



United Way of Aiken County

2025 Year End Program Review

Agency: ____ Helping Hands, Inc. _____

Program: ____ Positive Outcomes (including Real Care Infant Simulators) _____

Brief Description: The Positive Outcomes program is designed to help youth make informed, responsible decisions so they can grow into healthy, productive members of the Aiken County community. Research consistently demonstrates that providing accurate, age-appropriate information about the risks associated with early sexual activity is an effective, evidence-based strategy for preventing unintended teen pregnancy. Prevention efforts are most successful when they reduce risk factors while strengthening protective factors such as education, communication, and access to resources. Helping Hands addresses these goals through a comprehensive set of services, including the Emerging Adults Initiative and medically accurate reproductive health education.

At the K-12 level, Helping Hands supports Aiken County Public Schools in meeting the requirements of the Comprehensive Health Education Act by providing trained community educators to deliver evidence-based, medically accurate reproductive health instruction. The program utilizes approved curricula, including *Making Proud Choices* and *Nu Culture*, ensuring fidelity to best practices and alignment with educational standards. Helping Hands played a key role in supporting the approval and implementation of these curricula, strengthening the district's ability to provide consistent and effective health education to middle and high school students.

The Positive Outcomes program also incorporates Real Care Infant Simulators to provide adolescents with a realistic understanding of the responsibilities of parenting. These simulators are loaned to schools and community groups serving middle and high school youth. Participants care for an electronic infant that requires continuous attention, including feeding, diapering, soothing, and proper handling. Built-in sensors and tamper-proof identification bracelets accurately track caregiving behaviors, producing a detailed report at the conclusion of the experience. This hands-on approach allows youth to experience the demands of parenting in a way that classroom instruction alone cannot, while also encouraging increased communication between participants and their parent or caregiver—an important protective factor in reducing future risk behaviors.

Total 2025 Program Funding Received (Allocations, Grants, Designations, Direct Payments and Special Allocations): ____\$16,767.00_____

Measurable Goals: Programs recorded the number of youth who receive educational programming, increase their knowledge of pregnancy and STD prevention through educational events. The evaluations from these events will show that participants agree that they have increased their knowledge regarding

the risk and prevention of unintended pregnancy and STDs/HIV; that the presentation increased their knowledge about different prevention methods and/or where to get contraception in Aiken County.

The number of male and female participants experiencing Real Care Infant Simulators will be recorded as well as reported change in motivation to become a parent and the participant's perception of the level between him/her and the parent figure.

Results Achieved: There were 481 participants in single session reproductive health programs. No participants in Emerging Adults received information this year. 19 youth experienced the Real Care babies

Submit Logic Model in JPEG. (This is a snapshot of your 2025 program and what it achieved – use elements such as inputs, activities, outputs and outcomes. The elements should flow from left to right. Outcomes should connect to activities listed.) Also, please provide copies of the key data used to measure your outcomes. Please make certain your data is consistent with reported results above.

Please provide a comparison of the number of **Aiken County clients** served by the program in 2025 versus the number of Aiken County clients served in 2024 and 2023.

Please list the name of any agency/program you collaborated with to better serve the clients of this program and the nature of the collaboration.

Submit a comparison of the projected 2025 Program Budget you submitted with your 2025 Program funding Application and actual 2025 expenditures in Excel. Please explain differences of more than 5%.

PLEASE ATTACH ANY SUPPORTING DOCUMENTATION.

United Way 2025 Logic Model

Priority Area

Promoting Health and Healing – Encouraging healthy lifestyles and avoiding risky behaviors

