

Hampton Roads Community Action Program, Inc.  
Children's Services Division

Teen Moms Support Program



*"Making Every New Teen Mom Our Responsibility"*

Annual Report

Grant Period: August 1, 2015 to July 31, 2016

**A. Enrollment Data from August 1, 2015 to July 31, 2016: 70 teen moms and 51 infants served**

**All teen moms and infants served were new program participants during the Grant Period.**

Out of the 70 teen moms served, 62 were pregnant; therefore, 62 teen moms received prenatal care during the course of their enrollment in the Teen Moms Support Program.

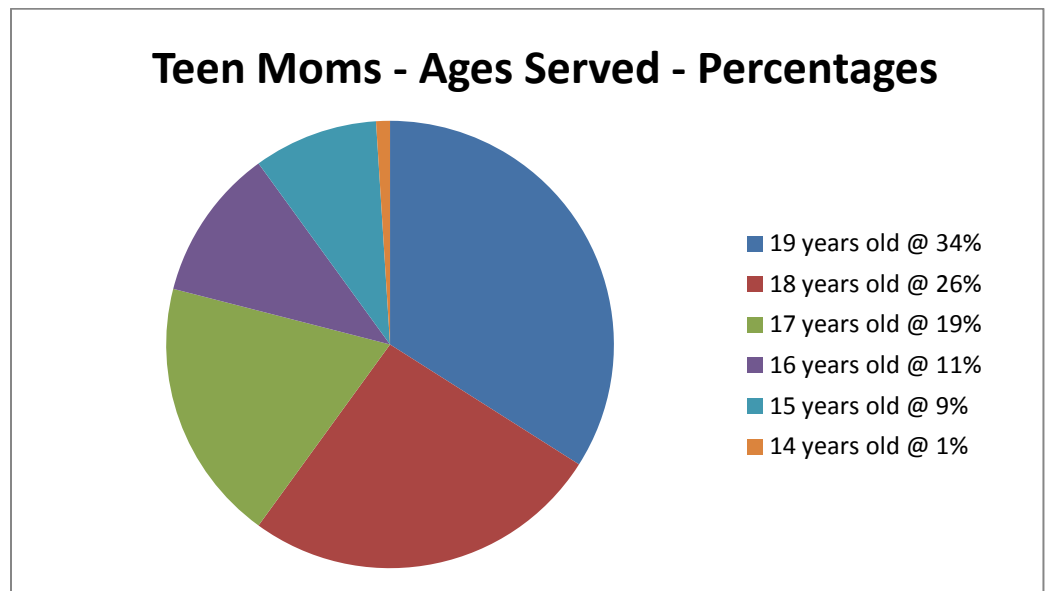
Out of the 70 teen moms served, 42 gave birth during the course of their enrollment in the Teen Moms Support Program; moreover, 8 had already given birth prior to their enrollment in the Teen Moms Support Program. Therefore, 50 teen moms received postnatal care during the course of their enrollment in the Teen Moms Support Program.

Out of the 51 infants served, 43 were born during the course of their enrollment in the Teen Moms Support Program.

Out of the 51 infants served, 8 infants had already been born whenever the teen moms enrolled in the Teen Moms Support Program.

**B. Ages of the Teen Moms Enrolled:**

- 24 are 19 years old
- 18 are 18 years old
- 13 are 17 years old
- 8 are 16 years old
- 6 are 15 years old
- 1 is 14 years old

