



## **NCFRC – Child & Youth Program – Program Logic Model**

### **Mission Statement:**

Active involvement of children and their families in a strong and vibrant community

### **Statement of Need:**

Families and children living in the Norwood community face challenges associated with poverty, prostitution, drug trafficking, and gang activity. The Norwood community has one of the highest percentages of new immigrant families, single female-headed households and multi-generational social assistant dependent families. As well, there is a significant immigrant population that struggles with cultural and language barriers leading to isolation. The families in this community also struggle with poverty. The average family income in the Norwood communities is \$33,966 compared with an average of \$53,289.00 for Edmonton as a city. The most significant disparity is in the income level of lone parent families headed by females; in Norwood the average income for this type of family is \$18,696 compared to \$26,979 for Edmonton as a city.

Poverty is considered an important risk indicator associated with less than optimal child development. Children from impoverished families have higher rates of injuries, chronic illness, child abuse, conduct problems, school problems, intellectual deficits, hyperactivity, and emotional disorders (National Forum on Health, 1997; Sameroff, Seifer, Barocas, Zax, & Greenspan, 1987; Seitz, 1990; Steinhauer, 1996; Yeung, Linver & Brooks-Gunn, 2002). Later life outcomes also tend to be more negative for lower socio-economic status children, including a greater likelihood of becoming school dropouts, an increased risk of delinquency, and the likelihood of lower earnings as an adult (Duncan & Brooks-Gunn, 1997; Jarjoura, Triplett & Brinker, 2002; Keating & Miller, 1999; Waller, 1971; Yeung, Linver & Brooks-Gunn, 2002). In Canada, approximately 21% of children live in poverty (Canadian Council on Social Development, 1998; National Council on Welfare, 1999).

Poverty is rarely present in isolation. Poverty is often accompanied by high levels of stress, social isolation, lack of personal and structural supports, low self-esteem, depression, substance use, poor nutrition, abusive or disruptive family environments, and a myriad of other personal and interpersonal risk factors (Bartko & Sameroff, 1995; Dunst, 1993; Dunst & Trivette, 1990; Garmezy, 1991). As a consequence, children living in conditions of poverty are less likely to receive the key building blocks of early development such as adequate stimulation, supervision, guided learning experiences, nutrition, decent medical care, a safe and secure environment, and access to early childhood development programs to supplement learning opportunities in the home (Manning & Baruth, 1995).

Cultural factors are also an important consideration. In addition, research on immigration suggests that immigrant families and their children often experience a number of sources of stress in their lives, which may be in addition to the effects of low income. These may include language problems, separation from former social networks, loneliness, perceived discrimination, family conflict, and perceived cultural incompatibilities. Immigrants and the children of immigrant parents may experience conflict trying to adapt to one culture at home and another at school or in the community at large (Guarnaccia, P.J., & Lopez, S. (1998).

**Defined Target Population:**

- The target participants are children/youth between the ages of 5 and 13 and their parents/guardians

**Broad Strategy:**

All NCFRC programs focus on reducing the negative impact of the poverty in our community. We believe in developing resiliency in children and to build on the strengths of the families by encouraging the development of community relationships. We agree that families will be more successful in dealing with the challenges of this neighbourhood with skills of this nature.

*Make Connections-Central Intake*

We believe that by providing a single entry point to welcome families to the Centre, assess their need and refer them to the appropriate program, internally or externally is an important service. Through a relationship building strategy, staff are able to engage the families in a conversation to collect the information required to determine the interest and need of each family. Families who can benefit from our programs are appropriately connected and those who cannot be effectively served are connected to the appropriate service(s) in the community.

*Child and Youth Programming*

The Child and Youth Program subscribes to important principles of youth development. We create a safe and healthy environment which enhances a sense of belonging for children, youth and families, and we offer a variety of opportunities where children and families acquire skills that strengthen their personal development and their relationship with each other. We use positive reinforcement strategies, natural consequences, and encourage children to adhere to rules based on respect for each other, the staff and the Centre, ultimately developing a sense of respect for the community. We believe positive reinforcement strategies are key to the healthy development of children as they reward children for making positive choices and encourage them to pursue goals. We teach responsibility, accountability and offer opportunities for leadership and volunteerism. Our major strategy is to focus on fostering positive social skills and self-esteem to reduce children's vulnerability to negative influences in the community.

