Individual Action Agenda

Agenda Name:

Tennessee Families

Year:

2018

Number of Agent's days devoted to this program: 90

Base Program(s):

- Family and Consumer Sciences

Knowledge Area(s):

- Community Economic Development
- Human Development
- Volunteer Development/Management

Issue:

Tennessee families and individuals possess many assets that can help them overcome challenges to individual, family, and community well-being. Families and individuals who have the following protective factors tend to have stable homes in which members can thrive and achieve their potential:

- Nurturing and Attachment – Families in which parents/caregivers respond appropriately to their children and meet their basic needs result in positive and secure attachment and healthy brain development.
- Resilience – Individuals and families who have skills for managing their response to both crises and everyday challenges are able to navigate change and to provide stable environments for family members.
- Knowledge of Parenting and Child Development and Interpersonal Relationships – Families in which the parents/caregivers have knowledge of child development and effective parenting can provide appropriate care and guidance for their children and can recognize if their children have special developmental needs that need to be addressed. Individuals who possess knowledge of and skills to facilitate interpersonal relationships can sustain healthy relationships at work, in their families, and with their peers.
- Social Connections – Families and individuals who are connected to family (both immediate and extended) and to others in their communities have social support systems that can help meet emotional and physical needs and provide support and encouragement.
- Concrete Supports in Times of Need – Families and individuals who know how to access community resources in times of need are more likely to successfully handle adversity.
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

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 of single mothers living below the poverty line. Source: Rocky Top Post, Here’s the Top Ten Facts from Census Survey, by Michelle Willard, http://www.RockyToppost.com/here-s-the-top-10-facts-from-census-survey-cms-6590

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 collaborative 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.

**Plans for the Coming Year**

**Target Audiences:**

- 4-H
- General Public
- Limited Resource
- Professionals
- Volunteers
- Parents
- Families
- Child Care Providers
- Older Adults
- College Students
- FCE Members
- Children and Youth
<table>
<thead>
<tr>
<th>What</th>
<th>When</th>
<th>Where</th>
<th>How</th>
<th>Who</th>
</tr>
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<tbody>
<tr>
<td>Avoid a Jerk</td>
<td>January 29</td>
<td>St. Clair Senior Center</td>
<td>Group Meeting</td>
<td>Agent</td>
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<tr>
<td>Central Region Information Day</td>
<td>January 12</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>MyPI: Family Emergency Preparedness</td>
<td>March-April</td>
<td>Oakland High School</td>
<td>Multi-session</td>
<td>Agent, Teacher,</td>
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<td>group meetings, publications,</td>
<td>Volunteers</td>
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<td>Social media, email, exhibits</td>
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<td>County Council Meeting</td>
<td>January 20</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Mealtimes, Manners, Motivation</td>
<td>January 17</td>
<td>Lane Agri Park</td>
<td>Inservice</td>
<td>Specialist</td>
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<tr>
<td>Central Region FCE Board Meeting</td>
<td>February 21</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<td>Parenting Primer</td>
<td>February 8</td>
<td>Lane Agri Park</td>
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<td>Specialist</td>
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<td>Leader Lesson Training</td>
<td>February 6</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Me Inside of Me</td>
<td>February 22</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>FCE Volunteers, Agent</td>
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<tr>
<td>Love Languages</td>
<td>March 1</td>
<td>St. Claire Senior Center</td>
<td>Group meeting</td>
<td>Agent, Partner</td>
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<td>Book Club</td>
<td>March 22 &amp; 23</td>
<td>Lane Agri Park</td>
<td>Group Meeting, Flyer, Social Media, Email</td>
<td>Agent, Volunteers, FCE Volunteers</td>
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<td>Girl Talk too/Guy Talk</td>
<td>March 28</td>
<td>Lane Agri Park</td>
<td>Inservice</td>
<td>Specialist</td>
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<td>RELAX Anger Management</td>
<td>April 13</td>
<td>Lane Agri Park</td>
<td>Inservice</td>
<td>Specialist</td>
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<td>Central Region FCE Board Meeting</td>
<td>April 18</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>County Council Meeting</td>
<td>April 27</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<td>Vol County FCE Recognition Day</td>
<td>April 5</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Event Description</td>
<td>Month</td>
<td>Location</td>
<td>Type</td>
<td>Agent, Partner</td>
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<tr>
<td>RELAX Anger Management</td>
<td>May</td>
<td>Mental Health Consumer Association</td>
<td>Group meeting</td>
<td>Agent, Partner</td>
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<tr>
<td>Leader Lesson Training</td>
<td>May 1</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Girl Talk</td>
<td>May</td>
<td>Rocky Top Medical Clinic</td>
<td>Multi session Group meeting</td>
<td>Agent, Partner</td>
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<tr>
<td>Quilt Trail Committee Meetings</td>
<td>Monthly</td>
<td>Lane Agri Park, Riverdale High School</td>
<td>Group meeting</td>
<td>Agent, FCS Volunteers</td>
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<tr>
<td>Farm Bureau Women</td>
<td>Monthly</td>
<td>Farm Bureau</td>
<td>Group Meeting</td>
<td>Agent, Extension Volunteers</td>
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<tr>
<td>Avoid a Jerk</td>
<td>April</td>
<td>Doors of Hope</td>
<td>Multi-session Group meeting</td>
<td>Agent</td>
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<tr>
<td>Adventures in Agriculture</td>
<td>April</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Book Club</td>
<td>June</td>
<td>Lane Agri Park</td>
<td>Group Meeting, Flyer, Social Media, Email</td>
<td>Agent, Volunteers, FCE Volunteers</td>
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<tr>
<td>FCE Flower and Garden Show</td>
<td>June 15</td>
<td>Lane Agri Park</td>
<td>Group Meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Central Region FCE Board Meeting</td>
<td>July 18</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
</tr>
<tr>
<td>Cultural Arts Contest</td>
<td>July 14</td>
<td>Lane Agri Park</td>
<td>Group Meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>County Council Meeting</td>
<td>July 27</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Leader Lesson Training</td>
<td>August 7</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Quilt Trail Tour</td>
<td>August 17</td>
<td>Lane Agri Park</td>
<td>Group Meeting</td>
<td>FCS Volunteers</td>
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<tr>
<td>Central Region FCE Board Meeting</td>
<td>September 12</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>FCE Week Promotion Event</td>
<td>October 9</td>
<td>Lane Agri Park</td>
<td>Exhibit</td>
<td>FCE Volunteers</td>
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<td>FCE Week Promotion Event</td>
<td>October 12</td>
<td>Lane Agri Park</td>
<td>Exhibit</td>
<td>FCE Volunteers</td>
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<td>FCE County Council Meeting</td>
<td>October 26</td>
<td>Lane Agri Park</td>
<td>Group meeting</td>
<td>Agent, FCE Volunteers</td>
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<tr>
<td>Girl Talk</td>
<td>October</td>
<td>Rocky Top Medical Clinic</td>
<td>Flyer, Social Media, Email, Multi-session</td>
<td>Agent, Health Dept. Educator, Doctors</td>
</tr>
</tbody>
</table>
Efforts will be made to reach minority or under served populations through current coalitions: Wellness Council, R-Connect, Rocky Top City Schools, North Vol Community Coalition, minority owned businesses and media outlets; free print media such as Vol County Extension Newsletter, St. Clair Senior Center newsletter The Leaf, Rocky Top Parent Magazine and Rocky Top VIP Magazine. Radio station WGNS. The county web site, Facebook page and posting of flyers in restrooms have proven to be an effective method for reaching the public.