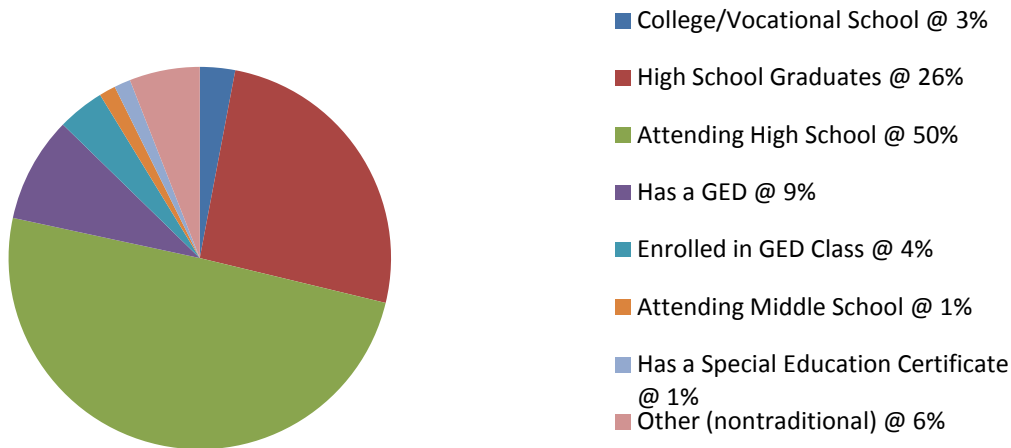


**C. Educational Status of the Teen Moms Enrolled:**

2 are attending college/vocational school

**18** are high school graduates  
**35** are in high school  
**6** have a GED  
**3** are enrolled in a GED class  
**1** has a special education certificate  
**1** attends middle school  
**4** other (nontraditional)

## Teen Moms - Educational Status - Percentages



Towards the end of the 2015 – 2016 Grant Period, the following educational milestones were achieved:

**1** Teen Mom Graduated From College/Vocational School  
**8** Teen Moms Graduated From High School  
**1** Teen Mom Received Her GED



Out of the **10** honorable graduates:

**1** graduated from Bryant and Stratton College  
**3** graduated from Heritage High School  
**1** graduated from Warwick High School  
**1** graduated from Denbigh High School  
**1** graduated from Menchville High School

- 1 graduated from Bethel High School
- 1 graduated from Achievable Dreams Academy
- 1 obtained her GED from the South Morrison Community Center

**D. Ethnicity/Racial Composition of the Teen Moms Enrolled:**

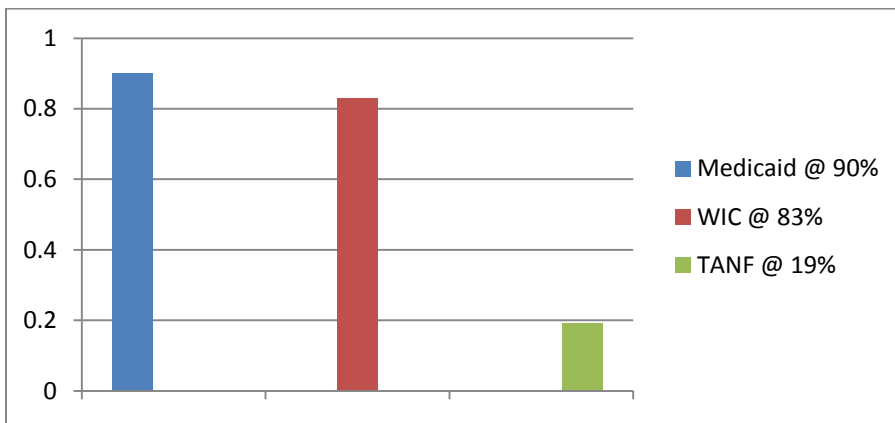
- 63 are African American
- 3 are Hispanic
- 4 are Caucasian

**E. Marital Status of the Teen Moms Enrolled:**

- 66 are single
- 4 are married

**F. Assistance Received During the 2015 – 2016 Grant Period:**

- 63 are on Medicaid @ 90%
- 58 are on WIC (Women, Infants, and Children - Food and Nutrition Service) @ 83%
- 13 are on TANF (Temporary Assistance for Needy Families) @ 19%



**Teen Moms  
Assistance Received  
Percentages**

**G. Employment Status of the Teen Moms Enrolled:**

During the 2015 – 2016 Grant Period, **30** of the Teen Moms obtained employment in the following settings:

- 9 are employed in food services
- 2 are employed at a theme park (Busch Gardens)
- 4 are employed in the nursing field (elderly care)
- 1 is employed in child care
- 2 are employed in retail
- 10 are employed in the Summer Training and Enrichment Program (STEP) through the City of Newport News (youth employment)
- 2 are employed in other fields of work (motel/hotel and security)

**H. Number of Infants Born During The 2015 – 2016 Grant Period:**

From August 1, 2015 to July 31, 2016, 42 of the teen moms enrolled in the program gave birth; one of the teen moms had a set of twins. Therefore, 43 babies were born. The following is a breakdown of the infants born to the teen moms who enrolled into the program when pregnant:

September 21, 2015, a girl, weighing 7 pounds, 11 ounces  
October 4, 2015, a girl, weighing 7 pounds, 11 ounces  
October 8, 2015, twin boy #1, weighing 4 pounds, 15 ounces  
October 8, 2015, twin boy #2, weighing 5 pounds  
October 29, 2015, a boy, weighing 5 pounds  
November 5, 2015, a girl, weighing 5 pounds  
November 12, 2015, a boy, weighing 6 pounds, 7 ounces  
November 17, 2015, a boy, weighing 7 pounds, 1 ounce  
November 17, 2015, a girl, weighing 5 pounds, 11 ounces  
November 26, 2015, a boy, weighing 6 pounds, 5 ounces  
November 30, 2015, a girl, weighing 5 pounds, 9 ounces  
December 3, 2015, a boy, weighing 7 pounds, 7 ounces  
December 4, 2015, a girl, weighing 6 pounds, 6 ounces  
December 9, 2015, a girl, weighing 6 pounds, 1 ounce  
December 10, 2015, a girl, weighing 5 pounds, 5 ounces  
December 11, 2015, a girl, weighing 5 pounds  
December 26, 2015, a girl, weighing 6 pounds, 15 ounces  
January 16, 2016, a boy, weighing 7 pounds, 3 ounces  
January 18, 2016, a girl, weighing 6 pounds, 14 ounces  
January 19, 2016, a boy, weighing 6 pounds, 3 ounces  
January 28, 2016, a boy, weighing 6 pounds, 4 ounces  
February 3, 2016, a boy, weighing 5 pounds, 10 ounces  
February 7, 2016, a boy, weighing 5 pounds, 11 ounces  
February 12, 2016, a boy, weighing 7 pounds, 0 ounces  
February 29, 2016, a boy, weighing 6 pounds, 13.5 ounces  
March 11, 2016, a girl, weighing 6 pounds, 0 ounces  
March 12, 2016, a boy, weighing 6 pounds, 9 ounces  
March 17, 2016, a girl, weighing 6 pounds, 9 ounces  
March 19, 2016, a girl, weighing 5 pounds, 12 ounces  
March 21, 2016, a girl, weighing 6 pounds, 9 ounces  
March 24, 2016, a girl, weighing 6 pounds, 5 ounces  
March 29, 2016, a girl, weighing 7 pounds, 0 ounces  
April 5, 2016, a boy, weighing 8 pounds, 2 ounces  
April 9, 2016, a boy, weighing 6 pounds, 1 ounce  
April 24, 2016, a boy, weighing 6 pounds, 11 ounces  
May 17, 2016, a boy, weighing 9 pounds, 5 ounces  
May 27, 2016, a girl, weighing 7 pounds, 4 ounces  
May 28, 2016, a girl, weighing 6 pounds  
June 10, 2016, a girl weighing 6 pounds, 4 ounces  
July 3, 2016, a boy weighing 6 pounds, 7 ounces  
July 10, 2016, a boy weighing 5 pounds, 8 ounces  
July 18, 2016, a girl weighing 6 pounds, 9 ounces  
July 25, 2016, a girl weighing 6 pounds, 3 ounces



