

# Family Fun Night “HUB” Evaluations

2016-2017

# What is Family Fun Night/Hub?

- The Family Fun Night “Hub” program is offered by Point in Time one night per week in the elementary schools in Haliburton and Minden.
- This program is open to families with at least one child in the elementary school where the program is offered. Families may attend the program weekly, or less often if they wish.
- Family Fun Night offers a healthy meal, followed by a craft and/or physical activities for the families to participate in. The program participants are asked for input into planning the activities.
- This program is based on the model of Family Resource Programs.

# Family Resource Programs

## **Definition:**

Family Resource Programs (FRPs) are community-based organizations working with children, families and caregivers to enhance strengths, to build capacities and to promote healthy development.

# Themes

Based on “What Participants Value” study by Silver et al.

## **4 Key Themes of how FRPs help families:**

- Engagement
- Empowerment
- Social Support and Social Capital
- Community Building

# Engagement

- Parents/caregivers and children participating in activities together
- Caregivers interact with children in meaningful ways
- Programs which focus on quality of caregiver-child relationship enhance children's mental health and resilience

# Empowerment

- Participatory/not hierarchical
- Provide opportunity for skill development
- Personal growth and affirmation
- Increases family functioning
- Positive caregiver self-identity

# Social Support and Social Capital

- Support can be Instrumental, Emotional or Informational
- “Capital”: Building the social network of families and children
- Formal or Informal

# Community Building

Access to resources

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Stronger sense of Power and Control



## Method and Data Collection

- In March and April 2017 caregivers and children/youth participating in the program were asked to complete a questionnaire.
- Parents/Caregivers were asked to respond to 19 questions on a scale from 1 to 4 [1=strongly disagree, 2=disagree, 3=agree and 4=strongly agree].
- The questions for the parent/caregiver questionnaires were grouped into themes of Engagement (Questions 1-8), Empowerment (Questions 9-13), Social Capital and Social Support (Questions 14-18) and one Community Building question (19).

## Method and Data Collection (continued)

- Children responded to 7 questions on a 4 point scale by circling happy/sad faces representing Strongly Agree (4), Agree (3), Disagree (2) and Strongly Disagree (1).
- Adult participants were asked 4 open ended questions asking what they would change about specific aspects of the program (meal time, gym time, craft/activities, routine)
- Qualitative data for caregiver evaluations was analyzed by theme.

