

Metropolitan Family Service
Ready Set Go Program Report
July 30, 2010

Thank you for your generous support of Metropolitan Family Service and its Ready, Set, Go! program. The following is a report that reflects the results of your support from November 1, 2009 to July 30, 2010.

Ready, Set, Go (RSG) is a kindergarten readiness/parent education program which has served 61 North Clackamas families this year, through individual meetings, Parent-Child Interaction Groups, and parent education using the Make Parenting a Pleasure curriculum. RSG is a strategic collaboration among five established community organizations that builds upon their existing infrastructures to serve families and children – Metropolitan Family Service (MFS), North Clackamas School District, North Clackamas Family Support Center, Ledding Library of Milwaukie, and Clackamas ESD. Ready Set Go serves any North Clackamas four-year-old who is not presently enrolled in pre-school. 73% of participating families spoke Spanish as their first language.

Activities that have taken place this year include:

- Parent-Child Interaction Groups (PCIG) offered easy hands-on activities for parents to observe in the classroom and replicate at home. During the 2009-2010 school year, 110 PCIGs took place. Wichita Center for Family and Community gave RSG a dedicated classroom for all program activities including PCIGs. As a result we were able to give families more opportunities to attend, increasing the frequency from two to three times a week.
- RSG introduced families to the resources available at the Milwaukie Ledding Library and other neighborhood libraries. The RSG Coordinator noticed that most Latino families had never visited the library before, and they did not know how to use the resources that the library offers. Based on that, a monthly visit to the library was begun, and the Coordinator encourages and helps parents get library cards for the first time.
- Staff participated in N. Clackamas Social Needs Roundtable and other community meetings to learn about resources available in the community for RSG families. Resources compiled included those for family economic security, disability, services of Clackamas County Health, Housing and Human Services, and faith community resources. Joint projects included a Backpack Buddy program to send low income kids home with food on the weekend, and a community garden project. Information and referral resources that families were referred to regularly included: Homeless Liaison Services; a clothing closet for school-age children; school supplies; emergency food boxes; household and hygiene supplies. Families who needed counseling services, housing, food stamps, medical and dental care were referred to the MFS Family Specialist. Most families participated in the “Holiday Basket”, a project led by the North Clackamas School District which provided holiday meal baskets to families.
- Worked with parents to increase leadership and encourage peer resource mentoring. RSG parents participated in planning a Parent Leadership Retreat that took place in June 2010. A final meeting to review the event happened in July, and parents expressed that the event helped them strengthen their leadership skills, and they also learned how important it is to participate at their children’s schools, particularly at higher levels such as PTA.
- Organized kindergarten transition activities at schools such as meeting the bus drivers and touring the school bus, and eating in the cafeteria. RSG children had the opportunity to share a morning with the kindergarten teachers and children. Parents had a school tour to learn more about the school.
- Conducted end of school year home visits with RSG families. The RSG Program Coordinator was in touch with all families registered in the program to share children’s achievements and success through individual meetings.
- Planned and began summer schedule of activities for families. Our regular PCIG’s were offered during the summer. Parents started participating in summer activities, going once a week to Ardenwald Park

where the PCIG's took place. This allowed families to be connected with the community and learn about activities offered during the summer. RSG families participated in the project Summer Everybody Eats, a free lunch program offered around the North Clackamas School District. RSG Coordinator and families visited the Milwaukie Ledding Library twice during the summer, where families heard about the library's Summer Reading Program.

- Registration began for the 2010-11 RSG program. When trying to organize a closing activity for the 2009-2010 school year, the RSG Coordinator found that some children had never been to the Oregon Zoo. She contacted the Oregon Zoo's Social Services and 40 admission tickets were donated. The zoo field trip took place on July 22, 2010 with 60 people attending. It was a great learning opportunity for children and families in the RSG program.

Below you will find programs outcomes that have occurred to date in our Ready, Set Go program.

OUTCOMES AND EVALUATION

Desired Outcome(s)	Action Steps to Achieve Outcome	Indicators of Progress/Results	Evaluation and Measurement Methods
To improve literacy skills in pre-kindergarteners	Parent Child Interaction Group, home visits	At year end, 85% of participants will test at a level 4 or 5 (literacy level ready for kindergarten) or increase at least two steps from pre-test.	Get Ready to Read early literacy assessment (ranges from 1-5). 92% of children enrolled in RSG received a 4 or 5 in their post-test.
To improve social-emotional readiness for kindergarten	Parent Child Interaction Group, Parent education classes and workshops, home visits	Children who score near the cutoff (70) or whose parents are concerned about their children's development will be given referrals for further assessment.	Ages and Stages assessment (ASQ). The ASQ tool was applied when children were registered in the program. Three children were referred to ESD for further evaluation. Two of them qualified and starting receiving services. Two children were referred by ESD into Ready, Set, Go to help them be ready for kindergarten.
To expand access to proven parent education programs for disadvantaged populations	Make Parenting a Pleasure parenting course, once a week for 13 weeks	75% of parents will show a positive change in subscales for family functioning, and nurturing/attachment.	Pre- and post course survey; Protective Factors Survey (PFS). 63% of families showed improvement in Family Functioning. 44% of families showed improvement in nurturing and attachment.

Changes/Challenges

Many of our families this year were Spanish-speaking with little formal education. Approximately half the families' highest educational level was elementary or junior high. The other half had attended some high school. We suspect that the Protective Factors Survey may have been confusing to these parents. We have made some improvements to our translation of the assessment, and plan to make some changes in the way we administer the tool to help parents who are at a low level of literacy.