

Evaluation of the Sunday Friends Program

Intro

Since 2005, Sunday Friends has collaborated every two years with a professional research team from a local university to conduct a survey-based evaluation of our program and its results. This document presents highlights from the 2011, 2013 and 2015 reports.

2015

In 2015, Sunday Friends collaborated with Dr. Carol Ann Gittens, Interim Dean of the Santa Clara University School of Education. Her team extensively surveyed 119 parents, 81 youths and 136 volunteers who participate with Sunday Friends at all three of our program sites. Dr. Gittens wrote:

“In conclusion, there is ample evidence that Sunday Friends is achieving its mission to educate children and their families in order to foster a commitment to schooling and academic success. The Sunday Friends Program excels at its mission to promote financial literacy, and nurture the capacity to consider and plan for the future. Furthermore, it can be concluded with confidence that Sunday Friends continues to actualize its vision to break the cycle of poverty through education and the development of life skills that will enhance well-being among parents and children”

Sunday Friends' evaluation is based on [“Developmental Assets”](#). [The Search Institute](#) has shown that the attainment of 31 out of 40 assets predicts future success and health. We focus on instilling [35 of the 40 developmental assets to children](#) while we teach the parents how to foster these developmental assets on an ongoing basis. Our measured success with all 35 of the assets clearly predicts success for the youths.

Prior to this evaluation, Sunday Friends worked with a consultant, Dr. Eleanor A. Smith, funded by Bella Vista Foundation, to identify the top three "outcomes" for our Sunday Friends program, along with a set of "indicators" for each outcome. Reaching an outcome (goal) requires success with its “indicators”. In the 2015 Evaluation, each indicator was measured through a number of survey questions. Conclusions were then drawn about Sunday Friends' success in achieving the defined outcomes.

In the final report, Dr. Gittens wrote about the credibility of the conclusions: *“A review of the questions on each scale revealed an extraordinarily high reliability and consistency. The noteworthy consistency allows Sunday Friends to have tremendous confidence in the results*

related to these scales."

Sunday Friends' Three Primary Outcomes:

OUTCOME 1 - Parent's Behavior Fosters Their Children's Healthy Development

OUTCOME 2 - Children Demonstrate Pro-Social and Pro-Education Attitudes and Behaviors

OUTCOME 3 - Family Members Understand and Practice Sound Financial Management Behaviors

Additional Sunday Friends Outcomes:

In addition to Sunday Friends' top three Program Outcomes listed above, we were also able to extrapolate additional outcomes from the survey questions:

OUTCOME 4 - Violence Prevention

OUTCOME 5 - Stress Management

OUTCOME 6 - Health and Nutrition

OUTCOME 7 - Community Connectedness

OUTCOME 8 - Service-Orientation Impact for Volunteers

Quote from the 2015 Evaluation Report, written by Dr. Carol Ann Gittens,
Interim Dean of the School of Education, Santa Clara University:

"The tremendous consistency across the Youth, Adult and Volunteer surveys suggests that the Program is overwhelmingly successful in meeting its desired outcomes. Sunday Friends' community-building and financial literacy-oriented, working alternative to charity approach based on education is successful at fostering the developmental assets and achieving its goals to empower families."

The complete, 259-page report from Santa Clara University is available through the Sunday Friends website: www.sundayfriends.org.

A much shorter Highlights summary is provided starting on Page 4 below.

2013

In 2013, Sunday Friends collaborated with Dr. Claudio Vera Sanchez of San Jose State University's Justice Studies Department. His team extensively surveyed 53 parents, 76 youths and 57 volunteers. His complete report is available through the Sunday Friends website: www.sundayfriends.org.

Dr. Sanchez writes:

“Sunday Friends is a non-profit organization that does what government programs have been unable to do; that is, it builds social and cultural capital, develops skills that augment competitiveness in the marketplace...,engages children with educational activities which may have inter-generational effects on family poverty, and fosters civic duty (e.g., community engagement), just to name a few.”

2011

In 2011, Sunday Friends collaborated with Dr. James Lee, Dr. Yoko Baba and Dr. Claudio Vera Sanchez of San Jose State University's Sociology Department, who extensively interviewed 200 parents, 150 youths and 76 volunteers. Dr. Lee and his class received the Community Engagement and Service Learning Award for Community Collaborative Projects for their work on the program evaluation that year. Dr. Lee’s complete report is available through the Sunday Friends website: www.sundayfriends.org.

Dr. Lee writes:

“Overall, the survey findings support the effectiveness of Sunday Friends’ programming. The economy serves to motivate desired attitudes and behaviors. Activities serve to educate and inspire positive attitudes toward education. Outcomes appear to be increased Developmental Assets, social capital, and healthy eating habits. Adults, children, and volunteers echo similar sentiments when it comes to the positive impact of the program. The results of this evaluation show that the Sunday Friends intervention may provide low-income families with some tools to empower themselves. It helps marginalized individuals prevail against their social conditions, practice agency and resistance, and avoid “helplessness.”

Highlights From the 2015 Evaluation Results

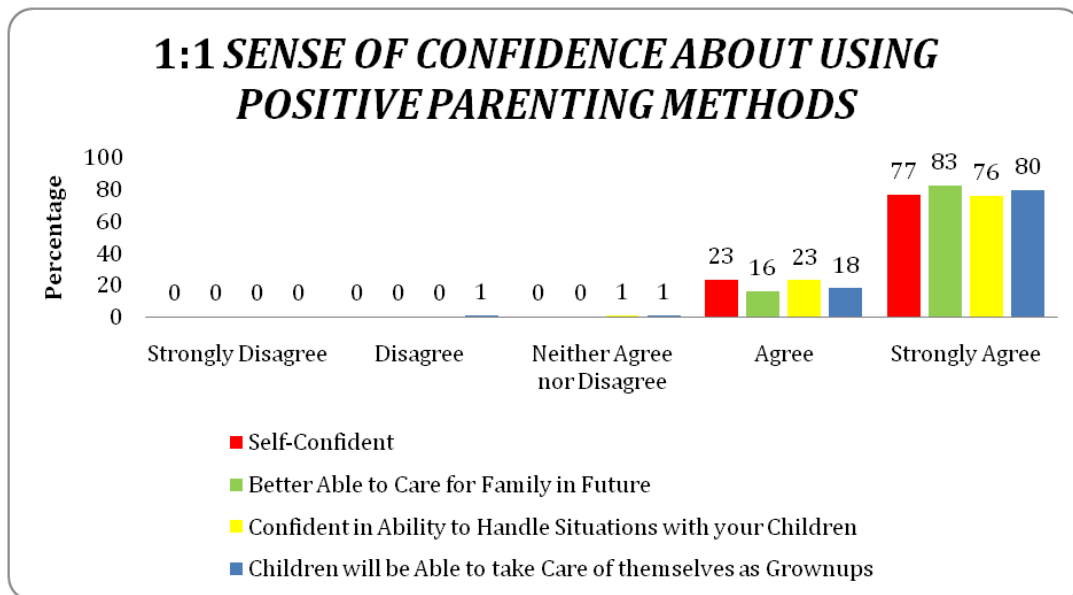
Sunday Friends' Three Primary Outcomes:

OUTCOME 1 - Parent's Behavior Fosters Their Children's Healthy Development

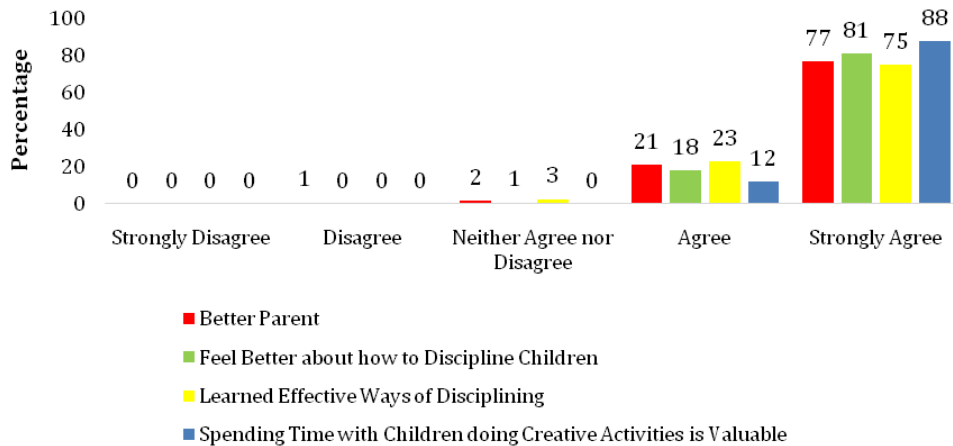
Indicator 1.1 - Sense of Confidence About Using Positive Parenting Methods

Dr. Gittens writes:

"Based on the survey, the vast majority of parents said that their parenting has improved because of the program. This was particularly true in terms of parents' ability to care for their family and feeling better about how to discipline their children. The majority of the parents agree that their children will be able to take care of themselves in the future, that they have become better parents, that they are better able to handle situations with children, and that they have learned effective ways to discipline their children."



1:1 SENSE OF CONFIDENCE ABOUT USING POSITIVE PARENTING METHODS

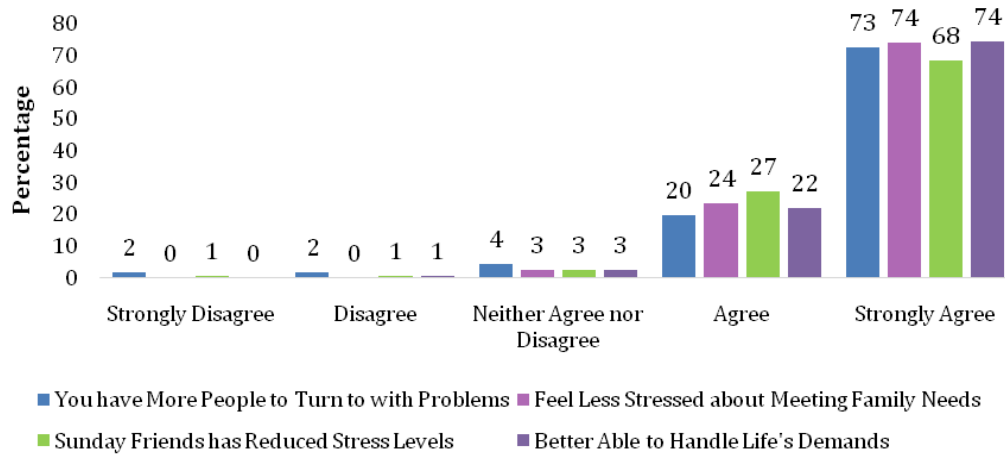


Indicator 1.2 - Sense of One's Current Stress Level (Level of Optimism and Hope)

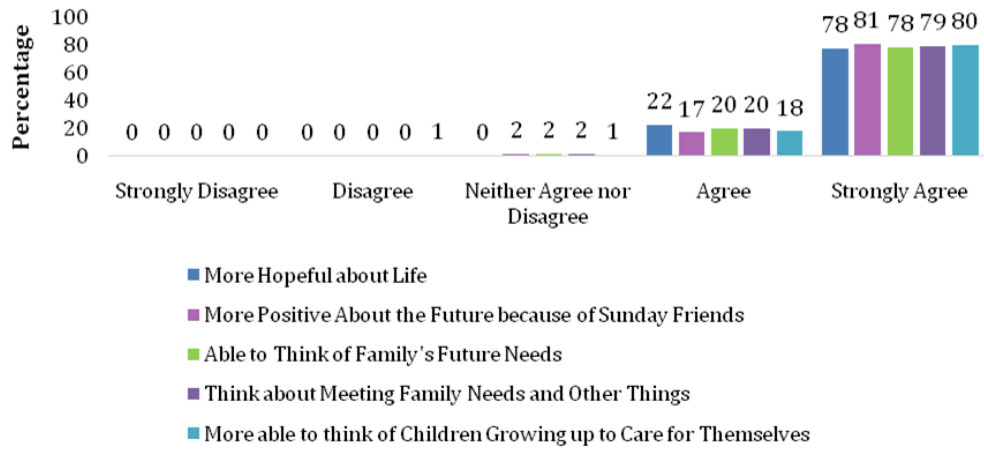
Dr. Gittens writes:

"Based on the survey, the vast majority of parents said that their stress has reduced and their optimism increased because of the program. Adults strongly agree that they are more hopeful about their future because of Sunday Friends, more hopeful about life, more able to think about their families future needs, able to think about family's needs as well as other things, and able to think about whether their children will be able to care for themselves in the future."