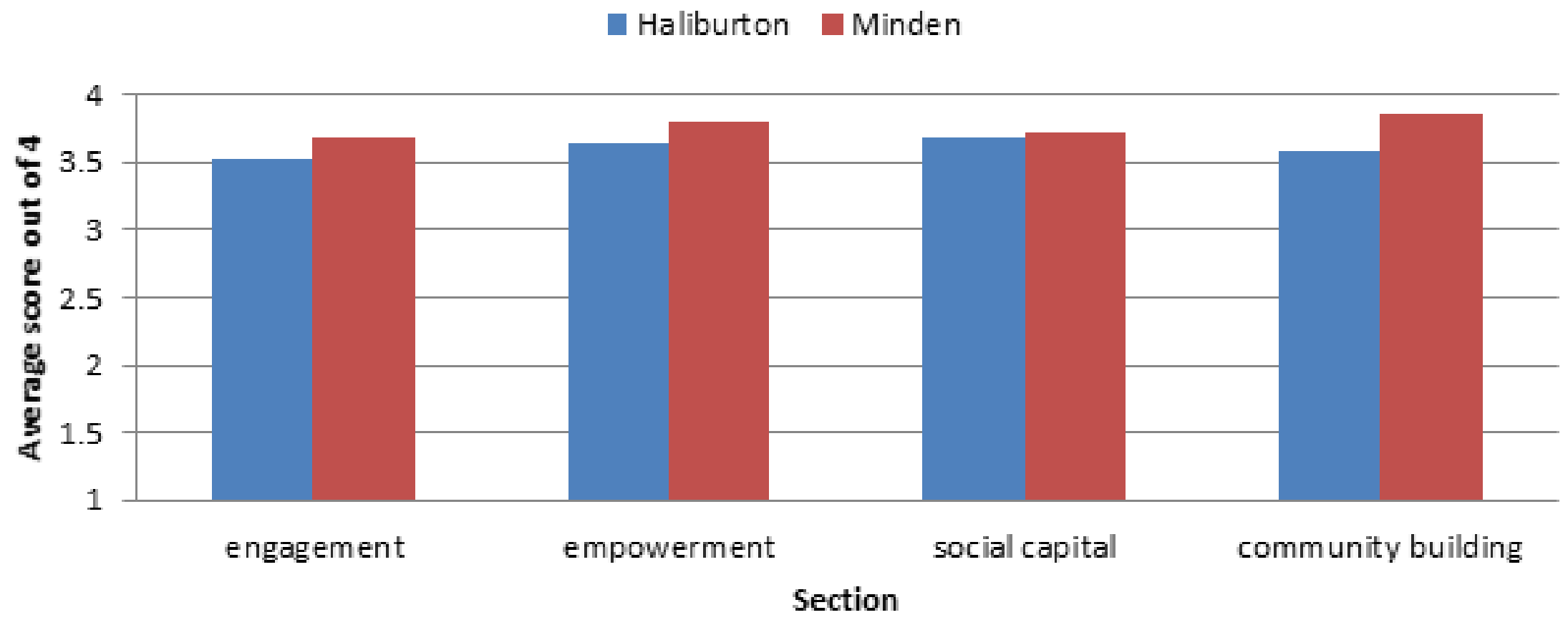
# Demographics

- In 2016-2017, 37 individuals attended the Minden program, and 48 individuals attended the Haliburton program.
- Many families attended almost all weeks of the program and some attended just once or a few times.
- 7 parents/caregivers in the Minden program and 12 parents/caregivers in the Haliburton program completed questionnaires.
- 13 children in the Minden program and 21 children in the Haliburton program completed questionnaires.

# Parent/Caregiver Quantitative Responses

- Averages were calculated for each question . Overall average scores from 3.17 out of 4 to 3.89 out of 4 (n=19).
- Averages for each section, Engagement, Empowerment, Social Capital and Social Support and Community Building, were also calculated.
- When considered by section, the average rating given was 3.58 or higher, indicating respondents generally agreed or strongly agreed with the questions (n=19).
- Figure 1 on the next slide shows the average score for each section, according to location.

