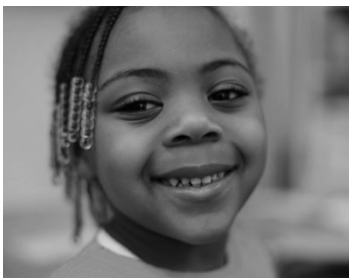
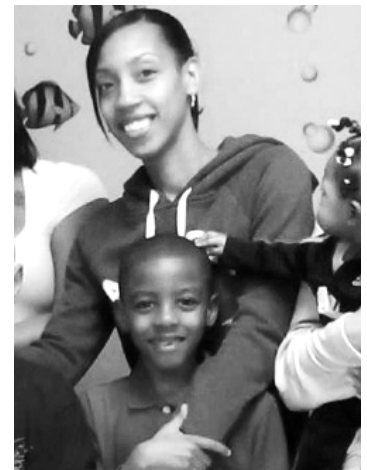
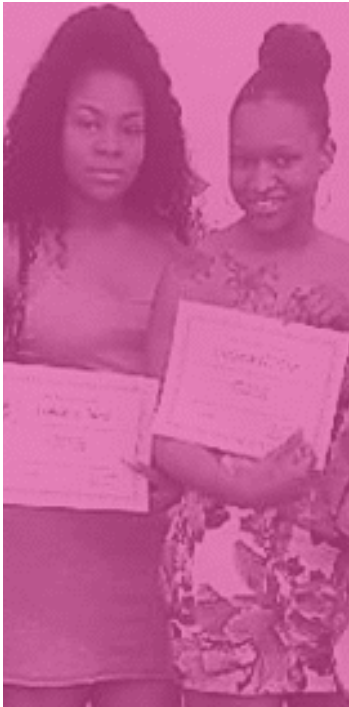


The Alex House Project

AGGREGATE RESULTS REPORT | 2013 START-UP THROUGH 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 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.

Contact us and explore ideas to extend our reach:

samora@alexhouseproject.org



ANALYSIS & REPORT
BY SEED IMPACT

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, The Alex House Project has offered parenting training and services to **193 individuals**, including 159 females and 34 males. New 8-week classes are launched in the Spring and Fall.

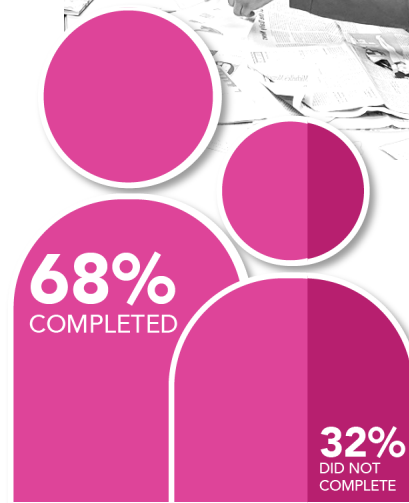
PARENTING CLASS COMPLETION

Overall, 105 of the 193 participants **completed parenting classes** (83 women/22 men).



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	45	33	12
2019	45	37	8



COMPLETION RATES

NOTE: These percentages exclude individuals still attending current classes and those unable to participate in the parenting classes who are supported in other ways.

"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

"Between the parenting class and connecting me to a DV counselor and employment program, Alex House helped me feel safe enough to make the final move to separate myself and my children from a toxic relationship."

— Participant 2018



"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

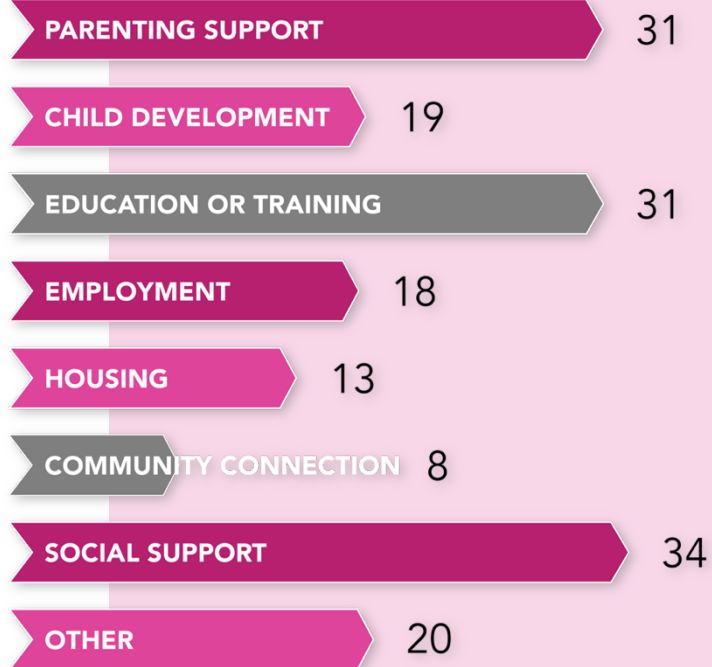


LEADERSHIP DEVELOPMENT

Eighteen (18) participants advanced further in the program and completed leadership training. These included 14 females and four males. As trained Parent Educators, they deliver class sessions and serve as peer mentors and role models for new participants.

