Our Impact by the Numbers

144 Family Development faculty and staff working together to deliver quality education programming to families and practitioners throughout Minnesota.

43,749 People directly participated in our programs and education opportunities.

With 49 percent of adult participants representing racially/ethnically diverse populations.

313,519 People reached through our website, publications, social networking and more. That's enough to fill the Target Center over 16 times.

6,628 Volunteer hours from partner organizations and individuals dedicated to helping Minnesota families.

103 Journal articles, evaluation reports, curricula and other publications that reach thousands of people in Minnesota and Nationwide.

Examples of Family Development Programs Delivered

- Family Resiliency
  - Recovery After Disaster: The Family Financial Toolkit
  - Dollar Works 2: A Personal Financial Literacy Program
  - Your Money, Your Goals
  - RentWise: A Tenant Education Program
  - Smart Choice Health Insurance© Minnesota
  - Who Gets Grandma’s Yellow Pie Plate™
  - Parents Forever™
  - Co-Parent Court
  - Padres informados jóvenes preparados
  - Lessons from the Field
  - Powerful Tools for Caregiving
  - Healthy Bodies, Healthy Minds, Healthy Learners
  - Partnering for School Success
  - Open Doors with Higher Education
  - Military Families Education
  - 4-H Consumer Decision Making Contest
  - Targeted Food Marketing to Youth Online Course

Health and Nutrition

- Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- Expanded Food and Nutrition Education Program (EFNEP)
- Cooking Matters© MN
- Energizers
- Farm to School Education
- Minnesota Toolkit for School Food Service
- Nutrition Building Blocks for Great Trays$
- Individuals and Communities Acting Now to Prevent Diabetes

Contact us to Learn About Our Programs

To learn more about the University Of Minnesota Extension Center for Family Development, visit us at www.extension.umn.edu/family/ or contact Karen Shirer, Associate Dean, at shire008@umn.edu or 612-626-3971.

Family Development Funding (in millions)

- SNAP-Ed $8.4
- State $3.3
- County $0.1
- Federal ($L) $0.06
- Grants $1.2
- Other $5.6
- Income $0.4

Minnesota families have many strengths but sometimes they face challenges and look for opportunities for growth. The Extension Center for Family Development works with families to meet these challenges and opportunities. This report highlights our work in 2014 in the areas of health and nutrition and family resiliency.

— Karen Shirer, Ph.D., Associate Dean

Extension Center for Family Development 2014 Annual Report

Making a Difference in Minnesota: Environment + Food & Agriculture + Communities + Families + Youth

Extension makes a difference by connecting community needs and University resources to address critical issues in Minnesota.

© 2015, Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 612-626-6602. Visit www.extension.umn.edu/family to learn more about Family Development programs.
Online Divorce Education Course Grows in Popularity, Shows Results

ParentsForever™ is an 8-hour education course to give divorced or otherwise-separated parents skills and information on parent-child relationships, co-parenting, and self-care. The course aims to reduce the risks associated with the family transition that occurs after divorce or other type of separation, as well as promote family resilience. In 2012, the Supreme Court of Minnesota asked the Center for Family Development to adapt the in-person ParentsForever™ program to an online format. Participation in the online program has grown every year since its creation, with 1,369 people taking the course in 2014 and larger numbers expected in 2015.

Research shows the online course is effective in helping divorced and separated parents better handle the transition. Participants who take the course are asked to take a pre-survey, a post-survey, and a 6-10 month follow-up survey. Analysis of survey responses from the launch of the online course found that 6-10 months later, participants reported significant improvements in several areas:

- Increased ability to control angry or negative responses when communicating with the other parent.
- Reduced level of conflict with the other parent, as observed by their children.
- Greater feelings of well-being compared to others going through the divorce process.
- Increased ability to cope with their own experiences of divorce.

Education and staff have written and are writing several more journal articles based on this data. One example is “Parents Forever™: Evaluation of an Online Divorce Education Program,” which was recently accepted for publication in the Journal of Divorce and Remarriage. z.umn.edu/parentsforever

Expanding EFNEP's Reach

During 2014, Minnesota’s Expanded Food and Nutrition Education Program (EFNEP) continued efforts to expand work with parents and started placing greater emphasis on working with older youth. Recent emphasis on reaching immigrant audiences has opened up avenues of communicating with parents and their children, opportunities for collaboration, and understanding the positive impact new techniques can have with these families. Participants improved food purchasing and preparation habits and strived to increase consumption of a variety of vegetables and fruits while increasing their physical activity. z.umn.edu/efnep

