

Report on Outcomes Achieved 2008:

Participants mark their own learning on a five-point scale to determine their achievement of outcomes (definitely, some, uncertain, hardly any, not at all). This survey is administered at the halfway point and at the end of the 14-week program. We consider a 'definitely' or 'some' response as indicating a positive change (achievement of outcome). The percentages reported below will be the amount of participants indicating positive change.

SECTION I: CARING FAMILIES PROGRAM

B. Outcomes for Children

Families report that as a result of attending Caring Families, their children:

Outcome	% positive change
play better with other children	85%
makes friends easier	75%
Shares more often	82%
is more independent	93%
is better at solving problems	78%
interacts better with other adults	94%

Families also freely identified these changes in their children as a result of attending Caring Families:

- They play with the children.
- My daughter is very friendly and outgoing.
- Listen more, more patient
- Talks a bit more, he's always happy to see people.
- Behavior is a lot better from what I can see at KARA (my child is in care).
- My baby is more aware of me.
- more social

B. Outcomes for Parents

Outcome	% positive change
Community Resource Knowledge	
Parents identified that they have increased knowledge of community resources	100%

Their Child's Development	
know more about their child's developmental needs	93%
are better able to help their child with their developmental needs	100%
Child Discipline Techniques	
know positive and effective ways to discipline their child	100%
using praise more to motivate their child	100%
know more effective ways to keep their child safe	100%
know more ways to set limits for their child that are age appropriate	93%
have a better understanding of the importance of setting routines for their child	100%
Know the importance of interacting with their child and enjoy it.	100%
Improved relationship with their child	100%
Personal Development Skills	
increased knowledge of the importance of self-care	100%
increased knowledge of the importance of physical health	100%
increased knowledge of the importance of mental health	100%
increased knowledge of the importance of emotional health	90%
increased knowledge of the importance of spiritual health	100%
increased knowledge of the skills for dealing with anger	100%
increased knowledge of communication skills	100%
increased knowledge of the importance of having personal boundaries	93%
feel better about themselves	93%
are more aware of their feelings and how these feelings affect them	100%
are more aware of the impact of grief and loss	100%

Feel confident as the leader of their family and as a role model for their child.	100%
Healthy Family Functioning	
know more positive ways to communicate with their family	100%
know more about how to solve problems with their family	100%
know more ways to cope with family life	100%
have more support in their life	93%

Participants also included the following **comments about the Caring Families Program**:

- Being a great parent.
- To have the morning session more consistent and to have more interaction with our children. I found a lot of the time I just sat and watched my daughter. No actual interacting with her. I was hoping to learn activities, games ect that would help with her developmental growth.
- Would like more programs
- I really enjoyed coming to KARA for the 18 weeks as it got me out of the house and I got to meet some new friends.
- They made me happier with my progress
- spent time with my kids here when they were in care.
- made me feel like I was doing something positive.

SECTION II: OUTREACH PROGRAM

Outcome	% positive change
Parents learn new skills through the outreach program	100%
Parents feel supported by the outreach program	100%
Parents continue to use the skills learned at KARA (for those who attended Caring Families)	100%

Parents freely identified lasting changes that they thought KARA's programs were responsible for as:

- The improvement in the relationship with my family.
- response to baby learning, baby cries, rhymes, etc.
- to learn how to care for my son.

- it gets me out in the community more and I hope to continue with the programs offered.

SECTION III: PRESENTATIONS AND WORKSHOPS

Outcome	% positive change
participants learn at least one new thing	97%
participants learn knowledge they see as useful for their own lives	98%

SECTION IV: DROP-IN CHILDCARE PROGRAM

Outcome	% positive change
parents can access safe childcare	No evals completed in 2008
parents have time for themselves without children	No evals completed in 2008