

**Youth C1: Parenting Teens**

Agency	Program Name	2010 Funding	2011 Request	\$ change	% change	2012 Request
Canopy Center Inc	C. Families United network-Teen	\$ -	\$ 35,000	\$ 35,000	n/a	\$ 35,000
TOTALS		\$ -	\$ 35,000	\$ 35,000	n/a	\$ 35,000

ORGANIZATION:  
PROGRAM/LETTER:

Canopy Center, Inc.

C Families United Network - Teen

## PROGRAM BUDGET

## 1. 2010 BUDGETED

REVENUE SOURCE	SOURCE TOTAL	ACCOUNT CATEGORY			
		PERSONNEL	OPERATING	SPACE	SPECIAL COSTS
DANE CO HUMAN SVCS	0				
DANE CO CDBG	0				
MADISON-COMM SVCS	0				
MADISON-CDBG	0				
UNITED WAY ALLOC	0				
UNITED WAY DESIG	0				
OTHER GOVT	0				
FUNDRAISING DONATIONS	46,833	32,232	11,375	3,226	0
USER FEES	0				
OTHER	0				
TOTAL REVENUE	46,833	32,232	11,375	3,226	0

## 2. 2011 PROPOSED BUDGET

REVENUE SOURCE	SOURCE TOTAL	PERSONNEL	OPERATING	SPACE	SPECIAL COSTS
DANE CO HUMAN SVCS	0	0	0	0	0
DANE CO CDBG	0	0	0	0	0
MADISON-COMM SVCS	35,000	24,280	8,405	2,315	0
MADISON-CDBG	0	0	0	0	
UNITED WAY ALLOC	0	0	0	0	
UNITED WAY DESIG	0	0	0	0	
OTHER GOVT*	0	0	0	0	
FUNDRAISING DONATIONS	13,785	9,564	3,311	910	
USER FEES	0	0	0	0	
OTHER**	0	0	0	0	
TOTAL REVENUE	48,785	33,844	11,716	3,225	0

\*OTHER GOVT 2011

Source	Amount	Terms
	0	
	0	
	0	
	0	
	0	
TOTAL	0	

\*\*OTHER 2011

Source	Amount	Terms
	0	
	0	
	0	
	0	
TOTAL	0	

ORGANIZATION:	Canopy Center, Inc.
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**2012 PROGRAM CHANGE EXPLANATION**

Complete only if you are requesting more than your 2011 request.

Note: Additional funding should only be requested where services or programming will change or expand in the second year.

3. PROGRAM UPDATE: If requesting more than 2011, describe any major changes being proposed for the program/service in 2012, i.e., expansions or narrowing in target population, scope and level of services, geographic area to be served, etc.).

200 characters (w ith spaces)

**4. 2012 COST EXPLANATION**

Complete only if significant financial changes are anticipated between 2011-2012.

Explain specifically, by revenue source, any significant financial changes that you anticipate between 2011 and 2012.

For example: unusual cost increases, program expansion or loss of revenue.

200 characters (w ith spaces)

**5. 2012 PROPOSED BUDGET**

REVENUE SOURCE	BUDGET TOTAL	ACCOUNT CATEGORY			
		PERSONNEL	OPERATING	SPACE	SPECIAL COSTS
DANE CO HUMAN SVCS	0	0	0	0	0
DANE CO CDBG	0	0	0	0	0
MADISON-COMM SVCS	35,000	24,280	8,405	2,315	0
MADISON-CDBG	0	0	0	0	
UNITED WAY ALLOC	0	0	0	0	
UNITED WAY DESIG	0	0	0	0	
OTHER GOVT*	0	0	0	0	
FUNDRAISING DONATIONS	13,785	9,564	3,311	910	
USER FEES	0	0	0	0	
OTHER**	0	0	0	0	
TOTAL REVENUE	48,785	33,844	11,716	3,225	0

\*OTHER GOVT 2012

Source	Amount	Terms
	0	
	0	
	0	
	0	
	0	
TOTAL	0	

\*\*OTHER 2012

Source	Amount	Terms
	0	
	0	
	0	
	0	
	0	
TOTAL	0	

ORGANIZATION:  
PROGRAM/LETTER:  
PRIORITY STATEMENT:

