

# Rite of Passage

Adolescent Treatment Centers and Schools  
(ROPATCS)

**Proud Parenting Program**  
**Local Evaluation Plan**  
January 1, 2022 - December 31, 2024

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# PROJECT BACKGROUND

In November 2021, due to the success of its previous partnership with the Imperial County Probation Department and Community Based Organization (Rite Track) during the 2012-2021 grant cycle, Rite of Passage Adolescent Treatment Centers and Schools (ROPATCS) responded to a request for proposal (RFP) for the Proud Parenting Program Grant from the State of California Board of State and Community Corrections (BSCC) independently. The Proud Parenting Grant, previously known as the “Young Men as Fathers Program”, was established in 1997 under the California Youth Authority. In 2012, the BSCC assumed the grant responsibility. The program intends to support young parents ages 25 years or younger, who are or were involved in the juvenile systems and/or who are considered crossover youth within the child welfare system. Through the program, participants and their children will receive support to help increase their parent knowledge, positive parent-child interactions and improve co-parenting relationships. ROPATCS was one of the eight grantees awarded to launch program services between January 1, 2022, to December 31, 2024.

Each grant awarded was required to address eligible activities related to parenting services to young parents or expectant parents within the Imperial County who are or may be involved in local systems (juvenile, law enforcement, child welfare etc.). The Imperial County is home to approximately 102,553 residents, 80% of whom are from Latino descent, and has the highest teen pregnancy and unemployment rate in the State of California (*U.S. Census Bureau*). ROPATCS along with its community partners such as Rite Track Youth Services, Imperial County Probation Department, Imperial County Office of Education, proposed to provide cultural relevant, developmentally appropriate, and socio-economic life skills services to eligible youth with three goals as an objective:

**Goal 1: Improve Parenting Knowledge**

**Goal 2: Improve Workforce Employability Skills**

**Goal 3: Promote Healthy Families**

ROPATCS located in El Centro California and will address the goals and objectives around each of these identified goals, which are described in this evaluation plan. The goals and objectives were developed to help reduce the effects of negative parenting norms due to low social and economic backgrounds. Proud Parenting will provide services to 50 young and/or expectant parents aged 14-25 annually who reside within the Imperial County and meet the programs eligibility criteria.

The proposed goals and daily program services will be provided by a full-time bachelor’s level Project Coordinator and part-time Service Coordinator who are trained in various Cognitive Behavioral Therapy (CBT) curriculum-based interventions. The program’s general oversight will be provided by a Program Manager and Administrative employees. Working in collaboration with community partners and program staff the Proud Parenting program will correspond to the grants intended outcomes by prioritizing the following goals and objectives:

**Goal 1: Improve Parenting Knowledge**

ROPATCS is committed to providing prevention and preventative services to young and expecting parents by offering parents support and parenting skills. The program services will help parents identify the effects of negative lifelong impacts on children’s physical, mental and emotional

health by providing access to evidence-based parenting curricula. The program will offer two parenting training programs that are supported by data and have outcomes demonstrating improvements in general parenting skills, knowledge of child development and behavior, reduced parental depression and parental stress.

*Making Parenting A Pleasure (MPAP)* is a training program that promotes family resilience by bringing parents together to share and normalize their parenting experiences. Through MPAP, young parents will have the ability to learn typical early childhood development and parenting strategies, develop a support network and learn how to use other community resources around them. MPAP is a group delivered curriculum focused on strengthening five protective factors: 1) parental resilience, 2) social connections, 3) concrete support in times of need, 4) knowledge of parenting and child development, and 5) social and emotional competence in children.

*Active Parenting: First Five Years (FFY)* is a basic skills training for new parents, caregivers, and early childhood staff. Active parenting uses techniques based on psychological principles that promote positive interactions between parents and their child(ren) ages 0-5. *FFY* is group-based parent educational program which utilizes a video-supported curriculum and is designed to promote responsive parenting and healthy development in children under the age of five, with a unique emphasis on the mental states (i.e., mindfulness, executive functions) and wellbeing of parents. The training focuses on promoting the following: 1) parenting mindfulness and child bonding, 2) problem prevention, 3) encouraging positive behavior, and 4) cognitive development.

