

# The Alex House Project

Aggregate Results Report  
From 2013 Start-Up Through June 2019



## Our Mission

The Alex House Project (AHP) is a peer-led, social service support and leadership development organization for young expecting and parenting mothers and young fathers living in New York City. AHP works to increase long-term family-sufficiency and independence by providing parenting classes and leadership development in a safe and nurturing environment.

## Why Alex House?



Countless young women like Janessa are homeless, living in shelters, or fearful of returning to a shelter and couch-surfing with friends. They have taken care of themselves since they were young teens, while coping with trauma experienced as children. At The Alex House Project (AHP), we admire that they have not been deterred. Janessa holds down an evening job. She is determined to regain custody of her three children. She is enrolled in the Allen School of Health Sciences and travels four days per week from the Bronx to gain parenting skills at Alex House in Brooklyn. Her self-confidence and self-reliance have blossomed. She has learned to speak up for herself. She is now enrolled in our advanced training to become a parent educator.

Forty percent of AHP participants know foster care firsthand. In other words, they are learning to parent without the benefit of having been parented themselves, nor having personally experienced the unconditional love of even one person who is permanently committed to their well-being. Brianne dreams of cosmetology school and opening her own beauty parlor. She and her three children, ages 2, 4 and 6, are currently staying with her mother. The young moms at Alex House benefit greatly from connecting with each other. Realizing that they are not alone, they can begin building their self-esteem.



Shawna, a former foster child, had her first child at age 13. She became a sex worker to provide for herself and her baby. Though she was out working all night she attended school daily and graduated with a 4.0 average, and with acceptances to four colleges. She started college and continued until she was arrested as a sex worker. Shawna has since secured full-time employment and is starting her own business. She entered AHP with hope for herself and her three children. Her goal now is to finish college, uplift other young mothers, and keep them away from the life she previously led to support herself and her children. Against all odds, many AHP participants are completing High School and even college.

The stigma associated with poverty, teen parenting and homelessness can be debilitating. Many, like Sheryl, enter Alex House as troubled young women. The father of Sheryl's son had recently committed suicide, and she herself was suicidal. Sheryl was hopeless about life and felt abandoned by the people she loved the most. With Alex House, young mothers thrive on support of their peers who understand and listen without judgement. They can open up about their struggles. They gain confidence in their parenting skills and realize that their harsh life experiences have given them valuable expertise. AHP supports young moms and dads to utilize our responsive training, peer support and partnerships as a pathway to healthy families, economic sufficiency, peer leadership and empowered, uplifted communities.



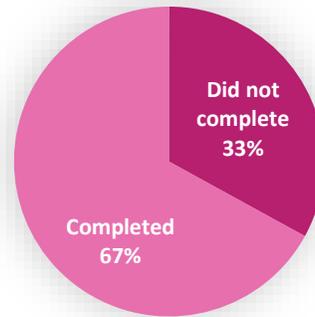


# Our Reach

Since 2013, AHP has offered parenting training and services to **173 individuals**, including 143 females and 30 males. New 8-week classes are launched in the Spring and Fall.

## PARENTING CLASS COMPLETION

Overall, 99 of the 173 participants have **completed parenting classes** (77 women/22 men).



## Completion Rates

*NOTE: These percentages do not include participants still attending the current classes nor individuals unable to participate in the parenting classes and supported in other ways.*

## PARTICIPANTS BY YEAR

YEAR	TOTAL	FEMALE	MALE
2013	12	12	0
2014	6	6	0
2015	27	26	1
2016	19	19	0
2017	39	26	13
2018	46	33	13
½ 2019	25	21	4

*"I am happy that my ACS worker referred me to AHP. I've gained more confidence in myself and my parenting skills."*

- Participant 2017

*"This was a change from other parenting programs. Here I am an active participant. It makes me feel that I am really giving something to my group members while learning from them also."*

