

# Meet Briseyda

## STORIES FROM THE adolescent family life program

### Young Mom Briseyda Balances Baby and Education

“If it weren’t for Monica, I don’t think I’d be in school anymore,” says Briseyda, a young mom and future high school graduate who is taking the steps she needs to build a strong future for herself and her baby. This might not have been possible without the **state-funded Adolescent Family Life Program (AFLP) run by the Community Action Commission of Santa Barbara County**, which connected Briseyda with case manager, Monica.

AFLP case managers meet with pregnant and parenting youth one-on-one twice a month to discuss goal setting and life planning; connect clients to resources to meet their basic needs; and identify strengths and build skills for managing difficult situations.

Briseyda—who goes by Bri— felt lost in the traditional educational system and didn’t feel equipped to navigate her educational options on her own. Having a baby made things more challenging. Once connected with AFLP, Monica was there to help. Monica, having been an adolescent mother herself, could relate. She understood that Bri needed someone in her corner. Someone to help her navigate and explore her options, and help to facilitate an educational plan that best served Bri and her goal to graduate from high school.

“Monica is like a second mother to me,” Bri says. In addition to helping Bri secure an educational plan tailored to her needs, Monica also helped Bri obtain child care for her daughter. To help juggle so many responsibilities, Monica worked with Bri to figure out the local public bus schedule and tight morning



Santa Barbara County, California



routine Bri would need to stay in school and get her daughter to child care on time. Despite the challenges of dropping her daughter off and catching a bus to go to school a town over, Bri stuck with it: “It’s difficult, but I have to keep on doing what I have to do for my baby.”

AFLP is not designed to solve all of the problems in an adolescent’s life; rather, the goal of the program is to build upon a youth’s strengths and skills so they know how to handle life’s challenges. This is certainly true for Briseyda who plans to complete high school and continue her education by going to cosmetology school.

This young mom’s determination to meet her goals for both herself and her daughter is palpable. Bri lights up when she talks about her daughter, and she loves watching her baby grow and learn new things. Bri fosters her daughter’s interest in learning and hopes Priscilla will pursue an education as well, and hopefully not have to struggle like she did.

Says Monica, “I set her up and she flew; she’s doing it all on her own now.” This speaks highly to Bri’s strengths. Her resilience and positive, can-do attitude will carry her far.



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# Meet the Adolescent Family Life Program

The **Adolescent Family Life Program (AFLP)** is a strengths-based case management program with integrated life planning. The program supports pregnant and parenting youth in building resilience strengths and skills to thrive. Case managers meet one-on-one with youth to establish a caring relationship, identify the youth's needs, and offer support accessing services, setting goals and building skills to manage life's challenges and plan for the future.

**PROGRAM GOALS:** Improve pregnancy planning and spacing and increase educational and vocational attainment, access to and utilization of needed services, and social and emotional support.

**WHO WE SERVE:** Expectant and parenting youth up to age 19 who have custody of their child or are co-parenting.

**SERVICE DELIVERY:** Services are provided by county health departments, hospitals and community-based organizations.



## Adolescent Childbearing in California

In 2015, over 24,000 California children were born to mothers aged 15-19.<sup>4</sup> The California adolescent birth rate (ABR) declined to a record low 17.6 births per 1,000 females aged 15-19 – a 61 percent decline from the 2000 rate. Despite this success, the number of youth, families and communities impacted by early childbearing remains high.

California birth rates vary greatly by race, ethnicity, age, geography and other factors. For example:

- Latinas make up nearly three out of four adolescent births in California.<sup>4</sup> In 2016-17, 73 percent of youth in AFLP were Latinas.
- The county with the highest adolescent birth rate (ABR) —Del Norte— has a rate 6.4 times greater than the county with the lowest ABR—Marin.<sup>4</sup>

*In recognition of the variations in birth rates across the state, CDPH/MCAH developed the [California Adolescent Sexual Health Needs Index \(CASHNI\)](#) to target programs to areas in the state with the greatest need. AFLP operates through 19 local agencies in high need counties across the state.*

### Data Sources:

1. 2016-17 data from the Adolescent Family Life Program, Maternal, Child and Adolescent Division, California Department of Public Health.
2. Postpartum contraceptive use among adolescent mothers in seven states. *J Adolesc Health*. 2013 Mar;52(3):278-83. doi: 10.1016/j.jadohealth.2012.05.004. Epub 2012 Jun 23.
3. CDC (MMWR) Vital Signs: Repeat Births Among Teens — United States, 2007–2010, April 5, 2013 / 62(13);249-255.
4. Adolescent Births in California, 2000-2015. California Department of Public Health, Center for Family Health, Maternal, Child and Adolescent Health Division, Epidemiology, Assessment, and Program Development Branch. November 2017.

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## A Focus on Positive Youth Development (PYD)

All youth have strengths. All youth benefit from high expectations and supportive relationships. All youth are capable of making meaningful contributions in their lives, families and communities. The AFLP PYD program turns these values into meaningful activities for the youth to explore their strengths, values, resources, needs and vision for their life so that during and after the program they can:

- develop strengths and call on them to navigate life's challenges;
- build healthy and supportive connections with the important people in their lives;
- identify and work toward personal goals that will lead to healthier, happier lives for them and their children.

**84%** of AFLP participants are in school, graduated or received a diploma<sup>1</sup>

## Increased use of highly-effective, long-acting reversible contraceptives (LARCs):

- 37% for adolescents receiving AFLP services.<sup>1</sup>
- 12%-22% for adolescent mothers nationally.<sup>2,3</sup>

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