

LIFE CHANGING RESULTS OF

THE ALEX HOUSE PROJECT

2022 REPORT



The Alex House Project envisions a world where low-income families benefit from comprehensive support. In particular, young women transition successfully into parenthood with peer-led parenting training, encouragement, and assistance to access higher education and employment.

Evaluation & Report by



A LETTER FROM OUR EXECUTIVE & DEPUTY DIRECTORS

One of our most far-reaching accomplishments this year was the establishment of a team of Health Navigators who engaged target audiences in various communities sharing information and details related to TAHP programs. Thanks to their hard work, we received so much interest that we needed to create a waiting list for our October training sessions!

In addition to attracting young moms for parent training, the Health Navigators helped reach **over 300 community members** with information about vaccines and other health-related services. We were delighted to see **nearly 300 adults and youth** feel informed and comfortable about getting at least one vaccine.

In August, TAHP hired its first **Employment Coordinator**. Mr. Larry Jones provided our participants with critical employment guidance and job placement services. Contributing extensive experience in youth and employment development, he jumped right in to work with our transitioning Parent Educators and others seeking employment. We look forward to seeing the employment program grow.

With thanks to our steadfast supporters, TAHP launched a **new two-year internship program**. Participating moms learn about time management, email etiquette (as many of the moms use texting language), interviewing techniques, resume writing, and more. The TAHP internship provides entry-level, no-experience-necessary employment, empowering moms to feel confident and prepared for the job market. It is **life-changing**, as one participant, Mariah*, exemplifies:

Upon learning she could become employed at TAHP, Mariah began a weekly countdown to her start date. This was her first paying job. She had tried to get other jobs but was always turned away due to a lack of work experience. Mariah said she had felt depressed and defeated by the struggle to gain employment. It was a joy to see her flourish in her role as a TAHP Fellow.

Like each of our parent educators, Mariah is fiercely committed to giving back:

"I want to provide the same encouragement, support, and assistance to the new moms joining the program."

We thank you for your continued support! The financial, in-kind, moral, and physical, showing up support of our many funders, donors, partners, and friends makes everything possible for our young moms and, indeed, for our staff, peer leaders, interns, and community health advocates.

The coming year, 2023, marks the 10th anniversary of The Alex House Project. Looking back to when this was all just an idea, we feel much like Mariah—determined to help others much as we have been helped. Thank you for being part of our story!

Gratefully yours,

Samora Coles, ED



Rebecca Fishburne, Deputy Director



OUR PEOPLE, PASSION, & PLACE

The Alex House Project (TAHP) is a Brooklyn-based, peer-led 501c3 social service support and leadership development organization for young expecting and parenting mothers, ages 25 and under, who reside in low-income New York City neighborhoods.

Our Community. We support high-need, underserved homeless youth, LGBTQ youth, young women in new immigrant communities, and parenting youth in foster care throughout the five boroughs of NYC. Our community is directly affected by poverty, homophobia, and racism.

We draw participants from mother-and-child group homes, family foster care, domestic violence shelters, and referrals from community-based organizations, city and state-funded institutions. Our base in Red Hook, Brooklyn, is home to New York's largest NYCHA development, housing over 11,000 people in nearly 3,000 apartments. Ninety percent of the tenants are people of color, as are most TAHP participants.

Nurturing Young Parents. The Alex House Project parenting course increases the ability of young mothers to become family-sufficient. Participants walk away feeling more empowered in their parenting and with a stronger relationship with their co-parents and children. In addition, they gain educational access and workforce development throughout the year of enrollment and support with specific individual or family needs.



I am happy I completed the class; I am always being Mom and barely do anything for myself. It was nice to do something for myself, and the other moms assured me it is not selfish to do something for myself sometimes.

-TAHP Mom

“

Joining TAHP has had an added bonus not only for me but also for my daughter. I gained sisters, and she gained Aunties.

-TAHP Mom



OUR EVIDENCE-INFORMED APPROACH

PARENT EDUCATION WORKSHOPS

- » LESSON 1 - Hopes and Fears
- » LESSON 2 - Self-Esteem
- » LESSON 3 - I'm a Mother/Father Dammit (Spoken Word)
- » LESSON 4 - Keeping Our Children Safe
- » LESSON 5 - Developing Empathy in Children
- » LESSON 6 - Understanding Discipline
- » LESSON 7 - Spoiling Our Children
- » LESSON 8 - Rewarding Children and Their Behavior
- » LESSON 9 - Recognizing and Understanding Our Children's Feelings

SUPPLEMENTAL PARENT EDUCATION SESSIONS

- » LESSON S1 - Developing Family Morals and Values
- » LESSON S2 - Establishing a Nurturing Diapering and Dressing Routine
- » LESSON S3 - Child Brain Development



I wanted to get my child vaccinated but was afraid. After speaking with the young lady and getting all the information, I finally got my son vaccinated today. Thank you for taking the time to give me the necessary information that assisted me in making my final decision.