Community Mentorship Program Boosts Financial Literacy

University of Minnesota Extension partners with the Minnesota Council on Economic Education to implement the Community Mentorship Program (CMP), which seeks to build the capacity of community agencies to conduct their own culturally sensitive financial literacy training for diverse and underserved populations. Since CMP’s inception in 2005, 80 participating agencies have conducted nearly 160 financial literacy programs for about 2,000 low-income Minnesotans of diverse cultures and ethnicities. Participants report significantly higher satisfaction with their current financial situation and more capability to manage their debt and saving money for financial emergencies. z.umn.edu/urn

Partnership Builds a Better Learning Space for Kids

Thanks to the incredible work and dedication of over 55 active partners and the generous funds provided by the Extension Issue Area Grant, our Children, Youth & Family Consortium partnered to create an innovative learning space for children at Bruce Vento Elementary School in Saint Paul. The project capitalized on the strengths of school staff and community leaders, as well as University of Minnesota faculty, staff and students to enhance learning opportunities for students by creating a calming room at the school.

Calming rooms are used as safe places for students to practice skills aimed at regulating their behaviors and emotions when they are having difficulty in the classroom. The design of these spaces contribute to fewer numbers of behavioral outbursts requiring lengthy removal from classrooms and the use of other harsh disciplinary measures. College of Design students worked with the behavioral staff at Bruce Vento to design the calming room. z.umn.edu/urn

Leading the Way in Financial Recovery After Disaster

Natural disasters wreak havoc on families in many ways than one, and the frequency of natural disasters is increasing. It takes time for survivors to recover emotionally and financially. That’s why staff and educators from the Center for Family Development conducted a webinar series from November 2013 to March 2014 that prepared professionals to assist individuals and families with disaster financial recovery. More than 350 people from 44 states and abroad participated, with positive evaluations. The archived webinars are available on the Family Development website.

In addition, we developed a series of videos entitled “Financial Recovery After Disaster” for disaster professionals and volunteers to use in the field following a natural disaster, as well as for individuals to view on their own. Adapted from the disaster recovery toolkit we developed, the videos outline issues that survivors need to address immediately after a disaster occurs. These issues include understanding and finding help for the financial implications, choosing from disaster assistance options, and more. The videos were made possible through a Smith-Lever Special Needs Program grant (sponsored by the U.S. Department of Agriculture’s National Institute of Food and Agriculture) to University of Minnesota Extension and North Dakota State University Extension Service. z.umn.edu/urn

New Website Launched for Families

In September, the Center proudly launched a new section of our website, Live Healthy, Live Well is a collection of tools and resources developed by Extension professionals that help Minnesota families make smarter choices about their bodies, homes, children, and futures. From dealing with stress, to eating smarter or developing a health care directive, Live Healthy Live Well provides quality information in one easy-to-navigate place. z.umn.edu/livehealthywell

A Unique Pairing for Healthier Cooking in Benton County

Community Nutrition Educator Dianne Davis-Kenning was preparing to conduct her first program at Journey Home, a program for women overcoming drug addiction in Benton County, when some of the participants told her the cafeteria served one of their favorite meals, grilled cheese sandwiches and tomato soup. Following up, Dianne learned that the sandwiches were prepared using white bread, so after notifying the program’s director, she talked to Joel, the contract food service provider, about adding healthier foods to their menu. Joel welcomed Dianne’s assistance in adjusting recipes and adapting healthier food options, and he soon began replacing some high-sugar cereals on the menu with whole grain options.

Through her interaction and partnership with Joel, Dianne has helped rework several menu items at Journey Home, adding recipes loaded with fruits, vegetables and whole grains that are also lower in fat. Because of his experience with Dianne, Joel also has switched to using whole grain bread at another organization where he prepares meals. He says that knowing more specific ways to improve the quality and health of food has inspired him to incorporate these ideas in all his cooking. z.umn.edu/urn

Study Shows Positive Effects of SNAP-Ed Instruction on Youth

During the school year 2012-2013, nearly 400 third-grade students across Minnesota attended Extension nutrition education classes called “Go Wild with Fruits & Vegetables” led by trained SNAP-Ed educators. The goal was to positively influence children’s attitudes and behaviors about eating fruits and vegetables. A recent study of the program showed that children taking the classes ate more fruit over the long term and more vegetables in the short term. The study also showed that children transferred what they learned to other family members beyond healthy eating to related habits, such as participating in community gardens, helping with meal preparation, and more. Working at the school level magnified the positive effects of the SNAP-Ed instruction. z.umn.edu/urn
Online Divorce Education Course Grows in Popularity, Shows Results

Parents Forever™ is an 8-hour education course to give divorced or otherwise separated parents skills and information on parent-child relationships, co-parenting, and self-care. The course aims to reduce the risks associated with the family transition that occurs after divorce or other type of separation, as well as promote family resilience. In 2012, the Supreme Court of Minnesota asked the Center for Family Development to adapt the in-person Parents Forever™ program to an online format. Participation in the online program has grown every year since its creation, with 1,569 people taking the course in 2014 and larger numbers expected in 2015.