1.2 SENSE OF ONE'S CURRENT STRESS LEVEL (LEVEL OF OPTIMISM AND HOPE)



1.2 SENSE OF ONE'S CURRENT STRESS LEVEL (LEVEL OF OPTIMISM AND HOPE)

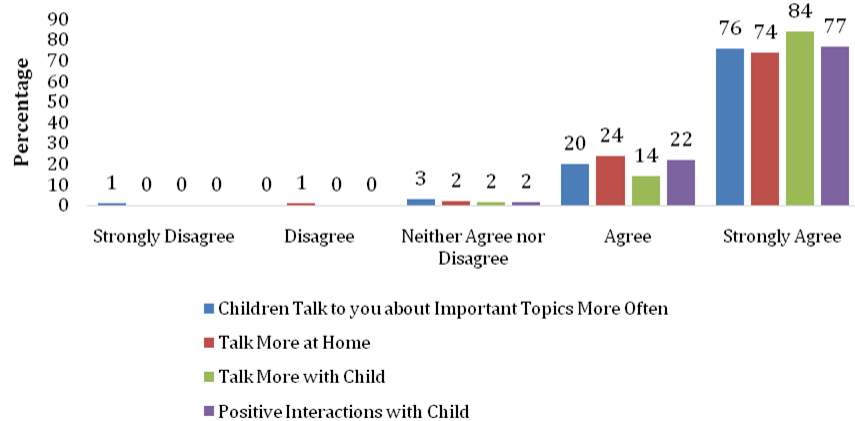


Indicator 1.3 - Sense of Satisfaction in Talking With Your Children About Things That Matter

Dr. Gittens writes:

"Overall, there is strong agreement among the adults that Sunday Friends has inspired them to talk with their children more often, allowed for more positive interactions with their children, resulted in their children talking to them about important topics, and has encouraged them to talk to their children at home more often."

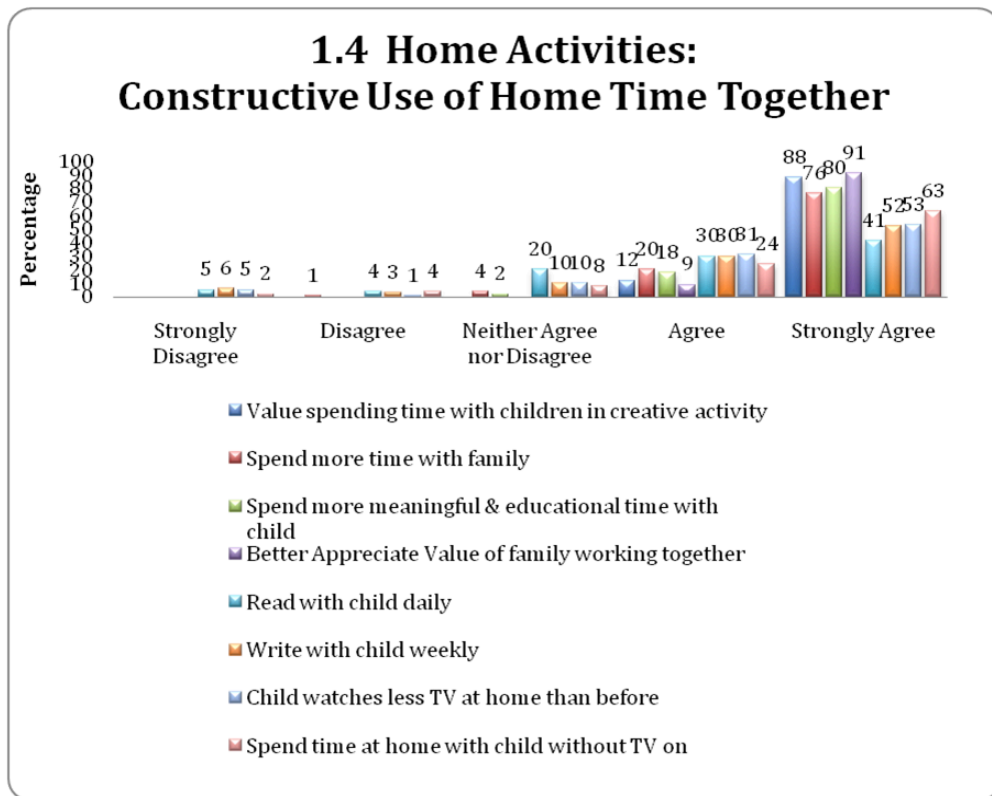
1.3 SENSE OF SATISFACTION IN TALKING WITH MY CHILDREN ABOUT THINGS THAT MATTER



Indicator 1.4 - Home Activities / Constructive Use of Home Time Together

Dr. Gittens writes:

"Based on the survey, the vast majority of parents said that they are engaging in constructive and meaningful home activities with their children. There is strong agreement among the adults that Sunday Friends has inspired them to better appreciate the value of the family working together, to value spending time with their children in creative activity, to spend more meaningful and educational time with their children, and to spend more time in general with family."

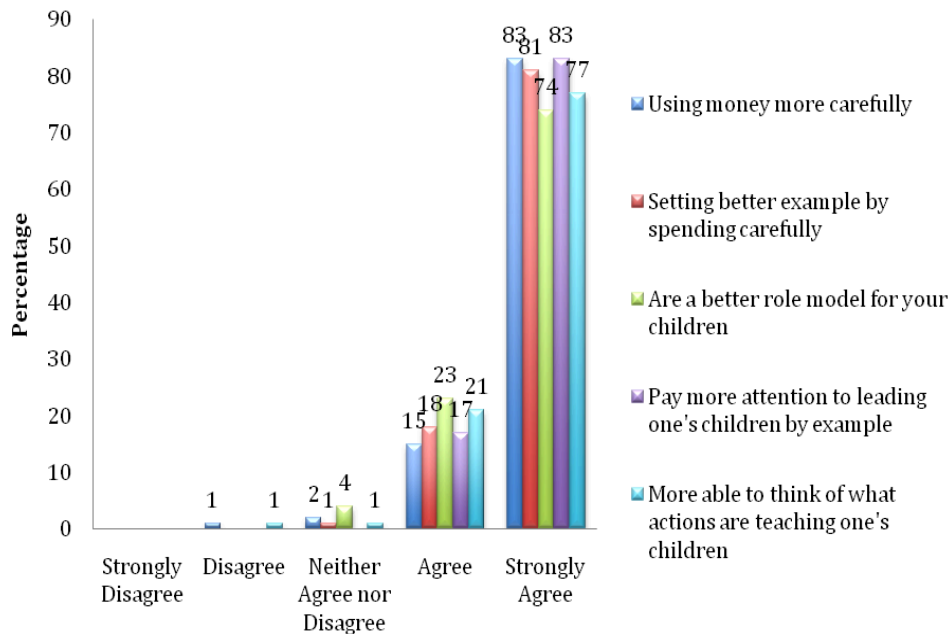


Indicator 1.5 - Positive Behaviors Children See Their Parents Doing (Role Modeling)

