

APPLICANT INFORMATION**Organization Name:** FAMILY, Inc**# of AmeriCorps Members Proposed For Your Organization:** 2**# of Full-Time Positions:** 2**# of Half-Time Positions:** 0**# of Quarter-Time Positions:** 0**# of Minimum-Time** 0**Mailing** 3501 Harry Langdon Drive Suite 150**Cit** Council Bluffs**Zip** 51503**Website** www.familyia.org**Contact Person:** Connie Gronstal**(Must have authority to commit/receive funds)****Phone:** 712-256-9566**Fax:** 712-256-9916**Email:** : connie@familyia.org**UNDERSTANDING**

In submitting this information, we certify that the information is true and correct to the best of our knowledge. We have read, understood and will comply with the Site Supervisors' responsibilities. We further understand that if this site is selected to host an AmeriCorps member(s), we are responsible for:

- Providing on-site supervision and support for the AmeriCorps member, including an on-site pre-service orientation and training, weekly supervisor meetings.
- Paying a non-federal cash match to help support the AmeriCorps member costs (*anticipated match is \$8,700/FTE*).
- Providing adequate work space including desk, computer, internet, e-mail, phone, and access to fax and copier.
- Participating in AmeriCorps member evaluations, site visits, and other AmeriCorps events deemed appropriate.

Please type or print:**Name:** Connie Gronstal**Title:** Executive Director**Date:** 6/27/2011**2. ORGANIZATIONAL CAPACITY**

FAMILY proposes to host an AmeriCorps member to increase our community's capacity to provide children a healthy start in life and opportunities for community service. . FAMILY is dedicated to assisting parents in their roles as their child's first and most influential teacher and to ensure that children zero to five years of age and their families have the resources they need to succeed. We are the Title V Maternal Child Public Health grantee for Pottawattamie and Mills counties and provide home visitation, group support, and parenting education. In addition to many state and national affiliations, we are faculty for Dr. T. Berry Brazelton's Iowa Touchpoints site. FAMILY and its staff have implemented several state grants over the past 20 years, private foundations grants, and 3 federal grants. In each case, FAMILY has been in compliance. FAMILY has three major programs: Family Support, Maternal Child Public Health (MCH) and Safe Kids Loess Hills (SKLH). Home visitors teach healthy lifestyles using the Parents As Teachers (PAT) curricula. We were part of the research component for a new curriculum Healthy Moms, which targets teen mothers and teaches healthy eating and exercise during pregnancy. The home visitors have additional healthy lifestyle PAT curricula that are currently under-utilized.

FAMILY's home visiting program uses an evidence-based approach and model. Research has shown an evidence based home visitation model that work with expectant and new families in their homes ensures

positive health outcomes for the children and their families and reduces the incidence of Adverse Childhood Experiences (ACEs), known contributors to adult chronic diseases, including obesity. These prevention-focused programs address issues such as oral health, prenatal care, perinatal depression, well-child visits and immunizations, healthy lifestyles, and support parents to raise their children in emotionally and physically safe and nurturing environments, Home Visiting impacts the overall health of the child right from the start and reduces the societal costs, both in human and economic terms, of the less than optimal health and development of children

Safe Kids Loess Hills was founded in 1994 and is led by FAMILY, Inc. Safe Kids exists to eliminate accidental childhood injury and death. Safe Kids is a global network (Safe Kids Worldwide) of coalitions consisting of community partners dedicated to preventing accidental injuries to children under age 15 by stimulating changes in attitudes, behavior and the environment. Our major areas of focus are: child passenger safety, fire prevention, and bike/pedestrian safety. For ten years, SKLH has participated in International Walk To School Day under the sponsorship with Fed Ex and Safe Kids USA's program Walk This Way. The goal is to provide children safe ways to walk or bike to school. We provide education to parents and school children, conduct walkability checks that the parents and children conduct. We also provide bike safety events and helmets to children and adults.

All of the activities pertaining to the AmeriCorps members would be related to the home visiting program or Safe Kids, which would have a direct outcome of reducing chronic diseases.

3. WORK PLAN

a. According to the Robert Wood Johnson's Health Rankings, Pottawattamie County ranks 91 out of Iowa's 99 counties in health outcomes, designating it as one of the unhealthiest counties in Iowa. These rankings are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. The 2009 Council Bluffs Chamber of Commerce strategic plan for education emphasizes providing parent education, health services and support for all children ages 0-5 as a key way of addressing these needs.

Pottawattamie County has higher than the state average rates of unemployment, FIP, food stamp participation, child poverty, low birth weight babies, infant mortality, children receiving WIC, and babies born to teens.

b. FAMILY is the only agency that actually has both urban and rural offices in Pottawattamie County. The member would work with both offices in providing services and recruiting volunteers.

