



Unity Care Parenting Navigation Program Local Evaluation Plan

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Proud Parenting Program

State of California, Board of State and Community Corrections

Project Background

- 1. Provide information essential to understanding the project and the need for the project (history in the community, an explanation of activities and/or services, description of similar efforts in the region, description of how the activities and/or services address the need, etc.).**

Unity Care Group (UCG) is a Black-led, 501(c)(3) non-profit organization founded in 1993 which primarily serves youth currently or formerly involved in the child welfare and juvenile justice systems in eight Northern California counties. UCG's over two dozen housing, community-based, and behavioral health programs are designed to help the most vulnerable youth succeed in becoming independent.

Needs: Numerous studies have shown that foster and former foster youth face an unprecedented set of challenges, including high rates of pregnancy, high rates of homelessness upon transition from foster care, high unemployment rates, and low educational attainment. Youth in foster care are disproportionately children of color and are disproportionately at risk for juvenile justice system involvement. A 2018 study [1] found that by age 17, over half of foster youth had experienced an arrest, conviction, or overnight stay in a correctional facility. Clearly, there is a significant portion of foster and former foster youth with a history of juvenile justice system involvement. Early pregnancy and parenting is a serious issue among foster youth: a study published in 2017 [2] found that 43% of participating females experienced one or more pregnancies during their teens, increasing to 49% when including pregnancies occurring by age 21. Of the males studied, 27.5% reported causing a pregnancy as a teen, increasing to 33% by age 21. Study participants who emancipated from foster care reported similar rates of pregnancy as those who did not emancipate. Early parenting in systems-involved youth increases the challenges for a population that already has many barriers to success. This data is consistent with conditions in California. The CalYOUTH study [3] found that 1/3 of female foster youth had been pregnant before age 18 and that by 19, the incidence increased to almost half, nearly twice the rate of non-foster youth of similar age and racial/ethnic composition. The poor outcomes experienced by systems-involved youth without intervention has motivated UCG to deliver effective services to them for decades. The opportunity presented by BSCC would allow us to enhance and provide further support for an even more vulnerable subpopulation of youth served.

Resources and service gaps: While there are parenting programs, including those for teens, in the Bay Area and wider Sacramento area, there is a gap in terms of effectively identifying parenting or expectant youth and thus providing services and links specifically designed for them. There are also gaps in helping youth navigate available positive parenting services.

Process for receiving input: UCG has strong partnerships with child welfare agencies and probation officers within the counties served and staff interact with them regularly. UCG also works collaboratively with a wide variety of other community-based service providers to identify and meet the needs of youth. UCG also solicits feedback after every interaction with youth program participants. Youth are also asked for input through quarterly satisfaction surveys. UCG's Executive Leadership Team studies input received to identify patterns and trends and discuss opportunities.

Data in support of need: Each county served by UCG has its own unique set of socioeconomic issues within a state that has one-third of the homeless youth population in the country. Per the CalYouth study, one in four California youth leaving the juvenile justice and/or foster care systems become homeless at transition and pregnancy is one of the major causes. The Bay Area, already one of the most expensive regions in the nation, experienced the highest increase in housing prices in the state, up 35% from 2020 to 2021, according to the California Association of Realtors (CAR). This increases challenges for at-risk youth as they struggle just to survive on a daily basis. COVID-19 drastically changed the landscape in the greater Sacramento area, which has experienced a 30% increase in median housing prices over the past year, according to CAR, as people move to the region from more expensive areas. Marginalized populations such as systems-involved youth often fall through the cracks as community-based agencies struggle to provide services while coping with the consequences of the pandemic. Conditions are exacerbated in the rural areas we serve. Placer and El Dorado counties are geographically large with far fewer supportive services than the Bay Area, greater distances in between service hubs, and an insufficient public transit system. Housing has become scarce and expensive. Safety net services for systems-involved youth are scarce even though El Dorado County has a higher foster care rate per 1,000 population than the state or any other county served by UCG [4].