Dr. Gittens writes:

"Based on the survey, the vast majority of parents said that their awareness of themselves as role models for their children increased because of the program. There is strong agreement among the adults that Sunday Friends has inspired them to use money more carefully, to pay more attention to leading one's children by example, and to set a better example by spending carefully. Adults report that they are a better role model for their children and are more able to think about what their actions are teaching their children as a result of participating in the Sunday Friends Program."

1.5 Positive Behaviors Children See their Parents Doing (Role Model)

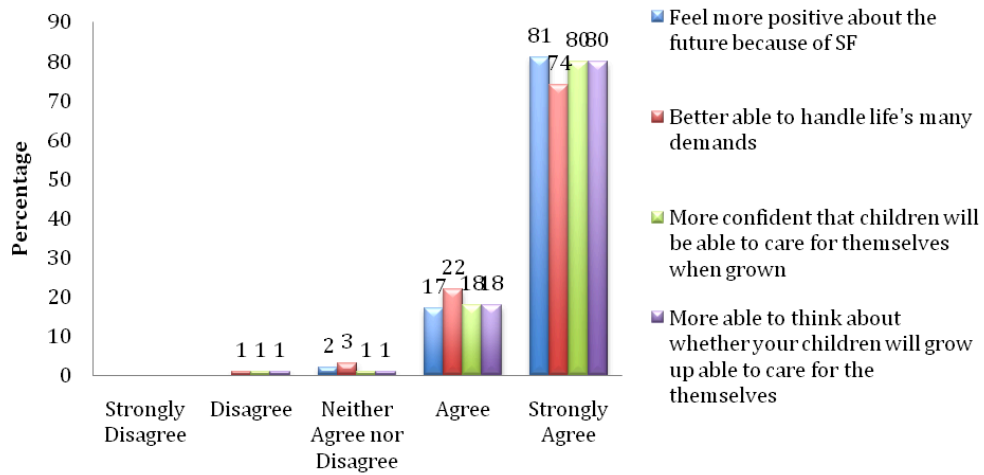


Indicator 1.6 - Current Orientation of Short-Term Survival or Long-Term Orientation Focused On Parenting Role

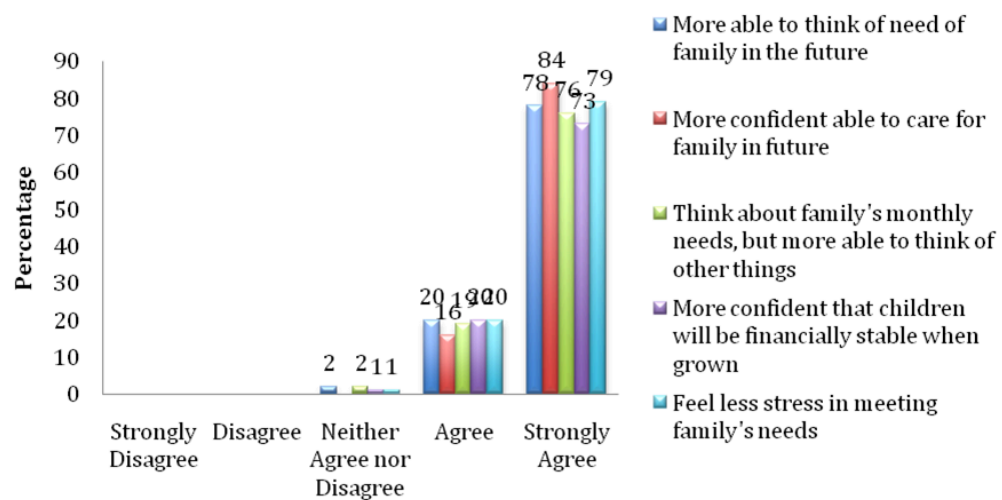
Dr. Gittens writes:

"Based on the survey, the vast majority of parents are more able to think about and feel prepared for the longer-term future because of the program. There is strong agreement among the adults that Sunday Friends has enabled them to feel more positive about the future, to be more confident that their children will be able to care for themselves when they are grown, they are more confident that they are able to care for their family in the future and that they are more able to think about whether their children will grow up able to care for their themselves. Also strong is the parents' agreement that the Sunday Friends program has helped them to be better able to handle life's demands, more able to think of the family's needs in the future, feel less stress in meeting the family's needs, and to be able to think about the family's monthly needs but be able to think of other things as well."

1.6 Current Orientation of Short-term Survival vs. Long-term Orientation of Parenting Role



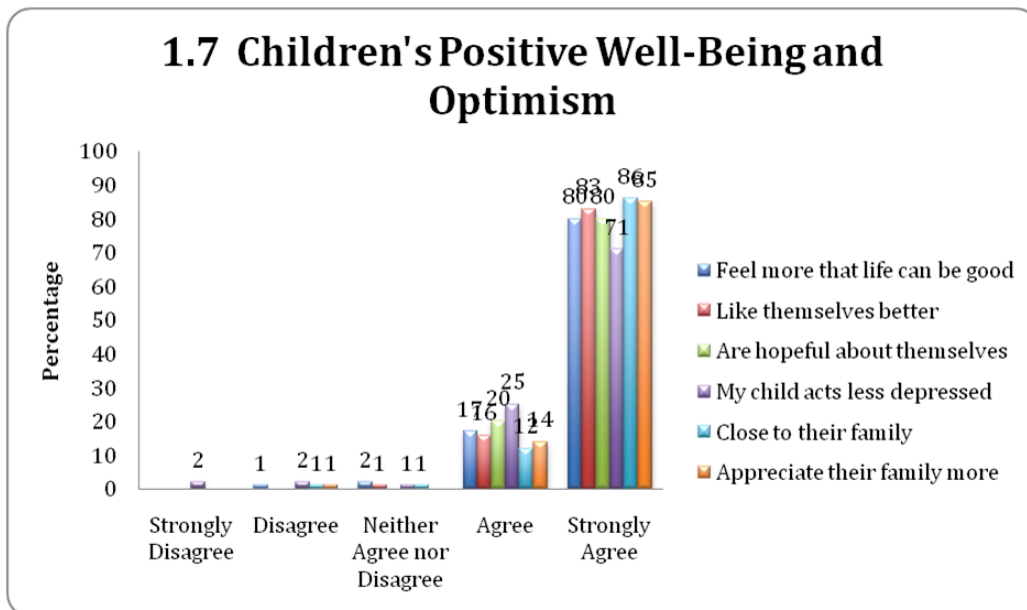
1.6 Current Orientation of Short-term Survival vs. Long-term Orientation of Parenting Role