OBJECTIVES:	Evaluation	DATE COMPLETED &/or NOTES/DATA
Real Talk for Youth will implement Girls Circle in six elementary and middle schools in Aiken County reaching approximately 160 girls. At the completion of Girls Circle: ❖ The youth participants will report a 30% increased feeling of self-efficacy as reported by the Girls Circle pre/post evaluation and statistical analysis. <i>Self-Efficacy - Beliefs in one's abilities affect important areas of adolescent development such as student identity and peer relationships.</i> ❖ The youth participants will report at least a 30% increase in their feelings of social support both with peers their age and among adults demonstrated by their pre/post evaluation. <i>Perceived Social Support - Social support is defined as the experience or the perception of being cared for, valued, included, and/or guided by others, especially of one's family, peers, and/or community members. Social support from peers, teachers, and parents has been recognized as a protective factor for children and teens.</i> ❖ The youth participants will report a 30% increase in overall perception of their own body image (more positive). <i>Body Image - Perception of one's physical appearance has been consistently recognized to be the number one factor in predicting self-esteem. Negative body image can lead to eating disorders, depression, anxiety, sexual difficulties, poor self-esteem, and increased suicide risk.</i>	The Girls Circle Revised Evaluation Tool Kit, with a gender-relevant measurement tool designed specifically for use with Girls Circle programs will be used to evaluate the effectiveness of the program. The revised survey's integrate the validated Schwarzer's Self-Efficacy instrument and is for use with any combination of the Girls Circle Activity Guides.	240 girls participated in the Girls Circle program at 8 elementary/middle schools and other youth-serving agencies ❖ Female respondents reported an approximate 49% increase in their feelings of self-efficacy. ❖ Female respondents reported an approximate 53% increase in their feelings of perceived social support from peers and adults. ❖ Female respondents reported an approximate 53% increase in their overall perception of their own body.

OBJECTIVES:	Evaluation	DATE COMPLETED &/or NOTES/DATA
Real Talk for Youth will also implement Boys Council in various schools and youth-serving agencies. The curriculum allows interaction between a certified AYE Community Educator and school-age to high school male adolescents. Those involved discuss various topics including, but not limited to, self-esteem, communication, values, goal-setting, puberty and anatomy, reproduction, abstinence, contraception, STDs, healthy relationships and dating violence. All sessions are designed to be age-appropriate for the participants. At the completion of Boys Council: ❖ The youth participants will report a 30% increased feeling of self-efficacy as reported by the Boys Council pre/post evaluation and statistical analysis. <i>Self-Efficacy - Beliefs in one's abilities affect important areas of adolescent development such as student identity and peer relationships.</i> ❖ The youth participants will report at least a 30% increase in their feelings of social support both with peers their age and among adults demonstrated by their pre/post evaluation. <i>Perceived Social Support - Social support is defined as the experience or the perception of being cared for, valued, included, and/or guided by others, especially of one's family, peers, and/or community members. Social support from peers, teachers, and parents has been recognized as a protective factor for children and teens.</i> ❖ The youth participants will report a 30% increase in overall perception of their own body image (more positive). <i>Body Image - Perception of one's physical appearance has been consistently recognized to be the number one factor in predicting self-esteem. Negative body image can lead to eating disorders, depression, anxiety, sexual difficulties, poor self-esteem, and increased suicide risk.</i>	Currently, AYE is implementing a modified version of the Girls Circle pre- and post- tests (aimed at males instead of females) to evaluate the Boys Council program internally.	274 boys participated in the Boys Council program at 8 different elementary/middle schools and other youth-serving agencies. ❖ Male respondents reported an approximate 46% increase in their feelings of self-efficacy. ❖ 54% of male respondents reported an increase in their feelings of perceived social support from peers and adults. ❖ 46% percent of male respondents reported an increase in their overall perception of their own body.

