



Referrals can now be made at [www.teenoutreachaz.org](http://www.teenoutreachaz.org)

# Journeys

**TOPS Teenagers, Path to Successful Parenting**

Teen Outreach Pregnancy Services

Fall 2011

## 2011 TOPS' Reasons To Be Thankful

Teen Outreach Pregnancy Services is thankful for the 665 Arizona pregnant or parenting teens, year to date who chose to empower themselves. The teens are focused on a better future for themselves and their babies by enrolling in either a Healthy Pregnancy Class, Childbirth Education Class or a Proactive Parenting Series .

We are thankful for the 250 healthy deliveries so far in 2011. Our TOPS babies have averaged a gestational age of 38 weeks with an average weight of 3141 grams.

We are thankful for and proud of the 88% of our teen moms who were breastfeeding when they left the hospital. Our numbers far outweigh the national average of

just 50% of mothers under the age of 20 in the U.S. who initiate breastfeeding, according to the National Immunization Survey, between 2004 and 2008.

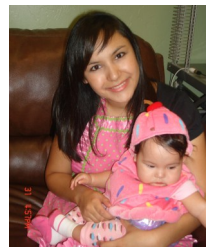
We are thankful for the 48 individuals who make up the Teen Outreach Pregnancy Services Staff . They each bring their own unique skills, education, passion and drive to provide the services throughout the state that are needed to positively impact outcomes for our clients and their families.

In addition to our caring staff we are blessed with wonderful interns from University of Arizona, Arizona State University, Northern Arizona University and Grand Canyon University.

Special thanks and gratitude

to our many volunteers, and board members who give so graciously of their time and talents.

May this season of thanks find you surrounded with family and friends. Happy Thanksgiving!



### Inside this issue:

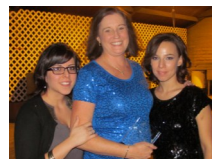
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## Sequins & Spurs Celebration

On September 24, 2011, TOPS celebrated it's 10th anniversary at the Sequins & Spurs Event held in Tucson. TOPS Supporters gathered to celebrate 10 years of success of providing parenting and pregnant teens the support and

education they need to have successful outcomes for themselves and their babies. What made the evening truly special was our speakers who are both graduates from when Teen Outreach Pregnancy Services first began. We thank both Eliz-

abeth Nolen and Christina Martinez for sharing their journey's as teen parents into adulthood.



### Save the Date!

- Dec 9, 4-6PM Holiday Party Tucson TOPS
- Dec 13, 5-7:30PM West Valley in Peoria
- Dec 15, 5:30-7:30 PM Holiday Party for East Valley in Mesa
- Dec 15, 4:30-6:30PM Avondale /Surprise



## Director's Notes

2011 has opened new doors, taking us into newer communities to provide services. With the support of First Things First we are now offering services in Yavapai and Gila Counties. In Gila we are collaborating with New Beginnings to provide services in the Payson area.

I am excited about the expansions of TOPS TEN program thanks to the support we received from the March of Dimes. TOPS

TEN supports teens reaching their full potential through real life education. The TOPS TEN Teen Education in collaboration with local high schools delivers this program to in the high school classroom setting.

In October we began enrolling teens into our federally funded five year study, preventing pregnancy in teen moms. Currently 1 in 4 teens will become pregnant with their second child within two

years of delivering their first. Our Personal Success Path curriculum (PSP) and support is aimed at preventing a second pregnancy. LeCroy & Milligan Associates are the evaluators of the PSP project.

I sincerely thank all of our donors and volunteers that make it possible for us to educate and support our pregnant and parenting teens.

I wish you all a safe and happy holiday season.



Laura Pedersen

## TEEN FOCUS... Jolene and baby Lillie



Lillie & Jolene

Jolene who became pregnant at 16 started receiving services during her first trimester. She attended Healthy Pregnancy, Childbirth Education and is now enrolled in the parenting program and support group.

Jolene feels that the support groups and talking to other teen moms has had the biggest impact on her life.

The hardest things about being a teen mom for Jolene is losing her friends, not being able to graduate with her class and being a single mom without support of the baby's father. Jolene believes her life would be much harder and that Baby Lillie would not be as happy as she is had she not received education and support at TOPS.

Jolene is still successfully breast feeding her 10 month old daughter and hopes to return to school in the spring. After graduating high school she will pursue an AA degree in photography and a BA in marine biology and hopes to one day work for Sea World in San Diego.

## Introducing TOPS in Gila County

In September we began our first classes at the Globe Education Center and in October we began classes at Cobre Valley Regional Medical Center. To date 23 clients have enrolled.

Both locations have completed their first Healthy Pregnancy series and Childbirth Education classes are being well attended

Like all of the TOPS locations, enrollment is required but education and support services are free to pregnant and parenting teens.