*Aggression Replacement Training (ART)* is a research-based training and guide research-based approach to improve social skill competence, moral reasoning, better manage anger and reduce aggressive behavior. The curriculum includes skill-streaming, which is designed to teach a broad curriculum of prosocial behavior, anger control training, and moral reasoning training, in order to help motivate youth to employ newly learned pro-social skills.

In promoting these protective factors and evidence-based curriculums, the program seeks to 1) improve parenting knowledge to reduce the likelihood of adverse child experiences and lifelong impacts on child's physical, mental, and emotional health; and 2) build positive trajectory family functioning and resilience to reduce reoccurring and/or being involved with juvenile justice systems and child welfare systems.

**Objectives.** ROPATCS will achieve these goals by 1) providing individual and group-based workshops to 50 young parents within the facility, public libraries, school settings and/or in the young parent's homes annually, 2) Facilitate MPAP, FFY and ART in accordance with the participants individual goals and needs and have a 75% successful completion rate, 3) improve young parents parenting skills knowledge by 90% 4) improve anger management problem solving skills

## **Goal 2: Improve Workforce Employability Skills**

Unemployment negatively affects children and families and is linked to both negative financial and behavioral outcomes. Research shows that lack of employment and financial obstacles are associated with higher parental stress, parent depression leading to absentee parents and negative parenting norms (*Brief 3: Unemployment: How it Effects Family Behavioral Health: Amy Finnegan, Center for Children and Family Policy*). Using an employment training and credentialing program, ROPATCS will provide employability assistance in an individual and group-based setting and provide 50% (75 youth in the three-year term) of the overall enrolled young parents the opportunity to gain and strengthen their employability skills through individual and group-based employability sessions in Customer Service and Sales.

*RISE Up, a National Retail Federation (NRF)* is a training and accreditation program that provides foundational employability skills to individuals looking to improve their job-related skills, gain job experience, earn a promotion and/or interested in entering the retail and customer service workforce. Through the RISE Up training certificate, young parents will develop basic customer service skills, math skills to conduct sales transactions and an understanding of the retail industry as well as its impact on the economy and the diverse jobs available. Upon successful completion of the Customer Service and Sales curriculum, young parents earn a three-year accreditation from NRF.

Through these services, the Proud Parenting Program seeks to 1) improve parents employability skills, 2) link parents to employment opportunities 3) improve social-economical life skills.

**Objectives.** ROPATCS will achieve these goals by 1) providing individual and group-based workshops to over 75% (59 youth of the 75 youth being served) young parents within the facility, public libraries, school settings and/or in the young parent's homes, 2) facilitate RISE Up curriculum., 3) coordinate the RISE Up exam., 4) assist 90% (53 youth of the 75 youth being served) of enrolled parents strengthen their job application skills by developing a resume 5) link 90% (53 youth of the 75 youth being served) participants to local job openings, and 6) prepare for the job interview.

### **Goal 3: Promote Healthy Families**

Through a collaborative effort between young parents and ROPATCS, individual case management services will be available to all young parents enrolled in Proud Parenting. Targeted case management services will connect young and expectant families to specific resources and activities within the community. Resources include but not limited to linkage to preventative care, behavioral health services, childcare services, TANF and low-income housing assistance. To reduce barriers and promote sustained health and well-being for families, while identifying family-centered activities to further engage, connect and reinforce the parent-child bond. Some of the family-centered activities young parents will have access to include but are not limited to parent and child learning activities, holiday themed arts n crafts, program graduation and special events. Young parents will develop individual service plans and identify their targeted personal goals.

**Objectives.** ROPATCS will achieve this goal by 1) developing tailored service plans, and 2) identify and reduce current risk-barriers by administering the Child and Adolescent Strengths and Needs Assessment (CANS), and 3) link 100% (150 youth) young parents in need of community

resources for additional support and services. 4) help 90% (135 youth) of young parents the opportunity to increase their quality parent-child interactions.

Although the program's goal is to serve 150 young parents through the three-year term of the program, it is anticipated that approximately 66% (100 students) of those enrolled will successfully complete the intake, risk-barrier identified assessment (completed after 30-days of enrollment) and individual service plan process. When considering that 44% (50 participants) may choose to opt of services as the program is voluntary or services may no longer be suitable for young parent.