OBJECTIVES:	Evaluation	DATE COMPLETED &/or NOTES/DATA
Real Talk for Youth will also provide education and resources through single-session life-skills classes for at least 100 youth, ages 10-19, in order to improve decision-making skills and promote a positive view of the future. As a result: ❖ 60% of participants will agree that their knowledge of the subject matter has increased ❖ 50% will agree that they feel more confident in their ability to execute the skills which were demonstrated	Number of participants and post-test evaluations.	183 Youth participated in life skills classes on subjects ranging from teen pregnancy to job readiness.
Positive Outcomes will implement the Teen Pregnancy Prevention (TPP) Program Replication. Helping Hands serves as the Aiken County coordinator of this partnership with the SC Campaign to Prevent Teen Pregnancy. The program will replicate evidence-based TPP models with fidelity in all Aiken County Public Schools. This is year one of a five-year funding cycle.	The number of schools, youth and teachers trained will be tracked. Also, surveys will be administered to youth to demonstrate the effectiveness of the model.	*This portion of the program is not funded by UWAC.
Positive Outcomes (cont.) Emerging Adults (formerly Older Youth) Initiative will target young people between the ages of 19 and 23, largely students at USCA or Aiken Technical College. ❖ AYE will educate at least 100 youth in this age group through events and classroom educational sessions. As a result of the educational sessions: ❖ 50% of the participants will either agree or strongly agree our event increased their knowledge about where they can get information about preventing pregnancy and/or preventing STDs/HIV. ❖ 50% of the participants will either agree or strongly agree our event increased their knowledge about preventing unintended pregnancy and STDs/HIV. As a result of conducting campus outreach, the Aiken County Health Department will report a 10% increase in the number of 18-19 year old college students seeking reproductive health services.	Number of youth attending the extended educational sessions Results of pre/post-tests Number of college students attending campus events and educational presentations as well as the event post test Clinic data collected by the SC Campaign to Prevent Teen Pregnancy	In 2025, 0 youth participated in the Emerging Adults Initiative.

OBJECTIVES:	Evaluation	DATE COMPLETED &/or NOTES/DATA
Positive Outcomes (cont.) Single-session Presentations (youth forums, fairs, schools, churches) will provide education and resources to at least 400 young people, ages 10-19 years old in order to increase knowledge about risk and prevention of unintended/teen pregnancy and STDs/HIV. As a result of the single-session presentation: ❖ 50% of respondents will award a score of 4 or higher (5-pt scale) agreeing or strongly agreeing that the presentation increased their knowledge regarding their risk and prevention of unintended pregnancy and STDs/HIV. ❖ 50% of respondents will award a score of 4 or higher (5-pt scale) agreeing or strongly agreeing that the presentation increased their knowledge about where to get free and/or other forms of prevention methods in Aiken. (Particularly college students) ❖ 50% of respondents will award a score of 4 or higher (5-pt scale) agreeing or strongly agreeing that the presentation increased their knowledge about where they can get information about preventing pregnancy and/or STDs/HIV.	Number of participants and post-test evaluations	481 Single-session participants in schools and community groups. ◆ Approximately 90% of the participants awarded a score of 4 or higher (5-pt scale) agreeing or strongly agreeing that their knowledge regarding the risk and prevention of unintended pregnancy and STDs/HIV increased. ◆ Approximately 90% of the participants awarded a score of 4 or higher (5-pt scale) agreeing or strongly agreeing that their knowledge about where to get free and/or other forms of prevention methods in Aiken increased. ◆ Approximately 90% of the participants awarded a score of 4 or higher (5-pt scale) agreeing or strongly agreeing that their knowledge about where they can get information about preventing pregnancy and/or STDs/HIV increased.

OBJECTIVES:	Evaluation	DATE COMPLETED &/or NOTES/DATA
Real Care Baby Infant Simulator Program - at least 50 middle and high school-aged youth will experience the 24/7 demands of being a parent. As a result of the using the simulators youth: ◆ Will report a 20% change in increased motivation to avoid being a parent until later in life (parent-readiness) ◆ Will report a 30% increase that they talked with their parent about teen pregnancy as a result of having bringing the simulators home	Number of youth using the simulators Pre/post-test results	19 participants experienced the 24-hour needs of the Real Care Infant Simulator at various middle/high schools and other youth-serving clubs, organizations and/or agencies in Aiken County. ◆ 57% of youth motivation to avoid being a parent until later in life remained the same. ◆ 71% of youth reported talking to their parents about teen pregnancy before or after experiencing the simulators. ◆ 43% of the youth respondents either agreed or really agreed that being a teen parent is harder than they thought.