Indicator 1.7 - Children's Positive Well-Being and Optimism

Dr. Gittens writes:

"There is strong agreement among the adults that participation in Sunday Friends has encouraged their children to appreciate the family more, to feel close to their family, to feel hopeful about themselves and to like themselves better and to feel more that life can be good. Related to these positive outcomes is the fact that parents agreed that their children act less depressed."



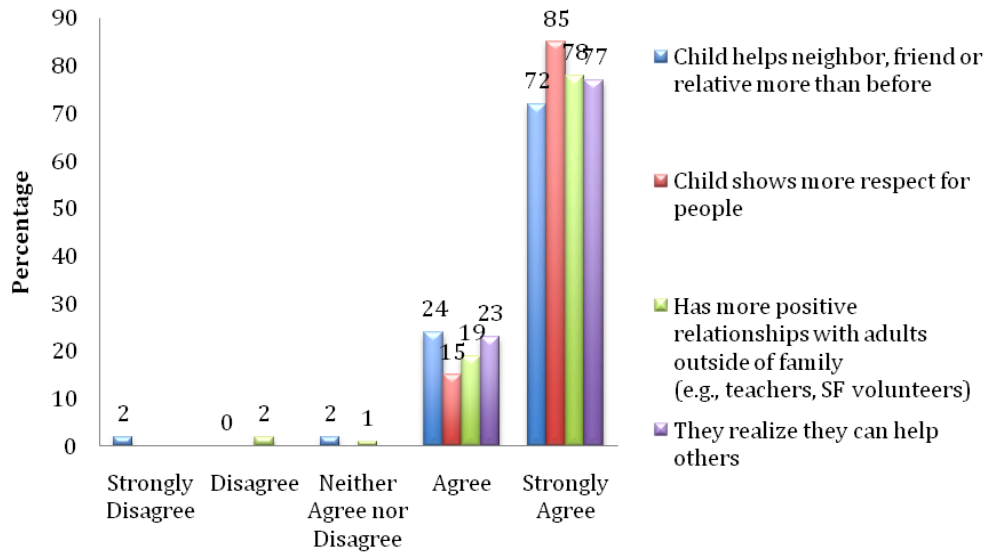
OUTCOME 2 - Children Demonstrate Pro-Social and Pro-Education Attitudes and Behaviors

Indicator 2.1 - Children's Positive Social Behaviors

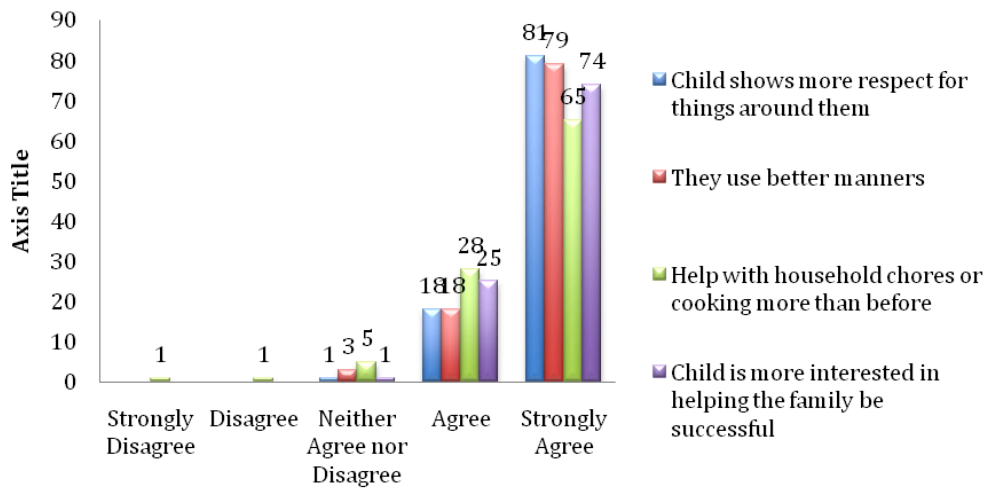
Dr. Gittens writes:

"There is strong agreement among the adults that participation in Sunday Friends has encouraged their children to show more respect for people and the things around them, to use better manners, to have more positive relationships with adults outside of the family, and to realize that they can help others. Related to these positive respect and helping outcomes, parents report that their children are helping with household chores more than before."

2.1 Children's Positive Social Behaviors: Respect & Helping Others



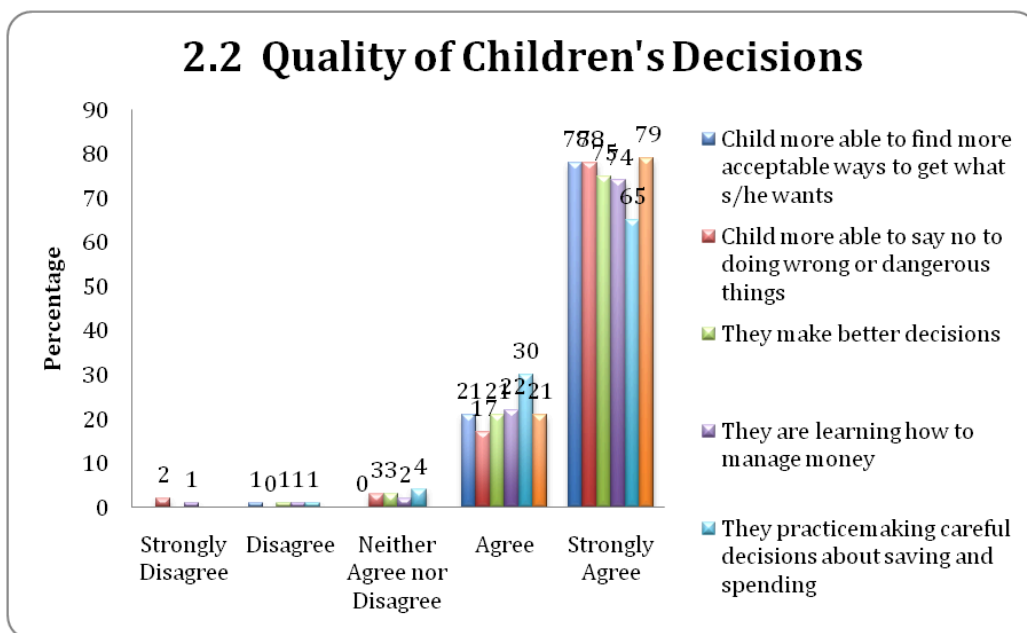
2.1 Children's Positive Social Behaviors: Respect & Helping Family



