



Cassandra's Story

Parent Child Centers are the Answer

My name is Cassandra King and I am a mother of three – two girls and one boy. When I was sixteen years old, living in Connecticut, I had my first child. Unfortunately, there weren't any programs around that would help support a teen mom to stay in school, so I dropped out and became a stay at home mother. Then, at the age of twenty, I had my second child and my life became even more difficult.

I knew that the chaos would get the best of me and my children if I didn't do something fast to change it. So, in July of 2011, I decided to move up to Vermont to live in a camper on my mother's land. I quickly learned about the Springfield Area Parent Child Center (SAPCC) and how they supported moms and pregnant women to get their education. Within three weeks I was enrolled!



At SAPCC, I received support far beyond education for myself and childcare for my children. Within six months of being connected with this organization, I had accomplished so much! I moved into my very first apartment, was earning my diploma, and had my children in safe daycares where they could thrive. Through SAPCC, I was able to build so many great relationships and experience so much support – it was amazing and life-changing!

Within three years I had graduated, and was pregnant with my third child. Once my daughter was born, I applied for a job at SAPCC's child care center, PlayWorks, and I got the position! My baby was able to attend daycare right there while I worked. I soon decided that a teacher was exactly what I wanted to be!

Cassandra knew that she had the support of SAPCC to fulfill her dreams, so she enrolled in college. Today, she is a co-teacher at PlayWorks Child Center, while continuing to work toward her Associates Degree in Early Childhood Education.

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.

PCC CORE SERVICES PROVIDED TO CASSANDRA

Concrete Supports

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

Parent Support & Education

- Learning Together Program – A program for young mothers to gain their high school diploma/equivalency, job training, life skills and support.
- Home Visitation – Families with young children have access to home-based support. Family goals and interests determine the frequency and content of visits.
- Access to Childcare
- Knowledge of Child Development
- Ongoing Counseling & Support
- Reach Up – Reach Up helps young families with children by providing services that support work, cash assistance for basic necessities, and health insurance.

Early Childhood Services

- High Quality Child Care and Education
- Nutritious Meals Daily - including a healthy breakfast, lunch and afternoon snack

Information and Referral

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

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.

RETURN ON INVESTMENT

The services Cassandra received relate directly to outcomes that drive our decision making as a state under Act 186. *Cassandra'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.*

SAPCC helped Cassandra finish high school.

- Vermont's children and young people achieve their potential including:
 - Pregnant women and young people thrive
 - Children succeed in school
 - Youths choose healthy behaviors
 - Youths successfully transition to adulthood
- Vermont has a prosperous economy

SAPCC helped Cassandra find full time childcare so she could meet her education & employment goals.

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

Cassandra learned parenting skills, and then cared for children in her community.

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

SAPCC helped Cassandra find a paid training or job position.

- 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

Cassandra is currently working on her Associate's Degree.

- Vermont has a prosperous economy.
- Vermont's children and young people achieve their potential including:
 - Pregnant women and young people thrive
 - Youths successfully transition to adulthood

The support Cassandra received positively impacts 12 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 adults with health insurance
5. Percent of children age 17 and younger with health insurance
6. Number and rate per 1,000 children and youth of children and youth in out-of-home care
7. Percent of children ready for school in all five domains of healthy development
8. Percent of children receiving State subsidy enrolled in high quality early childhood programs that receive at least four out of five stars under State standards
9. Percent of high school graduates entering postsecondary education, work, or training
10. Percent of high school graduates entering postsecondary education
11. Percent of completion of postsecondary education
12. Rate of high school graduates entering a training program per 1,000 high school graduates

ROI Statistics

SAPCC Outcomes Obtained:

- 85% of parents experiencing parent education "feel more capable of handling their child's behavior and less stressed"
- 70% of children in Playworks child care are meeting Teaching Strategies Gold criteria, 30% are exceeding
- 92% of families enrolled in Children's Integrated Services met 1 or more of their goals

Potential Outcome: 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)

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.

Children in family foster care = \$8,130 (DCF – Family Services)

- The annual average cost per case is: \$8,130.
- The average across the entire custody population it is: \$26,402.

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)

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

Homeless vs. Housing - \$20,250 (AHS – Housing Director)

- Providing an individual that is homeless shelter for a year costs \$27,594 vs \$7,344 for permanent housing. ROI=\$20,250
- Costs \$6,351 to house a family for 84 days through Economic Services

If Cassandra hadn't gotten these services what probably would have happened (statistically speaking)?

- 62% of teen females who have a baby before her 20th birthday do not finish high school by age 22.
- 30% of teen girls who dropped out of high school cite pregnancy or parenting as a reason.
- Daughters of teen mothers are 3x more likely to become teen mothers themselves.

