NC Cooperative Extension is an educational partnership between local counties and our land grant Universities — NC State and NC A&T. In Durham County, Cooperative Extension creates opportunities for lifelong learning and connects residents with resources and education to improve their quality of life and to work through life’s challenges — economic downturn, drought, and family stress. Extension invests in innovative programming that enhances the resiliency of our families and community. In 2008, Durham Cooperative Extension leveraged over 1.4 million dollars in grants from public and private funders to address local priorities. The Durham County Center offers programs in:

- Early Childhood Development
- Youth Development
- Consumer and Family Education
- Community Development
- Agriculture and Horticulture

Staff and trained volunteers can answer questions and connect Durham residents with community resources. Call (919) 560-0525 or visit our website http://durham.ces.ncsu.edu
New Initiatives: Investing in our Youth

The Durham Gang Initiative uses an intervention approach to reach gang-involved youth in the community. A coordinator, along with two street outreach workers, provide services and outreach in cooperation with other Durham efforts to help youth make more positive choices and reduce gang involvement.

Youth Entrepreneurship Program utilizes the EntrepreneurShip Investigation (ESI) curriculum to help youth learn real world business skills—team building, time management, ethics, professionalism, and more—culminating in the creation of a realistic business plan and marketing strategy.

The Strengthening Families Program: For Parents and Youth 10-14 is a research-based parent, youth, and family skills-building program in which parents and youth learn together. SFP 10-14 is effective in preventing teen substance use and abuse, lowering levels of aggression, and strengthening parenting skills.
Investing in Young Children

Welcome Baby offers child development education and support to parents/guardians of young children, birth to age 5, to increase their capacity to nurture and help prepare their children for success in school. Services include Newborn Support through hospital visits, support group and phone contact; Parent Education Workshops; Incredible Years Basic Parent Training; Motheread family literacy program; and car seat safety clinics.
Success

2,649 families received information about infant care and resources through our hospital visit program. Parents reported having fewer problems with the challenging behaviors of their children after completing the Incredible Years training. 694 received clothing through the Giving Closet. Welcome Baby celebrated its 20th Anniversary and received the 2008 NC Award for Excellence in Youth and Family Programming.
Family and Consumer Science **Family Sustainability** focuses on parenting, family literacy and other supportive programming: Family Literacy & Communication (*Connecting Literacy*); adults caring for sick or elderly parents (*Prepare to Care & Powerful Tools*); adults caring for relative children (*Kinship Care/Grandparents Raising Grandchildren*); families facing impending deployment (*Essential Life Skills for Military Families*); and unmarried couples expecting a baby (*Strong Couples-Strong Children*).
In the bilingual Connecting Literacy program, 350 families received monthly parent classes to improve K-2 Literacy through positive interactions and activities at home and school. More than 120 families received education in caregiving and stress reduction through Prepare to Care and Powerful Tools, resulting in less time away from work. 155 expectant and new parents learned about healthy relationships in Strong Couples-Strong Children in English and Spanish.
Family and Consumer Science Food & Nutrition improves the health and well-being of Durham County residents through effective food and nutrition programs, such as Color Me Healthy, Eat Smart/Move More, ServSafe, and the P.E.A.C.E. Project. Consumers develop healthy habits through eating healthy, being active, handling food safely, managing resources for food security, and practicing health-promoting behaviors.
Childcare center staff received training in *Color Me Healthy* to use with 4 & 5-year-old children and parents. *ServSafe* classes in English and Spanish reached 108 restaurant employees, instructing them in safe food handling practices. The *P.E.A.C.E. Project*, in collaboration with the Durham County Health Department, works with 12 African-American faith-based organizations to encourage healthy lifestyles and address health issues with their congregations.
Investing in Citizenship

**Kids Voting Durham** helps young people understand and believe in the power they have as active, well-informed citizens and future voters. Students learn about and experience democracy through a combination of classroom and other educational activities, an authentic voting experience and community & family dialogue. The program supports youth as active participants in community decision-making and develops their advocacy skills.
Success

Over 5,500 youth cast ballots at over 40 precincts and voting sites, and online during the November 2008 election. Over 500 volunteers organized Election Day polls. More than 75% of volunteers were young people. Teachers in Durham Public Schools received Kids Voting civics curriculum using the NC standard course of study. Kids Voting distributed family guides to help families engage with each other in preparation for the election. We created a new K-12 civics curriculum for afterschool programs and trained after-school staff in its use.
The Strengthening Families Coalition (SFC) involves parents, volunteers and organizations working together to assist parents who want to better navigate our public schools to help their child achieve. Advocacy training opportunities include Parent and Family Advocacy & Support Training (PFAST) in English, Latino PFAST (LPFAST) in Spanish and Parents as Leaders Academy (PAL). SFC offers opportunities for support through ongoing education and coaching.
Success

