



Family Growth Center: A Community-Based Social Support Program for Teen Mothers and Their Families

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FOCUS

- Primary Pregnancy Prevention
- Secondary Pregnancy Prevention
- STD/HIV/AIDS Prevention

ORIGINAL SITE

- School-Based
- Community-Based
- Clinic-Based

APPROACH

- Abstinence
- Behavioral Skills Development
- Community Outreach
- Contraceptive Access

SUMMARY

This is a comprehensive, community-based family support program designed to reduce repeat pregnancy and school drop-out rates among adolescent mothers. The program aims to promote the health and development of teen mothers and their children, providing resources and supports to families so that parents can carry out their responsibilities in a competent manner. Services are offered in both home and neighborhood settings over a multi-year period.

The program targets teen mothers in high-risk neighborhoods (i.e. low socioeconomic status, high infant mortality, low educational status). Young women are recruited when they arrive for perinatal visits at participating hospitals. Case Managers conduct home visits in the first six months of the infant's life; after six months, the mother and family are offered an array of center-based services at a designated Family Growth Center location. Activities include parenting classes, counseling, transportation services, recreation, grandparents groups, advocacy and referral services.

The original pilot program took place in Pittsburgh in the early 1990s. In the evaluated field study, teen mothers participating in the program had significantly lower repeat pregnancy rates than the control population (3/34 versus 11/29), as well as significantly lower school drop-out rates (3/34 versus 12/29).

SUITABLE FOR USE IN

The Family Growth Center recognizes the family and neighborhood as two of the most important contexts of a teenagers life. As such, implementation of the program takes place across multiple locations,

- Contraceptive Education
- Life Option Enhancement
- Self-Efficacy/Self-Esteem
- Sexuality/STD/HIV/AIDS Education

COMPONENTS

- Adult Involvement
- Case Management
- Group Discussion
- Lectures
- Peer Counseling/Instruction
- Public Service Announcements
- Role Play
- Video
- Other
Games, audiotape, recreational activities

including the teen mothers home, a neighborhood FGC Center, and the participating local hospital(s) in your geographic region. The location of your FGC Center will need to be jointly determined by your staff and community.

ORIGINAL INTERVENTION SAMPLE

Age, Gender

The original sample included 34 intervention and 29 control first-time pregnant teen mothers and their infants.

Race/Ethnicity

97% African-American, 3% White

PROGRAM LENGTH

This is an intensive, multi-year intervention designed to begin when teens enter the pre-natal units (or newborn nursery units) of their community hospital. Teens, infants and families are visited by case managers in the teens home for the first six months. They are then introduced to the Family Growth Center array of services. Use of these services may continue for at least two years; continuation of services beyond this period is up to the discretion of your program.

STAFFING REQUIREMENTS/TRAINING

Program Director/Program Coordinator: (one or two positions depending on your program resources) senior-level positions, considerable experience and advanced degrees in education, social work, child development or other related fields required.

Perinatal coaches: either trained staff at participating hospital(s), or program staff with appropriate training in perinatal coaching.

Case Managers: requires advanced credentials in social work or family and child development (e.g., M.S.W. or L.C.S.W.)

Parent Support Coordinators: an M.Ed. or M.S.W. degree preferred, plus experience working with teens, families and/or young children. Bilingual communication skills highly desirable.

Advocates: a Bachelor of Arts and experience in a relevant field preferred; bilingual communication skills highly desirable.

Transportation staff: clean Department of Motor Vehicles records and appropriate state class licenses required to drive FGC van/auto.

PASHA PROGRAM PACKAGE

The PASHA Program Package for this program includes:

PASHA User's Guide
Facilitator's Manual
Curricular Guidelines for FGC Parenting Classes booklet
Staff Orientation Manual
Case Manager Log
Advocate Logs Booklet
Transportation Information and Transportation Logs booklet
Sample Client Administrative File
Infant Mental Health Seminar booklet
Packet of FGC Master Forms
FGC Original Evaluation Instruments booklet
Prevention Minimum Evaluation Data Set (PMEDS)
Local Evaluator Consultant Network Directory

Telephone technical support on implementation and evaluation for 1 year