*Parent Involvement*

All programs are family centered and consider parents as the principle teacher and mentor for their child, and by having parents involved in the program they begin to enhance their skills by interacting with the children and the staff. The Child and Youth program has been developed to include parents in the program in meaningful ways such as classroom support, field trips, positions on the Board of Directors and the Parent Advisory Committee, and through periodic meetings with the children and staff to discuss the child's involvement. Parents are able to provide their feedback and insight on the program, the ways it is benefiting their child, and ways they believe the program could be improved.

*Family Support*

The program is committed to children, their parents and the family as a whole. Family Support Workers play a key role in family development by working directly with parents. Family Support Workers both advocate on behalf of families as well as work with parents to develop advocacy skills. Home visits are conducted on a regular basis in order to discuss family concerns and provide parent support and support through crises when needed. Establishing relationships with the families in their home is critical to developing the sense of trust necessary to engage parents in



the program and encourage their participation. Parents are supported through active group work to develop their own relationship building and leadership skills.

#### *Parenting/Personal Development and Literacy Groups/Workshops*

Parents are able to participate in a series of groups and workshops that are offered at the Centre. The groups and workshops are specifically designed to assist parents in further developing their parenting skills and to develop their own personal sense of self worth and resiliency. Parents are supported through active group work to develop their own relationship building and leadership skills. They begin to connect with neighbors to identify and address shared community concerns. As a result, informal support networks are created for families, and a sense of belonging and community responsibility develops.

#### *Community Involvement*

We recognize that a single intervention strategy will not fully address the complex needs of this at-risk population. A comprehensive, coordinated approach that delivers a continuum of services is required. We have developed integrated networks of partners to provide comprehensive services for families in the area of health, education, and personal development. Families often connect to resources through the relationship they have built with the program Family Support Worker. This integration improves access to services for families that may be isolated by cultural or language barrier. Understanding community is vital in making appropriate referrals to resources.

#### *Nutrition Services*

Nutrition Services is an integral part of the program. Meals and snacks are prepared daily for all children and their families who attend programs or functions at the Centre. This helps increase their ability to learn and also demonstrates to them how to make food that is simple yet nutritious. Cooking group opportunities are offered to children each week where they learn how to prepare simple and nutritious low cost snacks and meals based on the Canada Food Guide as well as learn about safe food handling practices.

#### *Staff Development*

NCFRC provides ongoing training, supervision, and mentoring to increase staff members' skills in developing caring, supportive relationships with children and their families.

#### **Rationale:**

"Recreation includes all of those activities in which an individual chooses to participate in his leisure time and is not confined solely to sports and physical recreation programs; but includes artistic, creative, cultural, social and intellectual activities; and whereas recreation is a fundamental human need for citizens of all ages and interests and is essential to the psychological, social and physical well-being of man..."(Young and Pike, Professional Child and Youth Care. UBC, 1993).

We plan the programming in conjunction with the participants and ensure the methodology applies best practice standards.

Early intervention family support is based on the belief that the parent is the key person to influence a child's development and life. Parents ultimately want what is best for their children but may often feel overwhelmed, defeated and unable to properly care for their family. Families



who participate in our programs are open to the support provided by the Family Support Workers who actively work to address the root issues facing the family. Early intervention research has clearly demonstrated that providing appropriate social supports to parents is a simple means of preventing and/or lowering the risk of child abuse and neglect.

As stated by Dr. Kenneth Barter, Chair and Child Protection, Memorial University of Newfoundland on June 8, 2001.

"...Family resource programs represent a community building/reclaiming approach to the protection of children from abuse and neglect within families and society."

This approach is widely supported in Family Resource Programs as identified by; Kyle, I., Kellerman, M. Case Studies of Canadian Family Resource Programs. Canadian Association of Family Resources Programs: Ottawa. 1998.

"'Family Support' provides parents and communities with the resources and supports they need to succeed in raising healthy, responsible, productive, joyous children. 'Family Support' is a holistic approach to social services delivery 'based on systemic and interdependent nature of families' lives and the way families and their members are affected by the communities they live in."

As a Family Resource Centre, Norwood has the capacity to utilize a wide range of community resources to promote and support children, youth, adults, families, and community. The activities are driven by participant needs and are sensitive to the diverse cultural and linguistic backgrounds of the families we work with. This service component provides a holistic approach to meeting the unique needs of the families in our community and focuses on the promotion of the families' well being as an extension of the child's well being.