-TAHP Community Member



PEER LEADERSHIP

The secret sauce of everything we do at TAHP is the community of young moms who graduate from Alex House parent training and become peer leaders. Advanced leadership training prepares graduating parents to lead Alex House outreach, intake, parenting training, and provide emotional support to their peers. Nobody is better positioned for this work than young parents who have known early parentification, external judgment, racial discrimination, economic hardship, gender bias, and personal isolation. Combining the wisdom of harsh life experience with the Alex House approach to parenting training and leadership development awakens participants' potential to thrive and serve as role models and community leaders.



Being with the new moms helped with how I parent my kids. They teach me things. They have different opinions, and sometimes that's good to hear because you are stuck, and nothing helps. I have found some amazing people that have turned into my friends outside the workshop.

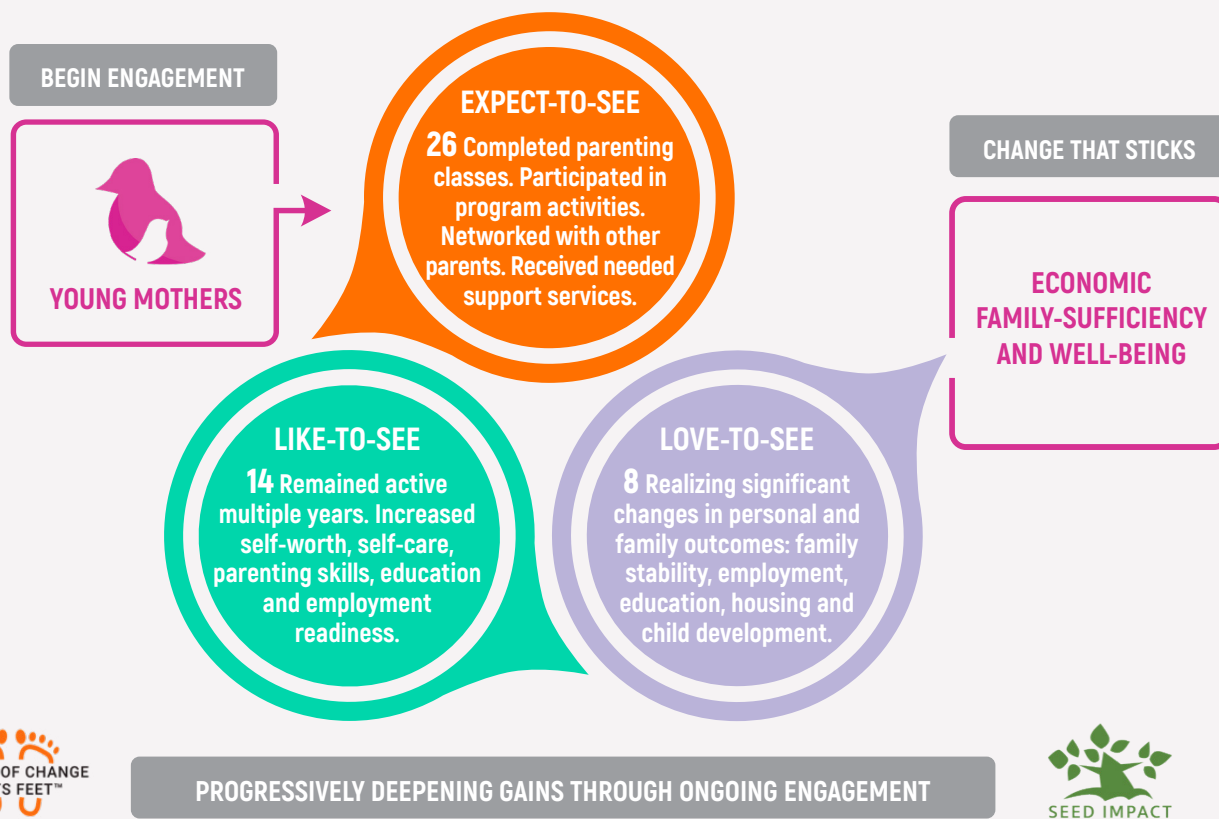
-TAHP Returning Mom

THE ALEX HOUSE PROJECT'S THEORY OF CHANGE

Our report data include numeric and narrative content we capture throughout the year in our SEEDing Social Change data management software. SEED Impact's **Theory of Change on Its Feet™** framework guides our visioning, goal-setting, and reflective practice to assess performance.

