



Youth, Families, Community

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Strengthening families through engaging programs

Research and Cooperative Extension professionals in the Land-grant University System are dedicated to developing innovative programs that impact diverse communities nationwide. This work helps improve the lives of youths and families by connecting them with educational resources and engaging opportunities.

Here are a few examples of that work:

- In **Oklahoma**, the Co-Parenting for Resilience program is helping parents effectively cope with changes resulting from separation or divorce. Of nearly 1,200 parents who participated in 2022, 91% became more likely to encourage their child to have a positive relationship with their other parent, and 82% became more likely to approach parenting as a joint effort and view their child's other parent as a valued team member. *Oklahoma State University; state appropriations, county funding* ([See full statement](#)).
- In **New York**, Extension educators are creating opportunities for engaging Spanish-speaking and African American families, including recent immigrants. Participating parents and caregivers showed increased knowledge of child development, improved parent-child communication skills and increased insight into their children's strengths, capabilities and needs as well as their own. Participants also reported gaining a better understanding of how they, their family and their community can work to promote the optimal child development. *Cornell University; Smith-Lever (3b&c)* ([See full statement](#)).
- The **Vermont** Migrant Education Program partnered with the Greater Burlington YMCA in 2023 to organize a water safety event for youths of seasonal or temporary farm workers in the state. Youths received basic swimming instructions, became more confident being around water and felt safer when in the water. *University of Vermont; Other, Smith-Lever (3b&c)* ([See full statement](#)).

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Prepared by the National Land-grant Impacts Database communications team and supported by the Association of Public and Land-grant Universities' Board on Agriculture Assembly.



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE

02/2024



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- In **Georgia**, 4-H'ers are learning stress management skills through the Self-Care Superheroes coping skills program. Activities involve participating in a stress-focused icebreaker, learning positive affirmations and engaging in mindfulness. *University of Georgia; county funding, Smith-Lever (3b&c)* ([See full statement](#)).
- In 2023, **Kansas** Extension taught 4,096 Kansans how to compare Medicare plans and the benefits covered. Participants who completed plan comparisons and changed their prescription drug or Medicare advantage plans to better meet their needs saved a total of about \$5.3 million. *Kansas State University; Smith-Lever (3b&c)* ([See full statement](#)).
- The Youth Mental Health First Aid course in **Indiana** helps adults working with youths in military families address concerns such as anxiety, depression, substance use, trauma and deliberate self-harm. *Purdue University; Smith-Lever (3b&c)* ([See full statement](#)).
- Extension introduced an innovative game called Breadwinner to young adults across **Connecticut** to address financial literacy gaps in their education. There have been more than 25,000 uses and page views since the game launched in April 2023. *University of Connecticut; Smith-Lever (3b&c)* ([See full statement](#)).
- In **South Dakota**, 15.6% of adults aged 45 and older are caregivers, and an additional 12.5% anticipate they will become a caregiver in the next two years. As a result of the Caregiver Learning Workshop, participants reported intentions to complete necessary elder law forms, contact or refer a service provider, contact a financial planner or identify friends to serve as their decision makers. *South Dakota State University; Smith-Lever (3b&c)* ([See full statement](#)).