

Families First NC-Inc. is committed to strengthening families in and around our community. Our families deserve the best, so we offer a range of researched based best practice programs that yield positive outcomes for caregivers and their children. These programs include:



Provided within the Rowan-Salisbury elementary school system. The researched based **Second Step** program provides weekly lesson that practices the social-emotional skills necessary to promote empathy and prevent bullying behaviors.

*Families First (FF) provided 1,615 Pre-K thru first graders in 11 elementary schools the second step program

*Based on teacher pre and post survey results using the standardized DECA instrument 100% of sites reporting showed an overall increase in the social-emotional skills of the children



TPPI supports teenage parents with a program that helps teen parents prevent a repeat pregnancy, graduate from high school, keep themselves and their babies healthy, and build skills that will help them support themselves and their babies.

- * 20 teen parents received 103 visits and 14 group/school based parenting classes
- * 100% of teens responding reported that the program helped them to understand how a child learns and grows.
- * 100% of the teens reported that their TPPI educator helped them to feel more comfortable as a parent.



Strengthening Families
Program by Dr. Karol Kumpfer

The **Strengthening Families Program** (SFP) is a 14-session, evidence-based parenting skills, children's social skills, and family life skills training program specifically designed for high-risk families. Parents and children participate in SFP, both separately and together.

- * SFP served 23 youth from 17 families
- * 100% of parents reported improvement in positive parenting skills
- * 100% of parents reported seeing a positive change in their child
- * 88% of families reported improved communication and cohesion



Second Step, TPPI and Strengthening Families are funded in part by the Rowan County United Way



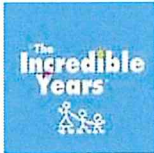
The **Visitation and Safe Exchange Program**, a member of the Supervised Visitation Network (SVN) ensures children can have safe, conflict-free access to parents and caregivers with whom they do not reside. Children who need these essential services may live with a parent who is in conflict with the other, in foster care or with a relative.

- * 107 families were served receiving 787 visitation/exchange contacts
- * 163 children were able to visit regularly with their non custodial parent.



Court Child Care ensures that young children have a safe and nurturing place to play while their parents or caregivers are conducting business in the rowan county court house.

- * 371 families representing 516 children were served
- * 1150 hours of child care were provided
- *75% of parents using the center reported they had no other child care option



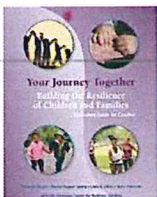
Incredible Years group sessions focus on: strengthening parent-child interactions, nurturing relationships, reducing harsh discipline, and fostering parents' ability to promote children's social, emotional, and language development.

- * 32 families, 32 target children and 35 parents were served
- * Based on pre/post test 88% of parents reporting indicated an improvement in their overall parenting and discipline practices



Second Step for early childhood is research based and classroom-tested to promote the social-emotional development, safety and well-being of children ages 3-5. This program is provided to Head Start centers and daycares in Rowan County and surrounding regions.

- *In the fourth year this program served 22 centers and 1107 pre-school children.
- *Using a standardized instrument 88% of sites reporting pre/post results indicated an overall improvement in the total protective factors; initiative, self-regulation and attachment. Additionally, at post-test all sites reported that between 84-86% of children showed typical or above typical behaviors in each area



Your Journey Together (YJT) is a program provided in conjunction with the Second Step for early childhood curriculum. YJT promotes the social and emotional well-being and resilience of vulnerable children and their families by focusing on empowering parents to promote safe, trusting, and healing environments.

- * 176 parents participated at 15 sites
- * 99% of parents reporting indicated that the class/topic was helpful and they could see themselves using the tools they learned going forward