

The Janet S. Munt Family Room

A Parent-Child Center of Vermont

Strong families. Healthy children. One community.

Dan's Story

Parent Child Centers
are the Answer

DAN'S STORY

The Family Room has been a big part of my life since I was a child. My mom had taken my brother, sister and I since I was a small child.

I had been struggling and not doing so well in my relationship with my wife. In my previous marriage, there was domestic violence and I knew I had an issue dealing with my anger. I had found a tear off phone number on a flyer about the Family Room and a group called Dads Group. So I called the number and left a message. In a few hours, I received a phone call back from a man named Josh Miller. He made a time to meet with me at Dunkin' Donuts so I could tell him what was happening. He later met me and my son at the Family Room and he played while I talked more with Josh about my situation. During our get together, he told me how the Family Room works with dads and what they have to offer. He invited me to start some helpful groups. In the Dads group, I was starting to learn outside the box of being a dad and not just a babysitter. I also didn't want to be like my dad, but I saw that I was repeating some of the same behaviors. After a few weeks in, I had to miss a group because my daughter was born.

I then started a communications class to help develop better ways to talk with my wife, deal with others and handle my emotions. I was able to have a healthy meal during the groups. We have been able to go on some field trips with our children, like tour the fire station, go to the Garden, go on a boat cruise with my family and others. Plus, we have dads and children's night where we can meet up with other dads, have dinner and interact with our children in a comfortable, safe and friendly environment. They offer Family support and offer some help finding a job.

I worked at that same job for over 2-1/2 years and now it has helped me to get an even better job. Josh asked me to speak at a training of over 60 women teachers about what it is like to be a man walking into a school. I was very emotional, but I was thankful for the opportunity to share. In February of 2017, I had gotten some hard news that my son was diagnosed with autism for emotional and social issues, plus having ADHD. But I was able to call Josh and have him come to some meetings on how to work with children with autism.

Having support from the Family Room is a very big help when you are not sure where to turn in tough situations. And even though it has still been hard in my relationship, we are doing much better now and I am being a much more positive, playful and responsible dad.



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

The Family Room's Dad's group helped Dan learn parenting skills

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

Youths choose healthy behaviors

Youths successfully transition to adulthood

The Family Room taught Dan communication skills that improved his relationship with his wife and children

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

Vermont's communities are safe and supportive

The Family Room provided regular healthy meals for Dan and his Children

Vermont's communities are safe and supportive

Vermonters are healthy

The Family Room allowed Dan and his children to learn about, and connect with, their 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:

Children are ready for school

The Family Room helped Dan find a better job

Vermont has a prosperous economy

Vermont's communities are safe and supportive

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

The Family Room taught Dan about how to care for his son with special needs

Vermont's communities are safe and supportive

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

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

Children are ready for school

Children succeed in school

The support Dan received positively impacts at least seven 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. Annualized Unemployment rate (an alternative indicator)
4. Percent of adults 20 years of age or older who are obese
5. Number of children who are homeless
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

ROI Statistics

- \$42 per night shelter stay @ shelter x average of 49 nights = \$2,058 x 2 (mother and child) = \$4,116
- Incarceration avoided \$50,000
- ACEs Intervention Savings= \$210,000 (2010 dollars)
 - Individuals with a higher number of ACEs are more likely to smoke, abuse alcohol and illicit substances, be obese, be physically inactive, and exhibit high-risk sexual behaviors. In addition to profound health effects, child abuse and neglect is also associated: including \$33,000 in childhood health care costs, \$11,000 in adult medical costs, \$144,000 in productivity losses, \$8,000 in child welfare costs, \$7,000 in criminal justice costs, and \$8,000 in special education costs.

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.