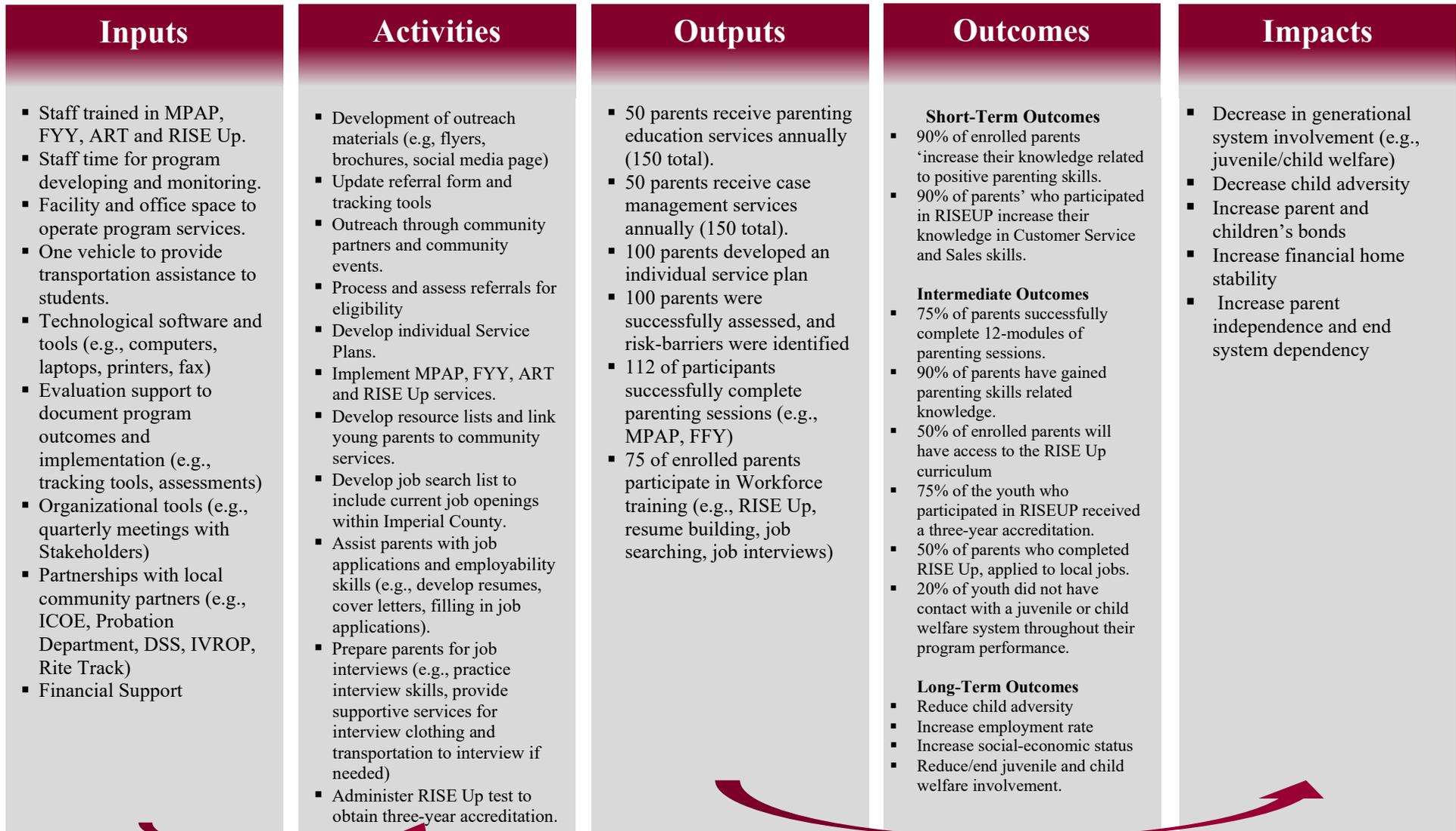
## **PROJECT LOGIC MODEL**

ROPATCS local model summarizes the programs projected and intended outcomes, core program activities and program evaluation.

