



# Kathy's Story

## Parent Child Centers are the Answer

*NEKCA Parent Child Center-South is located in St. Johnsbury VT. The Parent Child Centers (PCCs) are a network of 15 community based non-profit organizations, serving all of Vermont. The purpose of each PCC is to provide support and education to families with young children. We use the Strengthening Families Protective Factors Framework with the goal to help all Vermont families get off to a healthy start, promote well-being and build on family strengths.*

*NEKCA Parent Child Center-South provides service and resources to all children and families in our region. Here's a story of how your support has made a difference for Kathy.*

### KATHY'S STORY

"In January of 2016 I gave birth to my third child and in March of 2016 I was pregnant again, soon to find out, with twins. My relationship was rocky, I was living with the family of my children's father and it wasn't good. I decided to take my children and move to a motel until I could figure out next steps. My ob/gyn's office hooked me up with a community health outreach worker who then brought in a **family support worker from NEKCA Parent Child Center- South** to start helping me get back on my feet. The first thing the PCC did was move my children and myself into one of their shelter apartments. I was so grateful because I just wanted a place where my family could sit at a table and eat meals together. Then then referred me to the **Family Supportive Housing Program** and I was accepted into the program and assigned a case manager.

The PCC's Family Supportive Housing case manager helped me to determine my immediate needs. **We found high-quality child care slots for my two older children.** I wasn't receiving WIC so she helped me get that in place to expand my ability to feed my children. Until I got connected with WIC, the Parent Child Center made sure I had the formula I needed. She helped me apply for a HUD rapid re-housing voucher to assist with subsidizing permanent housing. I needed to get some things in place prior to applying for the voucher. I needed to get a permanent Social Security card for my youngest child. I needed to make a re-payment arrangement regarding some back rent I owed so we worked on a budgeting plan with a 'Your Money Your Goals' budgeting tool that was so helpful. Eventually I was able to apply for the voucher. My worker was grateful that I had graduated from high school and once settled would be in a good position to secure a job.

Family Services had been involved having received some reports. The Family Supportive Housing worker worked closely with Family Services in an effort to help me understand and comply with any requests made. **I learned that it's best to be up front with the agencies I'm working with so they can provide the best supports.**

I was in the shelter apartment during the thanksgiving season and the Family Supportive Housing worker made sure that my family and I received a Thanksgiving basket with all of the trimmings.

As the arrival of the twins came closer, I let the worker know that I didn't have anything for the new babies. Furniture, clothes, diapers, etc. The worker was able to gather up all of the things I needed for the babies. The worker also helped me develop a plan for my other children's care while I was in the hospital having the twins.

Once the twins were born, I initially went back to the shelter apartment but I was granted a HUD rapid re-housing voucher and soon will be in permanent housing. My children's father and I have worked through some of our issues and he is beginning to become involved with me and the children again. My family and I are looking forward to moving into our new home!"

### 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 Kathy received relate directly to the outcomes that drive our decision making as a state under Act 186. *Kathy's case shows how supporting Vermont's Parent Child Center moves us closer to achieving at least four of the eight the population outcomes we have identified as essential to our state, and local communities.*

### NEKCA Parent Child Center-South helped Kathy and her family keep a roof over their heads

- Vermont's children and young people achieve their potential including;
  - o Pregnant women and young people thrive
  - o Vermont's families are safe, nurturing, stable and supported
- Vermonters are healthy
- Vermont's families are safe, nurturing, stable and supported
- Vermont Communities are safe and supported

### Kathy learned life skills

- Vermont's families are safe , nurturing, stable and supported
- Vermont's children and young people achieve their potential including;
  - o Pregnant women and young people thrive

### Kathy's children were enrolled in a high quality early childhood program

- Vermont's families are safe, nurturing, stable and supported
- Vermont Communities are safe and supported
- Vermont's children and young people achieve their potential including;
  - o Children are ready for school

### Kathy got enrolled in essential programs such as WIC

- Vermont's families are safe, nurturing, stable and supported
- Vermont's children and young people achieve their potential including;
  - o Pregnant women and young people thrive

### The help Kathy received directly impacts at least five indicators tracked by AHS to measure positive population outcomes:

1. Percent of residents living in housing they can afford
2. Percent of live resident births that are preterm
3. Percent of children ready for school in all four domains of healthy development
4. Percent of children receiving child care subsidy attending quality early childhood programs
5. Rate of children and youth in out-of-home care per 1,000 children and youth



### PCC CORE SERVICES PROVIDED TO KATHY

- **Parent Education** - life skills, budgeting, communication, problem solving, accessing available resources, when to ask for help
- **Early Childhood Services** - understanding the value of choosing a high quality program for your children and acquiring slots at a 4STAR program for 2 of the children.
- **Parent Support** - advocacy and support in community based meetings
- **Home visiting** - meet weekly to provide information and follow-up on progress
- **Concrete supports** - housing, food, baby supplies

### The return on investment for the work the Parent Child Center did with this family:

- 4 children not in foster care saves the state 4 x the annual cost per case of \$8,130 or \$32,520
- Mom with high school diploma can earn 20% more, on average, than someone without that diploma. \$24,960 vs. \$30,000
- Children in high quality child care is a 7 to 1 return which is connected to lower special education costs, lower crime rate, higher earnings, better health behaviors, higher rates of employment.
- ACES-
- The average annual cost of \$68,947 for a baby born pre-term, full term twins a saving of \$137,894 annually
- A homeless family costs the state \$27,594 annually vs \$7,344 for permanent housing, a difference of \$20,250.

### 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.