Year: 2018

Title: Tennessee Families

Issue:
Vol County FCS Focus Group met May 2015 and asked “What must UT/TSU Extension family and consumer sciences do in the future to remain relevant to the needs of Vol County?” The group identified the following issues to address: good nutrition, health literacy, and human development topics (Girl Talk, How to Avoid a Jerk, and parenting education).

The Vol County FCS Advisory Group met on October 13, 2017. There were 12 partners in attendance. This group identified Community Health, Family Economics and Human Development as the top three FCS Knowledge areas needed.

- **Community Health**: SNAP education, food shopping, food preparation, healthy lifestyles
- **Family Economics**: affordable housing, job readiness, basic financial ed., setting financial goals
- **Human Development**: parenting, discipline, social media, manners/etiquette, bullying

Agent met with Marcie Castleberry, M.D. from Rocky Top Medical Center on October 13, 2017. Attending as a pediatric specialist for more than 20 years, Castleberry is interested in partnering with agent to offer Girl Talk at MMC, saying that she is not aware of another program like this being offered in our area.

Parents with enough money to be comfortable while raising their families are more likely to show more warmth and affection, talk to their children more, be more democratic, be receptive to their children's opinions, and stress creativity, independence, curiosity, ambition, and self-control. Parents who are experiencing "financial strain, depression and anxiety, marital discord and disrupted parenting due to their circumstances may be harsher with, less supportive of, and more detached from their children" (Ryan, Fauth, & Brooks-Gunn, 2006, p. 329). Source: Poverty and The Effects on Children and Parents, By A. Driscoll/N.G. Nagel, Pearson Allyn Bacon Prentice Hall, [www.education.com](http://www.education.com)

The census survey found an estimated 13 percent of Vol County residents live below the poverty level in 2006. In Rocky Top, 14 percent of the population lived in poverty, compared to the national average of 13.3 percent. In Vol County, 17 percent of children under 18, 11 percent of people over 65 and 8 percent of all families lived below this level. Moreover, 28 percent of the county’s single mothers lived in poverty in 2006. The numbers are as dire for Rocky Top with 18 percent of the population living in poverty. With 17 percent of children, nine percent of seniors, 11 percent of families and 34 percent

Cultural Heritage Tourism is the largest growing segment of the tourism market and is the #3 top tourism activity in the USA – Shopping and Dining are #1 & #2 according to the U.S. Dept. of Commerce/OTTI Studies. Vol County is currently ranked 8th in the state for tourism dollars with $331.89 million in travel expenditures, along with a 4.9% increase (2015-2016) compared to the state’s 4.7% growth. Cultural Heritage Tourism preserves and protects resources, focuses on authenticity and quality, and makes use of collaborate partners (National Trust for Historic Preservation). Agent works with an Extension committee of volunteers who manages the Vol Quilt Trail as a Cultural Heritage Tourism and community and economic development program. Agent also works with FCE Club members who host the International Folkfest dancers.

Volunteers are utilized in the Family and Consumer Sciences program to:

Ø build diversity in programming

Ø enhance the quality of the educational experience offered

Ø provide learning opportunities to a larger number of clientele in Tennessee

The quality and expansion of the FCS program depends on adult volunteers to assist with educational program implementation, fund development, organization of events and activities, marketing and making recommendations for improvement based on county needs. Involvement creates community ownership in FCS programs. Social networks form through projects and programs where meaningful interactions between adults occur. This interaction helps develop resiliency, become a part of the Extension community, and accept community values.

Plans for Reaching Diverse Audiences

- Publicize all programs in the local media.
- Present programs in facilities that are accessible to senior citizens and/or minorities.

What has been done:

<table>
<thead>
<tr>
<th>Direct</th>
<th>Number of Contact Methods</th>
<th>Number of Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>10</td>
<td>39</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>58</td>
<td>1380</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>54</td>
<td>983</td>
</tr>
</tbody>
</table>
On-Site Visits (Farm, Home, and Workplace)
Subtotal: 125 2408

Indirect
Exhibit(s) 4 500
Newspaper Article(s) 1 3000
Other 1 20
Publication(s) 18 383
Radio Program(s) 2 5000
Social Media 50 4900
Subtotal: 76 13803
Total: 201 16211

What has been done (comment):