-Participant 2013





## LEADERSHIP DEVELOPMENT

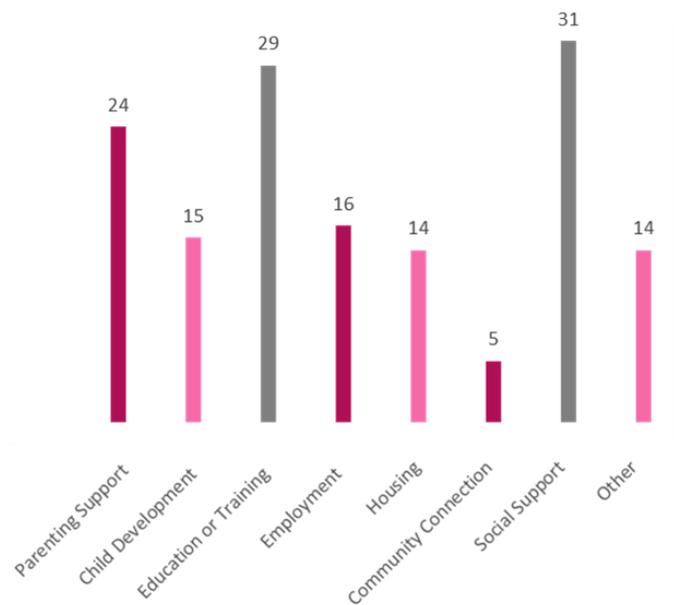
Fifteen (15) participants advanced further in the program and completed leadership training. These included 12 females and 3 males. As leaders, they deliver class sessions and serve as peer mentors and role models for new participants.

*"I am so proud of myself since joining AHP I have become more confident and determined to gain new skills and make my children proud of the man I have become."*

- Participant 2017

## SUPPORTIVE SERVICES

Apart from the benefits of AHP parenting classes, participants were also assisted in parenting support, child development, education or training, employment, housing, community connection, social support, and other categories. A total of 148 services were provided.



*"I am so proud of myself. I have enrolled and hope to get my High School diploma before the end of 2018. I feel so much more confident about my future. Being at AHP has showed me that while being a mother I can also be anything else I choose and that there is no limit to my success in life."*

- Participant 2017

Since completing the class, 30 females (40%) and 12 males (55%) **have continued involvement in program activities.**





# Socio-Emotional Learning (SEL)



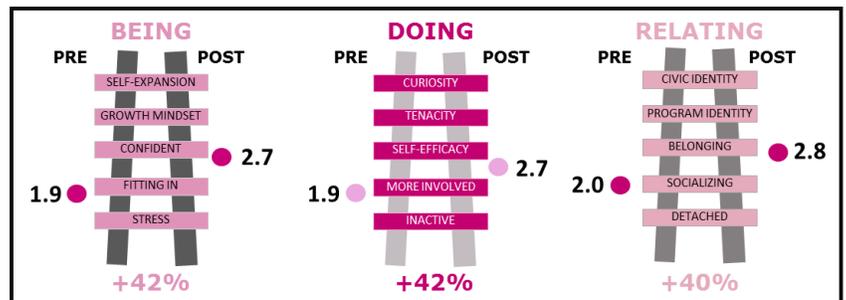
The Social Emotional Learning of participants is charted using SEED Impact’s Competency Ladders™. The Alex House leadership worked closely with SEED to customize the stages of development, with intent to track, guide and accelerate growth in Social Emotional Learning (SEL), a critical dimension of youth and adult development.<sup>1</sup>

Each ladder defines five stages of competence:

- 1) The Being Ladder tracks emotional competencies
- 2) The Doing Ladder tracks cognitive skills
- 3) The Relating Ladder tracks social and interpersonal skills

## AHP RESULTS

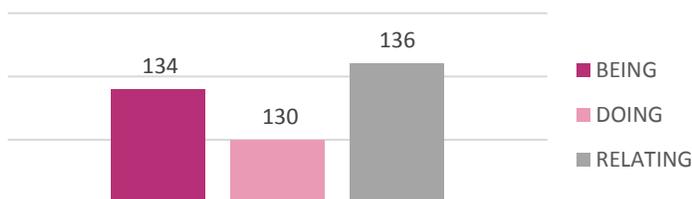
Overall, Competency Ladder analyses point to a **41 percent gain** in SEL development during their time in the program. These findings affirm that the social emotional skills taught by AHP are taking root in participants. Youth with stronger SEL are more likely to have academic and career success, positive relationships, better physical and mental health, reduced criminal behavior and meaningful contributions to society.<sup>2</sup> These rich data are being used to enhance future outcomes.