Canopy Center, Inc.
C Families United Network - Teen
OCS: Youth C1: Parenting Teens (CSC)

**DESCRIPTION OF SERVICES**

6. NEED FOR PROGRAM: Please identify local community need or gap in service that the proposed program will address.

The 2009 Dane County Youth Assessment (high school youth) showed that 29% were sexually active; 18% had intentionally cut/scratched/burned themselves; 5% attempted suicide in past year; 6% became pregnant or impregnated someone; 48% had never had a talk with a parent about how to have a good relationship with a boyfriend or girlfriend; 63% had never talked to a parent about postponing sexual activity; and 61% had never talked to a parent about birth control or STIs. It also shows that 14-17 years old is the peak age period to experiment with self-harming behaviors (ie drugs, alcohol). Of teens in the program in 2009, 40% said they had engaged in self-harming behaviors (drugs, alcohol, cutting), 40% had been caught committing a crime, 70% had friends that have committed a crime. It is clear that these youth need positive activities that help them seriously think about who they are, who they are becoming and who they want to be, in an engaging environment with safe adult interaction.

7. SERVICE DESCRIPTION - Describe the service(s) provided including your expectations of the impact of your activities.

The teen program takes place in conjunction with the Families United Network (F.U.N.) program; working with the parents of these teens, but has taken on a life of its own in order to truly engage teens. Under the leadership of an art therapist, many avenues have been taken to reach out to teens, including the William Who? Shakespeareance project. Using the works and characters of Shakespeare, the teens take healthy risks such as acting in front of peers, and talk about the motivation and issues they share with the characters. The program works with David Daniel, Education Director for the American Players Theatre, to provide a workshop for the teens at the beginning of the project. Currently, Madison has only one Shakespeare-based theater program for kids and it is expensive. Of the teens served in 2009, 80% qualified for free or reduced lunch, making this type of programming unattainable through existing resources. Using art therapy, in which the process is more important than the end product, teens are given engaging ways to think about who they are as people and what type of person they really want to be, how best to handle their problems, and learn important life skills such as how to look for a job, complete an application, budget, find an apartment, etc. Information is provided to teens and their parents about drug use, sexual activity and the consequences, self-harming behaviors, or other issues that arise from the teens in the group so problems are addressed when the teen is most likely to listen and learn, and when parents most need to hear about it.

8. PROPOSED PROGRAM CONTRACT GOALS: Include clearly defined service goals and process objectives: number of unduplicated clients to be served, number of service hours to be provided etc.

30 unduplicated youth (age 13-17) – includes 5-6 Spanish-speaking teens & 10-15 parents of teens; 2000 Service hours provided; weekly groups 46 weeks per year  
Youth to Adult ratio averages 2:1  
Teens are eligible for services until they are 18 or graduate from high school, whichever is later.  
When possible, teens attend the program with their parent. If parents are not involved with the program, the staff keep in contact with the parent throughout the teen's tenure in the program, especially when issues arise that the staff feel the teen needs to discuss with a parent (with help from staff).

9. SERVICE HOURS: Frequency, duration of service and hours and days of service availability.

Ongoing weekly groups provided in Monday and Wednesday evening programming with dinner at 5:30 and groups 6:00-8:00 p.m. (each teen/parent attends one evening each week). Groups provided 46 weeks per year with breaks for holidays and spring break. Families may self-determine the length of time they are in the program. On average, families remain in the program 2 years.

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10. POPULATION SERVED: Please describe in terms of age, income level, LEP, literacy, cognitive or physical disabilities or challenges).

Of the youth served in the William Who? project in 2009: 50% lived in a single family home, 80% qualified for free or reduced lunch at school, 40% had committed a crime (40% had also been caught committing a crime), 70% had friends who have committed crimes, and 40% had engaged in self-harming behaviors such as drugs, alcohol and cutting. Of the overall families in the Families United Network, 80% of participants lived within City of Madison; 54% of families lived beneath the federal poverty level (FPL), and 32% lived within 200% of the FPL. 29% of the teens had a diagnosed disability.

