



Birth & Beyond Program Success Story

Mark entered the Folsom Cordova Family Resource Center in July 2018 hoping to change his family's circumstances. Mark was a single, unemployed, homeless father of 14 children, 5 of whom resided with him in a shelter. The children ranged in ages from 4 to 15 years old. Mark had what he characterized as a "rough beginning" in life. He said that in the past, he was prone to start fights, just because someone looked at him in a certain way. He wore an ankle monitor due to repeated DUI infractions. He also had several brushes with Child Protective Services.



Mark began parenting classes at the Family Resource Center and quickly requested Home Visitation as well. He went on to complete 7 parenting lessons at Folsom Cordova and 26 lessons with his Home Visitor, Diego. According to Folsom Cordova staff, Mark was an avid student and applied many of the concepts presented to him. He became thoughtful in how he responded to his children's misbehavior. Mark shared that he noticed as he changed his parenting style, the children responded with improved behavior and seemed happier.

Mark's health was seriously compromised during his time with Birth & Beyond. When he revealed he was taking 10 different medications, the Home Visitor arranged to have a Health Educator/nurse attend a home visit. The Health Educator was able to answer questions that Mark had about his various health challenges. As an outcome of the visit, he updated the children's immunizations and got a flu shot for himself. He also attended to everyone's dental health. Additionally, Mark began looking ahead to plan for who would take care of his children in the event he was not around.

Mark also requested support on needs related to school and afterschool activities. Mark was given information about what was available for his children in the community and at the library. The School Readiness Home Visitor provided information about Beanstalk and Child Action. She performed developmental screening tests and gave Mark exercises that would foster his children's development. She also gifted a book to each child to promote reading as a family. Folsom Cordova's annual backpack giveaway provided all five children with backpacks filled with school supplies. They began the school year well prepared for success.

Mark secured a job, which he traveled to by bicycle. After some time and saving, he purchased a car. He began to buy little "extra" items for his children with pride. During the holidays, he was "adopted" by a generous local charity and received gifts for all of the children. He was very excited and pleased that the children would be having such a good holiday. He even planned a big holiday meal for the family.

He continued to work his program and moved out of the shelter in May 2019. He moved the family into a house, where all of the children had more room and a big back yard to play outside in the fresh air. While in the program, Mark has had no additional referrals to Child Protective Services.