



“CoParenting For Successful Kids” NEBRASKA STATEWIDE IMPACT REPORT

Meeting the Challenge

Nebraska Extension offers “Co-Parenting for Successful Kids” classes to help separating and divorcing parents develop plans for respectful, responsive and responsible co-parenting. These research-based classes meet Nebraska court-mandated requirements. Since 1999, 14,024 parents caring for over 25,000 children have participated (in 2014, over 2,100 parents participated).



ON-SITE CLASSES: Extension has presented on-site classes at locations statewide since 1999. To date,* 10,062 parents have completed on-site classes.

ONLINE CLASSES: In January 2012, The Nebraska Supreme Court approved the Extension online class. Extension educators partnered with the following: eXtension, Nebraska Education Television and UNL Educational Media. To date,* 3,962 parents from 85 of the 93 Nebraska counties have enrolled in the online class. *as of Dec. 1, 2014

Public Value

“UNL Extension’s statewide research-based education is instrumental in keeping the kids out of the center of conflict experienced as a result of separation, custody and divorce,” says Debora Denny, J.D., Director Dispute Resolution/ Special Court Programs, Nebraska State Court Administrator’s Office.

Smart investments in childhood yield long-term gains. When “Co-Parenting for Successful Kids” support families going through divorce, separation and custody by teaching essential skills and strategies, children move on to a more safe, healthy and thriving environment. This benefits the vitality, success and future well-being of the community through children prepared for school and life.

2013 Summary of Impact Reported by Parents

Enrollees Who Rate Knowledge as “High”...				Enrollees Report They Are Now...			
Class objectives <i>Mandated by Nebraska Parenting Act</i>	PRIOR TO CLASS (RETROSPECTIVE) <small>(Evaluations not paired with after class) (1,802 evaluations out of 2,155 enrollees = 84%)</small>		RIGHT AFTER CLASS <small>(Evaluations paired with 6–18 month follow-up) (261 evaluations out of 2,155 enrollees = 12%)</small>		Class objectives <i>Behavior change as a result of this class</i>	6–18 MONTH FOLLOW-UP <small>(Evaluations paired with right after the class) (261 evaluations out of 2,155 enrollees = 12%)</small>	
	ON-SITE <small>534 enrollees 492 evaluations</small>	ONLINE <small>1,621 enrollees 1,310 evaluations</small>	ON-SITE <small>534 enrollees 77 evaluations</small>	ONLINE <small>1,621 enrollees 184 evaluations</small>		ON-SITE <small>534 enrollees 77 evaluations</small>	ONLINE <small>1,621 enrollees 184 evaluations</small>
Understand how parent’s actions influence children’s adjustments to divorce based upon ages and stages.	59%	57%	96%	90%	Helping their child(ren) adjust to the divorce or custody modification based on their ages and stages.	94%	89%
Understand how to use “I” messages to reduce conflict.	33%	46%	95%	95%	Using “I” messages more frequently than they did prior to the class.	85%	95%
Understand ways to resolve conflicts and disputes without anger.	66%	73%	96%	97%	Using strategies they learned in class to keep their child(ren) “out of the middle” in interactions with the other parent.	91%	90%
Know how to develop a child-focused co-parenting plan.	55%	54%	97%	97%	Implementing a child-focused parenting plan.	89%	85%

Visit
extension.unl.edu/divorce
for more information.

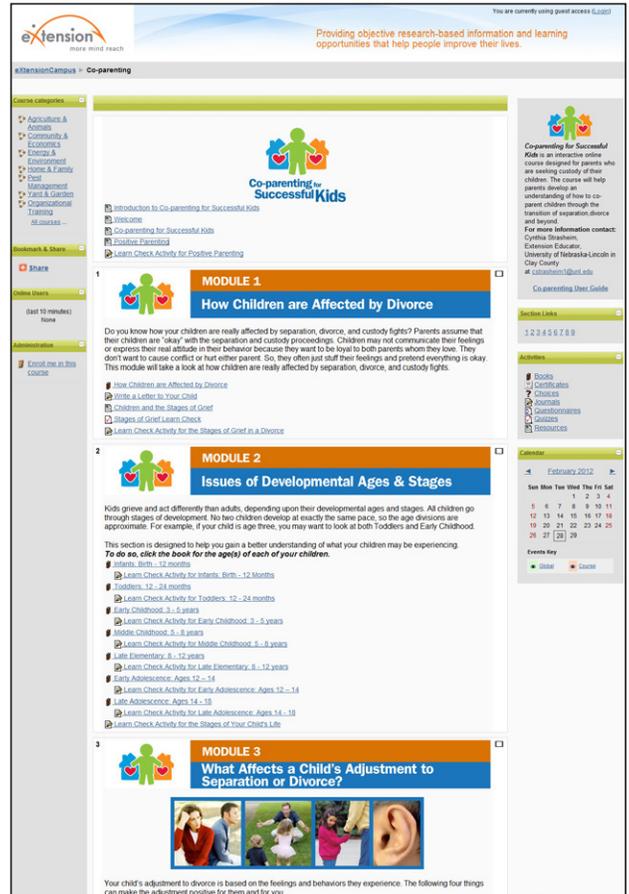


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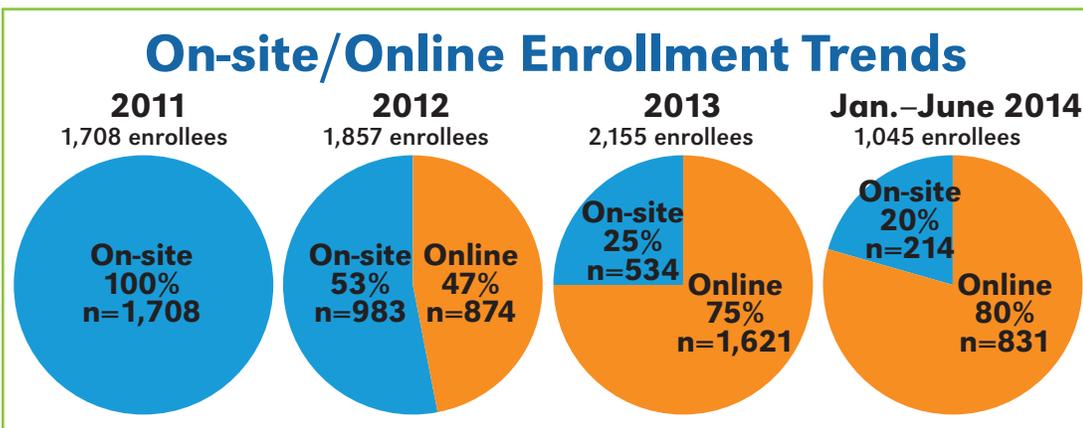
On-site classes are offered at 10 locations across Nebraska. Parents gain positive educational experiences by being in a classroom with others in similar transitions. Parents say they appreciate learning strategies which have worked for their classmates.



Online class is divided into eight modules. The online class requires journal entries which are reviewed and commented on by Extension Educators. In a 6–18 month follow-up evaluation, 95% of participants rated the responses as helpful.

“I am quite embarrassed at how little I knew prior to the course. I have made multiple mistakes ... this course says are unacceptable and inappropriate. I will have to learn to keep the kids out of the middle of issues with their mom and that won't be easy. I wish this course was mandated before having kids. Very effective and common sense materials!”

—“Co-Parenting for Successful Kids”
online participant



**Now Offered
in Oklahoma**

On Dec 1, 2014 Oklahoma State University Extension contracted with Nebraska Extension to offer the online class for Oklahoma parents.