



The Alex House Project

The Social Emotional Learning Achieved By

THE ALEX HOUSE PROJECT

JULY 2022 - AUGUST 2023



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



Evaluation & Report by
SEED Impact

WHAT WE DO:

Our People, Passion & Place

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



TAHP children of former participants at the Easter Egg Hunt

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 and domestic violence shelters, accepting referrals from community-based organizations and city and state-funded institutions. Our Red Hook, Brooklyn base 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.



A TAHP fellow and participant at The Alex House Project Poetry Slam



"Being a part of TAHP, I received so much. It makes me happy that I found an organization that feels like home and with people who understand me."

-Young Parent Participant



TAHP Health Navigator with his daughter.



April 2023 grad and baby picking up certificate and stipend



TAHP Dad celebrating his daughter

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 appreciating stronger relationships with their co-parents and children. In addition, they gain educational access and workforce development throughout the year of enrollment and support with specific individuals or family needs.

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 and parenting training while providing emotional support to their peers. Nobody is better positioned for this work than young parents who have experienced early parentification, external judgment, racial discrimination, economic hardship, gender bias or 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.



TAHP-Certified Parents:

- Identify strengths and increase resiliency
- Become the parent they've always dreamed of being
- Increase their ability to nurture themselves and their children
- Build greater trust, honesty and connections to others
- Learn to tackle everyday stressors and challenging situations
- Find their path towards happiness
- Learn about community resources and increase their support network
- Become more confident and optimistic about achieving personal goals



Assembly Member, Brian Cunningham, and aid at the Maternal Health Fair



TAHP Health Navigator with CABS Home Care Agency at Night Out Against Crime Event



Workshop on Prenatal Nutrition & Cooking led by a Women's Health Dietician from King's County Hospital

WHAT'S NEW

Parenting Journey Program

We have improved the Healthy Mom/Healthy Baby program by adding an evidence-based Parenting Journey program to the curriculum. Classes now run eight weeks and include a Certificate of Completion recognized by the courts and Administration for Children's Services.

New Staff and Services

- In April 2023, TAHP hired a Development Manager
- In May 2023, an Employment Coordinator was added to assist participants with professional development and job search
- Referrals are now provided to: Grace Institute for free vocational training for moms with their High School diploma or equivalent and SUNY Attain for any enrollee or participant who wants to take the GED test
- Referrals are also made to Delgracia Corp for individuals and young families to empower and safeguard their social-emotional needs
- TAHP started a pilot program assisting all enrolled participants possessing a housing voucher in finding suitable accommodations



"I can see that TAHP and Delgracia are really special programs. I appreciated your attention to my client and how you brought humanity and respect to this process -- qualities I don't always find in programs for people I am advocating for. It's been such a good experience working with you. I'll keep it in mind for future clients and let my coworkers know about your great programs."

-Court Advocate



Left to right TAHP members: Deputy Director Rebecca Fishburne; Community Member; Founder & Executive Director Samora Coles; Community Member

WE MAXIMIZE TWO REPORTING CYCLES

The Alex House Project has prioritized outcomes measurement and reporting since its inception. We work closely with SEED Impact to reveal hard-to-measure outcomes. We welcome introductions to foundations and other investors who value rigorous evaluation and accountability.

1

Our annual report is based on the calendar year. It tracks cumulative outcomes from 2017 forward using SEED Impact's Theory of Change on Its Feet™ framework

Our SEL report focuses on the Social-Emotional Learning of recent class participants and active alums, tracking annual SEL outcomes July through the following summer

2

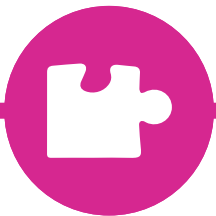
Why We Measure SEL

Research confirms SEL equips youth and adults to:

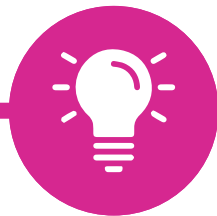
RESEARCH CONFIRMS



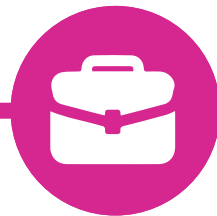
Develop healthy personal relationships



Solve problems



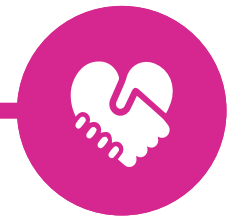
Think creatively



Advance in education and the labor market



Contribute to a healthy democracy



Treat others with respect and dignity

Greenberg, M. T. (2023). Evidence for social and emotional learning in schools. Learning Policy Institute. <https://doi.org/10.54300/928.269>



TAHP info-sharing at invitation of Brooklyn Borough President Antonio Reynoso

How We Measure SEL

Alex House leadership works closely with SEED Impact to assess and accelerate the SEL growth of all TAHP community members.