During the 2015 – 2016 Grant Period (also known as the program’s first year in operation), there were only 6 infants born with a birth weight under 5 pounds, 8 ounces; 3 of these infants were born during the first quarter, and 3 of these infants were born during the second quarter. **During the third and fourth quarters of the teen moms support program, there were no infants born under 5 pounds, 8 ounces. The program’s success in preventing low birth weight babies during the third and the fourth quarters of the first year of operation of the teen moms support program is indicative of the success of the program in preventing low birth weight, as well as ensuring that the teen moms receive appropriate prenatal care prior to the birth of their infants.**

During the 2015 – 2016 Grant Period, a total of **51** infants were served in the program. All **51** infants received medical care including being up-to-date with their immunizations.

#### **I. Summary of Activities and Progress Towards Program Goals During the Grant Period:**

Recruitment of the teen moms into the program was ongoing throughout the grant period. The two Program Mentors established over 15 referral sites, as the primary goal was to enroll approximately between 50 and 60 teen moms in accordance with the Community Health Needs Grant Memorandum of Understanding between the Riverside Health System Foundation, Inc. and the Hampton Roads Community Action Program. The following referral sites were utilized: the WIC offices of the Peninsula Health District, the offices of the Newport News Department of Human Services, HRCAP Early Head Start, the high schools of the Newport News Public School System, the C. Waldo Scott Center for HOPE, the South Morrison Family Educational Center, the community centers of the Newport News Department of Parks and Recreation, the local Boys and Girls Clubs, the Center for Women’s Health, the Tidewater Physician’s Multispecialty Group, and the Riverside Health System.

During the first six months of programmatic operations, the two Program Mentors made contact and gave presentations to various agencies, organizations, and institutions. As a result, **45** relationships were established between the HRCAP Teen Moms Support Program and the following providers:

ABC Pediatrics: Dr. Vickie Motley, M.D.

Children’s Clinic Ltd., Main Street in Newport News

TPMG – Tidewater Physician’s Multispecialty Group

Dr. Vanderhook (Pediatric Care)

Dr. Herbert – Family Practice

Dr. Scott D. Gullquist (Division of Pediatric Cardiology)

Newport News Women, Infants, and Children (WIC) Offices – Peninsula Health District








Hampton Women, Infants, and Children (WIC) Offices – Hampton Health Department

Newport News Department of Human Services

Hampton Department of Human Services

State Resource Mothers Program

Newport News Public Schools

-  Heritage High School
-  Warwick High School
-  Woodside High School
-  Denbigh High School
-  Point Option Alternatives
-  Enterprise Academy
-  Achievable Dream

New Horizons Regional Education Center

Basic Mom Baby Club

Center for Child and Family Services

Children's Hospital of the King's Daughters

Newport News Child Advocacy Team

Capital Diaper Bank

East End Health Facility

Riverside Regional Medical Center

C. Waldo Scott Center for HOPE

Hampton Roads Community Action Program Early Head Start Program

Hampton Roads Community Action Program Project Discovery Program

Thomas Nelson Community College

Hampton Roads Regional Transit

Virginia Cooperative Extension Services

Doris Miller Community Center

Newport News Redevelopment and Housing Authority

South Morrison Family Educational Center

Newport News Healthy Families  
Smart Beginnings  
Boys and Girls Clubs of the Virginia Peninsula  
Newport News Department of Parks and Recreation  
Hampton Baptist Church  
Sky Mart Zero  
Papa John's Pizza  
Olive Garden Restaurant  
Fazoli's Restaurant

Numerous services were provided to the teens and their infants to include:

**400** transportation services (medical, educational, and social services appts)  
**475** home visitations  
**900** telephone contacts with teen moms and their families  
**23** bus passes distributed  
**29** individualized guidance and counseling sessions conducted  
**390** transportation services to teen support group meetings/workshops  
**16** teen support group meetings/workshops conducted (attendance is **195**)  
**181** referrals made

The following teen moms support group meetings/workshops were conducted:

October 30, 2015 – Nutrition  
November 22, 2015 – Infant Mortality Prevention  
January 28, 2016 – Sexually Transmitted Diseases  
February 25, 2016 – Self-Esteem and Self-Worth  
March 30, 2016 – Parenting Skills  
April 26, 2016 – Infant Growth and Development: Baby's First Year  
April 30, 2016 – Baby's First Six Months  
May 24, 2016 – Postpartum Depression and Birth Control  
May 26, 2016 – Postpartum Depression and Birth Control  
June 23, 2016 – Accomplishing Summer Goals  
June 27, 2016 – Accomplishing Summer Goals  
June 28, 2016 – Self-Confidence: Taking the Pledge to Stay Positive and Never Quit  
July 26, 2016 – Dress for Success  
July 26, 2016 – Suicide Prevention  
July 28, 2016 – Completing Applications for Bus Tickets  
July 28, 2016 – Commitment, Attitude, and Body Language

Referrals were made to the following agencies and organizations:

2 to the GED Class at the South Morrison Family Educational Center



3 to the Newport News Redevelopment and Housing Authority for affordable housing  
4 to Hampton Healthy Families  
2 to the Hampton Resource Mothers Program  
26 to the Peninsula Health Department for WIC  
1 to the Peninsula Health District for Birth Control  
1 to the HRCAP Clothes Closet  
1 to the C. Waldo Scott Center for Hope for school supplies  
16 to the Peninsula Health District for the car safety seat class  
1 to Adoption Minded  
21 to the Newport News Department of Human Services for Medicaid  
1 to the Newport News Shelter/Crisis Hotline  
2 to the Basic Baby Class  
1 to the Point Option Program  
31 to the HRCAP Early Head Start Program  
2 to the Homebound Teacher at Heritage High School  
1 to the Newport News Juvenile Court  
2 to the Newport News Public Schools Attendance Officer  
1 to the Newport News Public School System  
2 to the Capital Diaper Bank for Diapers  
6 to Riverside Brentwood for OB/GYN Services  
1 to Newport News Daycare  
46 to Logistic Care for transportation  
1 to HRCAP Virginia Cares for job assistance  
1 to Link of Hampton Roads  
1 to Habitat for Humanity  
1 to the Goodwill for clothing and appliances  
1 to the Housing Crisis Hotline  
2 to Hampton Mental Health Associates for counseling/psychotherapy