**Figure 1: Average Score by Section (n=19)**



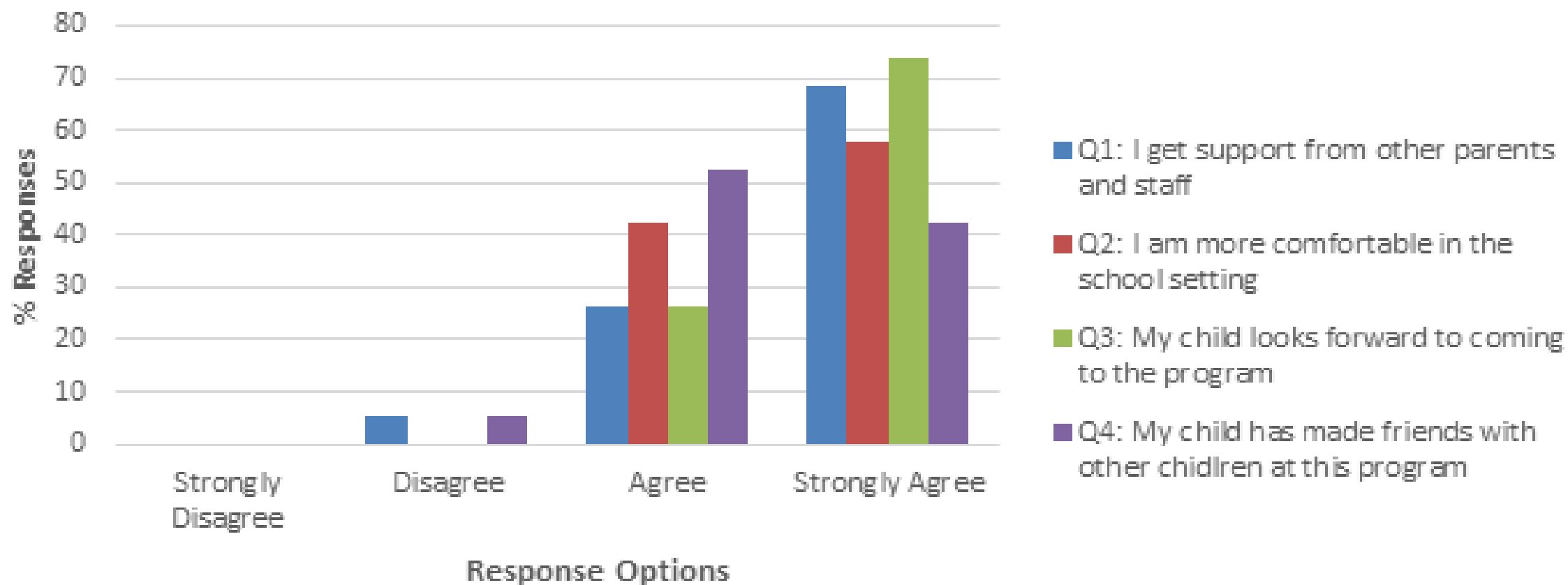
Parent/ Caregiver responses

Theme: Engagement

The Engagement questions receiving the highest scores:

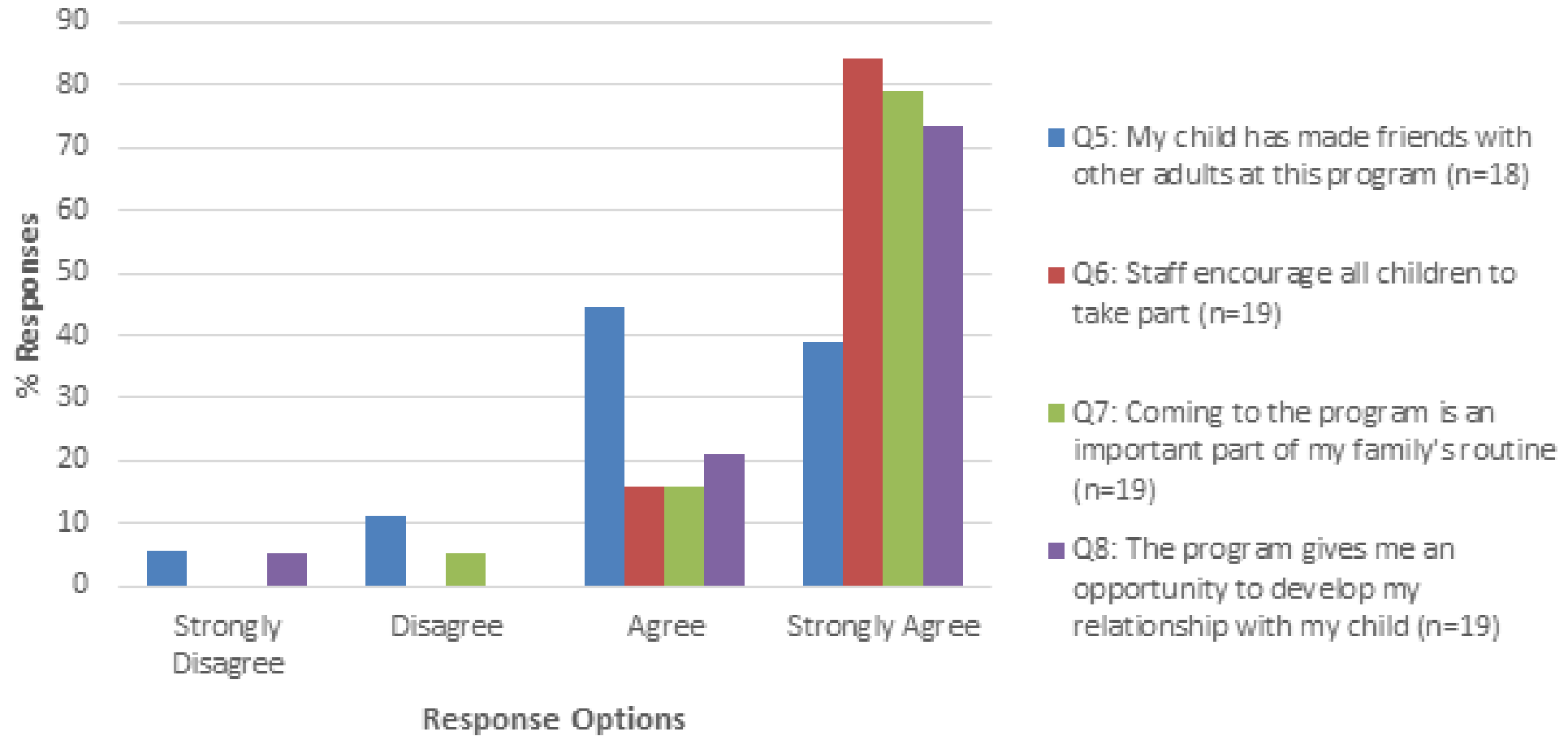
- #6, “Staff encourage all children to take part” (84% Strongly Agree)
- #7, “Coming to the program is an important part of my family’s routine” (79% Strongly Agree).
- These two questions were also ranked among the highest in last year’s evaluation.