Below, we show our theory of change, highlighting three progressive stages of outcomes that we equip young mothers to achieve. Over time, these outcomes lead to our shared vision for their family's economic sufficiency and well-being. The numbers shown indicate how many participants reached each level.

Theory of Change on Its Feet™ OUTCOME PERFORMANCE MAP





2022 OUTCOMES

- » **26** women completed parenting training and received certificates
- » **2** women who had completed leadership training assisted with program delivery
- » **22** graduates from previous years remained in contact and reported continued success

Additionally, this year 45 women who could not complete the parenting classes benefited from attendance in a few classes and received information and referrals, including employment support from our Employment Coordinator.

Further,

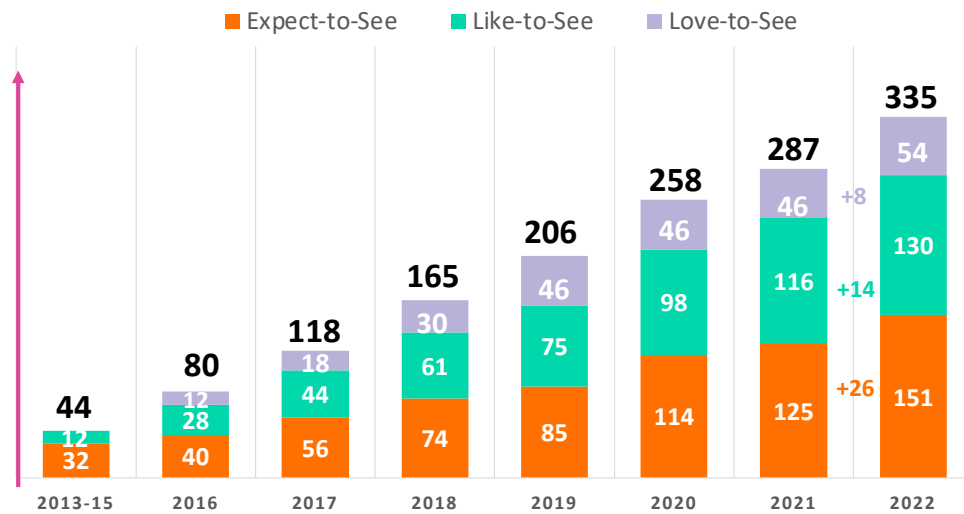
- » **335** community members were reached and provided vaccine information
- » **294** community members were assisted in getting at least one vaccine.



I enrolled earlier but was unable to complete the class, this time, I stuck it out and will be completed by next week. I am proud of myself and excited about all I have learned.

-TAHP Mom

CUMULATIVE PERFORMANCE, 2013-2022



2013 - 2022 YOUNG MOTHER OUTCOMES

- » 151 young mothers completed 8-week parenting classes
- » 130 continued beyond the first year, benefiting from ongoing activities and services
- » 54 are realizing life-changing gains in family stability, education, and/or employment
- » **TOTAL 335 OUTCOMES:** **Expect-to-See: 45%** **Like-to-See: 39%** **Love-to-See: 16%**



I know I will be much older than the moms, but at this point, I just need someone to talk with. I had my child later in life, and all of my friend's children are much older than my child, so I feel I will get more insight from this group as their children are closer in age to my child.

-TAHP Mom

TWO YOUNG MOTHERS' SUCCESS STORIES*

Jennifer is a single mother who enrolled at 25 with no family or existing support system. She felt TAHP would be the perfect place for her. At the beginning of the October 2021 parenting class, she was a shy young lady who spoke little. By the end of the two weeks, she had begun to open up to the class.

Jennifer shared that she was having issues co-parenting with her daughter's father, but she was optimistic that it would one day work out:

"I used to judge myself all the time, thinking I was setting a bad example for my daughter since I wasn't with her dad ... The support and honesty of the other moms in the group gave me the strength to share my story, and the moms were so helpful. They told me to stop judging myself so harshly, and that I was doing a great job, they don't know how much this helped lift me up."

Jennifer's words exemplify how TAHP's peer support model helps moms discover themselves and their strengths. Sometimes it takes another person to point out how influential we are in shaping lives.

Jennifer continued with Alex House as a parent educator in 2022 and is now a full-time student at John Jay College working on her Bachelor's Degree.