Research shows the online course is effective in helping divorced and separated parents better handle the transition. Participants who take the course are asked to take a pre-survey, a post-survey, and a 6-10 month follow-up survey. Analysis of survey responses from the launch of the online course found that 6-10 months later, participants reported significant improvements in several areas:

- Increased ability to control angry or negative responses when communicating with the other parent.
- Reduced level of conflict with the other parent, as observed by their children.
- Greater feelings of well-being compared to others going through the divorce process.
- Increased ability to cope with their own experiences of divorce.

Extension educators and staff have written and are writing several more journal articles based on this data. One example is “Parents Forever™: Evaluation of an Online Divorce Education Program,” which was recently accepted for publication in the Journal of Divorce and Remarriage.

Partnership Builds a Better Learning Space for Kids

Thanks to the incredible work and dedication of 55 active partners and the generous funds provided by the Extension Issue Area Grant, our Children, Youth & Family Consortium partnered to create an innovative learning space for children at Bruce Vento Elementary School in Saint Paul. The project capitalized on the strengths of school staff and community leaders, as well as the University of Minnesota faculty, staff and students to enhance learning opportunities for students by creating a calming room at the school.

Calming rooms are used as safe places for students to practice skills aimed at regulating their behaviors and emotions when they are having difficulty in the classroom. The design of these spaces contribute to fewer numbers of behavioral outbursts requiring lengthy removal from classrooms and the use of other harsh disciplinary measures. College of Design students worked with the behavioral staff at Bruce Vento to design the calming room.

Community Mentorship Program Boosts Financial Literacy

University of Minnesota Extension partners with the Minnesota Council on Economic Education to implement the Community Mentorship Program (CMP), which seeks to build the capacity of community agencies to conduct their own culturally sensitive financial literacy training for diverse and underserved populations. Since CMP’s inception in 2005, 80 participating agencies have conducted nearly 160 financial literacy programs for about 2,000 low-income Minnesotans of diverse cultures and ethnicities. Participants report significantly higher satisfaction with their current financial situation and more capability to create a budget and pay their monthly bills. They also report increased confidence in managing their debt and saving money for financial emergencies.

New Website Launched for Families

In September, the Center proudly launched a new section of our website, Live Healthy, Live Well is a collection of tools and resources developed by Extension professionals that help Minnesota families make smarter choices about their bodies, homes, children, and futures. From dealing with stress, to eating smarter or developing a health care directive, Live Healthy Live Well provides quality information in one easy-to-navigate place.

Study Shows Positive Effects of SNAP-Ed Instruction on Youth

During the school year 2012-2013, nearly 400 third-grade students across Minnesota attended Extension nutrition education classes called “Go Wild with Fruits & Vegetables” led by trained SNAP-Ed educators. The goal was to positively influence children’s attitudes and behaviors about eating fruits and vegetables. A recent study of the program showed that children taking the classes ate more fruit over the long term and more vegetables in the short term. The study also showed that children transferred what they learned to other family members beyond healthy eating to related habits, such as participating in community gardens, helping with meal preparation, and more. Working at the school level magnified the positive effects of the SNAP-Ed instruction.

A Unique Pairing for Healthier Cooking in Benton County

Community Nutrition Educator Dianne Davis-Kennng was preparing to conduct her first program at Journey Home, a program for women overcoming drug addiction in Benton County, when some of the participants told her the cafeteria served one of their favorite meals, grilled cheese sandwiches and tomato soup. Following up, Dianne learned that the sandwiches were prepared using white bread, so after notifying the program’s director, she talked to Joel, the contract food service provider, about adding healthier foods to their menu. Joel welcomed Dianne’s assistance in adjusting recipes and adapting healthier food options, and he soon began replacing some high-sugar cereals on the menu with whole grain options.

Through her interaction and partnership with Joel, Dianne has helped rework several menu items at Journey Home, adding recipes loaded with fruits, vegetables and whole grains that are also lower in fat. Because of his experience with Dianne, Joel also has switched to using whole grain bread at another organization where he prepares meals. He says that knowing more specific ways to improve the quality and health of food has inspired him to incorporate these ideas in all his cooking.

Expanding EFNEP’s Reach

During 2014, Minnesota’s Expanded Food and Nutrition Education Program (EFNEP) continued efforts to expand work with parents and started placing greater emphasis on working with older youth. Recent emphasis on reaching immigrant audiences has opened up avenues of communicating with parents and their children, opportunities for collaboration, and understanding the positive impact new techniques can have with these families. Participants improved food purchasing and preparation habits and strived to increase consumption of a variety of vegetables and fruits while increasing their physical activity.

