The Caring Equation

OVERVIEW
Implemented in 2003, the Caring Equation aimed to improve the parenting skills of teenage mothers and their partners and keep both parents in school. The program offered ten services to participants, including pregnancy testing and maternity counseling, adoption counseling and referral services, education and vocational services, mental health services and referral, and counseling and referral for family planning. Fathers attended job training workshops and group sessions. Additionally, fathers participated in group activities and private sessions with their partners. Participants could remain in the program for up to one year after the baby was born.


Focus
Parenting

PROGRAM DESCRIPTION

Target Population
Teen mothers and their male partners with a household income of less than $40,000 per year

Service Delivery Unit
Couples

Curriculum
Caring Equation has ten core services, 1. Pregnancy testing and maternity counseling; 2. adoption counseling and referral services; 3. Primary and preventative health services; 4. Nutrition information and counseling; 5. Referral for treatment for sexually transmitted diseases; 6. Referral for pediatric care; 7. Education services related to family life and adolescent sexual relations problems; 8. Education and vocational services; 9. Mental health services and referral; 10. Counseling and referral for family planning services

Dosage
Not reported, but participants could remain in the program until their child’s first birthday.

Setting
Public high schools

Location
Arlington County, VA

Adapted and/or Created for Hispanic Population
No
Demographics of Population Served
80% Latino

PROGRAM EVALUATION

Evaluated Population
Approximately 200 fathers

Study Design
- Pre/post-test, no control group
- 6-month, 1-year and 2-year follow-up survey

Outcomes
Father/child interaction; Parenting assistance; and Financial support

Results
Results indicated that fathers enrolled in Caring Equation improved significantly on all three subscales between pre-test and 6, 12, and 24 months later

Results for Hispanic Subgroups
None reported

Evaluation Contact Info:
Monica Robbers
Marymount University
Arlington, VA
E-mail: monica.robbers@marymount.edu

Program Contact Info:
Arlington Public Schools – School Board
Arlington Public Schools
1426 N Quincy St
Arlington, VA 22207
webmaster@apsva.us
703-228-6000