Larissa came to TAHP in November 2015 as a mom of three. She was receiving HRA/TANF benefits to help her care for her family. She aspired to get a job that would allow her to become more financially independent. She remained active as an Alex House alumni and was trained as a program leader in 2016.

Fast forward to 2021. Now a mother of five with a career at the Parks Department and more recently as a stay-at-home mom, Larissa asked to return to Alex House as a trainer. After completing a refresher course, she assumed the lead facilitator role in February as part of a 2-year intensive internship at TAHP.

With her internship coming to a close, Larissa began working with the Employment Coordinator to achieve her dream of finding full-time employment. She secured a full-time position with benefits, moving her one step closer to her goal of financial independence.

Larissa is genuinely excited about her new position as a Warehouse Associate:

"I am so excited but a bit nervous too. I will miss TAHP and working with the ladies, but I will especially miss facilitating the classes and working with the moms. Thank you, Alex House, for everything!!"

FINANCIALS

STATEMENT OF FINANCIAL POSITION

- » Total Assets: \$132,368
- » Total Liabilities: \$13,574
- » Net Assets: \$ 118,794

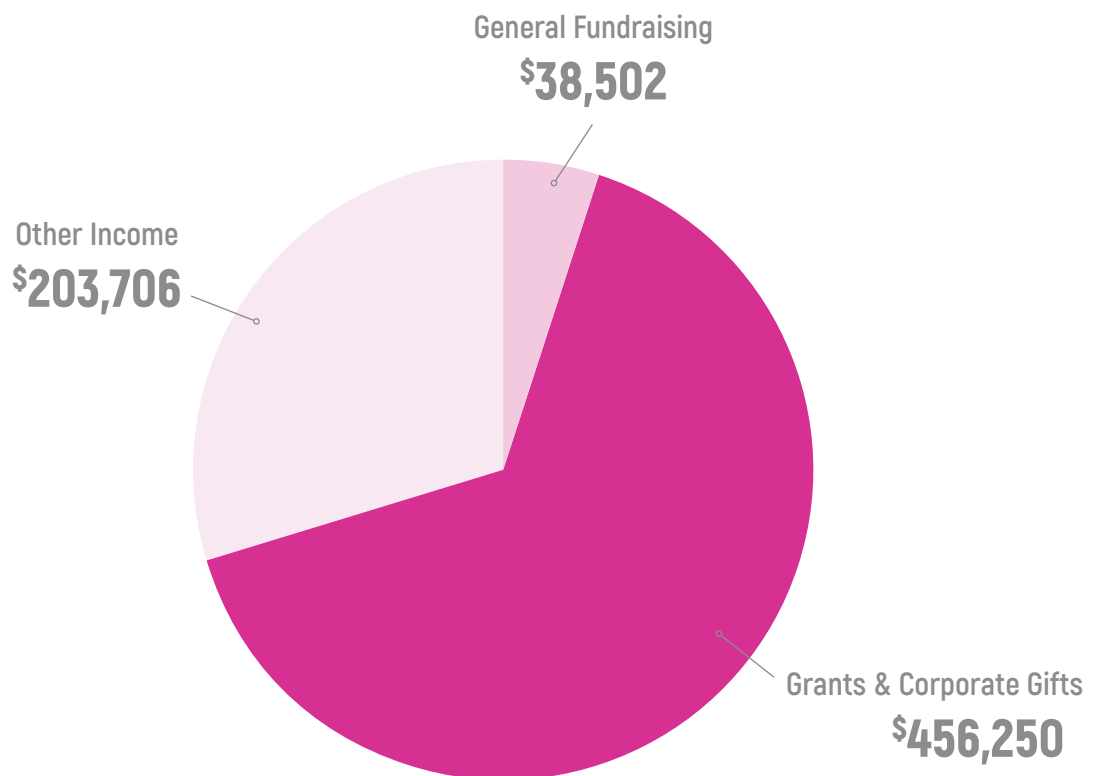
TOTAL LIABILITIES AND NET ASSETS: \$132,368

STATEMENT OF ACTIVITIES

- » Total Revenue: \$698,458
- » Total Expenses: \$636,204

NET INCOME: \$62,254

REVENUE BREAKDOWN



TOTAL REVENUE - \$698,458

SPECIAL THANKS TO ALEX HOUSE 2022 FUNDERS & DONORS

Our Generous Supporters <https://www.alexhouseproject.org/partners>



The Alex House Team

Staff

Board of Directors

Additional Resources

TAHP Impact Profiles

Before & After TAHP

Social-Emotional
Learning Outcomes

Donate Today

Community Partnerships