

# 2020 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. 2020 results below are based on 124 paired survey responses.

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

| Area of Support                           | Survey Question  | Pre  | Post | Difference |
|---|--|------|------|------------|
| 34% increase<br>Child Development Support | I know about activities...to enhance development       | 2.94 | 4.07 | +1.10      |
|   | I know about typical stages of baby development        | 3.00 | 3.88 | +0.88      |
| 9% increase<br>Social Support             | There are other parents I can talk to about challenges | 3.99 | 4.36 | +0.37      |
|   | Although parenting is isolating, I have social support | 2.66 | 2.92 | +0.26      |
| 9% increase<br>Emotional Support          | I feel like I can manage my day-to-day routine         | 3.36 | 3.9  | +0.53      |
|   | I sometimes have mixed feelings about being a parent   | 2.5  | 2.93 | +0.43      |
|   | I feel confident about my ability to parent well       | 3.88 | 4.2  | +0.32      |
|   | I can manage feelings of stress while caring for baby  | 2.88 | 3.03 | +0.15      |
|   | I know about post-partum emotional changes             | 4.33 | 4.47 | +0.14      |
| 9% increase<br>Parenting Support          | I know my baby's cues and how to respond to them       | 3.81 | 4.3  | +0.49      |
|   | I enjoy being, talking, and playing with my baby       | 4.41 | 4.68 | +0.27      |
| 6% increase<br>Informational Support      | I know about local parent and baby resources           | 3.54 | 3.93 | +0.39      |
|   | I have people in town to help me in an emergency       | 4.05 | 4.11 | +0.06      |

## 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: | %   |
|---|-----|
| Feel less isolated                        | 87% |
| Meet parents to relate to                 | 87% |
| Normalize mixed feelings                  | 84% |
| Understand child development              | 83% |
| Learn about PMADs                         | 82% |

| Area of Support   | Avg. Impact Score |
|-------------------|-------------------|
| Social            | 4.32              |
| Child Development | 3.92              |
| Emotional         | 3.89              |
| Parenting         | 3.87              |
| Informational     | 3.40              |

### Average Program Satisfaction Rating:

# 8.2

### The best part of PEPS was:

*"A sense of community coming together as we experience being brand new parents for the first time."*

*"Learning from other parents the activities for development to do during quarantine."*

*"How genuinely excited the other parents [were] about my recovery from a traumatic birth."*

*"Meeting friends who were also learning to be new parents in a pandemic...also loved the variety of stories we all had - planned vs. unplanned pregnancy, adoption..."*

-Quotes from 2020 PEPS participants.

## Learn More About Our Work

These 2020 outcomes are in line with past years' 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 2020 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/>