11. LOCATION: Location of service and intended service area (Include census tract where service is tract specific).

The agency will likely move in 2011 to larger program space and will probably be within the City of Madison. Intended service area is Dane County. Currently at 2120 Fordem Ave., Madison.

12. OUTREACH PLAN: Describe your outreach and marketing strategies to engage your intended service population.

Teens are actively recruited from high schools & neighborhood centers in Madison. Teachers/social workers steer students to this program due to difficulties in the teen's life. Presentations are also made directly to the teens to catch their interest and recruit those who are interested in the various aspects of our programming. This outreach effort brought in 20 teens in 2009 and 25 in 2010. The remaining teens enter the program with a parent/siblings. The teen program keeps teens involved in the program at a stage when staying home by themselves or going to a job or other things attract their attention. Often parents don't want their teens staying home alone due to concerns. By keeping the teens connected, we are able to work with the full family system, keep the teen's issues in front of the parent and help build stronger communication between parent and teen.

13. COORDINATION: Describe how you coordinate your service delivery with other community groups or agencies.

There has been strong coordination with the schools and neighborhood centers where we recruit teens. A staff member at Packers Neighborhood Center, in 2009, coordinated and transported 7-8 teens to the program each week for the William Who? Shakespeareance programming. The schools have been another strong collaboration as they steered teens into this program. Coordination between the Families United Network (F.U.N.) program and the Teen programming has been essential to the success of the teen program. The facilitators working with parents are essential to allow us to reach both the teens and their parents, even those who don't come to weekly groups. The F.U.N. parents and children's groups have also participated as the audience for various types of performances or exhibits. For some of the teens, having positive parenting role models (even if it isn't their own parent) applaud their efforts and simply tell them "good job" is beneficial as a resiliency factor.

14. VOLUNTEERS: How are volunteers utilized in this program?

Volunteers are essential to the success of this program and are used extensively to aid staff in program delivery. Volunteers are trained as co-facilitators of the teen groups. Each year interns are also utilized for more comprehensive services to families, such as conducting home visits, connecting families to resources, etc. Staff supervision is provided to assure quality service.

15. Number of volunteers utilized in 2010?

15

Number of volunteer hours utilized in this program in 2010?

1,150

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16. BARRIERS TO SERVICE: Are there populations that are experiencing barriers to the service you are proposing, i.e., cultural differences, language barriers and/or physical or mental impairments or disabilities? Describe the ability of proposed program to respond to the needs of diverse populations.

The biggest barrier we have encountered over the years is simply finding things that really excite teens to want to start or stay in the program, regardless of race/ethnicity. Teen programming has been important and parents have been staunch supporters of our efforts to retain their teens. As programming efforts moved to more "exciting" possibilities, from Fear Factor nights, to Cardboard Regattas, to Murder Mystery dinners/plays, to William Who?, we have been able to attract and maintain the attention and interest of the teens. It is the very fact that the program has variable programming that can change to meet the interests of the teens that has been so successful. Pulling a teen boy/girl in with the prospect of choreographing a sword fight from Taming of the Shrew, or the possibility of building a boat out of cardboard and duct tape that hopefully will float, gets this teen into an environment that will take them out of their comfort zone, help them feel safely vulnerable, and gets their hands busy so they can open their mouths and talk about things that are of interest to them. That is when the true work begins.

Transportation is provided as needed for teens/families to attend the program, through gas stipends, cabs and bus passes. A meal is provided before each group to help the teens/families be focused during programming. In addition, we have found ourselves outgrowing our existing location. We are looking for alternate space and so far have found one potential location that is in Madison.

17. EXPERIENCE: Please describe how your agency, and program staff experience, qualifications, and past performance will contribute to the success of the proposed program?