Indicator 2.2 - Quality of Children's Decisions

Dr. Gittens writes:

"There is strong agreement among the adults that participation in Sunday Friends has encouraged their children to find more acceptable ways to get what they want, that they are learning how to manage their money, that they are more able to say no to wrong or dangerous things and are overall making better decisions."

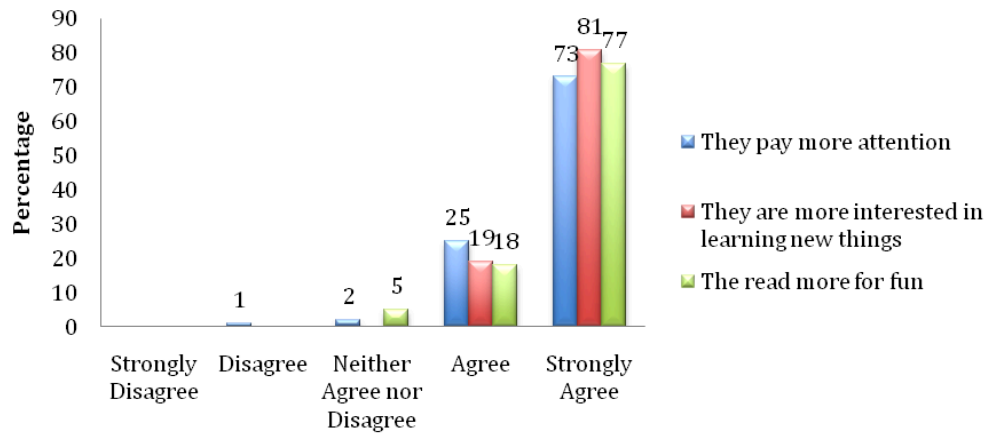


Indicator 2.3 - Children's Learning & Task Orientation

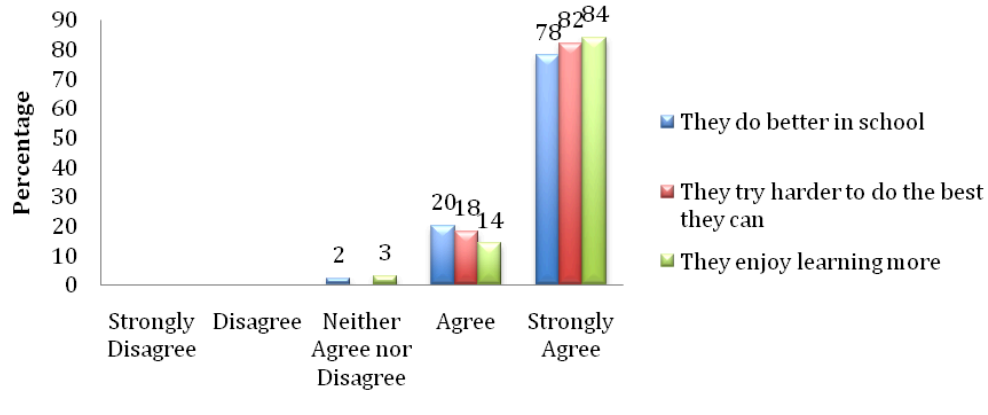
Dr. Gittens writes:

"Based on the survey, the vast majority of parents said that their children's learning and task orientation has increased because of the program. There is strong agreement among the adults that participation in Sunday Friends has influenced their children to pay more attention, to read more for fun, and to try harder to do the best they can. Parents are also strongly in agreement that their children are more interested in learning new things, that they are doing better in school, and they enjoy learning more as a result of their participation in Sunday Friends."

2.3 Youth's Learning and Task Orientation



2.3 Youth's Learning and Task Orientation (cont.)

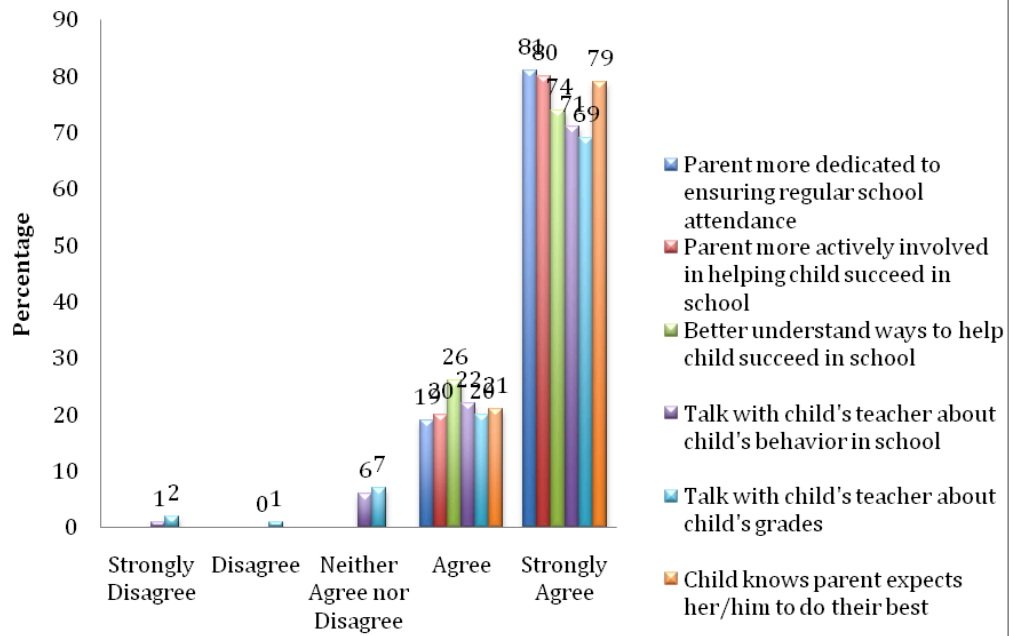


Indicator 2.4 - Parents' Engagement in Child's Academics, Learning and Task Orientation

Dr. Gittens writes:

"There is strong agreement among the adults that participation in Sunday Friends has helped them to be more dedicated to ensuring their child's regular school attendance, be more actively involved in helping their child succeed in school, and better understand ways to help their child succeed in school. Parents report that their children know that they expect them to do their best."