# ROPATCS Proud Parenting Local Model

## Program Projected Goals:

Goal 1: Improve Parenting Knowledge
Goal 2: Improve Workforce Employability Skills
Goal 3: Promote Healthy Families



Planned Program Work

ROPATCS-Imperial County

Local Evaluation Plan

**Indented Results**

Revision 1 5/2/22 M.M 5

ROPATCS will provide a mix-method design for both qualitative and quantitative data analysis by primarily using sign-up sheets, tracking tools and data retrieved from the CANS assessment, individual service plans and pre/post-tests. Pre/Post tests will include curriculum specific questions to collect data on the parents' knowledge gained. Qualitative data will be collected through the programs Service and Project Coordinator Daily Progress Notes (DPNs), staff meetings, stakeholder quarterly meetings and information gathered from the referral form, and the programs participants. The results will provide information on the programs outcomes related to participants accomplishments and program achievements. Data is analyzed using statistical tools that include arithmetical average of numbers, range, and manual databases that include the recoding of student responses collected through student surveys and pre/posttests. Data bases/spreadsheets are developed in accordance with the specific program data (identifying information, knowledge gained, pre/posttests, and student surveys) using excel.

**Documentation of Services.** Program activities will be documented using a site-specific tracking tool spreadsheet and Key Performance Indicators (KPIs). Sign-up sheets, DPNs, and CANS assessments will provide the necessary data to be tracked.

**Key Performance Indicators (KPIs).** The KPIs are a blend of process and outcome indicators that are used to monitor the quality or performance of a program or service. Process outcomes that will be measured include number of participants, age/gender of participants, number of children or expecting parents, number of hours/sessions completed in parenting and workforce skills, number of completed job applications, and number if case management supportive services (e.g., telephone calls, transportation assistance, referral linkage). Outcome indicators will be related to the program goals and will include successful and unsuccessful program completions, re-contacts with law enforcement, and child welfare, educational outcomes (successful job linkages, job applications completed, etc.) unemployment, and employment at time of enrollment and time of exit. Additional data collected include improved knowledge/skills in parenting skills, anger management, parent stressors and customer service and sales related skills.

KPIs are updated monthly and submitted to Program Manager for proper evaluation. Monthly reports are developed using the KPIs data, facilitating program monitoring and allowing the programs staff to analyze program progress. KPIs are tracked using spreadsheets in excel monthly, if edits or changes are required, edits and/or data corrections can be made monthly.

**Participant Program Progress.** The Service and Project Coordinators will be responsible for collecting corresponding program data monthly. Initial data collected will be from the initial referral form which will be used to track enrollment dates, origin of referring organization, current risk barriers, involvement with justice systems or child welfare systems upon enrollment, participants age and any other related risk barriers (See Appendix A). Data collected will be tracked using a program specific data tracker spreadsheet which will also track the young parent's program progress. Additional tools that will be used to track data include the participants DPNs and Service Plans. **Daily Progress Notes (DPNs)** is a tool developed to document program participants daily program progress and efforts made to achieve their goals listed in their individual service plans. **Individual Service Plans (ISPs)** is a self-assessment where participants determine what goals they would like to achieve while enrolled in the program and serves as a key for case managers to provide services tailored to the young parent's needs, while using the programs

resources. Documentation of services and KPIs are collected monthly and data is analyzed quarterly in order to generate quarterly program reports.

**Program Measures.** The program measures identified below will be collected monthly utilizing the data tools described above and will be submitted to the Program Manager/Evaluator for analysis and quarterly reporting (see chart below).

<i><b>Program Operations Data/Process Measures</b></i>	<i><b>Case Management Data</b></i>	<i><b>Mixed Program Data</b></i>	<i><b>Service Brokerage</b></i>
<ul style="list-style-type: none"> <li>➤ # of referrals made to the program</li> <li>➤ # of referrals that were acceptance/denied</li> <li>➤ # expecting young parents</li> <li>➤ # of young parents with children</li> <li>➤ # of children benefiting from the program services</li> <li>➤ Age of young parents</li> <li>➤ Ethnicity of young parents</li> <li>➤ Employment status upon enrollment</li> <li>➤ Educational status upon enrollment</li> <li>➤ Status regarding juvenile or child welfare system involvement (e.g., currently involved with a system, never involved in the system, pending a case)</li> <li>➤ Successful Program Completions/Graduates</li> <li>➤ Participant Success/Failure</li> </ul>	<ul style="list-style-type: none"> <li>➤ # CANs assessments completed</li> <li>➤ # of supportive services</li> <li>➤ # Interventions provided</li> <li>➤ Achieved Goals</li> <li>➤ Pre and Post Assessment Measures</li> <li>➤ Knowledge gained pertaining to parenting skills</li> <li>➤ Knowledge gained pertaining to workforce related skills</li> <li>➤ Attendance</li> <li>➤ # of Workforce sessions</li> <li>➤ # of attained three-year accreditations (e.g., RISE Up)</li> <li>➤ # of job applications completed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Groups Conducted/Number of Hours</li> <li>➤ Individual Sessions/Number of Hours</li> <li>➤ # of Family Crisis Interventions</li> <li>➤ # of Family Activities Participated</li> <li>➤ # of issued gift cards</li> </ul>	<ul style="list-style-type: none"> <li>➤ Progress of Client</li> <li>➤ Educational Referrals</li> <li>➤ Social Services Referrals</li> <li>➤ Health Care Referrals</li> <li>➤ Job Training Referrals</li> </ul>