**Figure 2: Engagement Questions 1-4 (n=19)**





### Figure 3: Engagement Questions 5-8



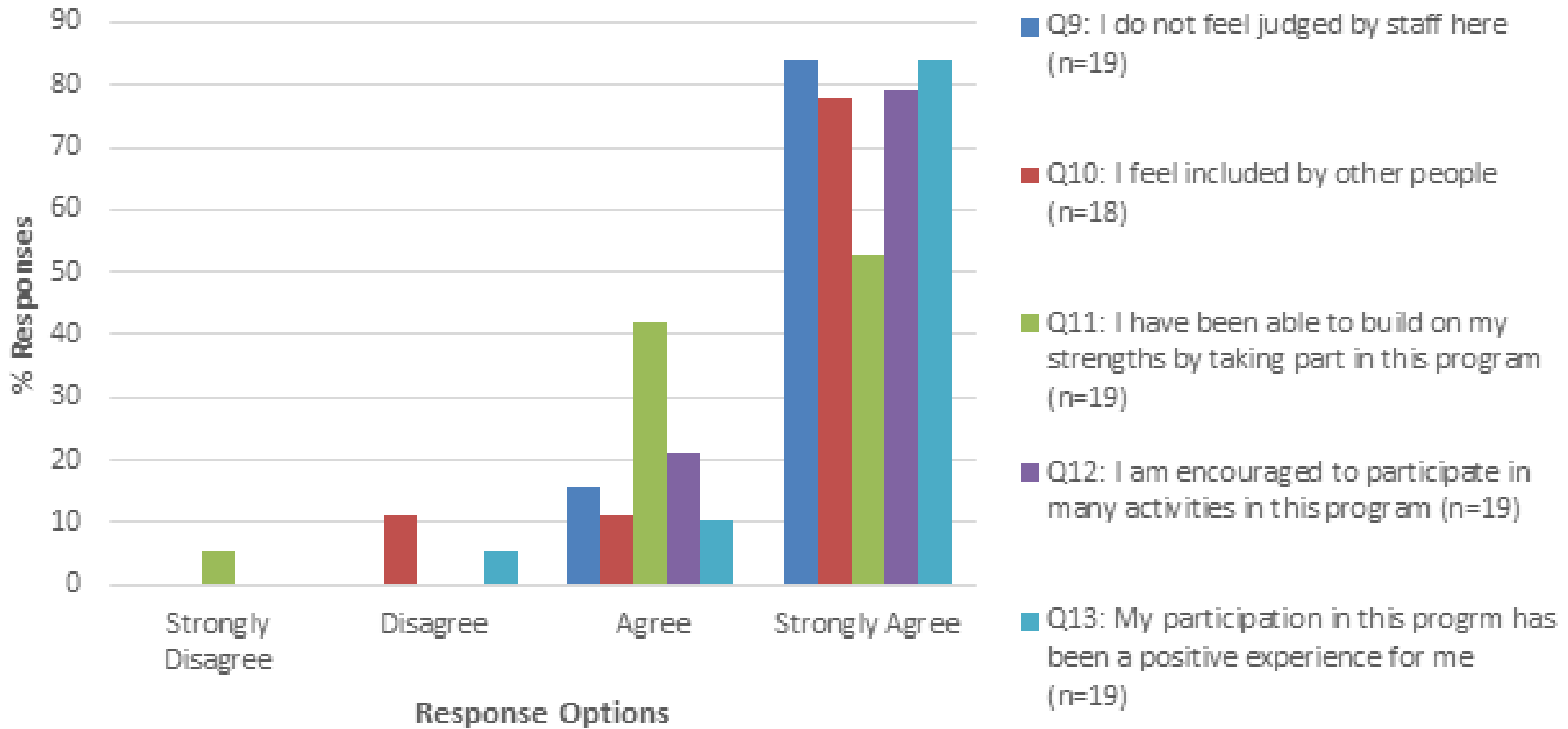
# **Parent Caregiver Responses**

**Theme: Empowerment**

The Empowerment questions receiving the highest scores were:

- #9, “I do not feel judged by staff here” (84% Strongly Agree).
- #13 “My participation in this program has been a positive experience for me” (84% Strongly Agree).
- These were also the highest scoring responses on last year’s questionnaire.
- See Figure 4 (next slide).

### Figure 4: Empowerment Questions 9-13



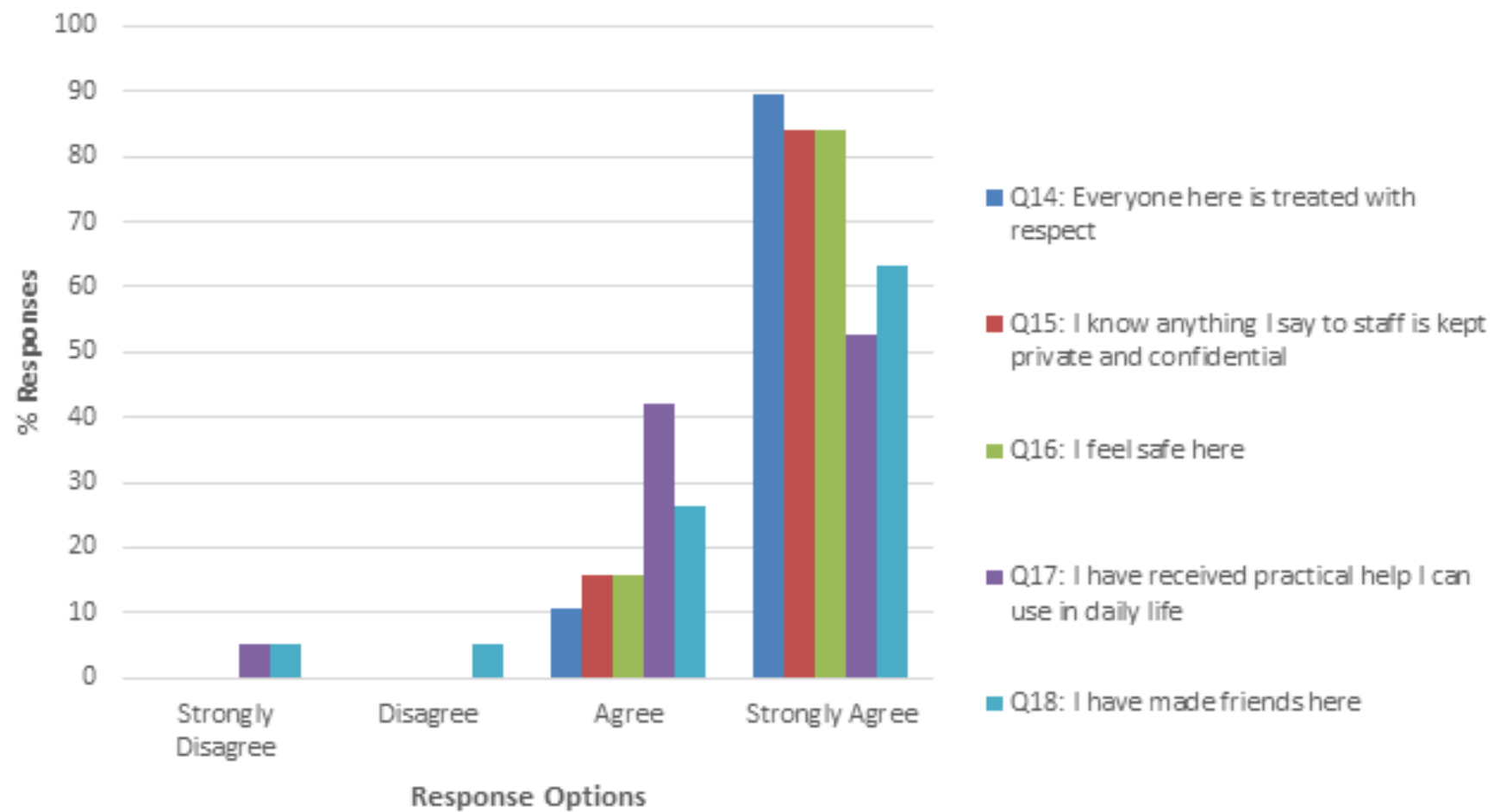
Parent/ Caregiver Responses

Theme: Social Capital and  
Social Support

The Social Capital and Social Support questions receiving the highest ratings were:

- #14, “Everyone here is treated with respect” (89% Strongly Agree)
- #15 “I know anything I say to staff is kept private and confidential” (84% Strongly Agree)
- #16 and “I feel safe here” (both 84% Strongly Agree)
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- See Figure 5 (next slide).

**Figure 5: Social Capital and Social Support Questions 14-18 (n=19)**



# Parent/ Caregiver Responses

## Theme: Community Building

- There was only one question in this section, which was “Because of this program, I know about services and resources in the community”.
- All 19 participants responded to this section. The responses were: 79% Strongly Agree, 16% Agree and 5% (1 person) Strongly Disagree.



# Caregiver Qualitative Responses

- Caregivers responded in their own words to four questions that asked specifically “What would you change about: meal time; gym time; craft/activities; routine?”
- Thirteen out of 19 caregivers responded to these questions, and some caregivers provided more than one response to each question.

“What would you change about meal time?”

- 8 caregivers gave responses.
- The most common response was “nothing/it’s great” (3 respondents).
- Other responses included:
  - more variety
  - more pineapple
  - ask about allergies
  - less sugar and earlier”

“What would you change about gym time?”

- 6 caregivers gave responses.
  - The most common response was “nothing/good” (3 respondents).
  - Some more structured activities (2 respondents)
  - Having outside presenters (1 respondent)
  - Earlier (1 respondent)

## “What would you change about craft/activities?”

- 10 caregivers gave responses.
  - The most common response “nothing/fun/good/great” (5 respondents)
  - bringing in outside people to do activities (2 respondents) One offered the following ideas: “jewelry, canning, leather works, dance, karate.”
  - One respondent said they missed the board games
  - more male-oriented activities (1 respondent)
  - “social skill and communications skill helps” (1 respondent)

## “What would you change about routine?”

- 9 caregivers gave responses. All responses were positive.

- Five responses appeared to be specific to the question (“Nothing/smooth/good/fine”) while 4 responses appeared to be general positive comments on the program:

*“We love coming. We come every week. Its a big pull to come and have dinner”*

*“This is amazing program. It has helped our family. My child was shy and now has come out of this his shell. He is thriving here. I think it would be amazing if every community had a program like this.”*