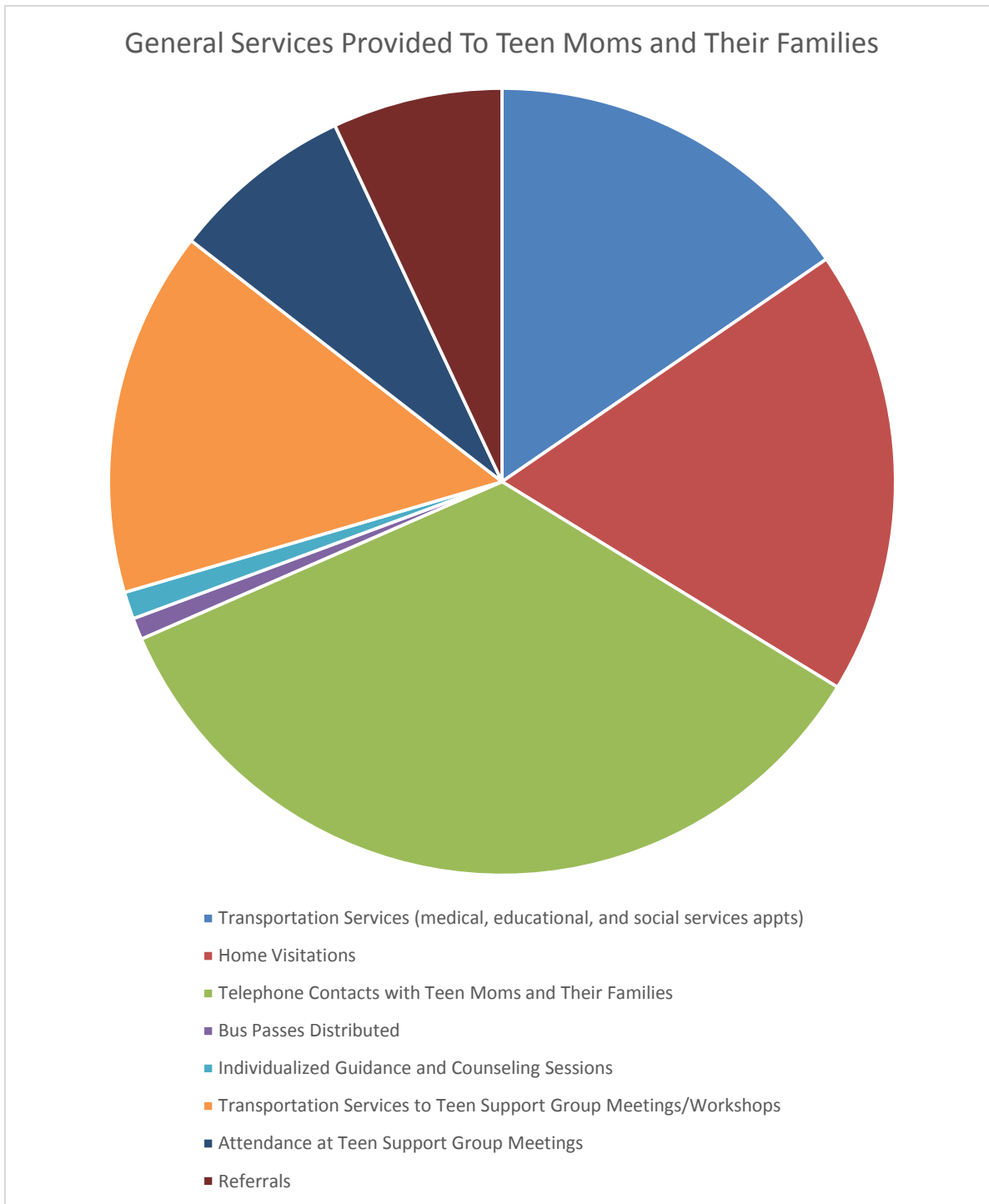
**J. Any Achievements, Concerns, Delays, and Any Changes in Policies and Procedures During the Grant Period:**

The program's achievements were significant. First, the program surpassed its expected enrollment numbers by serving a total of 70 teen moms; originally the goal was to serve 50. Second, 43 of the infants that were born after their mothers enrolled into the program were in good health; 37 were born with a birth weight greater than 5 pounds, 8 ounces. Third, 10 of the teen moms completed their education with one graduating from college/vocational school, eight graduating from high school, and one obtaining a GED. Fourth, 30 of the teen moms obtained employment on at least a part-time basis. Fifth, 51 of the infants enrolled in the program were up to date on their immunizations. Sixth, the HRCAP Teen Moms Support Program developed a strong working relationship with 45 service providers, businesses, agencies, organizations, and institutions. Seventh, the program provided 2,609 services to teen moms, their babies, and their families. Eighth, the program increased its manpower capabilities through the utilization of 1 volunteer, 2 summer youth workers, and 3 student interns in human services and social work from Lt. Leo University and Norfolk State University; with the utilization of volunteers and student interns, the quality and quantity of services provided to the teen moms and their infants improved. Lastly, the staff (Program Mentors) engaged in numerous training opportunities such as home visiting training, child abuse and neglect, the Florida State University Curriculum Training on Partners for a Healthy Baby, car seat training certifications, and topics on women's mental health.

There were no concerns or delays during the grant period. The Hampton Roads Community Action Program is always searching for opportunities for funding for an increase in manpower in order that teen

moms, their infants, and their family members receive quality services to the fullest extent possible. In order to accomplish this goal, opportunities to increase partnerships with other agencies/organizations and grant writing/proposals are an ongoing endeavor.