**Goals of the Program:**

- To contribute to the development of children/youth social and personal growth
- To encourage youth and parents increase their knowledge and participation in the community
- Children/youth have healthy relationships
- Positive interactions between parents and their children
- Parents will enhance their parenting skills, social supports, and knowledge of child development to promote healthy child development, healthy attachments and interactions with their child, and ensure all children are safe and have the best possible start in life
- Families experience increased supports and have better access to resources



### NCFRC - Program Logic Model – Child & Youth

Inputs	Activities	Outputs	Short Term Outcomes	Medium Term Outcomes	Long Term Outcomes	Indicators	Tools
Child & Youth Workers Family Support Workers Program Manager Families Children  Partnerships  Funding: Region 6 FCSS Other	Providing age appropriate activities for children ages 5-13, that stimulate their cognitive, social, and emotional development  Creating programming that meets the diversity of needs represented in the communities we serve  Providing multicultural activities for children ages 5-13  Developing partnerships with other organizations	# of Child ages 5-13 years that attend the Child & youth Program  # of field trips offered  # of activities provided that encourage both parent and child participation  # children involved in community activities  # of children ages 5-13 who participate multicultural activities  # of partnerships created with other organizations	Children and youth have improved self esteem and confidence  Children and youth increase their knowledge of positive social behaviors  Families experience positive social interactions together  Increased knowledge and comfort with others and their culture  Children and youth are involved in community activities	Children and Youth gain a positive self-identity  Children and youth increase their positive social behaviors  Children and Youth increase their awareness of their community  Children and Youth are contributing and engaged with their community	Children and Youth have developed sense of belonging and self worth in their families and community	70% of the participants indicate that they have increased confidence in his/her abilities  70% of the participants show an increase in knowledge regarding positive social behaviors  70% of the participants indicate they have improved their ability to interact with others  70% of children and youth indicate that they have increased knowledge about other cultures  70% of children and youth actively involved in community activities  70% of youth volunteer in the community	Year end evaluations, participant satisfaction surveys, verbal feedback, staff observations.

## Program Logic Model - Child and Youth/Family Support

Inputs	Activities	Outputs	Short Term Outcomes	Mid Term Outcomes	Long Term Outcomes	Indicators	Tools
<p>Family Support Workers Program Manager Literacy Worker</p> <p>Funding:  Region 6 FCSS United Way ECALA</p> <p>Partners: Success by Six City of Edmonton</p>	<p><b>Family Support</b></p> <p>Intake interview</p> <p>Family Plans- staff and families develop plans outlining identified family strengths (i.e. supports), needs/goals, action plan (i.e. next steps/referrals)</p> <p>Implementation support</p> <p>Follow-up</p> <p><b>Family Involvement</b></p> <p>Parent groups</p> <p>Parents given opportunities to participate in program delivery</p> <p>Support of parents' community involvement</p>	<p>#/% of parents with identified goals</p> <p># of contacts with families</p> <p># of referrals</p> <p># of parent groups provided</p> <p># of parents attending parent groups</p> <p># of Parent Advisory Committees offered</p> <p>% parents/families with increased community involvement</p> <p>% of parents identifying improved relationships</p>	<p>Families identify goals</p> <p>Parents have increased knowledge of parenting skills</p> <p>Parents increase skills in positive parenting</p> <p>Parents increase awareness of community resources</p> <p>Parents increase their feelings of being supported</p> <p>Parents experience a reduction in stress</p>	<p>Parents have more confidence in their parenting</p> <p>Parents have a better understanding of how to help their child develop and learn</p> <p>Parents increase access to needed resources</p> <p>Families identify a decrease in isolation</p> <p>Parents have increased participation in community programs and activities</p>	<p>Parents are able to promote their children's development and have increased capacity within their community to access resources</p> <p>Parents will experience reduced rates of stress and isolation and increased skills and confidence in the areas of family development and parenting which will reduce the incidence of abuse and neglect.</p>	<p>70% of parents indicate that they have increased their knowledge of parenting skills</p> <p>70% of parents indicate they have a better understanding of how to help their child develop and learn</p> <p>70% of parents indicate they are doing more to keep their child healthy</p> <p>70% of parents report that their participation in community programs and activities has increased</p> <p>70% of parents indicate that they feel less stressed as a result of their involvement in the program</p>	<p>Family/Parent Survey, Staff Reports/Observations</p>