

from the Heart



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The Need: Reducing teenage birthrate



This little one may face fewer struggles because his mother isn't a teenager.

In the process of figuring out life, teens make mistakes—and having a baby impacts more than one life. Teen mothers are much more likely to be single parents; studies show few fathers stay involved in the child's upbringing. The 21% of teens in Martin County who have more than one child early in life quickly learn how difficult it is to provide for their children and also meet goals of their own. Teen mothers who repeat births are less likely to graduate high school, more likely to live in poverty and more likely to raise a child that struggles with health-related,

emotional and mental issues. Martin County saw fewer teen births than other comparable counties last year; however, though our rate of teen pregnancy is going down, the rate of teens who have more than one child is actually going up. Thankfully, programs funded by the Children's Services Council exist to provide prevention and education to help teens make smart decisions to ensure they can stay on a positive path. Reducing teen births also helps to keep the babies who are born in our community much healthier.

The Response:

Prevention & Education

For young teens who are pregnant or have already had a baby, Helping People Succeed and the Martin County Healthy Start Coalition work to provide a support system and encourage young parents to delay subsequent pregnancies until after their teen years. Children born to teens are generally at greater risk throughout their lives, and these agencies work together to support first-time moms and decrease repeat births for teens. The Father & Child Resource Center provides prevention education to high school students. Many are surprised to learn the true costs of raising babies!

Creating a Support System:

Community Health Education * Healthy Families * Father & Child Resource Center



Helping
People
Succeed



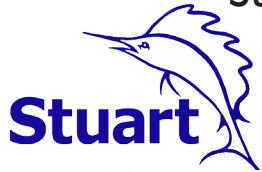
The Children's Services Council of Martin County is an independent district, approved by voters by referendum in 1988, to enhance the lives of the children of Martin County and to enable them to attain their full potential by supporting 34 impactful programs for youth in our community. Learn more about your agency at: www.cscmc.org and www.facebook.com/cscmc.

The Response:

Education & Prevention

After-School/Summer Programs:

Start Something * High-Yield Learning * East Stuart Youth Initiative
YReads/Strong Families * JASE, GAAP, BLAST, PLACE



Big Brothers Big Sisters
of Palm Beach and Martin Counties, Inc.



GREAT FUTURES START [HERE](#).



BOYS & GIRLS CLUBS
OF MARTIN COUNTY

More often than not, it's as simple as providing a supervised, positive place to spend time outside of school. That can be enough to help teens focus on their future—which means schoolwork and after-school activities such as music, art, sports or drama. But teens need more than this, too.

While each of the after-school and summer camp programs funded by the Children's Services Council are different, they are all working to reduce teen births in Martin County. The Boys & Girls Clubs of Martin County has The Club, a teen center dedicated to attracting older kids to positive activities. Plus, the Club and the city of Stuart feature the Baby Think It Over class, an evidence-based program that pairs middle school students with computerized dolls that they must cared for. It corresponds with a curriculum called SMART Moves, which helps guide children toward positive decision-making. Big Brothers Big Sisters focuses on mentoring to help teens make constructive choices, and Martin County Parks & Recreation and the YMCA help kids stay active and involved in enriching activities.

Getting Help When They Need It: Whole Child Connection * 2-1-1 School Health * General Mental Health * Project LIFT



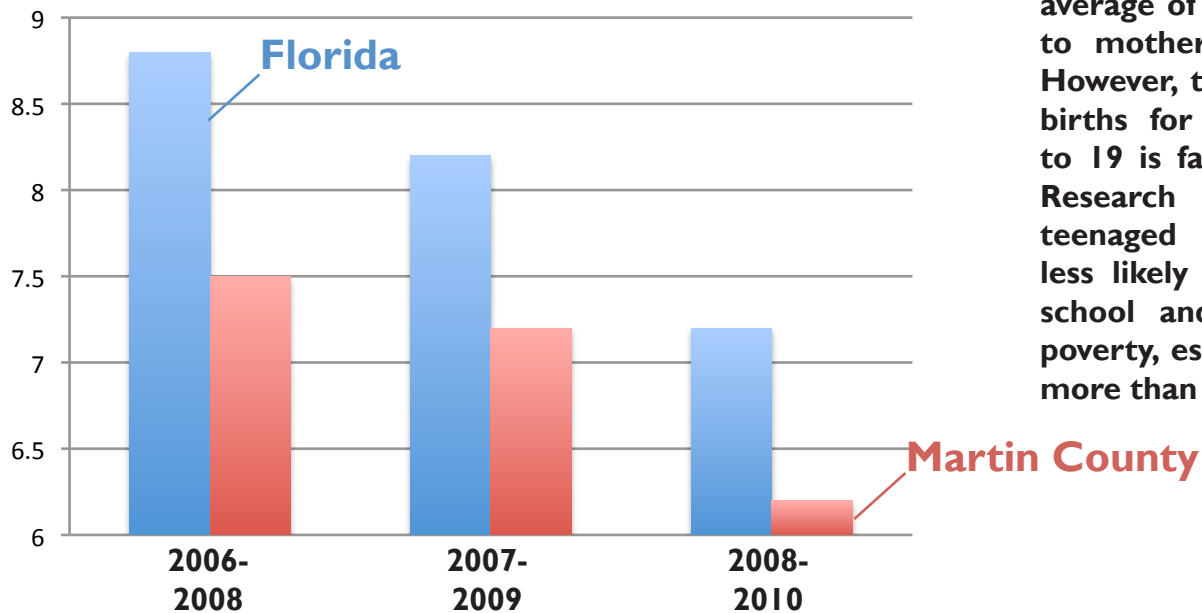
Florida Department of Health
School Health
Services Program



While talking to parents is vitally important for their well-being and success, teens aren't always comfortable doing so. That's why the Council funds programs to help connect teens (and their parents) to the resources they need to make smart decisions—and minimize long-term impact when the best decision wasn't made. Whole Child Connection and 2-1-1 connect families with resources, while the school nurse program provides help where teens are every day. Tykes & Teens and Project LIFT also provides mental health therapy to children and teens who may already be having difficulty. Sometimes just providing help and a caring listener is enough to keep kids on the right track.