Evaluation and Report by SEED Impact - [www.seedimpact.org](http://www.seedimpact.org)

AHP participants raised their emotional, cognitive and interpersonal skills a **total of 400 rungs**. (This includes downward movement for those who did not complete the class.) As shown above, the gains on each ladder were significant, from baseline (start of engagement with Alex House) to present.

## Rungs Up Across All AHP Participants



*“I can say that I don’t feel so alone anymore thanks to joining the group. The ladies have helped me to express myself more and also to stand up for myself in tough situations.”*

- Participant 2017

<sup>1</sup> Across the field, SEL has been challenging to measure without lengthy surveys that yield questionable results. [Learn more](#) about SEED Impact’s approach as a supplement or alternative to standardized surveys.

<sup>2</sup> Council of Distinguished Scientists National Commission on Social, Emotional and Academic Development. The Aspen Institute, September 2017.

# Cost-Benefit Analysis

How much social value is The Alex House Project generating, relative to its operating costs? Drawing on published economic research, SEED Impact has assigned dollar values to AHP’s parenting classes, social service referrals and social-emotional learning.

Valuation:

- For each parenting class graduate, AHP is credited \$5,000 social value.
- For each social service provided, AHP is credited \$300.
- Each rung up the three SEL Competency Ladders is valued at \$3,000.

**Total social value of AHP since its 2013 inception: \$1.74 million.**

The total AHP budget expended in the same time period (2013 launch through June 2019): \$700,000. Dividing these costs into the total social value produces a cost-benefit ratio of 2.5.

**For every ten thousand dollars invested by AHP, there is a return of \$25,000 in social value to participants, families, and the public.**



TYPE OF BENEFIT	VALUE OF BENEFIT	NUMBER OF BENEFITS	SOCIAL VALUE
Completed Class	\$5,000 per graduate	99 graduates	\$495,000
Social Services Provided	\$300 per service	148 services	\$44,400
Socio-Emotional Learning	\$3,000 per ladder rung	400 rungs up	\$1,200,000
<b>TOTAL SOCIAL VALUE</b>			<b>\$1,739,400</b>
<b>TOTAL BUDGET, 2013-JUNE 2019</b>			<b>\$700,000</b>

*“I am happy that I finally followed up with my enrollment at AHP. I had enrolled earlier in my pregnancy but didn’t return until I was 7 months. Everyone has been very supportive and understanding. When I could no longer stay with my friends they assisted me with getting into a shelter.”*

- Participant 2017

*“I am now the first Dad who completed the program and became a Parent Educator. I am hoping that with me leading the dads group this will encourage other dads to apply to become parent educators.”*

- Participant 2017

*“I can only say good things about AHP. They even gave me the money to get my fingerprints for a job with the bus company.”*

- Participant 2013



## Success Stories

Since 2017, a total of 139 testimonials and 21 stories are available for review, plus [graduate success updates](#) and [before/after](#) profiles.



### Moving On Up!

At the beginning of April 2018, "C," age 18, began the process of transitioning herself and her two daughters out of the mother/child group home where she has been a resident for two years. Our team reports with great pleasure that "C" has secured an apartment and will be moving in by early June 2018.

Currently she is finalizing the paperwork and waiting for pre-move in repairs. Then she will receive the keys to her very first apartment. She will be living in Manhattan but has decided to continue taking her High School Equivalency (HSE) classes in Brooklyn. She will also be staying on as an AHP Parent Educator.