Canopy Center (formerly Parental Stress Center) has been providing parent support groups for 33 years. Children/teen groups have been offered consistently for the past ten years or so. The administration has shown the ability to successfully manage contract dollars and have a mission to put as many dollars into direct service as possible. Jennifer Bethel, a master's level art therapist, has been the Teen Specialist in the program since 2003. Ms. Bethel is also the owner of an art therapy studio in Monroe, WI, and the executive director of non-profit, Shakespeare on the Edge, operating in Green County since 2005. Ms. Bethel has focused her work on teens and she is able to quickly develop rapport. Her education and training allow her to use art in various modalities, including acting, to help teens work through issues (including mental health issues), make healthy decisions, and learn and practice healthy social and life skills.

The program director has been facilitating parent support groups for 33 years. She is highly skilled at connecting with even the most "difficult" parents, by acknowledging their strengths and love for their child. From this connection, she is able to deal with the most difficult issues with the parents, helping them see the part they are playing in the problem and helping them practice better discipline or coping mechanisms. This is never more important than when working with parents of teens; when teens are rebelling toward independence and parents are resisting that independence at all costs or just giving in.

18. LICENSING OR ACCREDITATION: Report program licensing, accreditation or certification standards currently applied.

Follow the Circle of Parents™ national model for parent support programs. Ms. Bethel, MS, ATR is registered as an art therapist. Canopy Center is licensed by the State of WI.

19. STAFF: Program Staff: Staff Titles, FTE dedicated to this program, and required qualifications for program staff.

Staff Title	FTE	City \$	Qualifications
Program Director	0.1	Yes	Degree in social service field and/or 5+ yrs exp. in parent support
Latino Family Sup. Specialist	0.1	Yes	Degree in social service field and/or 5+ yrs exp. in parent support
Family Support Specialist	0.1	Yes	Bachelor or master's degree in social work
Teen Specialist	0.6	Yes	Degree in social service field and/or 5+ yrs exp. wrkg with teens



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**COMMUNITY RESOURCES DESCRIPTION OF SERVICES SUPPLEMENT**

Please provide the following information ONLY if you are applying for projects that meet the "Community Resources Program Goals & Priorities" If not applying for CR Funds, go to Demographics (p. 8).

**24. CONTRIBUTING RESEARCH**

Please identify research or best practice frameworks you have utilized in developing this program.

The Families United Network (F.U.N.) Teen program is an integral component of the F.U.N. program and benefits from its research-based program design and content. The teen program is lead by an art therapist. Art therapy practice is based on knowledge of human developmental and psychological theories which are implemented in the full spectrum of models of assessment and treatment including educational, psychodynamic, cognitive, transpersonal, and other therapeutic means of reconciling emotional conflicts, fostering self awareness, developing social skills, managing behavior, solving problems, reducing anxiety, aiding reality orientation, and increasing self-esteem. Drama Therapy is "the systematic and intentional use of drama/theater processes, products, and associations to achieve the therapeutic goals of symptom relief, emotional and physical integration and personal growth." In working with teens, according to researcher Reneé Emunah, "a form of expression is desperately needed, one which matches the intensity and complexity of (the adolescent) experience, is direct but nonthreatening, is constructive and acceptable. The creative arts provide this means of expressing the inner explosiveness of adolescence" (Emunah, R. (1990). Expression and expansion in adolescence: The significance of creative arts therapy. The Arts in Psychotherapy, 17, 101-107.) <http://www.cyc-net.org/cyc-online/cycol-1002-rambo.html>)

The Child Trends Fact Sheet, What Works for Parent Involvement Programs for Adolescents, states that "adopting healthy and positive behaviors and avoiding risky ones are key developmental tasks of adolescence." It goes on to state the following as important aspects of a parenting program: offer parent opportunities to practice related skills, along with parent education; provide more than 5 sessions; provide groups for both the parents and the teens; and build on parenting skills. All of these aspects are integrated into the F.U.N. Teen program.

**25. ACCESS FOR LOW-INCOME INDIVIDUALS AND FAMILIES**

What percentage of this program's participants do you expect to be of low and/or moderate income?

80.0%

What framework do you use to determine or describe participant's or household income status? (check all that apply)

Number of children enrolled in free and reduced lunch

X

Individuals or families that report 0-50% of Dane County Median Income

Individual or family income in relation to Federal Poverty guidelines

Other

**26. HOW IS THIS INFORMATION CURRENTLY COLLECTED?**

Teens are required to complete a survey when starting the program. This survey asks for family income level in a manner that is most likely to be known to the teens - free or reduced lunch qualification.

