



UNIVERSITY SETTLEMENT STRENGTHENING FAMILIES

MISSION: We offer the individuals and families we serve resources by which they can *learn, grow and thrive*.

WHAT WE FUNDED: The Foundation provided support for the Strengthening Families program, which combines parent empowerment workshops and individualized case management services. Parent empowerment workshops enhance knowledge and build skills to help establish healthy social connections with others who currently face and/or have overcome similar barriers. Individualized case management helps families to overcome barriers, and make progress toward self-identified goals in areas including parenting, health, legal, education and employment. By addressing several needs concurrently, the Strengthening Families Program helps to increase the likelihood of family success.

WHAT IS THE NEED? University Settlement serves the Broadway-Slavic Village neighborhood, an area of concentrated poverty in Cleveland.

WHY WE FUNDED THIS WORK: The Strengthening Families program aligns with parent empowerment by providing information about child development and parenting, access to emotional and social supports, and supporting parents' pursuit of personal and family goals. The program also addresses the struggles that many families in low-income urban neighborhoods face, including but not limited to employment and livable incomes, struggling schools, drug abuse and mental health issues.

OUTCOMES:

- 80-90% of families each quarter made progress on their client-driven goals in health, employment, parenting, legal and education.
- 83% completed their case plan.
- Using the Protective Factors Survey pre- and post-test, 88% of families completing the empowerment sessions increased their overall score.
- Overall scores increased by an average 19.5 points with the most significant gains in the areas of concrete support and social support.

LESSONS LEARNED:

- Be flexible and willing to adapt in response to each family's unique needs.
- Strengthening Families adapted by expanding case management beyond one year for families with multiple and layered needs for whom change came more slowly.



Resilient Families

Program Strategy Overview

We catalyze and sustain opportunities to ensure that community resources meet families' needs and empower parents to implement their vision for the health and well-being of their families.