- "18 Years from Now" intentional parenting program from Together We Can presented to Whitworth Buchanan Middle School Parent Teacher Organization with 12 in attendance
- ACEs program at St. Claire Senior Center, 7 in attendance
- Avoid a Jerk was implemented at Family Advocates of Rocky Top group with four mothers attending
- Bookworms - Book Club started with adult learners with 9 attending bi-monthly discussion groups. Six meetings were held with discussion led by Extension volunteer and/or Agent in partnership with Read to Succeed.
- Central Region FCE Leader Lesson Training implemented with 204 volunteers
- Love Languages, Parenting Apart, RELAX, mindfulness, Four Horsemen, Communicating through Conflict, Creative Writing, and Together We Can were used at the Vol County Day Reporting Center with an average of 16 in attendance at each meeting
- Creative Writing class held at St. Claire Senior Center, 8 in attendance
- Dating After 60, Avoid a Jerk relationship class with 9 in attendance at St. Claire Senior Center.
- FCE Leader Lesson Training implemented: Disaster Strikes, Student Loans, Public Policy with 27 attending
- In Her Shoes Domestic Violence simulation held in partnership with Domestic Violence & Sexual Assault Center with 48 participating
- Love Languages at FAM, 7 participants
- Love Languages with 13 in attendance at St. Claire Senior Center.
- Love Languages with Vol County 4-H Honor Club with 21 attending
- Love Languages with WBMS PTO with 9 participating
- Quarterly FCE County Council meetings are led by Extension volunteers with an average of 16 participating
• Declutter Your Life with 18 participants at the Central Region FCE Retreat
• Creative Writing class held at FCE club meetings as well as the Central Region FCE Retreat with 12 attending
• Quilt Trail Tour was held with 35 participating
• Adventures in Agriculture volunteer management, 26 members

Impact:

Community Leadership

Short-Term
• 84 of 84 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
• 84 of 84 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.

Intermediate
• The economic impact of Extension leadership programs was $0 in increased revenue, one-time capital improvements and secured resources.
• 84 of 84 participants surveyed increased personal involvement in community activities.

Interpersonal Relationships

Short-Term
• 0 of 0 participants committed to setting up a family spending plan with their future partner.
• 30 of 35 participants committed to spending more time talking to their future partner without distractions.
• 15 of 18 participants committed to talk to and listen to each other about their child-rearing practices/beliefs.
• 30 of 35 participants committed to trying to understand their future partner's perspective when having a disagreement.
• 16 of 18 participants improved their scores from pre- to post-test after completing the class.
• 15 of 15 participants indicated improvement in feelings of confidence that they know how to pace a growing relationship.
• 22 of 22 participants indicated improvement in identifying the things that are important to get to know about a partner.

Parenting

Short-Term
• 12 of 12 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
• 12 of 12 parents/caregivers learned about issues related to stages of child development.
• 0 of 0 parents of teens learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision making.
• 8 of 18 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building.
• 8 of 18 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested.
• 18 of 18 respondents plan to decrease exposure of their children to parental conflict.
• 18 of 18 respondents report understanding the importance of working together for the sakes of their children.
• 12 parents/caregivers learned effective communication techniques to use with their children.
• 18 parents/caregivers learned strategies for dealing with parenting stress.

Intermediate

• 7 of 14 parents/caregivers report an increase in use of appropriate child guidance techniques.
• 12 of 14 parents/caregivers report an increase in use of positive communication techniques with their children.
• 0 of 0 parents/caregivers reported reading at least three times per week to their children.
• 0 of 0 parents/caregivers reported visiting the library more than before the program.
• 14 of 14 parents/caregivers report feeling better about their abilities as parents.
• 12 of 14 parents/caregivers report feeling less stressed as parents.
• 11 of 14 parents/caregivers report showing increased affection toward their children.
• 0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program.

Tennessee Teens

Short-Term

• 0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
• 0 of 0 adolescents learned about the consequences of risky behaviors which could result in damaging their health.
• 0 of 0 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making.
• 0 youth now know the negative impact bullying can have on victims and on themselves.
• 0 youth understand the importance of showing positive emotions toward parents, adults and peers.

Impact(comment):

Agent has secured partnership with Rocky Top Medical Clinic to implement Girl Talk at their facility; however, the Girl Talk program was not implemented as planned.
"After attending this lesson, I understand that knowing love languages is very instrumental in having and thriving relationship. I will be implement these strategies with my children and family members." - FAM mother
"After taking this love language class, I am very excited to begin recognizing the love languages of my children & my partner." - FAM mother
"The Love Lady helped me with the upcoming holidays and how to talk to my family in love and stay calm or at least quiet." - Day Reporting Center participant

Funding:

**Federal Funds**
Smith-Lever b and c

**Other**
Regular State/County Extension Funds
User Fees

Scope:

Tennessee (state-specific)
State-wide

Contact:
Name
Unit      Vol
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Address - Line 2 Suite 110
City      Rocky Top
State     Tennessee
Zip       0000