2. Define the target population (e.g., gender, age, risk factors, prior involvement with the justice system).

UCG will serve youth and young adults ages 16-25 who have a history of juvenile justice involvement and are parents or expectant parents. Most will be "crossover" youth who also have a history of involvement in the child welfare system - our focus is on foster and former foster youth. The project will focus on the geographic regions of Santa Clara and San Francisco Counties, although where possible we will expand across additional agency jurisdictions.

3. Define the criteria used to determine participant eligibility of the target population.

Clients must be aged 16-25; and in or exiting from foster care or juvenile probation; and be pregnant/expecting and/or parenting at least one child whom they have responsibility over, or would like to be involved in their lives are eligible for participating in the program.

4. Describe the process for determining which intervention(s) and/or services a participant needs and will receive.

This program provides 4 primary services (described below) which all youth participating in the parenting program receive. Given the age and lack of a stable environment of our clients, most lack the basic skills required for independence and parenting. For this reason our support centers on providing skills for independence (as these are crucial for their ability to be supportive parents) and additional guidance and support that allows them to explore the type of parent they would like to be. All services are provided even if not solicited because our clients require this level of guidance. These goals and objectives, relate to the need and intent of the PPGP as follows: they are designed to: ultimately reduce risk factors for the population of focus and therefore decrease intergenerational cycles of abuse; reduce homelessness; and reduce justice system recidivism; the program framework incorporates evidence based and informed family-centered strategies and practices to help participants improve their parenting and co-parenting skills; and activities will help participants identify and access resources.

1. **Screening and Assessment:** All referrals to Unity Care will be screened for young parents who are expecting and parenting. Young parents will be screened into the parenting navigation program. A comprehensive assessment will be completed to review needs and services with a focus on parenting (parenting questionnaire, CANS/ANSA). Assessments are used to inform service planning, including parenting goals and scope of services. **All youth receive screening and assessment.**
2. **Service Planning and Goal Setting:** Young parents will determine what their parenting goals are along UC's five pillars of success model (housing education, employment, wellness, and connections and caring). Once goals are identified, the parenting coach will develop a service plan to ensure young parents meet their goals and are connected to appropriate services. **All youth receive service planning and goal setting.**
3. **Parenting Services Navigation:** Assisting participants in identifying and accessing community-based parenting resources and classes that meet their needs. Transportation and other support can be provided. **All youth receive parenting services navigation.**
4. **Parenting Coaching:** 1:1 parenting support based on identified needs. Transitioning to ongoing, "light touch" case management: provision of resources and links to address emerging needs, assistance with applying for benefits, Parenting Skills, Crisis Interventions, coaching to navigate systems and personal/child advocacy. **All youth receive parenting coaching.**

5. Provide a description of the goals and objectives identified in the Project Work Plan of the proposal.

Our parenting navigation program aims to increase protective factors that reduce the likelihood of negative outcomes for youth. It focuses on protective factors such as increasing parenting knowledge,

increasing access to supports, and increasing social connections for youth who are parenting. Below are our goals and objectives.

Goal 1: To improve outcomes and reduce justice system recidivism for the target population of young and expectant parents.

Goal 2: To reduce the negative outcomes associated with young parents or expectant parents involved in the juvenile justice and child welfare systems.

- Objective 1.1: By the end of services, parenting and expectant young people will report greater confidence in their parenting skills.
- Objective 1.2: Participants will report increased knowledge about available parenting resources and how to access them within 6 months of participation
- Objective 2.1: At program completion, participants will report improved ability to identify and access the services and systems available to assist them.
- Objective 2.2: Eligible participants will have accessed at least 1 needed service before program completion.

Process Evaluation Method and Design

Process Measurement: Target Population and Program Participation		
Process Measurement Learning Questions	Target Population and Program Participation	Data Sources
To what extent are we serving people who fit the definition of the target population?	For the Parenting program we will serve youth in or exiting from foster care and probation ages 18-25 who are in need of housing. We will collect participants’ demographic data (including sex, age, race/ethnicity, gender)	County Referral Forms Intake Forms
To what extent are participants receiving the program/services as it was designed?	Frequency & Duration of Coaching Sessions	Case Manager Contact Logs on AWARDS for Case Management notes Also tracked through 1:1 supervision meetings.