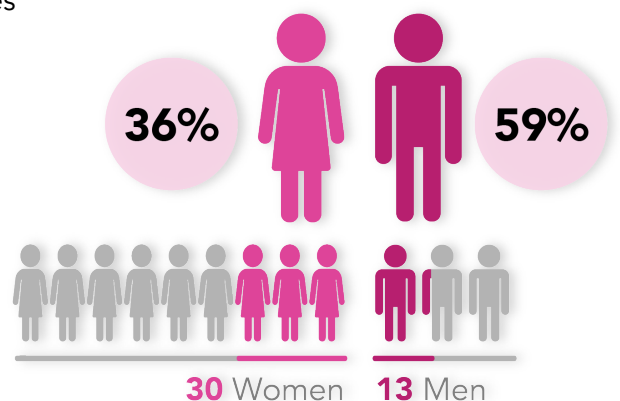
SUPPORTIVE SERVICES

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 174 service supports were provided.



COMMUNITY-BUILDING SECRET SAUCE

Since completing the class, 30 females (36 percent of 83 graduates) and 13 males (59 percent of 22 graduates) have **remained involved in Alex House activities through 2019.**





Social-Emotional Learning (SEL)

The Social Emotional Learning of participants is charted using SEED Impact's Competency Ladders™. Alex House leaders customized the ladders and worked closely with SEED Impact to assess and accelerate this critical dimension of youth development.¹

Each ladder defines **five stages of competence**, from adjusting through thriving.

1. The **BEING** Ladder tracks emotional competencies
2. The **DOING** Ladder tracks cognitive skills
3. The **RELATING** Ladder tracks social and interpersonal skills



ALEX HOUSE PROJECT RESULTS

Overall, participants are building competency in Being, Doing and Relating at similar rates. Competency Ladder analyses point to an average **18 percent gain** in SEL development during their time in the program for all 193 participants, including those who received services but did not complete the parenting classes.

The gain for those completing parenting training averaged **25 percent**.

Graduates of the class who then completed advanced training to become Parent Educators raised their SEL by **53 percent**.

18%

ALL PARTICIPANTS

25%

CLASS GRADS

53%

PEER LEADERS

SOCIAL-EMOTIONAL LEARNING GAINS

These findings affirm that the social emotional skills taught by AHP are taking root in participants and continue to build for those who remain active.

Research shows that SEL correlates directly with increasing:

- academic and career success
- positive relationships
- better physical and mental health, and
- meaningful contributions to society.¹

"My children's mother attended parent training at Alex House. I saw all the things she learned and decided I wanted to join and brag about it, too. She loves being a part of Alex House, and I look forward to having that same feeling."

— Participant 2019



¹ Council of Distinguished Scientists National Commission on Social, Emotional and Academic Development. The Aspen Institute, September 2017.

Alex House Success Stories

Since 2017, a total of 174 testimonials and 28 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 by early June 2018.

Currently she is finalizing the paperwork and waiting for advance 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.



"S" is now a College Freshman

After receiving her HSE in July 2017, "S" stated that 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, secure financial aid, and enroll. She was able to begin classes at Borough of Manhattan Community College (BMCC), in February 2018. She attends classes regularly and is doing well in her classes while still working two jobs and taking care of her son.



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 time to 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 share her success.

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. AHP staff also helped her work on a resume, in preparation for 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."*



Red Hook Library Field Trip

One evening, our Parent Educators (PE's) surprised the parents and told them they would be all going to the Red Hook library. Some moms had never been to the library with their children; they were excited. As they walked to the library, the PE's led the children in songs that built up their excitement. When they arrived, PE "Mary" gathered everyone in a reading circle. She sat in the middle and read *The Very Hungry Caterpillar*. The moms loved watching the children sit and listen to the entire story with excitement.

Mary led a discussion and everyone joined in. Then Mary had the moms acquire library cards and assist their children in choosing books they could read together at home. Each child went home with two books and a cartoon video. This was a great bonding activity and something new that they can do easily on their own. PE's gave each parent the location of the library nearest to their homes.



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 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. She would always put herself down. She 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

"I walked into the room and saw all the girls were my age or close to my age. This made me feel so comfortable."

— Participant 2019

"I am happy that I finally started at AHP (when I was at 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 2018