### Toy Time

Due to a generous donation from Little Essentials we were able to provide all the children in the program with an age-appropriate gift for Christmas. The biggest surprise was the donation of gifts from a class of 3rd graders at the Brooklyn International School who heard about AHP and decided to do a toy drive for our children. The class collected over 30 toys that were distributed to the children on December 22, 2017.



### "S" is now a College Freshman

After receiving her HSE in July 2017, "S" stated she wanted to go to college but didn't know where to begin. With the help of AHP and our partners at Hunter College, "S" found both the needed guidance and assistance to navigate the enrollment process, received financial aid, and enroll.

Although she couldn't enroll directly in Hunter she was able to enroll in Borough of Manhattan Community College (BMCC), beginning classes in February 2018. She will become eligible to enroll in Hunter College no later than December 2018. She has been attending classes regularly and is doing well in her classes while still working two jobs and taking care of her son. Her fierce determination and hard work, combined with AHP supports are enabling "S" to move ahead in life.



## Dreams Do Come True

During parenting classes, "P" stated that she wanted to get a job and also attend college to become a social worker. She sometimes doubted that she would be able to do either because of unreliable daycare for her son. With the help of AHP staff, she was able to complete enrollment papers for her son to get into a full-time Pre-K class. This afforded her time to pursue her dreams. In June of 2017, she took the test for her HSE. In July while training to be a Parent Educator, she was informed she had passed the HSE test. She was so excited; she contacted us on the weekend to inform us of her success on the test.

In August, she received more great news. "P" was informed that we would assist her in getting into college via a collaboration with Hunter College. Also, during this time, with the support of AHP staff, she worked on a resume and began going on job interviews. In October she began working as a Property Manager Assistant while also facilitating parenting classes in the evening. "P" attests: *"Without the support of AHP, I don't think I would have completed the HSE class, nor had the courage to go on job interviews."*



## Happy 5<sup>th</sup> Birthday to AHP

On February 1, 2018 AHP turned 5 years old. To celebrate this milestone AHP has planned to host five events throughout the year, February through December.

The first event was at the Sauce restaurant in lower Manhattan. The establishment agreed to donate 10 percent of the evening's proceeds to AHP. AHP promoted the event to its network, collaborators, friends and family, asking everyone to tell their friends: "I am dining for AHP." The evening was a success, with 35 individuals dining for AHP. We are thankful to everyone who came out for dinner and to Sauce for their creative support of our organization.



## "A" is Heading to Day Care

After a tremendous amount of work and perseverance, on February 22, 2018, "M" finally received the necessary paperwork to enroll her daughter "A" in daycare. "M" is so excited; she wants her daughter to broaden her social skills and be around more children as she is the only child in a household of adults.

"M" is looking forward to an appointment with the family worker at Bumble Bees daycare next week. She has had issues finding reliable babysitters which has resulted in her missing quite a bit of work.



## A Generous Donation

A very generous individual, who prefers to remain anonymous, donated six \$100 "Shop and Stop" gift cards to our parent educators for holiday grocery shopping. This donor wanted to do something special for the parents to show them that there are people out there thinking about them. The cards were given to the parent educators by the Executive Director on December 22, 2017. The parents were surprised and very appreciative.



## Finding Her Voice

Watching the transformation of "G" has been a wonderful experience. When she first joined AHP, she would walk with her head hung low and didn't take much interest in her looks or her clothing. And she would always put herself down. She also lacked the self-esteem needed to stand up for herself when others were rude or disrespectful to her.

"G" never missed a day of group. As the weeks progressed we started noticing little changes. She began to do her hair. Next, she started applying make-up and she began to walk with her head up and smile more often. She began to speak more during group sessions. She started voicing her opinion. One day she declared that being referred to AHP was the best thing that happened for her in a long time.

Though at times she doubted herself she never gave up and continued to grow in many ways. She went on a job interview and was hired. She gained confidence and realized that she can make changes and that her voice does matter.

*"The Alex House was here for me when no one else was. I was having family issues and everyone there supported me the entire time and to this day they are still very supportive to me and my family."*

- Participant 2015