

October 2011



The Bi-Monthly Broadcast

Welcome!

Welcome to the first edition of our bi-monthly digest! It is my hope that this newsletter will be just one of many valuable resources produced for service providers working with pregnant and parenting teens. I hope to include in the newsletter upcoming training opportunities and conferences, highlights of one of our programs, a focus on one of our core services or performance measures, and other resources that would be helpful to you. If you have ideas for other topics you'd like to see, please feel free to contact me at khart2@mt.gov or 406-444-9702. As always, thank you for all you do to support pregnant and parenting teens in Montana.

~ Kelly Hart, Healthy Montana Teen Parent Coordinator



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CORE SERVICE: FATHER INVOLVEMENT

Wondering how to include dads in your services or how to make your organization dad-friendly? Here are a few tips from presenters and attendants of the Fatherhood Summit, held in Helena September 21st and 22nd, to get dads to participate and feel comfortable coming to your organization (where appropriate):

- Include two spots on forms for both mom and dad to sign and provide their addresses. Be sure to include both in your mailings.
- Hire male staff if possible.
- Hang posters featuring dads in your lobby, hallways, or offices and include men in your flyers.
- Consider your materials— are

they all geared towards mom?

- Provide reading materials for men in your waiting areas. Consider expanding your magazine options.
- Be aware of any bias your staff have for gender roles, and reframe language as needed.
- Be aware of expectations of fathers and how they impact your services.
- To get dads involved in your programs, offer them a personal invite. If you have dads involved already, ask them to recruit other dads they know.
- Learn about the hobbies of your dads and ask them to

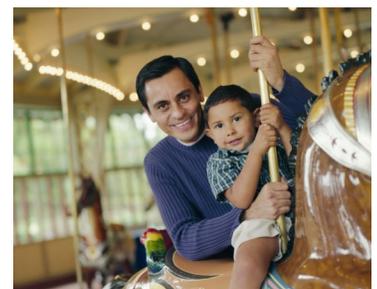
share those hobbies with children you serve.

- Offer activities just for dads and their kids.

To learn more about ways to get fathers involved, visit the following websites:

National Responsible Fatherhood Clearinghouse:
www.fatherhood.gov

Early Childhood Learning and Knowledge Center (Head Start)
www.eclkc.ohs.acf.hhs.gov



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Contractor's Corner

By Naomi Thornton, Futures Program Director



Futures, a program of Women's Opportunity and Resource Development, has provided important services for pregnant and parenting teens in Missoula County for over twenty-two years, long enough for the program to now be working with a second generation of teens in our community who find themselves facing early parenthood. The overall goal of Futures is to prevent the negative outcomes that are associated with early parenthood, including a greater risk of not graduating, living in poverty, and an increased likelihood of their children having more behavioral and health issues. From its modest beginnings, Futures has grown to be a model support program that reduces risk factors while helping to build protective factors for young parents enrolled in the program. Last year the program worked with 95 young mothers, 56 young fathers, and 128 babies of those families.

Futures promotes self-reliance by providing young parents with the information, opportunities, and support systems they need to reach their full potential. Program components include *case management and advocacy, educational counseling, job readiness training, home visiting, skill-building workshops, parenting support and child development education, specialized services for young fathers, recreational activities, leadership training, and drop-in services at our Young Family Resource Center*. Services are free of charge and transportation assistance and child care are provided for Futures activities. Workshops are designed to provide information that is developmentally appropriate for youth, taking a hands-on style of learning rather than lecture, and being

flexible to meet the needs of each individual or group. Many young parents remain in the program for multiple years until they age out. Transition services are available for an additional year. The program builds strong relationships with young parents and their babies, and many return over the years to check in and to tell us of their accomplishments.

To learn more about WORD or the Futures Program, visit: <http://wordinc.org/>

Learn more about the Futures Program and their work with teen dads at the upcoming Contractor's Meeting October 26th and 27th in Helena!

LEARN ABOUT THE YOUNG PARENTS' EDUCATION CENTER IN GREAT FALLS IN THE NEXT ISSUE!

Update: American Indian Needs Assessment



The Healthy Montana Teen Parent Program has been collaborating with Emily Matt Salois to assess the needs of pregnant and parenting American Indian teens around the state of Montana. A pilot needs assessment was initially completed with social work students at the Salish and Kootenai College in

Pablo. Based on the survey they formulated, a larger survey was developed and sent to 160 organizations. These organizations included tribal government programs, non-profit organizations, high schools, city-county health departments, and Head Start programs on or in the near vicinity of reservations, along with Urban Indian Health Centers and our contractors. The survey asked about types of services provided, in addition to identifying needs and suggestions for improvement. We had a 26%

return rate, with 41 surveys completed.

The plan is now in place for the next steps and we hope to get funding out to tribal communities early in the new year. Those next steps will be shared at the contractor's meeting.

We'd like to thank everyone involved in the needs assessment, but especially Emily Matt Salois for her time, energy, and patience, and for sharing her expertise with us to be better able to serve American Indian teens.

