



# Hilary's Story

## Parent Child Centers are the Answer

### HILARY'S STORY

In 2009 as a young mother of two children, ages 5 years and 6 months, I became homeless, when I fled from an abusive relationship. I had to drop out of college at Community College of Vermont where I was studying to become a nurse. I was unemployed, unstable and had no money when I arrived at Early Education's Services (EES) Parent-Child Center in Brattleboro.

Immediately, I was enrolled in the Home Base program at EES and was assigned a home visitor who provided the supports I needed to stabilize my living situation, and education about child development. The knowledge I gained from my home visitor taught me about my son's development and helped me to develop a strong bond with my infant daughter. The home visitor also helped me secure a Section 8 subsidized apartment in town, and get on the Reach Up Program. Soon after, my children enrolled in EES full day classrooms, where they received quality early care education experiences in classrooms that were top rated at the 5 STAR level. As part of their enrollment at EES, my children received health and nutrition services.

I then worked with a Family Support Specialist from EES who helped me become self-sufficient, stable, and get back on track. During that time, my daughter's father actively pursued his claim to our child and indicated his wish to be involved in her life. The EES home visitor, classroom teachers and administrative staff worked to create a safe environment for me and my children, while supporting his desire to participate in our daughter's school experiences. The EES staff worked to establish mutually positive and respectful relationships with the father, and setting boundaries for him. He was encouraged to participate in EES' Dedicated Dads Program in order to strengthen his relationship with our daughter, and learn how to communicate respectfully.

Once stabilized, I was able to go on to earn my Nursing degree at Vermont Technical College in 2013. I passed the state boards to receive my Licensed Practical Nursing certification, and landed a job at Vermont Technical College as a tutor. In 2014 I completed my education at Vermont Technical College to meet the requirements to become a Registered Nurse. Now, I work at Brattleboro Cardiology and the Southern State Correctional Facility in Springfield, Vermont as a nurse. My children attend Academy Elementary School, and the three of us are doing well.

The work I have done over the past few years to rebuild my life has been difficult, but possible because of the support and great relationships EES gave to me. I would not be where I am today without the help of EES, for which I am incredibly grateful. I grew so much through my experience with EES. Not only as a person, woman, but most importantly as a mother. I learned how to advocate for my children, ask for help and guidance and to not be afraid to make mistakes.



### PARENT CHILD CENTERS = RESULTS

The mission of the Vermont Parent Child Center Network is to provide children, youth and families with strength based, holistic and collaborative services across Vermont with a focus on early childhood education and prevention services. The Network provides leadership, support and advocacy on behalf of its membership and in collaboration with key partners to achieve the best outcomes for families.



## RETURN ON INVESTMENT

The services Hilary received relate directly to outcomes that drive our decision making as a state under Act 186. *Hilary's story shows how supporting Vermont's Parent Child Centers moves us closer to achieving at least six of the eight quality of life outcomes we have identified as essential to our state and local communities.*

### ECC provided home visiting services for Hilary and her children

- Vermont's families are safe, nurturing, stable, and supported
- Vermont's communities are safe and supportive
- Vermonters are healthy
- Vermont's children and young people achieve their potential, including
  - Pregnant women and young people thrive
  - Children are ready for school
  - Children succeed in school

### ECC helped Hilary stabilize her living situation, which allowed her to go back to school, get her nursing degree & begin working as an RN

- Vermont has a prosperous economy
- Vermont's families are safe, nurturing, stable, and supported
- Vermont's children and young people achieve their potential, including
  - Pregnant women and young people thrive
  - Youths successfully transition to adulthood.

### ECC helped Hilary's children maintain a mutually positive and respectful relationship with their father

- Vermont's families are safe, nurturing, stable, and supported
- Vermont's communities are safe and supportive

### ECC helped Hilary secure affordable Section 8 housing

- Vermont's families are safe, nurturing, stable, and supported
- Vermonters are healthy

### ECC helped Hilary enroll her children in high quality early care programs

- Vermont's children and young people achieve their potential, including
  - Children are ready for school
  - Children succeed in school

## The support Hilary received positively impacts 11 indicators tracked by the State of Vermont to measure positive population outcomes.

1. Percent or rate per 1,000 jobs of nonpublic sector employment
2. Median household income
3. Rate of resident unemployment per 1,000 residents
4. Percent of high school grads entering postsecondary education, work, or training
5. Percent of completion of postsecondary education
6. Number of persons who are homeless (adults and children)
7. Percent of residents living in affordable housing
8. Percent of adults age 18-64 with health insurance
9. Percent of children age 17 and younger with health insurance
10. Rate of children and youth in out-of-home care per 1,000 children and youth
11. Percent of children receiving child care subsidy attending high quality early childhood programs

### PCC CORE SERVICES PROVIDED TO HILARY

#### Home Visiting

Families with young children have access to home-based support. Family goals and interests determine the frequency and content of the visits.

#### Concrete Supports

Families have access to financial assistance to maintain transportation or meet other basic needs when crisis hits.

#### Information and Referral

Home visitors, parent educators, reception staff and others help parents find resources available to families in their communities.

#### Early Childhood Services

Developmental, inclusive child care on-site is offered to ensure that families have quality options to meet full-time and part-time child care needs and children have group experiences with their peers.

#### Parent Education and Support

Parent education opportunities are offered in a variety of formats and on a range of topics and themes responding to family issues. Education opportunities are supportive, practically-oriented, and empowering. Information to assist families in understanding and coping with transition issues is included in education services and are also embedded in other services. Opportunities are facilitated for families with common experiences and interests to gain mutual support in a peer group setting.

### Related language from the PCC Master Grant: (Outcomes)

C. iii. Parent Child Centers provide eight core services which contribute to Vermont population-level quality of life indicators identified in 3 V.S.A. § 2311 (b) (5) Vermont families are safe, nurturing, stable and supported. (6) Vermont's children and young people achieve their potential. (A) Pregnant women and young people thrive. (B) Children are ready for school. (C) Children succeed in school.