	Life Functioning Coaching (Pillars Wellbeing, Unconditional Care, Housing)	CANS/ANSA, Case Management Goal Note, Progress notes, parenting questionnaire
	Education and Employment Coaching (Pillars Education and Employment)	CANS/ANSA, Case Management Goal Note, Progress notes, parenting questionnaire
	Engagement/Retention	Length of Stay is Tracked on AWARDS
To what extent are participants making progress toward, and achieving, intended outcomes?	TAY are assessed upon entry into the program, and again every 6 months, and upon exit planning.	CANS/ANSA Assessment Tool used uniformly across the agency. At 30 days and then every 6 months. Tracked on AWARDS
	90% of youth experience improvement in at least one of the domains within the five pillars every six months while in the program.	CANS/ANSA Assessment Tool used uniformly across the agency. At 30 days and then every 6 months. Tracked on AWARDS
To what extent are we meeting 5 pillars of success goals: Housing; Education; Employment; Well-Being; and Unconditional Care (relationship building/ connection to needed services)?	100% of Participants should define goals in each of the five pillars upon entering the program. CM's should work to address these goals throughout the duration of a youths time in the program by making an intentional effort to discuss these topics in a consistent manner.	Case Management Goal Note, Progress notes, parenting questionnaire
To what extent are parenting and expectant young people reporting greater confidence in their parenting skills?	100% of TAY will be participating in activities that improves their parenting skills	Progress Notes, Survey Monkey at program completion.

<p>To what extent is the program increasing knowledge about available parenting resources for youth in or exiting from foster care/probation?</p>	<p>100% of TAY will be participating in activities that increases their knowledge of resources</p>	<p>Progress Notes, Survey Monkey at program completion.</p>
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Outcome Evaluation Method and Design

<p>Outcome Measurement: Target Population and Program Participation</p>			
<p>Outcome Measurement Learning Questions</p>	<p>Outcome(s)</p>	<p>Outcome Metrics</p>	<p>Data Source(s) We Have</p>
<p>To what extent is fidelity to the model happening across all counties within the agency?</p>	<p>Formalized internal procedure w/program timelines flow chart and who's responsible created and implemented across all counties.</p>	<p>Number of participants with documented completion of targeted tasks/interventions.</p>	<p>Progress Notes</p>
	<p>100% of youth have completed assessments per program timeline flowchart of activities.</p>	<p>Number of youth who have completed assessments</p>	<p>CANS/ANSA, parenting questionnaire</p>
	<p>90% of youth have met with their CM 1x weekly for 120min within the first 3 months and 60 min four months +.</p>	<p>Number of youth who have met w/their assigned CM 1x biweekly for 60 min. (minimum target)</p>	<p>Case Management Goal Note, Progress notes,</p>
<p>To what extent are youth making progress towards 5 pillars outcomes?</p>	<p>75% of TAY will make progress on the five pillars of success upon completion of the program.</p>	<p>Youth met 1:1 with coaches weekly for a minimum of 60 min. Youth create a goal in each of the 5 pillars they would like to work towards. Case managers complete the five pillars assessment every week to note progress towards youth meeting their goals.</p>	<p>CANS/ANSA, Case Management Plan, TILP, Case Management Goal Note, Progress notes, parenting questionnaire</p>

To what extent are youth making progress towards parenting outcomes?	75% of TAY will make progress on their parenting Goals	Youth will meet with case managers/coaches and fill out parenting questionnaires and develop parenting goals around increasing parenting skills and knowledge and access of resources.	Parenting Questionnaire and Survey Monkey at program completion.
Length of stay in program?	100% of Parenting TAY will be involved with the program for at least 3 months.	Intake Date / Discharge Date	AWARDS tracks intake date and discharge date

Information/Data Review Plan

Below we have defined our data review plan and process your.