2.4 Parents' Engagement in Child's Academics, Learning & Task Orientation

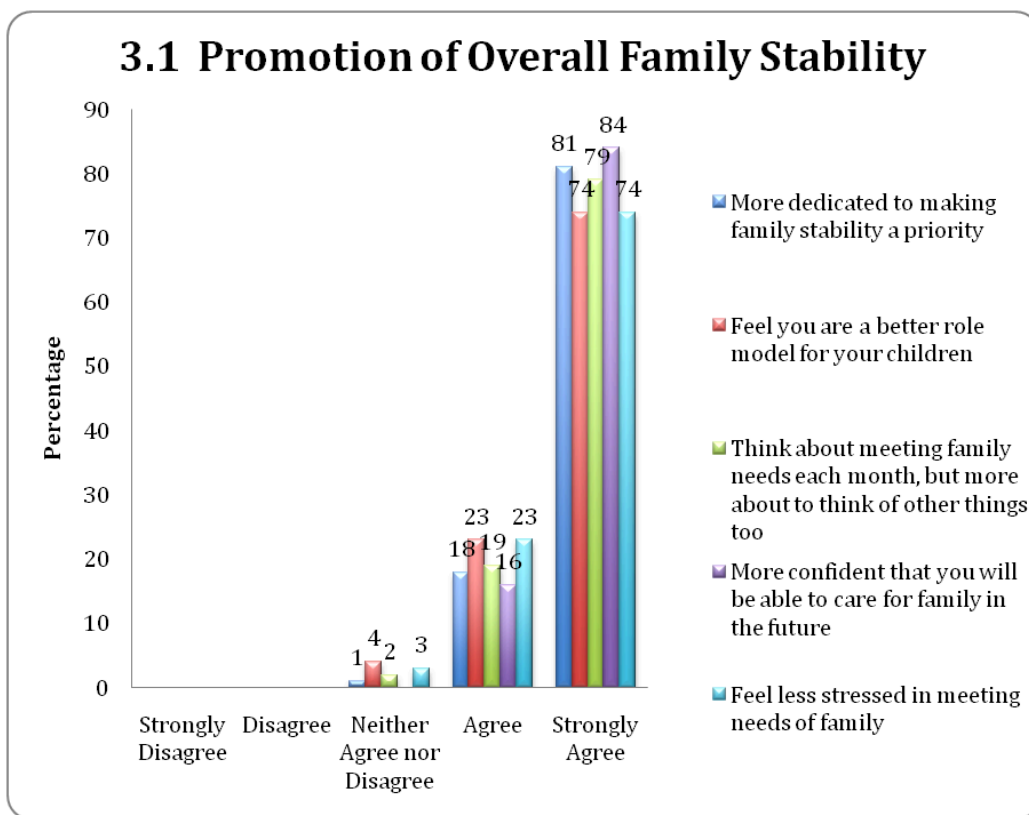


OUTCOME 3 - Family Members Understand and Practice Sound Financial Management Behaviors

3.1 - Promotion of Overall Family Stability

Dr. Gittens writes:

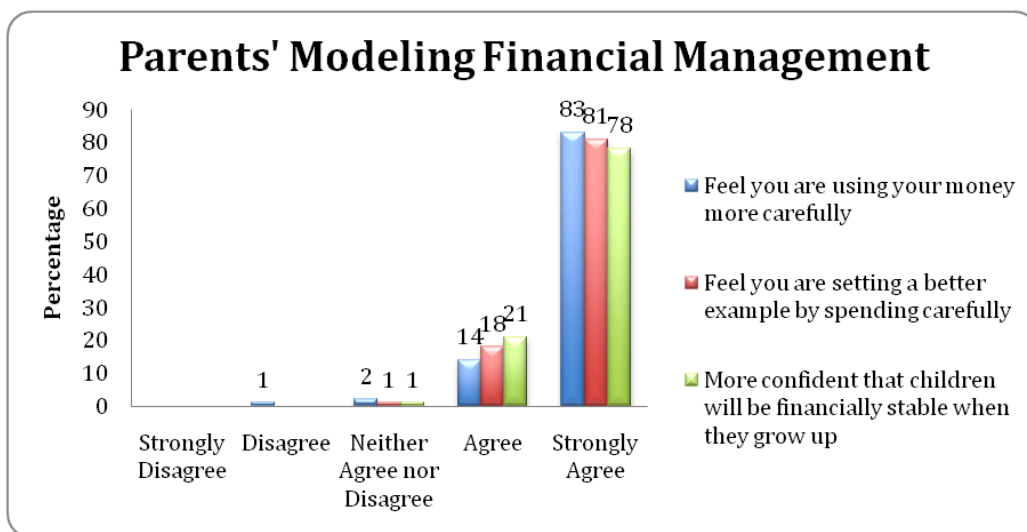
"There is strong agreement among the adults that participation in Sunday Friends has helped them to be more confident that they will be able to care for their family in the future, to be more dedicated to making family stability a priority, to be more dedicated to ensuring their child's regular school attendance, and to think about the family's needs each month but be able to also think of other things. Parents reported strong agreement that they feel they are a better role model for their children, and that they feel less stressed in being able to meet the needs of their family."



3.2 - Promotion of Financial Management

Dr. Gittens writes:

"There is strong agreement among the adults that participation in Sunday Friends has helped parents to feel that they are using their money more carefully, to feel that they are setting a better example by spending carefully, and to feel more confident that their children will be financially stable when they grow up. The sense of personal benefit in terms of financial literacy was mirrored in parents' statements about their children. Parents were in strong agreement that participation in Sunday Friends has promoted their children's learning how to manage money, and that their children practice making careful spending and saving decisions. Parents are in strong agreement that their children are confident in their ability to earn what they want from the Sunday Friends Treasure Chest (store), and that their children are proud when they work for things that they want."



