



Alice's Story

Parent Child Centers are the Answer

Growing up, life was not easy. I come from an unstable home. My mother left when I was 8 years old, so I was raised by my father. He was a teen parent, and took a lot of his anger about life out on me. I experienced emotional and physical abuse regularly. As I got older, I started acting out to deal with what was going on at home. I became a bully. I stopped caring about school. I started using drugs and alcohol—and this quickly became an addiction. When I was 16, I ran away from home to escape the abuse and because I wanted to feel like I was in charge of myself. I ended up homeless, living on the streets or sleeping at friends' houses. Soon after, I found out I was pregnant. I wasn't interested in being a parent because I didn't want to give up the 'fun' lifestyle I thought I was living. So I decided I wanted to create an adoption plan. That is when I first heard about Lund and I started working with their Options Counselor.

I kept on partying. When I was 3 months pregnant, I was in a major car crash that should have ended my life. My baby and I survived, and I ended up going to rehab. While I was there, I started to connect with my pregnancy and decided that I wanted to parent. The Options Counselor helped connect me to Lund's Residential program, and after spending 3 months in rehab, I moved in when I was 6 months pregnant. Lund opened up a world of possibility. There, I had a safe place to live. I had a team of people to support me. I was able to prepare for my child and focus on myself at the same time. After my child was born, Lund helped me learn how to parent—balancing the needs of my child with my own needs and goals.

Lund also provided me a place to continue my education. I started attending Lund's New Horizons Educational Program, which allowed me to continue earning credit for my high school diploma. This school was not like the others I had been to. They allowed me to bring my new baby with me to school for the first six months so I didn't have to choose between school and my family. The teachers are amazing. They really cared about me. They took the time to help me understand and reach my goals in a way that no other teachers have ever done for me. This past August, I graduated with my high school diploma.

I lived in the Residential program for 22 months before moving into Lund's transitional living program, Independence Place. There, I have my own apartment and my own schedule, but I still have the support of a counselor 24/7 in case something comes up that I need help with. I am learning how to live independently and successfully there. I pay rent. I work. I cook my own meals. I do laundry. I do it all. I always believed that I could be successful on my own and now I get to prove it. When I leave the program, I will also have a housing voucher that will allow my child and me to continue to live in our own, affordable housing.

Without Lund, I would not be where I am today. I would not be sober. I would not have my child. I would not know how to be a parent. I would not have a safe place to live. I wouldn't have anything. I chose Lund because I knew it had the ability to help me change my life. And it did.

The future for me looks bright. Now that I have finished high school, I am working to support me and my child. I have plans to continue my education, too, so that I can become a counselor. I really want to help people who are in situations like I was. I want to help prevent them from experiencing the same kind of pain and hardship that I did and help them see a light at the end of the tunnel. I am looking forward to providing a safe, stable, and happy life for my child and I. Thanks to Lund, that is all possible.



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.

If Alice 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. Only 2% of these moms will go on to earn a college degree by age 30.
- 30% of teen girls who dropped out of high cite pregnancy or parenting as a reason
- Nearly one in five teen births (nearly 67,000 in 2010) is a repeat birth.
- A child born to a teen mother who has not finished high school and is not married is nine times more likely to be poor than a child born to an adult who has finished high school and is married.

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

Alice found housing through Lund's Residential program and Independence Place

Vermonters are healthy
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: Pregnant women and young people thrive

Lund helped Alice learn parenting skills

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

Alice received her high School Diploma through Lund's New Horizons Educational Program, found a job, and plans to pursue further education and training.

Vermont has a prosperous economy
Vermont's families are safe, nurturing, stable, and supported
Vermont's children and young people achieve their potential

Alice's Child is enrolled Lund's high quality childhood program

Vermonters are healthy
Vermont's communities are safe and supportive
Vermont's children and young people achieve their potential, including: Children are ready for school

Lund helped Alice maintain her sobriety

Vermonters are healthy
Vermont's communities are safe and supportive
Vermont's children and young people achieve their potential, including: Pregnant women and young people thrive, Youths choose healthy behaviors

PCC CORE SERVICES PROVIDED TO ALICE

Residential Treatment including

- 24/7 staff facility
- Clinical mental health and substance abuse counseling
- Case management services
- Family education
- Safe, stable housing for 22 months
- Classes focused on mental health, recovery, parenting, nutrition, health and wellness, life skills, job readiness, and money management
- Sexual health education
- Therapeutic recreation
- Family Engagement supports

Early Childhood Services

- Referral and enrollment at PCC childcare
- Classes focused on parenting, child development, child nutrition
- On-site gardening program
- Assistance with WIC services

New Horizons Educational Program

- Earned high school diploma in August 2017
- Enrollment in post-secondary education program
- Vocational training through volunteer and community service work
- Participant in statewide Prevention & Outreach education programming
- On site introduction to college studies course – same as CCV campus group
- Dual Enrollment support from PCC staff to earn both high school and college credits

Transitional housing support at Independence Place

- Supportive, affordable housing
- Support securing permanent housing
- Independent living skills including money management, budgeting, household management
- Community engagement
- Learning to be a positive contributing member of your community
- Support in creating and establishing healthy relationships

Workforce development participant /Reach Up case management

- Financial support
- Drivers education funding
- On site work force development placement
- Support in gaining soft employment skills such as effective communication, critical thinking, and time management
- Support in gaining expertise necessary to successfully engage in a specific job.
- Support in securing offsite community service placement to gain employment skills as well as earn service learning high school credits.

PCC Return on Investment:

- Potential. 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= Child Care Financial Assistance payment of \$10,164 year results in a potential savings to the state of \$31,850 annual return to society" which is connected to lower special education costs, lower crime rate, higher earnings, better health behaviors, higher rates of employment.
- 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.
- Avoided. Annual cost of Reach Up: \$8,268 (DCF – Economic Services)
- Avoided. Child in family foster care: \$8,130 (DCF – Family Services)
- Avoided. Care of infants born with NAS (neonatal abstinence syndrome): \$40,000+
- Avoided: One woman not entering a correctional facility: \$79,642

The support Alice received positively impacts at least 10 indicators tracked by the State of Vermont to measure positive population outcomes.

1. Median household income
2. Rate of resident unemployment per 1,000 residents
3. Number of adults who are homeless
4. Number of children who are homeless
5. Number and rate per 1,000 children and youth of children and youth in out-of-home care
6. Percent of residents living in affordable housing
7. Rate of infant mortality per 1,000 live births
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. Rate of high school graduates entering a training program per 1,000 high school graduates