**27. PLEASE DESCRIBE YOUR USER FEE STRUCTURE AND ANY ACCOMMODATIONS MADE TO ADDRESS ACCESS ISSUES FOR LOW INCOME INDIVIDUALS AND FAMILIES.**

There are no fees for teens to attend. Transportation is provided through cabs, gas stipends and bus passes. Dinner and childcare are provided to break down barriers to participation for the whole family.



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**28. DEMOGRAPHICS**

Complete the following chart for unduplicated participants served by this program in 2009. Indicate the number and percentage for the following characteristics. For new programs, please estimate projected participant numbers and descriptors.

PARTICIPANT DESCRIPTOR	#	%	PARTICIPANT DESCRIPTOR	#	%
<b>TOTAL</b>	41	100%	<b>AGE</b>		
MALE	20	49%	<2	0	0%
FEMALE	21	51%	2 - 5	0	0%
UNKNOWN/OTHER	0	0%	6 - 12	0	0%
			13 - 17	27	66%
			18 - 29	4	10%
			30 - 59	10	24%
			60 - 74	0	0%
			75 & UP	0	0%
			<b>TOTAL AGE</b>	41	100%
			<b>RACE</b>		
			WHITE/CAUCASIAN	25	61%
			BLACK/AFRICAN AMERICAN	8	20%
			ASIAN	2	5%
			AMERICAN INDIAN/ALASKAN NATIVE	0	0%
			NATIVE HAWAIIAN/OTHER PACIFIC ISLANDER	0	0%
			MULTI-RACIAL:	6	15%
			Black/AA & White/Caucasian	6	100%
			Asian & White/Caucasian	0	0%
			Am Indian/Alaskan Native & White/Caucasian	0	0%
			Am Indian/Alaskan Native & Black/AA	0	0%
			BALANCE/OTHER	0	0%
			<b>TOTAL RACE</b>	41	100%
			<b>ETHNICITY</b>		
			HISPANIC OR LATINO	8	20%
			NOT HISPANIC OR LATINO	33	80%
			<b>TOTAL ETHNICITY</b>	41	100%
			<b>PERSONS WITH DISABILITIES</b>	10	24%
			<b>RESIDENCY</b>		
			CITY OF MADISON	24	59%
			DANE COUNTY (NOT IN CITY)	15	37%
			OUTSIDE DANE COUNTY	2	5%
			<b>TOTAL RESIDENCY</b>	41	100%

Note: Race and ethnic categories are stated as defined in HUD standards

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**29. PROGRAM OUTCOMES**

Number of unduplicated individual participants served during 2009.	41
Total to be served in 2011.	40

Complete the following for each program outcome. No more than two outcomes per program will be reviewed.

If applying to OCS, please refer to your research and/or posted resource documents if appropriate.

Refer to the instructions for detailed descriptions of what should be included in the table below.

Outcome Objective # 1:	Reduction in disruptive behavior problems, depression/anxiety and delinquency in teens through skill building, education and support in activity-based programming.			
Performance Indicator(s):	75% of teens will show a reduction in behavior problems, delinquency and risky behaviors as measured by parents/school, teen self-report and staff observation.			
Proposed for 2011:	Total to be considered in	30	Targeted % to meet perf. measures	75%
	perf. measurement		Targeted # to meet perf. measure	22.5
Proposed for 2012:	Total to be considered in	30	Targeted % to meet perf. measures	75%
	perf. measurement		Targeted # to meet perf. measure	22.5
Explain the measurement tools or methods:	A questionnaire will be completed by each parent (if parent also attends the program) when a teen enters the program and yearly thereafter to measure number of disruptive behaviors and delinquency issues within the past month. Teens will complete a questionnaire when entering the program and yearly thereafter to measure number of risky behaviors in the past month, such as drug use, criminal activity, unprotected sex, etc.			
Outcome Objective # 2:	Increase the healthy functioning and reduce isolation in families of teens through skill building, education, support and the development of support systems with other group members.			
Performance Indicator(s):	85% of parents will respond Agree or Strongly Agree to questions that ask about increased ability to access resources, being a better parent by better understanding children, reduction in loneliness/isolation, ability to handle stress, and increase in positive family interactions.			
Proposed for 2011:	Total to be considered in	15	Targeted % to meet perf. measures	85%
	perf. measurement		Targeted # to meet perf. measure	12.75
Proposed for 2012:	Total to be considered in	15	Targeted % to meet perf. measures	85%
	perf. measurement		Targeted # to meet perf. measure	12.75
Explain the measurement tools or methods:	The METPI scale is administered yearly to families participating in the program. The instrument asks a series of questions that measure the effectiveness of the program in meeting the outcome objective. In addition, after each evening of programming, all staff and volunteers meet to review that day's program successes and challenges to assure rapid response to participants. The survey is conducted in October with all parents attending the program that month.			

