

The Bi-Monthly Broadcast

Hello and welcome to another edition of the Bi-Monthly Broadcast! Grant activities and services to young families are in full swing across the state. In June, I will begin visiting programs to see your sites and things in action. (Next year, I anticipate visiting in the spring when there are more teens around for activities.) I'm looking forward to hitting the road and spending time with each of you. And, we'll have the opportunity to visit if you are attending the post-conference of the Great Beginnings, Great Families Conference in Helena.

In this newsletter, you'll find a new co-parenting resource for young parents and a health resource for young men. Additionally, I've included contact information for the Workforce Investment Act Youth Programs around the state in case you are not already in touch with your local program. As usual, I've included information on upcoming trainings and conferences. Finally, you'll hear from Blackfeet Manpower about their work with the Teen Pregnancy and Parenting Coalition. As always, thank you for your commitment to young families.



~ Kelly Hart, Healthy Montana Teen Parent Coordinator

Co-Parenting Resource: The Young Parenthood Program

In April, the Office of Adolescent Health hosted a webinar on co-parenting. The presenters included staff from Child Trends and Dr. Paul Florsheim, the model developer of a resource called the Young Parenthood Program (YPP). Rigorously evaluated, the YPP, provides 60-minute sessions with individual couples over a 10-14 week period. It was developed for adolescent and young adult expectant mothers and fathers.

The YPP sessions focus on six objectives: introduction and engagement, identify strengths and goals, interpersonal skill development, role transitions, summary and preparation, parenting support and booster sessions. Through these, young parents work on a variety of skills including reflective listening, support, problem solving, stress management, acceptance, expressive, and family planning, in addition to minimizing negativity.

The YPP is a great resource for father engagement as well. In a study comparing participants of the program with a control group, improvements were seen in father engagement after 18 months in the group utilizing the Young Parenthood Program. Additional outcomes include an increase in relationship skills among mothers and fathers reporting improved relationships with their parenting partner.

To listen to the webinar and learn more, visit the Office of Adolescent Health Website: <http://www.hhs.gov/ash/oah/resources-and-publications/webinars.html>

The program guide, The Young Parenthood Program: A Guide to Helping Young Mothers and Fathers Become Effective Co-Parents by Paul Florsheim, can be purchased on Amazon.

Connect with Your Area Workforce Investment Act Youth Program

The Workforce Investment Act (WIA) Youth Program provides services to youth 14-21 to prepare them to either enter post-secondary education, training or employment upon completion of high school. Program eligibility includes the youth are between the ages of 14– 21, low-income and meet at least one barrier to employment, including pregnant or parenting.

Services offered by the WIA Youth Program include:

1. Tutoring, study skills training and instruction leading to the completion of secondary schooling including drop-out prevention strategies;
2. Alternative secondary school services;
3. Summer employment opportunities directly linked to academic and occupational learning;
4. Paid and unpaid work experiences including internships and job shadowing;
5. Occupational skill training;
6. Leadership development opportunities;
7. Supportive services;
8. Adult mentoring for a duration of at least twelve months, that may occur during and after program participation;
9. Follow up services for not less than 12 months after the participant completes the program; and
10. Comprehensive guidance and counseling, including drug and alcohol counseling and referral to counseling as appropriate to meet the needs of the participant.

To learn more about the Montana WIA Youth Program, visit <http://wsd.dli.mt.gov/wia/wiayouth.asp>, or contact your area service provider:

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Young Father Resource: The Partnership for Male Youth

The [Partnership for Male Youth](#) is a project of the [Boys Initiative](#), a non-profit focusing on underachievement among boys and young men. The Partnership for Male Youth was created to address the unmet health care needs of adolescent and young adult males.

In January, the Partnership for Male Youth released the [Health Care Provider Toolkit for Adolescent and Young Adult Males](#). The clinical toolkit is designed to address the unique health care needs of young men. It includes:

- A downloadable checklist for health care providers that covers nine domains including sexual and reproductive health, trauma, mental health, and substance abuse disorders,
- A compilation of suggested patient interview questions for each domain,
- Supporting materials for each domain consisting of background information, practice tools and references, and,
- A video library of Continuing Medical Education (CME) and patient education presentations on subjects covered by the toolkit.

Contractor Corner: Blackfeet Manpower By Alyssa Bosold, AmeriCorps VISTA

Background:

At the Blackfeet Community Hospital, the only hospital on the Blackfeet reservation, 12 percent of deliveries between 2012 and 2013 were teen deliveries. The Teen Pregnancy and Parenting Coalition (TPPC) was established in 2012 to address this high rate of teen pregnancy and support parenting Blackfeet teens. TPPC is a community partnership

focused on coordinating, establishing, and increasing access to culturally sensitive programs that promote healthy futures for pregnant and parenting teens. In addition to offering teens job readiness training, schooling, and childcare, TPPC also supports teens with referrals and transportation to reproductive and prenatal care facilities, access to counseling, and information about breastfeeding, and childhood nutrition.

Expansion Efforts:

With the help of funding from the Montana Department of Public Health and Human Services and the Office of Adolescent Health, TPPC has been able to expand our efforts and make progress towards a program that is more coordinated, personalized, flexible, and truly centered around the needs of pregnant/parenting teens. Highlights of our expansion efforts include implementing wrap-around case management, beginning a peer mentor program, starting new advertisement, education, and outreach efforts, and continuing breastfeeding support.

