Center for Family Resilience

2015 ANNUAL REPORT
Discovering solutions for today’s families
ABOUT THE CENTER FOR FAMILY RESILIENCE

The Center for Family Resilience (CFR) was established in 2009 and has been under the direction of Michael Merten since February 2015. This report outlines the accomplishments over the past 12 months that illustrate the CFR’s interdisciplinary and translational science focus. The Center for Family Resilience is a community resource focused on equipping every family to support its members in achieving their fullest personal and social potential. The center translates scientific knowledge about families and family life into strategies that build individual and family resilience.

FUTURE ENDEAVORS

- The CFR is partnering with Youth Services of Tulsa as the primary evaluator of a federally sponsored initiative to reduce teen pregnancy in Tulsa.
- The CFR will continue with ongoing evaluation support for community agencies.
- Oklahoma Developmental Disabilities Council Call Center Initiative
- Will host interns from Occupational Health Internship Program

MEET THE DIRECTOR

Michael J. Merten, Ph.D. is the Director of the Center for Family Resilience and Associate Professor of Human Development and Family Science at Oklahoma State University. As a family scientist, Merten’s research focuses on the determinants of physical and mental health among children, adolescents, and young adults considering both family and community contexts. He has worked successfully with psychologists, sociologists, nutritional scientists, toxicologists, epidemiologists and economists to form collaborative research teams that have yielded successful outcomes. Dr. Merten has extensive quantitative and qualitative data collection experience from racially and socioeconomically diverse families in Tulsa and throughout Oklahoma.
RECENT ACCOMPLISHMENTS

• Minding the Gap-Community-based initiative to promote positive development for children under 3 and encourage healthy lifestyle behaviors for their primary female caregivers. This two year project was completed in November 2015.

• Hispanic Health Fairs-The CFR co-hosted two health fairs in the Tulsa Hispanic community to promote preventative health services for approximately 1,000 uninsured or underinsured Latinos.

• Chautauqua/Springer Series- The all-day Chautauqua gathered researchers, service providers, and policy makers around a series of research presentations centered on "Family Caregiving: Fostering Resilience Across the Life Course." The goal of the conference is to foster a translational approach within the study of resilience and develop practical applications for family health and well-being.

• NIH Grant Writing Cohort- The NIH grant writing cohort in late spring 2015 consisted of six faculty from the College of Human Sciences. Several of the faculty have identified the NIH October deadline as a target for their proposal submission.

• North Tulsa Together- This CFR organized community event featured a 3 on 3 basketball tournament, free food and games for families, and over 30 organizations providing information about important services in the community.

• First FDC Cohort- The CFR is the state coordinator for the national Family Development Credential. The first Oklahoma cohort finished the requirements for the credential in the fall.

• Applied Student Experience- 5 undergraduate students completed an internship or practicum experience through the CFR.

• Grant Support- The CFR supported grant writing efforts of several local community non-profit agencies.

• Evaluation Support- The CFR performed evaluation activities for agencies such as: Campfire, High School Completion Coalition, and the Explorer Project.
Ongoing Projects

- **Juntos**: A comprehensive intervention that partners with Tulsa Public Schools to enhance academic performance and enrollment in secondary education among Latino youth. The intervention focuses on acculturating Latino parents to the US educational system, improving child self-efficacy and motivation to engage in school, and promoting positive peer affiliations and connection to community resources to create a context for success.

- **Tulsa Campaign to Prevent Teen Pregnancy**: The CFR is the principal evaluator of the Campaign’s implementation of an evidence-based sexual health curriculum in Tulsa Public Schools. Additionally, the CFR supports the Campaign’s community capacity building activities such as improving teen friendly reproductive health services in Tulsa healthcare facilities.

- **Good Behavior Game**: The CFR received funding from the Oklahoma Department of Mental Health and Substance Abuse to evaluate and support the program’s implementation at John Glenn Elementary in OKC.

- **CAPE**: The CAPE project (the Community Assessment and Education to Promote Behavioral Health Planning and Evaluation) is designed to help communities gain deeper knowledge of, and access to tools that build effective local prevention and treatment strategies addressing mental and substance use disorders. The CFR manages the Tulsa site for this national project.

- **Spanish Radio PSA Program**: Las Americas radio station (1380 AM) has partnered with the CFR to broadcast PSAs to the Hispanic population. The program provides key information around monthly themes and features on-air interviews with relevant experts.

- **Latino Youth Development Grant (Southwest Ag Center)**: The goal of this study is to determine the developmental consequences of exposure to agricultural work for Latino adolescents between the ages of 13-17. The methods include a survey instrument as well as urine and sweat sample analysis to assess exposure to pesticides.

- **Infant Safe Sleep Project**: The CFR has collaborated with the University of Northern Texas for a study designed to explore sleep practices for infants at high risk of SIDS. The CFR works with the Tulsa County Health Department to collect information regarding sleep practices and the use of a portable infant sleep space designed to increase sleep safely for at-risk babies.

- **Sistema**: The CFR is partnering with Sistema Tulsa to assist with evaluation of this community-wide project of social change through music. The CFR is responsible for creation of survey instruments and evaluation of attitudinal and behavioral change among youth and families.