



IMPACT 2022

Through Extension programs across the nation, Family and Consumer Sciences Extension Educators provide a multitude of Educational opportunities to meet the needs of diverse audiences.

Protecting Our Resources and Family Life

In **Texas**, *The Child Passenger Safety Program* reached adults on the importance of using belt positioning booster seats. The use of seats lowers the risk of injury to children in crashes by 59%, compared to the use of adult safety belts. The lack of access to affordable child safety seats contributes to a lower usage rate among low-income families. Most parents think they are using child safety seats correctly, but studies show that Child safety seat programs save lives. The economic benefit of the proper use of child safety seats for the 2,077 participants is estimated at \$3.1 million.

"Through this event, I am now able to secure my child safe in her car seat. I did not know that car seats expire. I also learned common car seat mistakes. Thank you for hosting this event!" - Participant from Pharr, Texas

Delivered across seven **Arizona** counties, *Positive Discipline* helps parents respond to behavior problems with empowering solutions. Parents who took this class experienced a 20% increase in empathy, a 13% reduction in spanking, and 85% increase in understanding their children's misbehavior. Arizona Extension also offered the *Triple P Child Behavior Management* program, providing parents simple, practical strategies to help build strong, healthy relationships, confidently manage children's behavior, and prevent problems developing. After the eight-sessions, the 109 participants saw 38% decrease in depression; 49% decrease in anxiety, and 33% decrease in stress.

With **Indiana's** population (especially rural communities) aging, health in all areas is needed. *Train Your Brain* provided participants practical information

on cognitive health. Nearly 90% of participants reported an increase in knowledge on ways to maintain brain function through physical, mental, and social connection.

Over 5,000 Hoosiers visited the Emergency Room in 2019 for opioid issues. Programs such as *Understanding the Opioid Crisis* provides participants increased knowledge of the dangers of substance abuse and more positive communication skills within their family to address dangers of abuse.



Co-parenting can be difficult, and bitterness can often lead to children being pulled between the parents, causing emotional distress. Nationally, **Oklahoma's** marriage rate ranks 18th but the divorce rate is second. *Co-parenting for Resilience* addressed the challenges and as a result, 91% of participants revealed they are now more likely to approach parenting as a joint effort and view their child's other parent as a valued team member. After completing the program one participant

stated, "I realized some areas I need help in and how my actions made the situation worse. I had made it well known that I didn't like my co-parent and there are things I shouldn't have said in front of my kids." **Ohio** offered a similar program titled *Successful Co-Parenting* where 95% of participants reported learning new information from the program and 97% indicated they plan to use the information that they learned. Ninety-two percent report being more prepared to co-parent because of the program.

"The most important thing I learned was the emotional toll our divorce would take on our children. What that looks like and how to deal with it." - Participant from **Ohio**

Kansas Extension offered *Powerful Tools for Caregivers* through which participants were empowered to adopt self-care practices to manage stress, increase communication, and tackle tough situations. As a result of the course, 100% of the participants planned to act in the areas of communication, stress reduction, and self-care.

"Thank you! I cannot tell you and the team thank you enough. This is my first step in truly taking care of myself and I am thrilled to say the least." - Participant from **Kansas**



The *Military Families Learning Network Family Transitions* program in **Minnesota**, reached 199 military family service providers who are now better prepared to assist military families through transitions by participating in live webinars.

In **Missouri** and **Kentucky**, *Mental Health First Aid* training, provided extension personnel and interested individuals' skills needed to reach out to someone who may be developing a mental health or substance abuse challenge and help connect them with the appropriate care. A similar program was held in **Oregon** where nearly one-third of Oregon adults have unmet needs for counseling or therapy. Of the 252 program participants taught by OSU Extension, 88% increased their confidence to perform helping behaviors and can now help address mental health challenges in their communities.

In **Missouri**, the *Taking Care of You* program integrates research-based principles and techniques from the field of positive psychology, with an emphasis on mindfulness.

"This has opened my eyes to several areas that I was not aware of or was conveniently ignoring. I feel like I have more options on how I handle things now." - Participant from **Missouri**

This report was compiled by Jennifer Bridge, University of Kentucky Cooperative Extension and NEAFCS Vice President Public Affairs. For more information, email Jennifer.Bridge@uky.edu.

Raising kids, Eating right, Spending smart



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