OBJECTIVES:	Evaluation	DATE COMPLETED &/or NOTES/DATA
OTHER: Nurturing Our Citizens – Enhancing Parenting and Life-skills Parent Power - Will co-facilitate Stewards of Children workshops for no less than 200 adults. Participants will take an on-line survey within one month of the training. As a result of the training - ◆ 50% of participants will reported that as a result of this training they became familiar with or created their child protection policy at their organization. ◆ 50% of the participants will agree that they will be more likely to talk with other parent and adults about preventing child sexual abuse ◆ 50% of participants will agree that they will change their behaviors regarding one adult and one child situations. ◆ 70% of participants will agree that as a result of this training they are more likely to report suspected cases of child abuse. AYE will present to parents and other caring adults at churches, schools and other community organizations with the purpose of teaching them how to form strong connections and facilitate good communication at any stage of their child's life (emphasis on sexuality education in the home). ◆ As a result of the educational session, at least 60% of participants will agree or strongly agree that they feel more confident to have conversations with their children on topics related to growing up and/or sexuality. ◆ As a result of the educational session, at least 60% of participants will identify at least 3 things that they will do things with their child to increase connectedness with their child during the teen years. AYE will increase community awareness about risk and prevention of teen pregnancy, STDs/HIV and increasing communication/connection via fairs/events; quarterly newsletter and other media opportunities.	Number of participants attending session Online survey results Number of participants at each site Number of sites Post-test results Number of events Number of people attending Newsletter data available	NOT FUNDED BY UWAC



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HELPING HANDS COMPARISON STATISTICS

	2025	2024	2023	2022
Real Talk for Youth	GC: 240 BC: 274 MPC: 0 Single Session: 183	GC: 37 BC: 7 MPC: 0 Single Session: 315	GC: 32 BC: 21 MPC: 0 Single Session: 339	GC: 61 BC: 0 MPC: 0 Single Session: 0
Real Care Infant Simulators	19	28 participants	0 participants	0 participants
Positive Outcomes	Emerging Adults: 0 Single Session (non RPH): 481	Emerging Adults: 10 Single Session (non RPH): 361	Emerging Adults: 0 Single Session (non RPH): 734	Emerging Adults: 0 Single Session (non RPH): 377
Parent Power	5 participants	0 participants	0 participants & OD2L participants	0 participants & 0 D2L participants
Residential Program	72 Residents	94 Residents 8974 days of care	134 Residents 7925 days of care	48 Residents 7925 days of care

BC=Boys' Council; GC= Girls Circle; MPC= Making Proud Choices; D2L = Darkness to Light

Community Collaborations (All Programs)

Name of Agency	Nature of Collaboration	Results of the Collaboration
Aiken Barnwell Mental Health Center	Written agreement to provide counseling and assessments	Each resident receives individualized counseling, relevant to their needs.
Cumbee Center to Assist Abused Persons	Referral agency	Specialized therapy for residents
Child Advocacy Center	Referral agency	Specialized therapy for residents and forensic exams
Aiken Center for Alcohol and Other Drug Services	Referral agency	Specialized treatment/therapy for residents
Foster Parent Association of Aiken County	Informal agreement	Helping Hands provides clothing for each foster child in Aiken County, upon request
Valcourt Pediatrics	Medical	Medical treatment for all residents
Aurora Pavillion	Referral Agency	Provides emergency psychiatric assessments for residents.
Aiken One Stop (WIA)	Referral agency	Appropriate residents receive job training and assistance and GED preparation

Level UP/ Career Readiness workshop topics
Real Care Infant Simulators
Financial Literacy
USCA Financial Aid Literacy
Hot Topics with Ms. Sheeka (Assumption)
SC Works DEW: Workforce and Career Readiness
Teen Dating Violence
"Red Flags" with Cumbee Center and healthy Relationships
SC Dew: Work Force and Career Readiness
Hot Topics with Ms. Sheeka "Action and Consequences"
Hygiene Care and Self care
Snap- Ed: Self Care and
Self Care:
Aiken county public safety: Courts/Legal, Drug and Impairment
Healthy vs Unhealthy Relationships
Empathy and social relationships
Financial Literacy/Counseling
Sexual Health and Risk Prevention
CSRA College Night
Hot Topics with Ms. Sheeka: Suicide prevention/ mental health
Teen Life Maze: Multi Workshop Session
Sexual Health and Risk Prevention
Hot Topics with Ms. Sheeka - Coping Skills
Aiken Center: Marijuana & Nicotine Awareness
Hot Topics with Ms. Sheeka: Actions & Consequences
Determining Your Learning Style
AYE Winter Work Experience Orientation
Work etiquette with Vocation Rehab