

# 2019 Outcomes Report



One way PEPS measures impact is by administering a pre- and post-group survey. The survey measures change in five areas of support that the research-based Strengthening Families™ framework finds critical to family resilience and wellbeing. Parents are asked to rate how much they feel supported on a scale of 1 - 5, or strongly disagree to strongly agree. 2019 results below are based on 160 paired survey responses.

## PEPS Parents Experienced Increases in All 5 Critical Areas of Support:

Area of Support	Survey Question	Pre	Post	Difference
22% increase Child Development Support	I know about activities...to enhance development	3.18	3.96	+0.78
	I know about typical stages of baby development	3.28	3.94	+0.66
21% increase Social Support	Although parenting is isolating, I have social support	2.77	3.57	+0.80
	There are other parents I can talk to about challenges	3.98	4.57	+0.59
10% increase Emotional Support	I feel like I can manage my day-to-day routine	3.45	4.15	+0.70
	I feel confident about my ability to parent well	3.82	4.31	+0.49
	I can manage feelings of stress while caring for baby	3.03	3.29	+0.26
	I sometimes have mixed feelings about being a parent	2.55	2.77	+0.22
	I know about post-partum emotional changes	4.34	4.46	+0.12
9% increase Parenting Support	I know my baby's cues and how to respond to them	3.91	4.43	+0.52
	I enjoy being, talking, and playing with my baby	4.46	4.72	+0.26
8% increase Informational Support	I know about local parent and baby resources	3.57	3.96	+0.39
	I have people in town to help me in an emergency	3.94	4.16	+0.23

## Impact of PEPS

Our survey also asks parents to rate how much PEPS boosted their feelings of support, on a scale of 1 to 5, or strongly disagree to strongly agree. We call these questions PEPS Impact questions. For the majority of PEPS Impact questions, more than 80% of parents agreed or strongly agreed that PEPS supported them.

Parents most agree that PEPS Helped them:	%
Meet parents to relate to	94%
Feel less isolated	93%
Spend enjoyable time with baby	93%
Normalize mixed feelings	83%
Learn about PPADs	83%

Area of Support	Avg. Impact Score
Social	4.48
Parenting	4.20
Emotional	4.04
Child Development	3.91
Informational	3.66

**Average Program Satisfaction Rating:**

# 8.5

### The best part of PEPS was:

*"Validation that the intense early newborn life is tough for everyone. I am not alone and we are in it together."*

2019 Second Time Around Participant

*"Weekly support at a time when I needed it most"*

2019 Newborn Evening Group Participant

*"Young parents sharing their thoughts together"*

2019 Southwest Youth & Family Services Participants\*

*"Learning more about what I can do for my baby"*

2019 Southwest Youth & Family Services Participants\*

## Learn More About Our Work

These 2019 outcomes are in line with our 2018 outcomes. PEPS parents consistently report an increase in all five areas of support, or Strengthening Families protective factors. Additionally, parents consistently attribute some of this increased support to their PEPS experience, and are highly satisfied with the program. To read more about the work that we did in 2019 and learn more about our vision for parent support, visit our website: <https://www.peps.org>.

\*Partner Group outcomes were not included in the survey analysis. Qualitative data and feedback are gathered from our partners.

Page design inspired by <https://depictdatastudio.com/visualizing-your-annual-survey-results/>