FAMILY proposes to continue to utilize the member to increase our capacity of reaching new parents and educating them on health, safety, and child development in both our Council Bluffs (urban) and AHST school (rural) offices. The member would be responsible for the health and safety promotion activities for children under age 14 years. The member would be able to provide health outcome leadership and support to both our local Safe Kids Coalition and our Family Support program. In addition the member would work with youth under age 14 years and parents to teach safe and healthy lifestyles practices. The AmeriCorps member would not only provide coalition building activities, but would provide direct support to both parents and children, educational activities to children, and volunteer coordination. The member will be responsible for the coalition's childhood injury research and data collection. Lead organizations are extraordinarily important to Safe Kids. FAMILY, being the lead organization for Safe Kids, anchors the coalition with administrative support, and they provide local credibility to the coalition.

c. We will be able to document the impact/ benefits to families that are participating in home visitation through the Life Skills Progression Scale, a scale designed to measure health outcomes.

4. OUTCOMES AND DATA COLLECTION

Data will be collected on a goal of 300 persons (an unduplicated count of Iowans) reached by local efforts – through attendance/ participation in healthy lifestyles activities.

Sixty percent of those attending the activities will demonstrate an increase in literacy or knowledge of wellness, or intent to increase physical exercise.

Additional outcomes expected at the end of the project include: A measurable increase in caring adults, safe environments, and a healthy start for children. Included in these outcomes are the rate of child abuse, the rate of children fully immunized, and the number of children with access to well child care. These outcomes will be measured using the Life Skills Progression Scale, the national instrument identified and utilized by Iowa Community Empowerment. Outcomes expected for Safe Kids include a higher number of children in safe places. This would include number of children properly restrained in motor vehicles, number of children that know pedestrian and bike safety, etc.

5. EXISTING INFRASTRUCTURE

The objectives of the project are to ensure children have a healthy start in life. The AmeriCorps member would be responsible for day-to-day management of the Safe Kids coalition and its activities, as well as making sure all coalition components (lead organization, committees, member organizations, sponsors) are functioning as they should and producing the results for which they are responsible. Safe Kids Loess Hills has been in existence for 18 years and is comprised of health professionals and community volunteers, which has national support from Safe Kids USA. The AmeriCorps member would facilitate relationships among the volunteer members and lead organization staff. The AmeriCorps member will be responsible for educating students, parents, and children less than fourteen years in identified risk areas. She/he will be responsible for pedestrian safety education in school settings as part of the International Walk to School event and Halloween safety. During the education portion of Walk This Way, children and their parents are given walkability checklist to rate and discover hazardous conditions along their route to school. Environmental task forces can be formed to correct these conditions, if necessary. The member will also be responsible for integrating the healthy lifestyles curricula within visits by the maternal child nurse and other home visitors. She/he will be responsible for ensuring that the healthy eating/fitness group, which is based on USDA's EFENP model, is offered to both urban and rural families at least once a year. This class not only educates families about healthy food choices, but actually has the families prepare a meal a session. The meal is served family style to promote eating as a family group. This year, this class also involved planning for a community garden for families with support for West Pottawattamie County Extension volunteers. The member could assist in making this a reality.

6. DIVERSE AND FAITH BASED COMMUNITIES

FAMILY HAS a diverse staff and educates staff on diversity. We have a Spanish speaking staff member that serves new Iowans that speak Spanish. In addition we are located on the Iowa School for the Deaf, which allows us easy access to American Sign Language. We routinely have materials in Spanish and English. At this time, Pottawattamie County does not have a significant need for other language interpreters, but we have access to those. We have strong ties to the faith community and teach a parenting group at Catholic Charities' Domestic Violence shelter.

7. SUPERVISION

The Executive Director, having been an AmeriCorps supervisor in the past and having extensive training regarding early childhood development and issues, will specifically assist with orienting the member to available resources as well as connections in the community which FAMILY currently utilizes, will serve as the member's direct supervisor, and meet with the member weekly for supervision. Additional training will be made available to the AmeriCorps member. Monthly staff meetings are held, which will include the AmeriCorps member, and these meetings also provide support and additional in-service training applicable to work with young children and families. Relevant training events which may become available during the tenure of the AmeriCorps member will be paid for by FAMILY. Mileage and reasonable expenses occurred by the member will be reimbursed by FAMILY. The AmeriCorps member will be provided a cubicle, desk, phone, computer, and other office equipment and supplies.

8. PAST AMERICORPS INVOLVEMENT

FAMILY currently has an AmeriCorps member through the Iowa Community of Promise.