**Quarterly -**

- Meet with FCS Advisory Committee in order to report and establish program focus. Invite minorities and underrepresented individuals to visit and join the FCS Advisory group in order to target their communities.
- Report to county agriculture committee on program accomplishments quarterly

**Partners/Resources**

**Collaborators/Partners/Resources:**

**Who will be involved in the planning, delivery and/or funding of the program?**

<table>
<thead>
<tr>
<th>Partner</th>
<th>Plan</th>
<th>Implement</th>
<th>Fund</th>
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<tbody>
<tr>
<td>Rocky Top Medical Clinic</td>
<td>X</td>
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<tr>
<td>Oakland High School</td>
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<td>X</td>
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<tr>
<td>Rocky Top Fire &amp; Rescue</td>
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<tr>
<td>Vol County Emergency Management</td>
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<td>MyPI National</td>
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<tr>
<td>Quilt Trail Committee</td>
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<tr>
<td>Vol County Chamber of Commerce</td>
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<tr>
<td>Doors of Hope</td>
<td>X</td>
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<tr>
<td>Mental Health Consumer Association</td>
<td>X</td>
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</tbody>
</table>
Middle Tennessee Electric
Membership Coop  X  X
Vol County Farmers’ Market  X  X
Shacklett’s Photography  X
Rion’s Flower Shop  X
Quilting Bee Quilt Gild  X  X
Farm Bureau  X  X
Riverdale High School  X
FCE Clubs  X  X  X
Fee Based Programs  X
Volunteers  X  X
Extension Specialists  X  X  X

Resources to be expended for this Agenda:
$1,000.00

Outcomes/Impacts

Target: I plan to target 100 participants for this program

Community Leadership

Short-Term
___ of ___ participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.

___ of ___ 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 $___ in increased revenue, one-time capital improvements and secured resources.

___ of ___ participants surveyed increased personal involvement in community activities.

Interpersonal Relationships

Short-Term
___ of ___ participants committed to setting up a family spending plan with their future partner.

___ of ___ participants committed to spending more time talking to their future partner without distractions.

___ of ___ participants committed to talk to and listen to each other about their child-rearing practices/beliefs.

___ of ___ participants committed to trying to understand their future partner's perspective when having a disagreement.

___ of ___ participants improved their scores from pre- to post-test after completing the class.

___ of ___ participants indicated improvement in feelings of confidence that they know how to pace a growing relationship.

___ of ___ participants indicated improvement in identifying the things that are important to get to know about a partner.
Parenting

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

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

Tennessee Teens

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

**Planned Evaluation Methods**

- Other
- End-of-Program Survey
- Follow-up Survey
- Pre/Post Test

**Briefly Describe Evaluation Plan**

Girl Talk – survey provided with curricula using SUPER Parenting indicators

Avoid a Jerk – agent will create Qualitric survey using SUPER indicators for Interpersonal Relationships

FCE Club Work – agent will collect data toward Community Leadership SUPER indicators using members’ CVU reports and the current market value of volunteer time in Tennessee

Quilt Trail and Cultural Heritage Tourism – agent will collect data toward Community Leadership SUPER indicators using surveys and reports from the Vol County Chamber of Commerce

**Funding**

**Federal Funds**

- Smith-Lever b and c

**Other**

- Regular State/County Extension Funds
- User Fees

**Unique Qualities of the Program:**

*Describe any qualities that would distinguish this agenda.*

* Describe any multistate or research collaborations.

**Scope:**

- Tennessee (state-specific)
- State-wide

**Status:**

- Rated, Locked