More than 90% of parents completing PFAST in English and Spanish reporting increasing confidence in working with their child’s school. Parent facilitators and staff used their facilitator certification in the Real Colors personality instrument to deliver three community trainings. With partners at NCSU, Juntos Para Una Mejor Educación (Together for a Better Education) brought Latino middle school students and their parents together at Chewning Middle School to plan as a family for high school graduation and college.
The Durham County 4-H program offers youth clubs, summer camps, special interest programs and life skill activities for children 5-19. Guided by Extension Educators, adults and teen volunteers, 4-H’ers gain knowledge, skills and leadership experience that will help them become responsible citizens and leaders. Durham County 4-H offers an Alcohol and Substance Abuse Prevention (ASAP) retreat for middle-school aged youth.
Durham 4-H collaborated with UNC-TV on an Engineering the Future event with PBS Kids Design Squad for hands-on learning in engineering. Twenty-four teens participated in the new Junior Leadership Durham 4-H Club to develop their potential as leaders. 4-H sponsored a Alcohol and Substance Abuse Prevention (ASAP) retreat focused on middle school youth with a grant from the Durham County ABC Board.
I didn’t know you did all that!
Extension has something for everybody.

—Community member at Extension presentation
Investing in Youth

**Juvenile Crime Prevention Council (JCPC)** works in partnership with the Department of Juvenile Justice Delinquency Prevention (DJJDP) to improve the lives of youth by reducing and preventing juvenile crime. Durham’s JCPC prioritizes the needs of youth in Durham County and distributes funding to 10 local programs, including EDGE Placement and Training, Tutoring & Mentoring for At-Risk Youth, Parenting of Adolescents, Durham County Teen Court & Restitution, and Building Family Strengths at the Durham Housing Authority.
Success

Durham County’s JCPC distributes nearly $570,000 in DJJDP funding annually. Combined with local cash and in-kind matches, a total of $1.5 million is directed to help Durham’s children at greatest risk of school failure and continued involvement in the judicial system. JCPC launched a new gang initiative and began the process of hiring a three-person intervention team to deliver resources and services to gang members and their families.
Investing in Older Adults

Durham County Cooperative Extension serves as a county coordinator for the **NC Seniors’ Health Insurance Information Program (SHIIP)**. Seniors eligible to receive Medicare medical and Medicare Part-D prescription benefits receive assistance to evaluate their numerous and complex options. Family & Consumer Science supervises SHIIP volunteers and assists in providing one-on-one counseling to Durham Medicare beneficiaries.
Staff and volunteers educated senior citizens about provisions of Medicare Part-D and supplemental Medicare insurance options and helped 344 individuals select & enroll in an appropriate Medicare Prescription Drug Plan. Not only did Medicare beneficiaries find plans to meet their individual needs, the plans selected saved each individual an estimated $500—an aggregate amount of approximately $172,000 in excess prescription costs.
Family & Consumer Science focuses programming on Energy Conservation and maintaining healthy indoor environments, while participating in collaborative partnerships such as with the Durham Housing Authority, Clean Energy Durham, and neighborhood associations to educate the public about the use of renewable energy resources.
Success

Family & Consumer Science presented Home Energy Conservation Workshops to about 200 Durham County households on ways to reduce utility bills by 20%. Citizens attending the workshops estimate that about an aggregate amount of $84,000.00 in energy savings will result for energy strategies learned and implemented in individual households.
The Now & Later group was a great place for new parents to discuss challenges and happy times. It was great since we all had babies about the same age.
—Tina, mother of a 3 month old
Investing in Financial Health