Role	Information/Data Reviewed	Frequency	Process/Decision(s)/Action(s) Data Will Inform
Program Manager (PM)	Case management dosage and notes	2x/month	Supervision with CM; Explore barriers; Id youth to celebrate/support
	CANS Data	1x/month	Ensure Case Plan is completed; Data is entered for new youth
	Casey Life Skills Data	1x/month	Ensure Case Plan is completed; Data is entered for new youth; Supervision with CM; Explore barriers; Id youth to celebrate/support
	Five Pillars Domain Goals Tracking	2x/month	Supervision with CM; Explore barriers; Id youth to celebrate/support
	Program Participation	2x/month	Supervision with CM; id youth to celebrate/support
	Parenting Survey	Upon Exit	Consider Implications for Program Design
Case Manager (CM)	Case management dosage and notes	3x/school year	Check accuracy, inform reflection with PM
	CANS Data	Program Start the every 6 months	Check accuracy, inform reflection with PM
	Casey Life Skills Data	Program Start the every 3 months	Check accuracy, inform reflection with PM
	Five Pillars Domain Goals Tracking	1x/week	Check accuracy, inform reflection with PM
	Parenting Survey	Upon Exit	Consider implications for services delivery
	Program Participation	1x/week	Ensure youth engagement, inform reflection with PM
Impact & Outcomes Team	Case management dosage and notes	1x/month	Check for accuracy, Celebrate/course correct with program as needed
	CANS Data	1x/month	Check for accuracy, Celebrate/course correct with program as needed
	Casey Life Skills Data	1x/month	Check for accuracy, Reflect on barriers/facilitators; Celebrate/course correct with program as needed

	Five Pillars Domain Goals Tracking	1x/month	Check for accuracy, Celebrate/course correct with program as needed
	Parenting Survey	Quarterly	Check for accuracy, Reflect on barriers/facilitators; Celebrate/course correct with program as needed
	Program Attendance	1x/month	Check for accuracy, Celebrate/course correct with program as needed
Executive Management (CEO and Chief of Impact, Director of Programs)	Case management dosage and notes	High-level summary, Monthly Summary	Consider implications for implementation/design
	CANS Data	Monthly High-level aggregate scores report	Consider implications for implementation/design
	Casey Life Skills Data	Monthly High-level aggregate scores report	Consider implications for implementation/design
	Five Pillars Domain Goals Tracking	Monthly High-level aggregate scores report	Consider implications for implementation/design
	Post Exit Survey	High-level summary, 3x/year	Consider implications for implementation/design
	Program Attendance	Monthly High-level aggregate scores report	Consider implications for implementation/design
Board of Directors	Program Outcomes	High-level summary, 2x/year	Consider implications for resourcing
	Learning Questions Review	High-level summary, 1x/year	Consider implications for strategy

Endnotes

1. Midwest Evaluation of the Adult Functioning of Former Foster Youth, A Chapin Hill Center for Children at the University of Chicago study summarized in What is the Foster Care to Prison Pipeline? (Juvenile Law Center, May 2018).
2. Pregnancy and Childbearing among Young Adults who Experienced Foster Care published in Child Maltreatment, Volume 23 Issue 2, May 2018 (Massey, K.)
3. The California Youth Transitions to Adulthood Study (CalYOUTH) was conducted from 2012-2020 in collaboration with the California Department of Social Services and California County Welfare Directors Association, summarized in 2022 by Mark E. Courtney, Chapin Hill at <https://www.chapinhill.org/research/cal youth/>
4. Children in foster care - rate by county per 1,000 population data source: Webster, D., et al. California Child Welfare Indicators Project Reports. UC Berkeley Center for Social Services Research (July 2019).



Parenting Navigation
Transitional Aged Foster

PROBLEM STATEMENT: Early parenting in systems-involved youth increases the challenges for a population that already has many barriers to success.

PRIORITIES

- Considerations:
- Mission
- Vision
- Values
- Mandates
- Resources
- Political
- Climate/Local Dynamics
- Collaborations
- Competitors
- Intended Outcomes

