prenatal care and participate in proper nutrition.
- Understand the unique needs of the young mother-to-be and father-to-be (and baby), and help guide them to positive solutions and community referrals for meeting those needs.
- Increase understanding of doctor's orders and follow-through.
- Set realistic and obtainable goals, including education and employment for both parents. Help him / her begin to achieve those goals.
- Reduce multiple births to young mothers.
- Encourage marriage in the appropriate situations.
- Present and discuss abstinence to five (5) different groups.
- Increase participation for mentees in the *Faith and Finances* class, as well as *Birds & Bees*.