To support whole-person development, we measure SEL growth across three domains:

- 1 BEING:** emotional competencies
- 2 DOING:** cognitive skills
- 3 RELATING:** social and interpersonal skills



The Difference We Make: Young Parents SEL

WHO:

83 total, including recent class participants, active alums and other young adults receiving TAHP services

GROWTH:

16% increase in SEL competencies, on average:

38 young adults in parenting training achieved 29 percent SEL increase

35 active alumni achieved 11 percent SEL increase

10 young adults receiving services only achieved 7 percent SEL increase



TAHP Fellows, Angoinette and Krisaiya

TAHP Parenting Journey Graduate Inagural Class

DETAILED SEL COMPETENCY FINDINGS FOR THREE POPULATIONS

July 2022-Aug 2023

1) PARENTING CLASS PARTICIPANTS

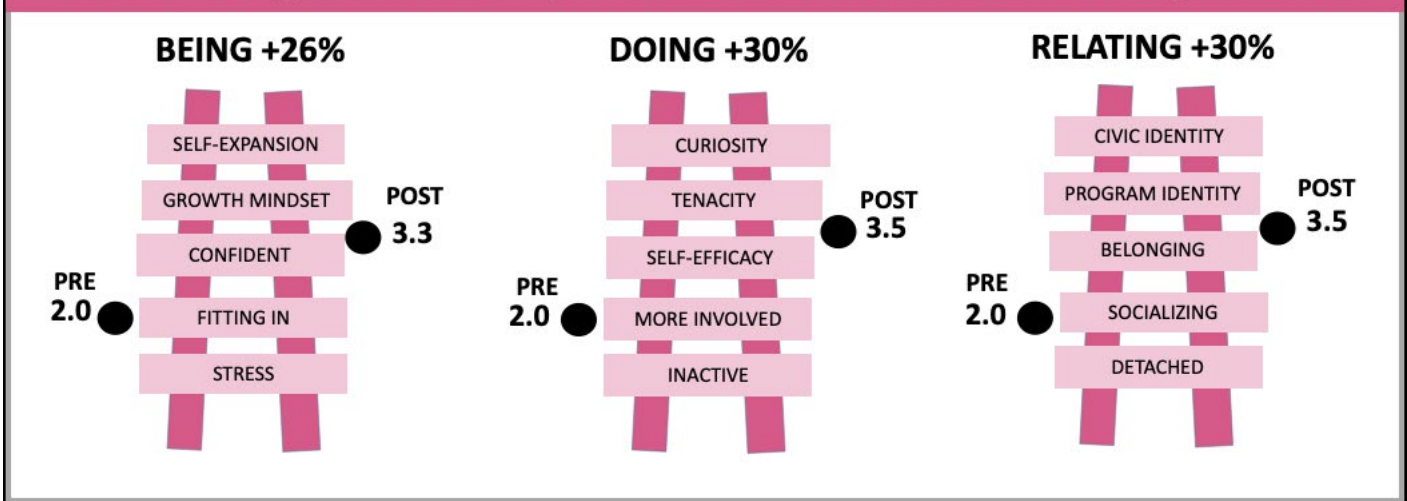
Thirty-eight individuals (37 females, one male) attended and completed Parenting Class training. Observed behaviors included:

- Increasing sense of pride in themselves and found their voice
- Fully showing up and initiating positive contributions
- Consistently helping others succeed and connect and more open to accepting encouragement from others



Community Member Father and his daughters

38 Parenting Class Participants: 29% Increase in SEL Competencies



As shown, participants achieved more than a full stage (20 percent) gain on all three SEL competency ladders. Gains were achieved in Being, Doing and Relating at 26 percent, 30 percent and 30 percent, respectively.

- Being:** from Fitting In to Confident
- Doing:** from More Involved to Self-Efficacy
- Relating:** from Socializing to Belonging

The most significant social-emotional gains observed were in participants' sense of DOING and RELATING.

Sample Parenting Class Voices:



“I am so thankful that I was able to attend the classes. They have even helped me with my personal life and supported me in finding new ways to interact with my son. I work at a daycare center. I have been able to put to use a lot of what I learned in class.”

“I am happy I completed the class; I am always being a 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...sometimes.”