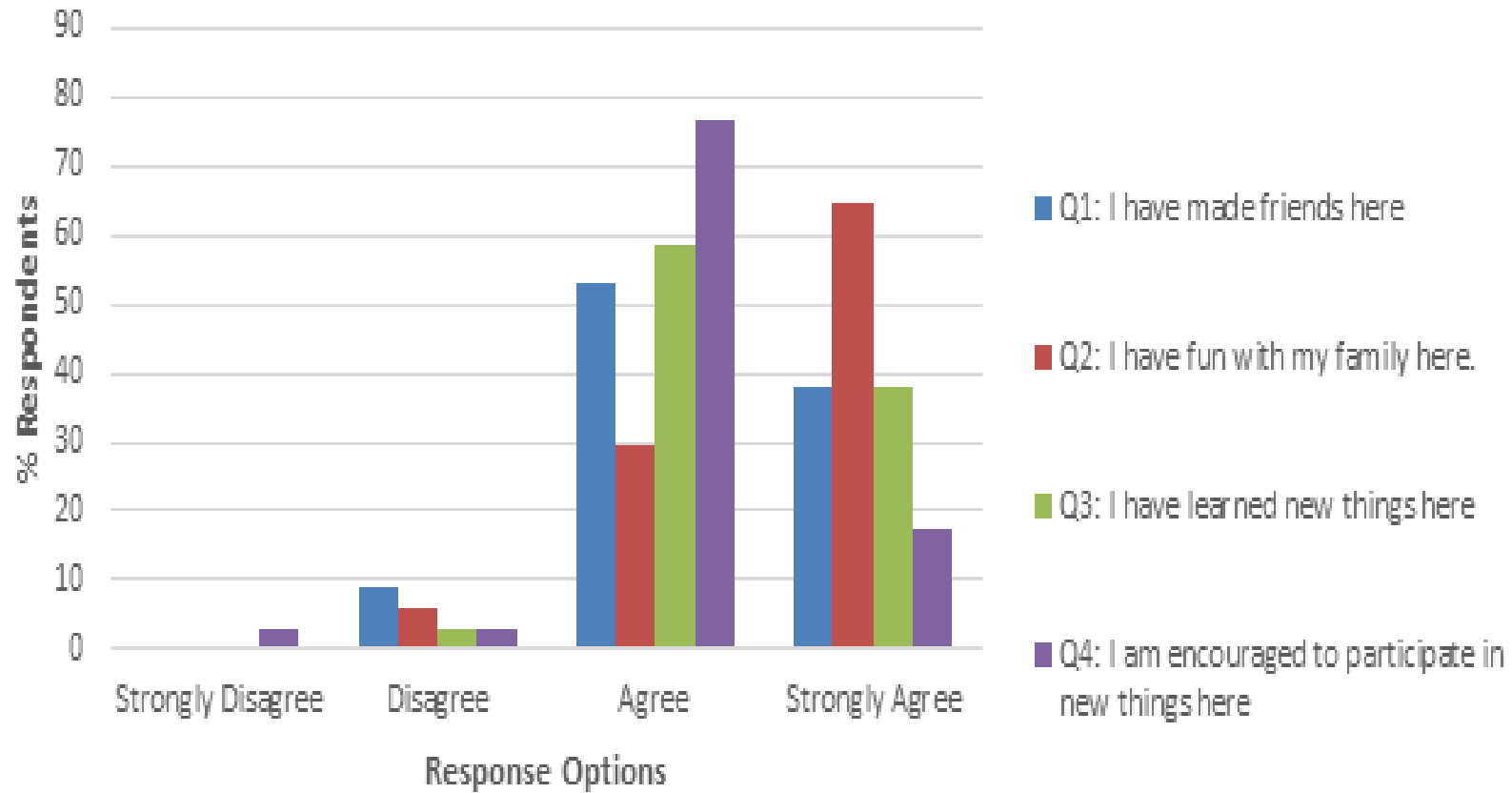
*“Staff is great. [Worker] is always available.”*

