

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.

See [*OPRE Report 2011-20 Catalog of Research: Programs for Low-Income Fathers \(December 2011\)*](#) for more information.

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

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