Family & Consumer Science **Family Resource Management** helps families face daily decisions about time, money, budgets, housing, debt and more. Becoming financially fit is a key to survival in today’s world and economy. Families spend a lot of time earning, spending and worrying about money. Publications, classes, computer programs and counseling sessions are available to assist individuals and families better manage their own resources. Customized group training in financial management is available.
To address the issues of home affordability and home ownership opportunity, we worked with the Durham Housing Authority to provide financial literacy and planning classes to citizens seeking to qualify for first time home buyer funds available through H.U.D. Twenty Durham residents participating in the series pre-qualified for new home loans totaling $1,800,000, with seven home buyers successfully closing on new home loans totaling about $630,000.
The Coordinated Transportation Program (CTP) in Durham County assures accessibility to transportation through ACCESS van service for citizens with special needs, employment or medical care needs and for those in rural areas of the county. Funded by the NCDOT, Federal Transportation Administration and County Government, CTP operates at Extension with the guidance of a Transportation Advisory Board.
Success

Of more than 54,700 total trips, ACCESS provided over 16,883 trips for elderly and disabled passengers in 2007-2008. Coordinated Transportation Program serves the needs of clients at agencies such as Department of Social Services, Council for Senior Citizens, Retired Senior and Volunteer Program, Services for the Blind, Durham Exchange Club, Durham Parks and Recreation, and the Rural General Public.
The 57-acre Briggs Avenue Demonstration Garden will become a model for sustainable open space development in urban areas with an emphasis on environmental practices, conservation and stewardship. Currently in the development phase, the mission of this public garden and park is to create an outdoor learning space where all people can interact with nature and use that experience to create and enhance personal & community well-being.
Success

While the Briggs Avenue Project is still in the design development stage, the property is already meeting its goal of providing a space where environmental education activities can take place. Students from NC State and UNC have utilized this property for their senior or master’s capstone project. One NCSU Master’s student conducted a comprehensive property analysis and developed a Conceptual Master Plan for the property taking into account the program initiatives developed by the Briggs Avenue Gardens Advisory Committee, resulting in cost savings to the project.
Extension’s Successful Gardener is the program used to educate consumers on plant care, sustainable landscape practices, insects and pest control, and water quality & the environment. This program is implemented with the help of Durham County’s Master Gardener Volunteers. Master Gardeners complete a state certified training which enables them to provide research-based information on these topics.
Success

More than 10,000 consumers received research-based gardening information through: in-person consultations at plant information booths and the Master Gardener office, attendance at presentations and Extension Successful Gardener Seminars, or phone & email assistance. Newspaper articles, television and radio interviews, and the Extension Successful Gardener newsletter reached a potential audience of 250,000. To help residents deal with drought, the Sustainable Landscape Series addressed soil, water, and garden management techniques in partnership with City of Durham Stormwater Services.
Investing in Local Growers

Extension offers focused programming to assist those working in Commercial Horticulture in Durham County, ensuring more locally grown sustainable products enter the marketplace. Local growers benefit from workshops and consultations as well as pesticide re-certification classes to provide credits necessary for maintaining a pesticide license. Specialized training can be offered on request.
Success

A 10-week training for T R O S A (Triangle Residential Options for Substance Abusers) participants improved their landscape services and enhanced their future employability. 123 professionals maintained pesticide licensure by attending integrated pest management and pesticide safety training. Vermicomposting workshops were conducted to train individuals, including teachers, on how to compost waste using worms. The Horticulture Agent worked with strawberry farmers in identification of a disease organism and pests, resulting in new knowledge and successful harvests.
The Livestock/Forage Program is shared with Orange County. An Agricultural Agent housed in Orange County provides educational programs and consultations to livestock & horse owners and other farmers in both counties. Recent educational programs focused on renovating cattle and horse pastures through on-farm demonstrations, meetings, newsletters and farm visits.
Success

Pasture renovation educational meetings resulted in over 140 livestock producers in Orange and Durham counties learning skills to renovate their pastures. An estimated 1500 acres of pasture in the two counties was renovated in the fall and winter of 2008-2009. Through their participation in Extension programs, livestock producers developed direct marketing skills to increase farm income by selling pasture raised pork, beef, poultry and goats.
PFAST changed my life.
I now know what to do now to help my child do better in school.
I wish I knew this a few years ago.

—Monica, mother of 2 children in public schools
Cooperative Extension relies on the expertise and experience of trained **Volunteers**. All Extension program areas benefit from a variety of volunteers and the wise counsel of an Advisory Board of community members who work to support and improve programming. Extension provides volunteers with opportunities to further their own skill development.
Success

In the past year, Durham Cooperative Extension volunteers contributed 14,045 hours of volunteer service valued at $274,018! Volunteers increase the impact of staff in the community. In 2008, staff and volunteers made over 107,500 personal contacts with Durham County citizens.
Durham Cooperative Extension Advisory Board

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