



# Josie's Story

## Parent Child Centers are the Answer

### JOSIE'S STORY

My childhood wasn't the best. There were a lot of mental health issues with my mom so I found myself on my own when I was still a teenager. My family relationships were rocky, at best and I rarely saw my dad and brother. Since my home life wasn't stable I dropped out of high school before graduating, moved to a different county in VT to get a job and away from the dysfunction. I got a pretty good job and was able to take care of myself. Life was looking good.

Soon after beginning my new job, I started a relationship and found myself pregnant. We moved in together and my boyfriend lost his job. I was the sole bread winner and on my pay, we fell really behind on bills and rent. My boyfriend decided that this was too much for him to handle so he left and we broke up. I lost my housing and because my pregnancy was difficult and I was sick all the time, I missed a lot of work and knew that I couldn't keep working. I felt like my only option was to go back to my hometown to see if I could get some help. I knew that I couldn't turn to my family for help so I called a friend and crashed on her couch for a while because her section 8 wouldn't let me live there full time.

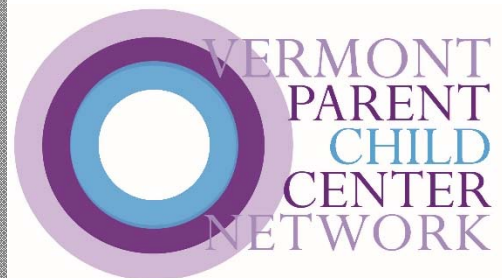
I gave birth in Lamoille and the hospital told me about a program at the Lamoille Family Center that would help me with my baby. I called the Family Center and soon after a nurse started meeting with me. While I was learning about taking care of my baby the nurse referred me to Economic Services for Reach Up and I got a case manager at the Lamoille Family Center. The Reach Up case manager asked me if I wanted to get a high school diploma. I had always felt bad about not having a high school diploma, so I said that I was interested. My case manager told me about the Families Learning Together program at the Family Center, where I could work on getting my degree and bring my baby.

Once I was at the LFC, they showed me the child care program that would care for my baby while I finished high school and got job skills. My baby started child care at the 5 STAR infant program that the Family Center runs. I worked with most everyone at the Family Center including the specialists that help me fill out all the paperwork for Child Care Financial Assistance. Most importantly I worked with the Youth and Young Adult program to secure housing for me and my baby. The staff at LFC believed in me and the program manager sponsored me for a VT rental subsidy voucher and helped me get the money I needed for a security deposit.

I completed the FLT program, got a high school diploma and have been employed for the last two years. I got my own section 8 voucher and I still live in the same apartment that I first moved into. I keep going to the therapist that I met while I was in FLT and I consider the Lamoille Family Center my "family." Without the LFC I would have given up on myself, but the Family Center did what my bio family couldn't. They believed in me, wouldn't let me give up and gently pushed me when I needed to be pushed.

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

### LFC Helped Josie learn how to take care of her baby

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

### LFC helped Josie apply for financial assistance

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

### Josie's daughter was enrolled in a high quality child care program

Vermont's children and young people achieve their potential, including

- Children are ready for school
- Children succeed in school

### LFC helped Josie secure affordable housing for her and her family

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

### LFC helped Josie get her high school diploma and secure employment

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.

## The support Josie received positively impacts at least 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 graduates entering postsecondary education, work, or training
5. Percent of completion of postsecondary education
6. # 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

### ROI Statistics

**RU = \$8,268** (DCF – Economic Services)

- The overall savings having someone move off RU is the Family grant of \$7,800 and \$468 for support services = \$8,268.

**Wages based on degree** (National Center for Education Statistics)

- A person holding a high school diploma can earn 20% more, on average, than someone without that diploma. \$24,960 (@ \$12.48/hr) vs. \$30,000 (\$15/hr)

7 to 1 return from high quality child care (Integrating ACE-Informed Practice into the Blueprint for Health)

- **High Quality Child Care= 7 to 1 ROI:** Child Care Financial Assistance payment of \$10,164 year results in a potential savings to the state of \$31,850 annually = \$7 "return to society" which is connected to lower special education costs, lower crime rate, higher earnings, better health behaviors, higher rates of employment

Pre-term **\$68,947** (March of Dimes)

- Costs an average of \$68,947 more per child per year born pre-term vs full term.

### 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.