**Program Oversight Structure and Decision Making.** The ROPATCS Proud Parenting Program is the lead agency responsible for the program’s oversight and day to day performance. ROPATCS, with over more than 35 years of experience in working with youth and young parents, has developed a strong collaborative relationship with organizations within the Imperial County through a direct partnership with Rite Track Youth Services. During the 2012 Rite Track and ROPATCS have been collaborating agency’s working together to divert youth from entering the justice system and reduce recidivism. Although ROPATCS is a separate entity it operates within the Rite Track facility. ROPATCS will continue to operate using a multi-agency approach and work alongside community partners to meet the program goals and objectives. The Program Manager (PM) will oversee the programs development and management; monitor and evaluate staff’s effectiveness, accountability and alignment with program goals and objectives, delivery of services and program quality; train and support staff and key community partners, coordinate monitor and evaluation the implementation of the ISPs; monitor fidelity to evidence-based strategies; provide project and program implementation oversight and track program quarterly data. Working alongside the programs Financial Director, the Program Manager and key administrative staff will manage grant budget and track expenditures, accounts payable and receivable, ensure

compliance with grant fiscal requirements and negotiate and prepare contract agreements, if necessary.

**Program Monitoring.** The Program Manager (PM) and ROPATCS team will monitor the program performance and outcomes utilizing monitoring strategies in order to address any program challenges and adjustments needed. Strategies include:

- **Bi-weekly** service implementation check-in meetings between ROPATCS PM and Coordinators to ensure adequate staff compliance and ensure young parents needs are met through program participation and additional identified resources.
- **Monthly** team meetings will be hosted to review project success, challenges, and barriers. Identify need for modification and purchase requests, review KPIs and discuss program improvements.
- **Quarterly** meetings with stakeholders and financial directors will be hosted to review and monitor the programs quarterly data. Quarterly program data will be collected to generate the BSCC quarterly report.
- **Annual** site quality assurance audits will be arranged to ensure fidelity of services are aligned with the programs goals and objectives and evaluate program for best practices.

## OUTCOME EVALUATION METHOD AND DESIGN

ROPATCS will provide a mixed-method design of both qualitative and quantitative data analysis for a sequential pre-post survey collection through the program’s implementation. The programs evaluation questions will be driven by the collected KPIs, pre/post-tests, participants individual program performance to include the outcomes of their projected individual goals and successful completions, which align with the programs projected goals/outcomes.

### Evaluation Questions.

<b>Process-Related Evaluation Questions</b>	<b>Outcome-Related Evaluation Questions</b>
<ul style="list-style-type: none"> <li>▪ Were the program activities implemented as planned?</li> <li>▪ Were there subsequent obstacles/barriers during the program implementation?</li> <li>▪ Were modifications required to overcome barriers?</li> <li>▪ Were the program activities/services delivered with fidelity?</li> <li>▪ Were the programs identified goals reached (eg. increase in parenting knowledge, workforce skills and healthy families promoted)?</li> <li>▪ Were young parents satisfied with the program’s services?</li> <li>▪ Was the intended number of served participants reached?</li> <li>▪ Was the intended number of participants achieving a three-year accreditation?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Did the program help reduce juvenile or child welfare system involvement? (e.g., did participants open a new case or did they terminate a case)</li> <li>▪ Did participants gain a better understanding in parenting skills and the effects of child adversity?</li> <li>▪ Did parents gain employment?</li> <li>▪ Did parents report a decrease in parent related stress?</li> <li>▪ Did parents report they’ve implemented a learned parenting skill to their everyday lives?</li> </ul>

