



**Total Served: 16,122**

## Parenting Education & Outreach

Provides information to the community and classes covering more than 50 topics.  
Total Served: 2,524 classes; 5,530 outreach

- Average pre-class test score: 62%
- Average post-class test score: 91%
- 72% of class participants increased their scores by at least 10%.

## Empowering Families

Offers premarital, marriage and relationship education to engaged/dating couples, married couples and singles.

Total Served: 1,032

- 83% of married participants reported that the class improved their communication skills.
- 71% of premarital participants reported that they knew how to resolve conflict in a more healthy and productive way.
- 71% of overall participants demonstrated improved conflict resolution skills.

## Family Transitions (A Co-Parenting Program)

Provides education, classes, consultation, mediation and co-parent coaching for families raising children between two homes.

Total Served: 692

- 83% of class participants increased their scores by at least 20%.

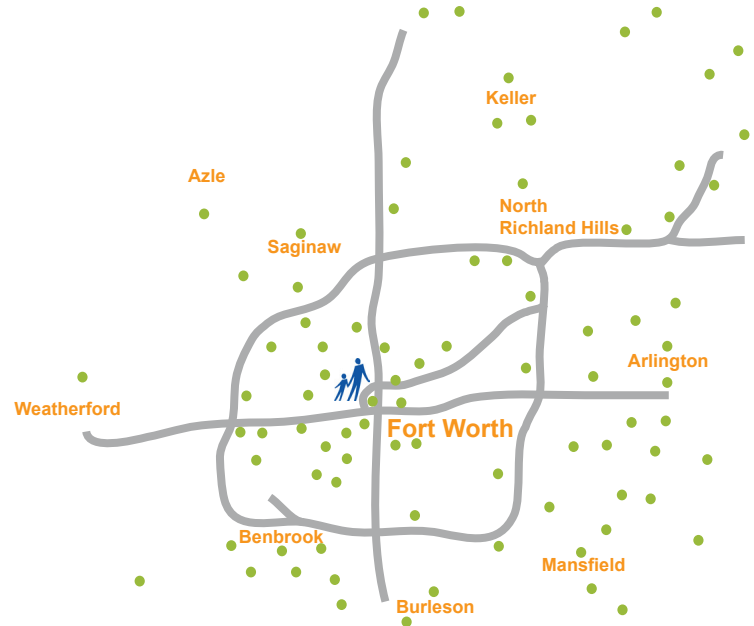
## Parenting Advice Line: 817-332-6399

Offers free, confidential information on questions about raising or caring for children; Open Monday to Friday, 12 p.m. to 3 p.m.

Total Served: 40

- At the end of the phone call, 100% of callers said they felt that they had a direction or plan to follow.
- 100% felt that they would be able to follow through on the plan.

## 2012 Locations of Parenting & Family Life Education Classes



## Parenting Education Program in Schools (PEPS)

Classes taught as part of the Health One curriculum in the Fort Worth and Arlington high school districts.

Total Served: 5,066

- Average pre-class test score: 55%
- Average post-class test score: 95%
- 90% of participants increased their scores by at least 20%.

## Hand-in-Hand (A Wraparound Program)

Serves families referred by MHMR and engages family, friends, teachers, and mentors in the treatment plan for children with mental illnesses.

Total Served: 92

- Total protective factors for child behavioral strengths increased significantly from intake to 6, 12, and 18 months.
- Children's level of functional impairment was significantly reduced and approached non-clinical levels from intake to 6 and intake to 12 months.

## Clinical Counseling

Individual, group, family and couples therapy, as well as play therapy for children, for any mental health issue.

Total Served: 1,146

- 70% of children achieved 60-100% of their established therapy goals.
- 70% of adults achieved 67% of their established therapy goals.