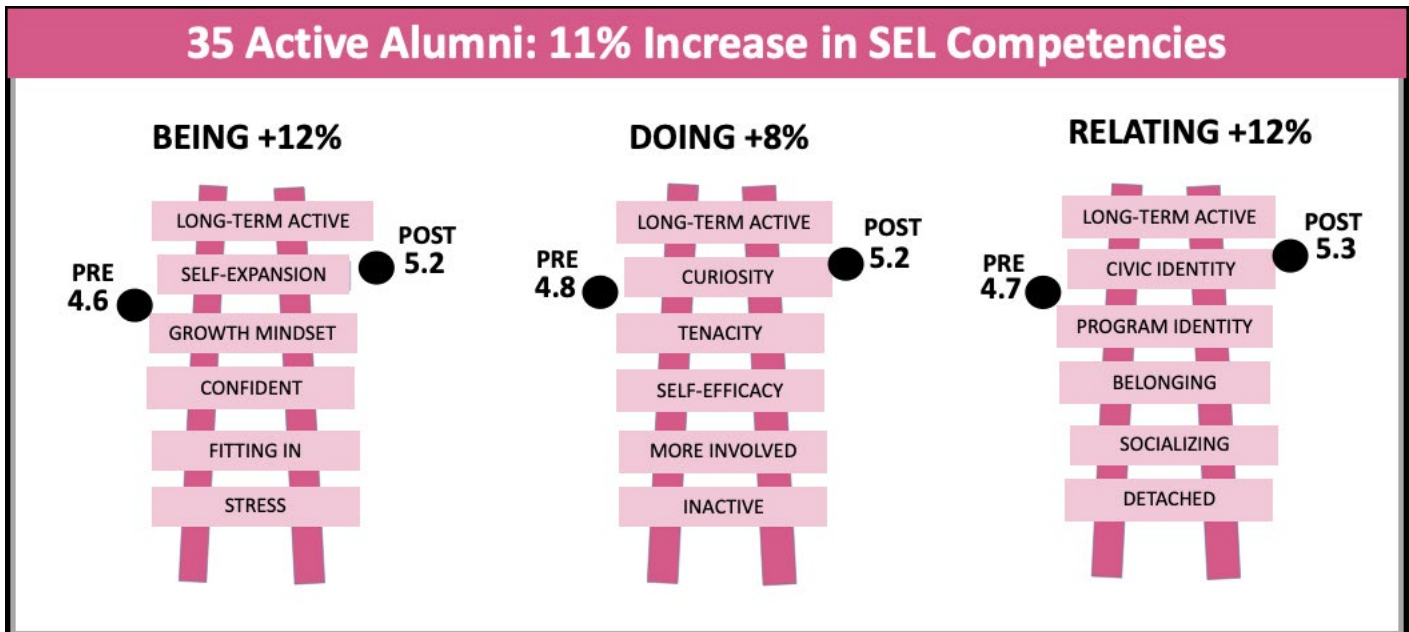
“I felt that I needed the class again because being pregnant with twins is a new journey. I have always come to TAHP for help with my other pregnancies.”

2) ACTIVE ALUMNI

Thirty-five parenting class graduates (28 females and 7 males) remained in contact with TAHP or renewed their relationship this year. Observed alumni behaviors included:

- Finding joy in self-expanding experiences
- Perceiving new possibilities and making future plans
- Discovering more to learn
- Applying new skills and competencies in other spaces and communities

The most significant social-emotional gains were in their sense of BEING and RELATING.



As shown for alumni (parenting class graduates) gains in Being, Doing, and Relating were 12 percent, 8 percent and 12 percent, respectively.

Being: from Growth Mindset to Self-Expansion

Doing: from Tenacity Involved to Curiosity

Relating: from Program Identity to Civic Identity



Alumn Report Back:

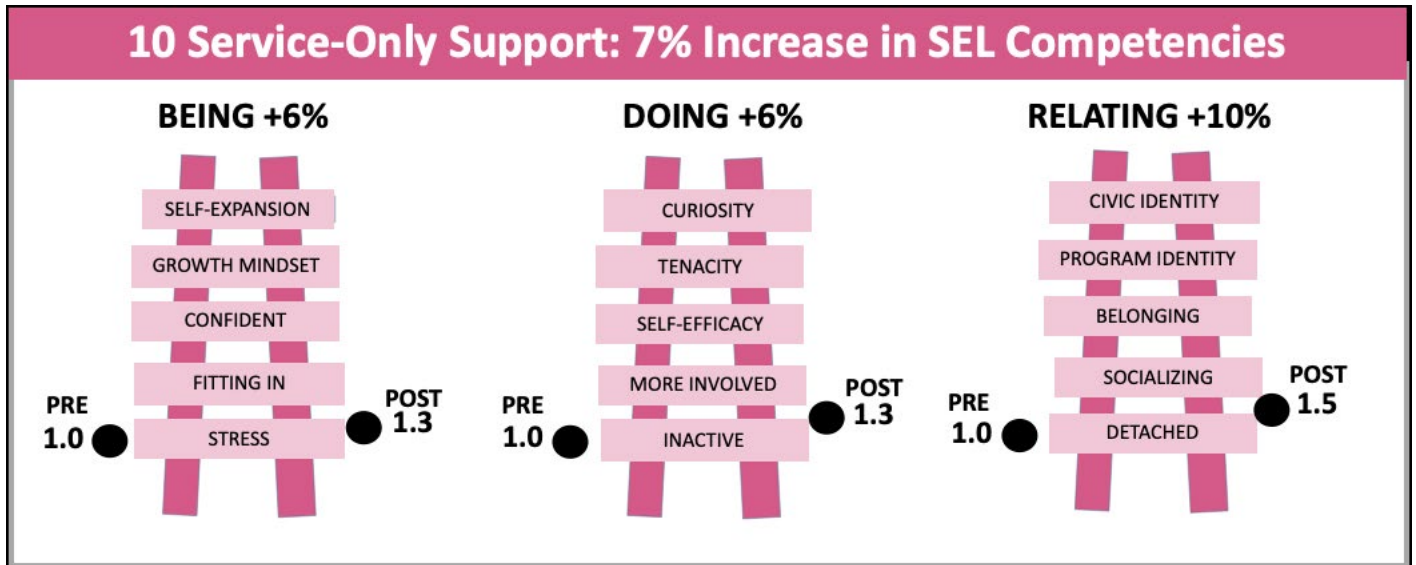
“I am a Parent Fellow here with the Alex House Project. I serve other young mothers like me and a dad so they can receive what they need for themselves and their children. I started here at TAHP in March of 2022 as a mother enrolled in the parenting workshop. I completed my classes and then was given the opportunity of employment with TAHP because one of the things I asked for was help with employment. The program helped me get my Mandated Reporter Certification, CPR certification, and Youth Peer Advocate Certificate. There are still more trainings to come which will enhance my resume and my options at employment outside of TAHP.”

The 35 active alumni included:

- Eighteen alumni from classes 2020 - 2022
- Seventeen from classes 2013 - 2019
- Twelve who completed advanced leadership training with TAHP and are currently or previously employed as peer educators and mentors

3) SERVICE-ONLY PARTICIPANTS

Ten young women contacted TAHP for referrals or support about specific needs, such as employment, housing or childcare. As potential future parenting class participants, they have already begun their SEL journeys with TAHP.



As shown, gains in Being, Doing, and Relating were 6 percent, 6 percent and 10 percent, respectively.

- Being:** from Stress Mindset to Fitting In
- Doing:** from Inactive to More Involved
- Relating:** from Detached to Civic Socializing

The most significant social-emotional gains observed were in their sense of RELATING.



Incredible Messengers, Inc Director Tyeisha Jakson; TAHP Founder & Executive Director Samora Coles; Pinkerton Foundation Senior Program Officer April Glad



TAHP Founder & Executive Director Samora Coles



Voices of Young Moms Receiving Services:

“The Alex House Project helped me with my stroller and baby clothes; they were so fast, and I was so pregnant and didn’t have much stuff. I was overjoyed when they shared everything they got for the baby.”

“This program helped me find moms that are more like me.”

“I am unable to attend class but have been able to join the chat group which has been very helpful.”

“I can’t wait to start class; I am in a group home, and I want to do better by my child.”

“I can’t believe how helpful everyone was, no attitude, no rudeness, nothing like when I have gone to other places. It feels good to be treated like the human being I am.”



Special Thanks to Alex House 2023 Funders & Donors

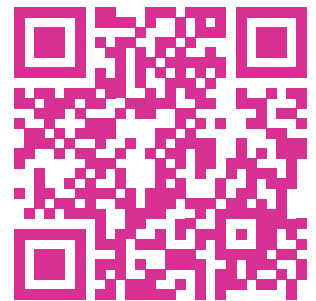
Our Generous Supporters

TAHP 2022 Annual Report

Before & After TAHP

TAHP Impact Profiles

TAHP Community Partners



Donate Today!