Leading the Way in Financial Recovery After Disaster

Natural disasters wreak havoc on families in more ways than one, and the frequency of natural disasters is increasing. It takes time for survivors to recover emotionally and financially. That’s why staff and educators from the Center for Family Development conducted a webinar series from November 2013 to March 2014 that prepared professionals to assist individuals and families with disaster financial recovery. More than 350 people from 44 states and abroad participated, with positive evaluations. The archived webinars are available on the Family Development website.

In addition, we developed a series of videos entitled “Financial Recovery After Disaster” for disaster professionals and volunteers to use in the field following a natural disaster, as well as for individuals to view on their own. Adapted from the disaster recovery toolkit we developed, the videos outline issues that survivors need to address immediately after a disaster occurs. These issues include understanding and finding help for the financial implications, choosing from disaster assistance options, and more. The videos were made possible through a Smith-Lever Special Needs Program grant (sponsored by the U.S. Department of Agriculture’s National Institute of Food and Agriculture) to University of Minnesota Extension and North Dakota State University Extension Service.

Agriculture) to University of Minnesota Extension and North Dakota State University Extension Service.

Center for Family Development 2014 Highlights

In June 2014, the Center proudly launched a new section of our website, Live Healthy, Live Well is a collection of tools and resources developed by Extension professionals that help Minnesota families make smarter choices about their bodies, homes, children, and futures. From dealing with stress, to eating smarter or developing a health care directive, Live Healthy Live Well provides quality information in one easy-to-navigate place. z.umn.edu/live

z.umn.edu/urn

z.umn.edu/parentsforever

z.umn.edu/ucx

z.umn.edu/live

z.umn.edu/urn

z.umn.edu/snapedmn

z.umn.edu/lhlw

z.umn.edu/ucc

z.umn.edu/urn

z.umn.edu/cmp

z.umn.edu/or

z.umn.edu/urs
Extension Center for Family Development
2014 Annual Report

Our Impact by the Numbers

144 Family Development faculty and staff working together to deliver quality education programming to families and practitioners throughout Minnesota.

43,749 People directly participated in our programs and education opportunities.

With 49 percent of adult participants representing racially/ethnically diverse populations.

313,519 People reached through our website, publications, social networking and more. That’s enough to fill the Target Center over 16 times.

6,628 Volunteer hours from partner organizations and individuals dedicated to helping Minnesota families.

103 Journal articles, evaluation reports, curricula and other publications that reach thousands of people in Minnesota and Nationwide.

Examples of Family Development Programs Delivered

Family Resilience
- Recovery After Disaster: The Family Financial Toolkit
- Dollar Works 2: A Personal Financial Literacy Program
- Your Money, Your Goals
- RentWise: A Tenant Education Program
- Smart Choice Health Insurance© Minnesota
- Who Gets Grandma’s Yellow Pie Plate™
- Parents Forever™
- Co-Parent Court
- Padres informados jóvenes preparados
- Lessons from the Field
- Powerful Tools for Caregiving
- Healthy Bodies, Healthy Minds, Healthy Learners
- Partnering for School Success
- Open Doors with Higher Education
- Military Families Education
- 4-H Consumer Decision Making Contest
- Targeted Food Marketing to Youth Online Course

Health and Nutrition
- Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- Expanded Food and Nutrition Education Program (EFNEP)
- Cooking Matters® MN
- Energizers
- Farm to School Education
- Minnesota Toolkit for School Food Service
- Nutrition Building Blocks for Great Trays®
- Individuals and Communities Acting Now to Prevent Diabetes

Contact us to Learn About Our Programs

To learn more about the University Of Minnesota Extension Center for Family Development, visit us at www.extension.umn.edu/family/ or contact Karen Shirer, Associate Dean, at shire008@umn.edu or 612-626-3971.

FAMILY DEVELOPMENT FUNDING (IN MILLIONS)

- EFNEP: $1.0
- SNAP-Ed: $8.4
- County: $0.1
- Grants: $1.2
- Income: $0.4
- Federal (S-L): $0.6
- State: $3.3
- Other: $5.6

Minnesota families have many strengths but sometimes they face challenges and look for opportunities for growth. The Extension Center for Family Development works with families to meet these challenges and opportunities. This report highlights our work in 2014 in the areas of health and nutrition and family resiliency.

— Karen Shirer, Ph.D., Associate Dean

Extension makes a difference by connecting community needs and University resources to address critical issues in Minnesota.