**PROPOSAL REVIEW: Individual Staff Review for 2011-2012  
For Community Resources Proposals to be Submitted to the  
Community Services, Early Childhood and Senior Services Committees**

1. **Program Name:** C. Families United Network

2. **Agency Name:** Canopy Center, Inc.

3. **Requested Amounts:**        2011: \$35,000  
   2012: \$35,000                      **Prior Year Level:** \$0

4. **Project Type:**        New X                      Continuing ☐

5. **Framework Plan Objective Most Directly Addressed by Proposed by Activity:**

X I. Youth Priority C1.

6. **Anticipated Accomplishments (Proposed Service Goals)**

This program will serve 30 unduplicated youth and 10-15 parents of youth through weekly activities.

7. **To what extent does the proposal meet the Objectives of the Community Development Division, Community Resources Program Goals and Priorities for 2011-2012?**

**Staff Comments:** This program clearly meets Program Area I. – Priority C1. - Provide access for low-income parents/guardians education, skills and resources to raise successful youth

8. **To what extent does the proposal incorporate an innovative and/or research based program design that will have a positive impact on the need or problem identified?**

**Staff Comments:** Although this is presented as a parent education program, it appears that potentially half of the youth participate without their parents' involvement. It is also unclear if there are staff assigned to work with the parents. It seems that only the Teen Specialist has a substantive amount of time in the program. Staff are listed as .60 FTE Teen Specialist and three staff a .10 FTE.

9. **To what extent does the proposal include service goals and outcome objectives that are realistic and measurable and are likely to be achieved within the proposed timeline?**

**Staff Comments:** Service goals and outcome objectives for the youth seem realistic, measurable and likely to be achieved within the timeline. Outcome objectives seem somewhat disconnected given what seems to be limited parent participation.

10. **To what extent do the agency, staff and/or Board experience, qualifications, past performance and capacity indicate probable success of the proposal?**

**Staff Comments:** The agency, staff and Board seem to possess the experience and qualifications to indicate probable success.

11. **To what extent is the agency's proposed budget reasonable and realistic, able to leverage additional resources, and demonstrate sound fiscal planning and management?**

**Staff Comments:** The budget is reasonable and realistic. However the only other resource is fundraising, no other resources are leveraged.

12. To what extent does the agency's proposal demonstrate efforts and success at securing a diverse array of support, including volunteers, in-kind support and securing partnerships with agencies and community groups?

**Staff Comments:** Strong volunteer support and active partnerships.

13. To what extent does the applicant propose services that are accessible and appropriate to the needs of low income individuals, culturally diverse populations and/or populations with specific language barriers and/or physical or mental disabilities?

**Staff Comments:** Services seem very accessible and appropriate for low-income & culturally diverse populations as well as populations w/ language barriers or physical mental disabilities.

**Questions:**

1. Please describe the level of parent involvement.
2. Please explain how the youth activities relate to the parent education aspect of the C1 priority.

**14. Staff Recommendation**

☐ Not recommended for consideration

☐ Recommend for consideration

X **Recommend with Qualifications**

**Suggested Qualifications:** Please see questions.