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**Successful Completions.** By the end of the program, ROPATCS will determine the young parent's participation as a successful exit if the following criteria are met:

1. *135 young parents (90%) demonstrated an increase in parenting skills related knowledge covered through MPAP, FFY and ART.*
  - To determine this outcome ROPATCS will analyze the pre/post-test results.
2. *112 young parents (75% of enrolled participants) successfully completed the 12-modules of MPAP and FFY.*
  - To determine this outcome ROPATCS will analyze sign-in sheets and program tracking systems.
3. *56 young parents (75% of total enrolled) successfully completed the RISE Up curriculum and received a three-year accreditation.*
  - To determine this outcome ROPATCS will track the successful completion of the three-year accreditation exam from the National Retail Federation (RISE Up) who received a passing score (70% or higher).
4. *28 young parents (50%) who received a RISE Up accreditation, applied to at least one local job.*
  - To determine this outcome ROPATCS will track the number of times staff provided young parents assistance in locating a job opening and submitting a job application.
5. *30 young parents (20% of enrolled youth) did not have a new contact with a juvenile or child welfare system throughout their program performance*
  - To determine this outcome ROPATCS will track young parents' responses during the post-survey and information within the DPNs.

**Participant Incentives.** To reinforce participants self-change and positive behaviors, ROPATCS will reward 150 participants a \$50.00 gift card (a total of \$7,500 will be rewarded) for successfully completing the program. In addition to the gift card, participants will also receive a certificate of completion and participate in the annual program graduation ceremony. To be eligible for these incentives participants must successfully complete their individual service plans and sign a gift-card consent form, acknowledging they will use the funds for family pro-social related activities (e.g., books, board games, clothing, hygiene products and/or groceries).

In addition to the gift card, participants will also receive a testing voucher (valued \$55.00) to take the Customer Service and Sales three-year accreditation exam through the National Retail Federation.

# APPENDIX A



## Youth Services Referral Form

2299 West Adams Ave, Suite 109 • El Centro, CA 92243 • Phone (760) 337-5565

Please forward referral form via Fax at (760) 337-5566 or email to Program Manager [Marisol.Medina@theritetrack.com](mailto:Marisol.Medina@theritetrack.com)

REFERRING AGENCY	
Referring Agency:	Referral Date:
Referring Person:	Phone #:

PARTICIPANT INFORMATION	
Name:	DOB: Age:
Address:	City:
Parent/Guardian Name:	School:
Phone Number:	Message Number:

AT-RISK BEHAVIORS <i>(please check all that apply)</i>		
<input type="checkbox"/> Substance Abuse	<input type="checkbox"/> Lack of Academic Achievement	<input type="checkbox"/> Contact w/ Law Enforcement
<input type="checkbox"/> Negative Peers/ Relations	<input type="checkbox"/> Lack of Prosocial Activities	<input type="checkbox"/> Informal Probation
<input type="checkbox"/> Anti-Social Behaviors	<input type="checkbox"/> Mental Health History	<input type="checkbox"/> Deferred of Entry
<input type="checkbox"/> Aggression	<input type="checkbox"/> Homelessness	<input type="checkbox"/> Formal Probation
<input type="checkbox"/> Truancy	<input type="checkbox"/> Disruptive/Explosive Behavior	<input type="checkbox"/> Open Case with DSS
<input type="checkbox"/> Teen Parent/Expecting	<input type="checkbox"/> Unemployed	<input type="checkbox"/> Other:

PARTICIPANT RISK LEVEL			
<input type="checkbox"/> Low Risk	<input type="checkbox"/> Moderate Risk	<input type="checkbox"/> Moderate-High Risk	<input type="checkbox"/> High Risk

RITE TRACK PROGRAMS	
<input type="checkbox"/> Proud Parenting <input type="checkbox"/> Mentoring & Tracking <input type="checkbox"/> Evening Learning Center <input type="checkbox"/> Post Placement Services <input type="checkbox"/> WISE Program <b>Δ If applicable, please attach disposition documents and PACT assessment</b>	

RITE TRACK PERSONNEL ONLY			
Date Received:	Initials:	Assigned Staff:	
<input type="checkbox"/> Approved <input type="checkbox"/> Denied/Does not meet criteria		Program Assigned:	Date Assigned:

Updated 3/26/22 [Marisol Medina](#)