Fewer Teenaged Mothers

**Rate, per 1,000, of Births to Mothers
Ages 10-17**

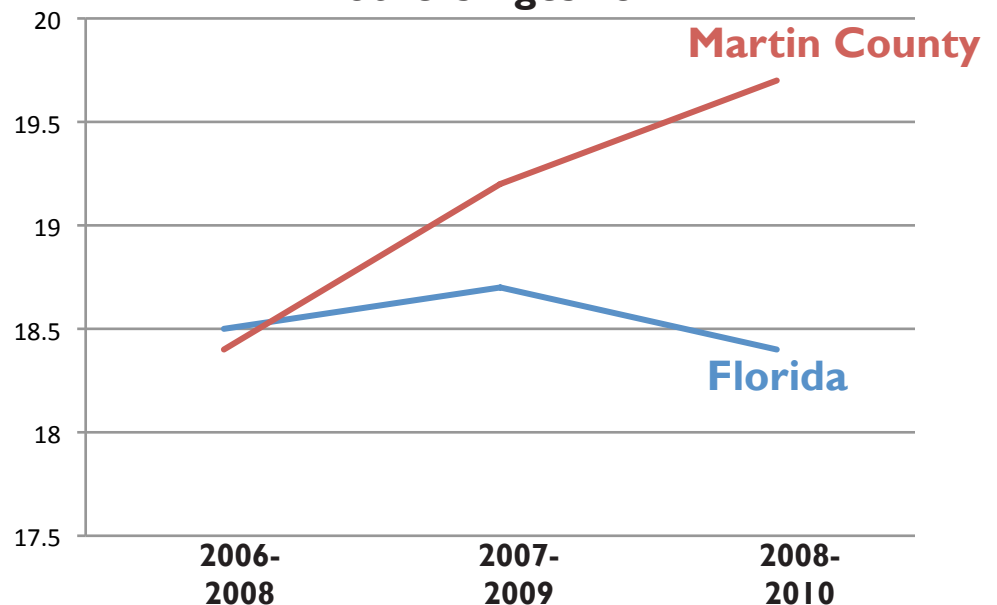


Overall, Martin County is trending downward when it comes to the rolling, 3-year average of the rate of births to mothers age 10 to 17. However, the rate of repeat births for mothers age 15 to 19 is far more troubling. Research shows that a teenaged mother is much less likely to graduate high school and remain out of poverty, especially if she has more than one child.

95% of members at the Boys & Girls Clubs of Martin County participate in the "Baby Think It Over" program, which pairs middle school students with computerized dolls that cry and must be fed. These children often express surprise at the challenge of caring for a baby 24 hours a day—even if for only a weekend!

1,500 9th graders in Martin County per year learn about the financial, emotional, physical and legal responsibilities of parenthood through interactive presentations by experts from the Father & Child Resource Center. The number of visits to the school nurses with questions increased substantially following the talks.

**Rate, per 1,000, of Repeat Births to
Mothers Ages 15-19**



Success Story

Editor's note: Aubrey Jones, the Community Liaison of the Martin County Healthy Start Coalition, received a pleasant surprise recently at the Whole Child Connection's Family Fun Day: a mother who owed her success to Healthy Start.

During an outreach event, a mom came to the Healthy Start information table to say thank you. She preferred not to share her name, but she did share her powerful story of how providing support and assistance is critical for teenage mothers. Five years ago, when the Prenatal Outreach Center first opened its doors, she came in seeking help. At the time, she was a teenager, still in high school and had just found out that she was pregnant. She was scared, confused and had nowhere to turn. Thankfully, she learned of the Prenatal Outreach Center on Salerno Road in Stuart. It was there where she was connected to prenatal care and other Healthy Start services to help guide her through her pregnancy and provide her with the tools she needed to deliver and raise a healthy baby. But the help didn't end there. After her child's birth, Healthy Start staff encouraged her to earn her high school diploma and continued on to college. This mother learned that one decision didn't have to negatively impact her entire life. With the support she received from Healthy Start, she was able to make smart decisions regarding her life. She is now a registered nurse, married and just welcomed her second child into the world. The mom expressed how grateful she was for Healthy Start's guidance and said that she would not be where she was without Healthy Start's services and caring staff.

Events & Meetings

July 9: Annual Report available to the public. See our advertising wrap on the outside of today's Stuart News and log on to www.cscmc.org to read the entire report!

July 10: Student Art Exhibit Opening. Join us from 4:30-6:30 p.m. at our offices as we honor the work of young artists attending summer camps at the YMCA and Martin County Parks & Recreation.

July 23: Council meeting at 10 a.m.

Want to schedule a free Lunch and Learn for your club or homeowner's association? Contact Suzanne Wentley at swentley@cscmc.org!

*Council
News*

Recently, the Children's Services Council of Martin County worked with the School District of Martin County to educate teachers and summer camp professionals about ways to reduce summer learning loss for our community's children. A

workshop entitled "Summer Slide Strategies Institute" included five methods for success: Model proper grammar and communicate



complete thoughts; read age-appropriate stories aloud and ask questions throughout the activity; practice fluency through reading games; connect reading and writing through journaling and reading comprehension questions; and organize "literature circles" to make learning fun.

Contact Us

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