TOPS Tot & Teen on Halloween



## 2011 TOPS Circle of Giving

### Legacy Leaders

Grants/Gifts \$10,000+

*First Things First*

*HHS/Family & Youth*

*Services Bureau*

*March of Dimes*

*Stone Canyon Foundation*

### TOPS Visionaries

Gifts 5,000+

*Scottsdale Insurance*

### TOPS Team

Gifts \$1,000+

*Phoenix Suns*

*Nicole Baron Designs*

*Mery Care Health Plan*

### TOPS Friends

Gifts \$500+

*Desert Diamond*

*Mr. & Mrs. Robert Hursh*

*Phoenix Children's Hospital*

*Valley West Credit Union*

### Nest Builders

Gifts \$100+

*Henry Sutter*

*Bobbie Wilson*

### TOPS Volunteers

Contribute 100+

Hours annually

*Bob Conway*

*Johanna Teske*

*ACT*

*Tom & Dorothy Gerhard*

*Richard Pedersen*

*Carla Zachmeier*

*Roberta Schadt*

## Need Outweighs Funding by 36% in 2011

In Fiscal year 2011 for Central Pima TOPS was funded to provide services for 150 pregnant and parenting teens, TOPS provided services to 204 pregnant teens in Central Pima alone. "Pregnant teens are not put on a waiting list at TOPS", said Executive Director Laura Pedersen. "Pregnancy last a short while, and we will not waitlist a

pregnant teen. Positive outcomes are influenced by early education and support."

Thankfully we have individual donors whose gifts allow us to not waitlist expecting teen moms. To provide a full set of childbirth and parenting resource take home packets it costs \$100 per expecting mom. \$50 will cover the cost of either a

child birth resource packet or a parenting packet. A gift of \$25 will cover the cost of a group food demonstration that focuses on healthy eating for mom-to-be and baby.

Please consider a tax deductible donation that will make a difference in both a young woman and her baby's life.

**"Pregnant teens are not put on waiting list at TOPS..."**

## Introducing TOPS in Yavapai County

We are very excited about the opening of a Teen Outreach Pregnancy Services office in Prescott Valley to serve the teen moms throughout Yavapai County. First Things First grant has

made it possible for TOPS to expand into Northern Arizona, based on need. As of last count, 14% of pregnancies in Yavapai County were to teen mothers. This is higher than both the state

and national average of teen pregnancies which are 12% and 10% respectively. We consider it a privilege to be able to serve this area.





## Teen Outreach Pregnancy Services

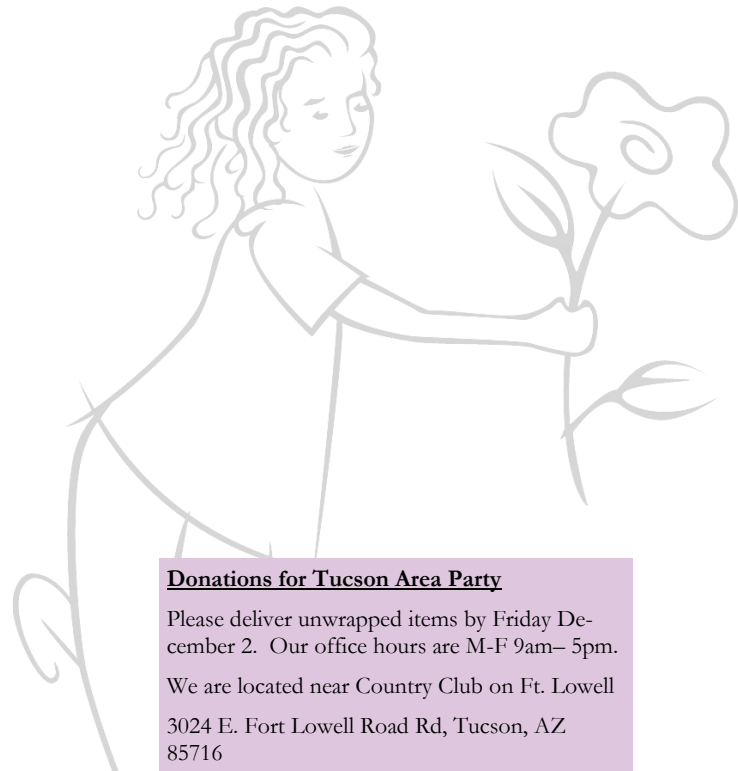
### Teen Outreach Pregnancy Services

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E-mail: [info@topsaz.org](mailto:info@topsaz.org)

Providing Education & Support to  
Pregnant Teens and Teen Parents

**REFER a TEEN online!**  
**[Teenoutreachaz.org](http://Teenoutreachaz.org)**



#### Donations for Tucson Area Party

Please deliver unwrapped items by Friday December 2. Our office hours are M-F 9am– 5pm.

We are located near Country Club on Ft. Lowell  
3024 E. Fort Lowell Road Rd, Tucson, AZ  
85716

#### Donations for West Valley Area Party

Please deliver unwrapped items by Wednesday December 7. Our office hours are M-F 9am– 5pm.

We are located at 10875 North 85th Ave, Suite 3,  
Peoria, AZ 85345

#### Donations for East Valley Area Party

Please deliver unwrapped items by Wednesday December 9. Our office hours are M-TH 9am– 5pm and F 9am–2pm

We are located at 931 East Southern Ave, Suite  
101 Mesa, AZ, 85204

## Teen Outreach needs your help!

We are gearing up for our annual holiday parties in the regions in which we serve.

This party provides the opportunity for our teens to socialize and connect with the educators, nurses and case-workers at TOPS and pick out a new item for their child to enjoy. This is the one time of year we provide the opportunity for the teen mom's or mothers-to-be to choose a relevant, age appropriate new item for their baby.

Once again we need our supporters and friends to help make this event successful.

Items most requested by the mom's are nursing support pillows, breast pumps, strollers (umbrella strollers are great as most teens rely on the public transit system.), baby monitors, front pack baby carriers, tummy time mats, car-seats and educational toys. *\*Please NO stuffed animals.*

**Please remember TOPS when you are doing your holiday shopping on Black Friday.**