Specifically, we were able to hire Carol Williamson, the current TPPC Coordinator, to
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Teen Pregnancy and Parenting Coalition

serve as a full-time case manager for pregnant and parenting teens. With the help of AmeriCorps VISTA, Alyssa Bosold, TPPC has been collecting referrals from the Blackfeet Community Hospital Women's Health Clinic, scheduling case management appointments and entering case notes into a database that is shared by members of the TPPC such as the Blackfeet WIC program, The Browning High School Parent Outreach Program, and Indian Health Services (IHS).

Case management appointments are designed to help teens to set personal goals and connect them with the resources they need to achieve those goals. We are also in the beginning stages of implementing a wrap-around case management approach, where we will discuss the needs of specific teens at our monthly TPPC meetings. So far, we have 8-10 teens who are active in our case management

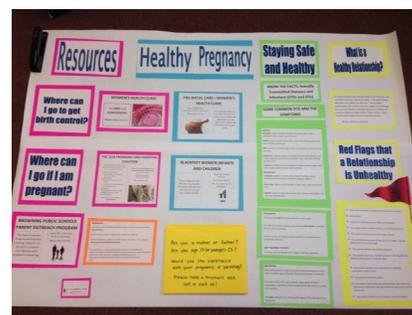
program, and we are continuing to recruit.

In addition to our focus on case management, we have also hired two peer mentors who will be facilitating pre-natal and parenting support groups for teen clients in our program. We plan to utilize the March of Dimes Becoming a Mom curriculum and Coming of the Blessing materials to train our peer mentors and prepare them with the language and information they need to facilitate group discussions. The expert members of TPPC will also work to train peer mentors and provide them with advice and resources.

In terms of education and outreach, TPPC has created educational bulletin boards and fact sheets for the Alternative High Schools and the Middle School in our community. We organized a sex-education and healthy relationships presentation that discussed the resources provided by TPPC. Two TPPC members, Margaret Anne YellowKidney, from the IHS Women's Health Clinic, and Alyssa Bosold, gave the presentation at Project Choices Alternative High School. We are also beginning more nutrition education for pregnant and parenting mothers and have created a fact sheet to distribute to our clients as well as primary care providers.

Along with starting new programs, TPPC is improving the services that we currently offer. For example, Carol Williamson has been continuing to promote

breastfeeding in our community with the help of five certified lactation counselors (CLCs). She has also helped pregnant and parenting teens to access breast pumps, cribs, and other supplies that they need. As a result of these efforts, Carol and IHS Public Health Nutritionist/CLC, Kirsten Anderson, were invited to present TPPC's work at the First Annual National Conference on Maternity Care and Infant Feeding in Indian Country.



A completed bulletin board

Future Goals:

While we have made significant progress, we hope to step up our efforts and reach new goals in the months and years to come. TPPC's future goals include implementing a fatherhood involvement program, training our coalition members in the Parents as Teachers Model and starting individual and group parenting classes, and tailoring our existing GED tutoring program to the needs of parenting teens by hiring tutors to staff evening and weekend classes.

In July, TPPC will also be receiving a \$2,500 grant from the Montana Chapter of the March of Dimes to implement culturally appropriate education about substance abuse *(continued on next page)*



Alyssa Bosold putting together a bulletin board

during pregnancy. Informal chart reviews reveal that 44% of all births on the Blackfeet Reservation each year are exposed to drugs/alcohol in utero. Our project will focus on designing educational materials that are culturally appropriate, informative, and engaging. Our goal is to more successfully connect with Blackfeet women and begin a concerted, community approach to preventing inter-uterine drug exposure.



Carol Williamson and Dan Crawford

Ultimately, we have seen the positive difference that our services can make in the lives of individual teens. As a coalition, we have

helped mothers and fathers to successfully graduate from high school, have watched parents grow and learn within our program, and have prepared new mothers for

their first pregnancy. Thanks to funding from the Montana DPHHS, we have the opportunity to increase our impact, continuing to make a difference in the lives of teen parents and working to foster a community of support for our pregnant and parenting teens.

For more information on the Teen Pregnancy and Parenting Coalition, contact Carol at carolwlmson@yahoo.com or by phone at 388-3821.

UPCOMING TRAINING OPPORTUNITIES

*Have training opportunities to share? Send them to Khart2@mt.gov *

June

Montana DPHHS—*Helping Children to Eat and Grow Well* (Ellyn Satter Institute)

June 10, 2014 • Bozeman, MT

<http://www.dphhs.mt.gov/hcsd/childcare/cacfp/index.shtml>

July

Certified Lactation Counselor Training

July 21 – 25 • Missoula, MT

<http://www.co.missoula.mt.us/healthservices/EatSmart/breastfeed.htm>

August

White Earth Child Care Program —2014 Communities Collaborative Conference “Empowering Our Children”

August 13–14, 2014 • Mahanomen, MN

<http://www.whiteearthchildcare.com/conference.html>

September

National Indian Child Welfare Association—Positive Indian Parenting, ICWA Basics, Advanced ICWA

September 8-10, 2014 • Portland, OR

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

This publication was made possible by Grant Number 6 SP1AH000023-01-01 from the HHS Office of Adolescent Health. Contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services or the Office of Adolescent Health.