Additional Sunday Friends Outcomes:

In addition to Sunday Friends' top three Program Outcomes listed above, we were also able to extrapolate additional outcomes from the survey questions:

OUTCOME 4 - Violence Prevention

From the Year 2015 Evaluation Report by Dr. Carol Ann Gittens, Interim Dean of the School of Education, Santa Clara University:

"The Sunday Friends Program is committed to promoting positive social and emotional well being through its wide array of education classes, activities, and community-based services. The positive benefits are intended for adult and child alike. Parents reported the Sunday Friends program has had a strong positive impact on the social and emotional well being of their children. There is strong agreement among the adults that participation in Sunday Friends has encouraged their children to appreciate the family more, to feel close to their family, to feel hopeful about themselves and to like themselves better and to feel more that life can be good. Related to these positive outcomes is the fact that parents agreed that their children act less depressed."

"Eighty-five percent of the adults who responded to the survey said that they agreed or strongly agreed that they feel less angry as a result of their participation in Sunday Friends."

"There is strong agreement among the adults that participation in Sunday Friends has encouraged their children to show more respect for people and the things around them, to use better manners, to have more positive relationships with adults outside of the family, and to realize that they can help others."

"There is strong agreement among the adults that participation in Sunday Friends has encouraged their children to find more acceptable ways to get what they want, that they are learning how to manage their money, that they are more able to say no to wrong or dangerous things and are overall making better decisions."

OUTCOME 5 - Stress Management

From the Year 2015 Evaluation Report by Dr. Carol Ann Gittens, Interim Dean of the School of Education, Santa Clara University:

"Participation in Sunday Friends is transformative in terms of parents' well-being and how they feel about their parenting skills. Adults were nearly unanimous that they felt hopeful about their life as a result of their participation in Sunday Friends. In that same vein, 97-99% of the adult respondents agreed that they feel more self-confident, feel that they are a better parent, feel better about how they are disciplining their children, feel more successful, feel more confident about how they are handling situations with their children, and feel less stress in meeting the

needs of their family."

"One extremely positive finding is that 95% of parents asserted that Sunday Friends has helped them to reduce their usual level of stress. The vast majority of parents said that their stress has reduced and their optimism increased because of the program. Adults strongly agree that they are more hopeful about their future because of Sunday Friends, more hopeful about life, more able to think about their family's future needs, able to think about family's needs as well as other things, and able to think about whether their children will be able to care for themselves in the future."

OUTCOME 6 - Health and Nutrition

From the Year 2015 Evaluation Report by Dr. Carol Ann Gittens, Interim Dean of the School of Education, Santa Clara University:

"A significant commitment of the Sunday Friends program is health promotion, particularly through healthy eating, exercise, and other positive health-related behaviors. Adults were asked questions in regards to the life changes they have made about their health. Parents were also asked about the health behaviors of their children. The program's achievements are reflected in the positive survey results. The majority of the adults reported that they were making new efforts to maintain a healthier lifestyle."

"Without a doubt, Sunday Friends has made a critical impact on the health of the parents and their children. Parents report trying to eat healthier, trying to shop for healthier foods, trying to get their child to eat healthier meals, and encouraging their child to get enough sleep. Parents believe their child's health has improved, believe that their health has improved, and they have been trying to get more exercise. A vast majority of adults say that they are incorporating these healthy practices into their life. They report actually eating healthier meals, actually exercising more, their children actually eat healthy meals, and that their children take pride in preparing healthy meals."

OUTCOME 7 - Community Connectedness

From the Year 2015 Evaluation Report by Dr. Carol Ann Gittens, Interim Dean of the School of Education, Santa Clara University:

"There was overwhelming endorsement of how the Sunday Friends program and volunteers engage with participants and create an organized environment that is conducive to the well being and sense of community among the parents and children who attend each Sunday. Parents strongly agreed that the Sunday Friends volunteers are friendly and are good role models for the children and youth. Parents report that they are treated with dignity and respect at Sunday Friends, and 87% reported that they would be sad if they were not able to attend Sunday Friends."

"Seventy-eight percent of adults strongly agreed that they feel more able to give back to their community, and a similarly high percentage strongly agreed that they have made new friends at

Sunday Friends. A high percentage of adults strongly agreed that they are more comfortable around people from other races/ cultures and that they feel more trusting of other people."

OUTCOME 8 - Service-Orientation Impact for Volunteers

From the Year 2015 Evaluation Report by Dr. Carol Ann Gittens, Interim Dean of the School of Education, Santa Clara University:

"Volunteers were asked to indicate reasons that they volunteer with Sunday Friends. Respondents were able to select more than one reason. The two most significant reasons indicated were a desire to serve the community and because the volunteer believes in what Sunday Friends is doing. Other common reasons were the ability to volunteer as a family and to expose one's children to volunteering."

"Through this 2015 evaluation report, volunteering at Sunday Friends has been shown to increase a person's level of cultural sensitivity and comfort with cultural differences. Volunteers indicated agreement with the statement that volunteering at Sunday Friends has helped them to feel more comfortable interacting with people from another culture and to recognize more similarities between oneself and the families who attend Sunday Friends."

"Quite impressive is the percentage of volunteers agreeing or strongly agreeing that their time with Sunday Friends has helped them to be more sensitive to the needs of people like those who attend Sunday Friends, to be more understanding of others' life circumstances and to have greater awareness of the community he or she lives in."

"There is an overall sense that volunteering at Sunday Friends will have a life altering impact. Volunteers overwhelmingly reported that they have learned to be a better mentor and have developed leadership skills; these outcomes are consistent with the strong sense these volunteers had that they have made a positive influence on children and parents through the Sunday Friends program."

"The vast majority of volunteers report that they are more likely to do volunteer work in the future and that volunteering has made their life more meaningful."

"It is clear that volunteering at Sunday Friends will have a life altering impact on these individuals. Volunteers overwhelmingly reported that they have learned to be better mentors and have developed leadership skills; these outcomes are consistent with the strong sense these volunteers had that they have positively influenced children and parents through the Sunday Friends program. Such unequivocal endorsements of program effectiveness are rarely seen in surveys of charitable community serve organizations. Sunday Friends is very deserving of this resounding support from the families it serves."