*“Kids bring parent to the school environment.”*

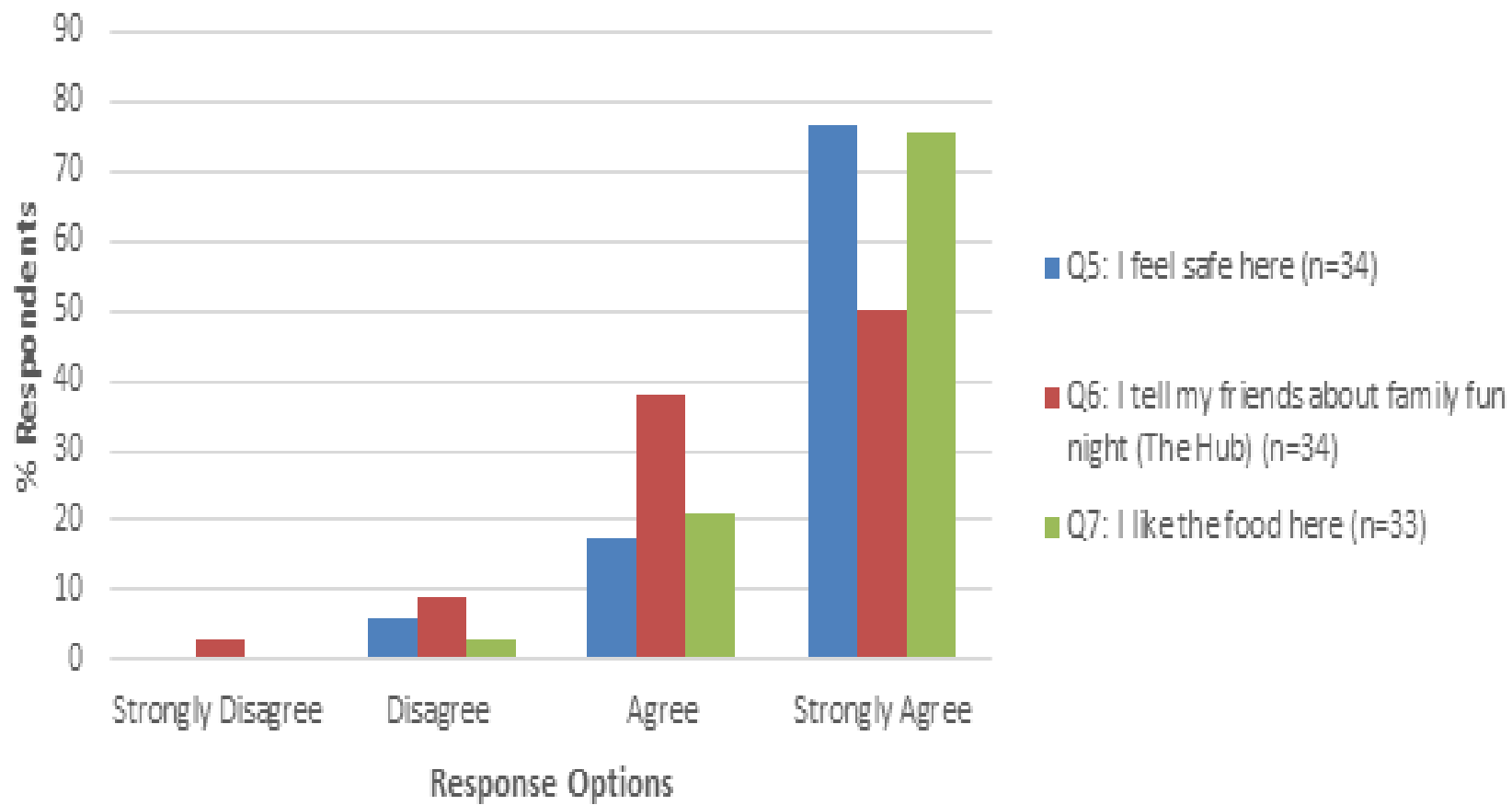
# Child Responses

- The overall average score for each of the 7 questions on the children's questionnaire was consistently higher than 3 out of 4.
- Figures 6 and 7 (next slides) show the children's responses to each question.

Figure 6: Children's Responses to Questions 1-4 (n=34)



### Figure 7: Children's Responses to Questions 5-7





## Child Responses (Continued)

The highest scoring items were:

- question 5 “I feel safe here,” (Strongly Agree 76%)
- question 7 “I like the food here,” (Strongly Agree 76%)

Similar to last year’s children’s evaluation, the lowest scoring item was question 6 “I tell my friends about Family Fun Night/The Hub.” (Disagree/Strongly Disagree=12%, n=34).

## Summary/Discussion

- Overall, the responses from children and caregivers attending Family Fun Night continue to be very positive every year.
- Based on caregiver questionnaires, results were especially high in the Empowerment section.
- The highest rated question in the caregiver questionnaire was “Everyone here is treated with respect.”
- The highest rated question in the child/youth survey was “I feel safe here.”

## Summary/Discussion (Continued)

- Although there were questions about “what would you **change** about different aspects of the program” many participants gave positive responses such as “it’s great” or indicated they didn’t think there needed to be changes.
- There were some ideas offered by participants about ways to improve, including asking about allergies, offering more variety in food, less sugar, making the program earlier, bring in some outside presenters for activities, bring back board games, and add in some male-oriented projects.
- There were also some very positive comments about the program in general, such as loving to come, having dinner provided, availability of staff, and how it has helped their child and family. It is important to note that this program is part of the local poverty Reduction Strategy in terms of providing a free meal, left overs and food donations to families.

## Conclusions and Next Steps

- Results of this evaluation will be shared with program staff and management and program participants.
- It is not always possible to make the changes suggested; however, the constructive feedback will be taken into consideration while planning future Family Fun Nights. For example, having less sugary options for dessert.
- It is important to note that Point in Time has limited cooking/preparation space and time, including no access to a stove or oven so meal options can be limited.
- Overall, there was much more positive feedback than negative feedback about Family Fun Night/the Hub.
- It is clear this program is appreciated by and helps families in our community.