Healthy Adolescent Relationships



October is Domestic Violence Awareness Month. This is a good time to promote healthy adolescent relationships. I recently had the opportunity to attend a training on Healthy Adolescent Relationships in Washington, D.C. The trainers, from the Healthy Teen Network, had many valuable resources and lessons to share.

Adolescent relationships may be short or ever-changing, but that shouldn't take away the value from these relationships. It is important to consider what makes a healthy relationship and an unhealthy relationship. This may be a discussion that would be good to have with the teens that you serve. What do they think a healthy relationship looks like? What does an unhealthy relationship look like? What makes someone susceptible to an unhealthy relationship? Some resources to help teens decide how healthy their relationships are:

<http://www.teenrelationships.org/quiz/>

http://www.channelone.com/news/healthy_relationships

<http://www.loveisrespect.org/resource-center/does-your-relationship-need-a-makeover/>

It's also important to consider how a relationship changes after the birth of a child. For example, poor communication in a relationship may be amplified after the birth of a child.

Social networks like Facebook also play a role in the relationships of today's adolescents. A recent article in the New York Times highlights the importance of teaching youth how to end relationships respectfully:

<http://www.nytimes.com/2011/08/07/magazine/teaching-kids-how-to-break-up-nicely.html?scp=1&sq=teaching%20kids%20how%20to%20break%20up%20nicely&st=cse>

Another important consideration for teens is birth control sabotage. According to the National Domestic Violence Hotline, 1 in 4 callers report birth control

sabotage and pregnancy coercion. To learn more about this, visit:

<http://www.thehotline.org/2011/02/1-in-4-callers-to-the-national-domestic-violence-hotline-report-birth-control-sabotage-and-pregnancy-coercion/>

In addition to these resources, the Montana Coalition Against Domestic and Sexual Violence will present on the topic of Healthy Adolescent Relationships for the contractor's meeting in October. In the meantime, check out these resources for more information on adolescent relationships, domestic violence, and what you can do to be a part of Domestic Violence Awareness Month:

Montana Coalition Against Domestic and Sexual Violence: www.mcadsv.com

Montana Legal Services Association (*help with parenting plans, orders of protection, etc.*): www.montanalawhelp.org

Domestic Violence Awareness Project: <http://dvam.vawnet.org>

Healthy Teen Network: *Interpersonal Violence and Adolescent Pregnancy- Prevalence and Implications for Practice and Policy:*

<http://healthyteennetwork.org/vertical/Sites/%7BB4DoCC76-CF78-4784-BA7C-5D0436F6040C%7D/uploads/%7B035E2659-FD00-41B8-A195-49CDBA3059DF%7D.PDF>

Healthy Teen Network: *List of Healthy and Unhealthy Relationship Resources:*

http://healthyteennetwork.org/index.asp?Type=B_BASIC&SEC=%7B93D10D6F-011B-4718-AFF0-14836BE6098A%7D

Teen Relationships- You Deserve a Healthy Relationship!:

<http://www.teenrelationships.org/>

Training Opportunities

October

Healthy Teen Network- *Bridging the Gender Divide: Toward a Balanced Approach to Promoting Healthy Youth and Young Families*

October 11 – 17, 2011 • Pittsburgh, PA

<http://www.healthyteennetwork.org/>

MT Association for the Education of Young Children- *Montana: Creating a State of Well-Being*

October 14 – 15 • Bozeman, MT

<http://www.mtaeyc.org/>

Nurturing Adolescent Families- *Supporting Those Who Support Young Parents*

October 20 – 21, 2011 • Northglenn, CO

http://www.howtoreadyourbaby.com/NAF_conference.html

Services for Pregnant and Parenting Teens Contractor Training

October 26–27, 2011 • Helena, MT

November

Parents as Teachers- *Early Childhood's Role in the Education Continuum*

November 6 -8, 2011 • St. Louis, MO

http://www.parentsasteachers.org/images/stories/2011RegMailer_final_REVISED_small.pdf

Ellyn Satter Institute: *Raising A Competent Eater: What Does it Have to Do with Teens and Their Eating?*

November 18, 2011 • Helena, MT

INFO TO COME

Native Wellness Institute- *Leading the Next Generation's Healthy Relationships Training of Trainers*

November 29 – December 2, 2011 • San Diego, CA

<http://www.nativewellness.com/events/eventshome.html>

Native Wellness Institute- *Native Youth Leadership Training*

November 30 – December 3, 2011 • San Diego, CA

<http://www.nativewellness.com/events/eventshome.html>

December

Native Wellness Institute- *Adults Working with Native Youth*

December 1 – 2, 2011 • San Diego, CA

<http://www.nativewellness.com/events/eventshome.html>

National Indian Child Welfare Association- *Cross-Cultural Skills in Indian Child Welfare*

December 6 – 8, 2011 • Portland, OR

<http://www.nicwa.org/training/institutes/>