The policies and the procedures of the Teen Moms Support Program have not changed during the grant period. In fact, the Director of Children's Services and the staff are always looking for better ways of doing things in order to ensure that the clients are receiving services of the highest caliber. Programmatic operations during the grant period have been successfully carried out. . . .



**K. Sustainability, Additional Sources of Funding, and Community Relations Efforts:**

Through the diligence, persistence, and devotion of the Children's Services Division staff, the HRCAP Teen Moms Support Program is a success. The Program Mentors put forth many hours of hard work to ensure that the teen moms and their infants are receiving comprehensive services in the areas of health, mental health, nutrition, social services, transportation, and education. Looking at the teens and their infants in a holistic manner, the staff will ensure that many of their needs are being met. The HRCAP Teen Moms Support Program is outstanding in the area of sustainability.

Throughout the grant period, several organizations and community persons made donations to the Teen Moms Support Program. On an ongoing basis, Hampton Baptist Church has donated over a hundred items ranging from pampers, baby wipes, and blankets to shirts and socks. In addition, the South Morrison Family Educational Center has been of tremendous support in making donations of baby items and baby clothes. Other HRCAP staff have pitched in to support by making ongoing donations of baby bottles, books, clothing, baby blankets, etc. The program's van gets a free car wash once a month at Sky Mart Zero. Hampton Roads Regional Transit has donated 100 bus tickets. The Peninsula Health District has donated baby car seats. The Farmer's Market has donated food items. Restaurants like Olive Garden, Fazoles, and Papa John's pizza have donated food for the teen moms' monthly support group meetings. The program has had a consistent volunteer who has worked hundreds of hours since she began in January 2016.

Community relations efforts have been outstanding. There are 45 agencies, organizations, and institutions that assist the program by making referrals, by providing various services to the teen moms and their infants free of charge, by providing numerous in-kind donations to the program, and by offering various forms of support.

The HRCAP Teen Moms Support Program is a model program.

**L. City of Newport News Teen Pregnancy Rate (Comparison of Beginning of Grant Period with the End of the Grant Period):**

The teen pregnancy rate is based on the 2013 update from the Newport News Department of Health. The report stated, the Pregnancy Rate for Newport News is 23.9 per 1000. The rate at the beginning of the grant period (August 1, 2015) is 23.9 per 1000, and the rate at the end of the grant period (July 31, 2016) is 23.9.

**M. An Assessment of the Teen Moms Support Program In Meeting The Community Health Needs**

The Hampton Roads Community Action Program's Teen Moms Support Program is meeting the health needs of the community by providing high quality comprehensive services to teen moms and their infants in the following areas: (a) health services to teens through ongoing prenatal and postnatal medical and psychological care; (b) health services to infants through well baby check ups, proper nutrition, and ongoing immunizations; (c) educational services through guidance and counseling sessions and support group meetings/workshops designed to promote healthy living, to prevent further pregnancies, and to strongly encourage independence and self-sufficiency; (d) educational services through guidance and counseling sessions and support group meetings/workshops to ensure that the teens continue their schooling and to pursue educational goals; (e) transportation services to ensure that teens and their infants receive adequate health, mental health, educational, nutritional, and social services; and (f) educational, health, mental health, and social services by providing home visitations and numerous referrals. The comprehensive services which have been provided are to promote healthy physical and psychological development for both teen mom and their infants, and to prevent unhealthy behaviors which may lead to child abuse, child neglect, repeated teen pregnancies, malnutrition, low birth weight babies, high infant mortality rates, venereal diseases and promiscuity. Upon examining in

detail that 2,609 documented services were provided to teen moms and their infants, this does not include other services provided to the teen moms such as donations of formula, food, diapers, clothing, and baby items, as well as services provided by the numerous agencies that offer to provide services to the teen moms free of charge.