



Utah Alliance of Boys & Girls Clubs Youth Resilience Program



BOYS & GIRLS CLUBS
OF AMERICA

CLUB LOCATIONS



Who We Are: Utah Alliance of Boys & Girls Clubs

63 PROGRAM SITES IN UTAH

Who We Are: Boys & Girls Clubs

OUR REACH

63

Club sites

400+

Club Sites

21

Communities

20,000+ CLUB MEMBERS

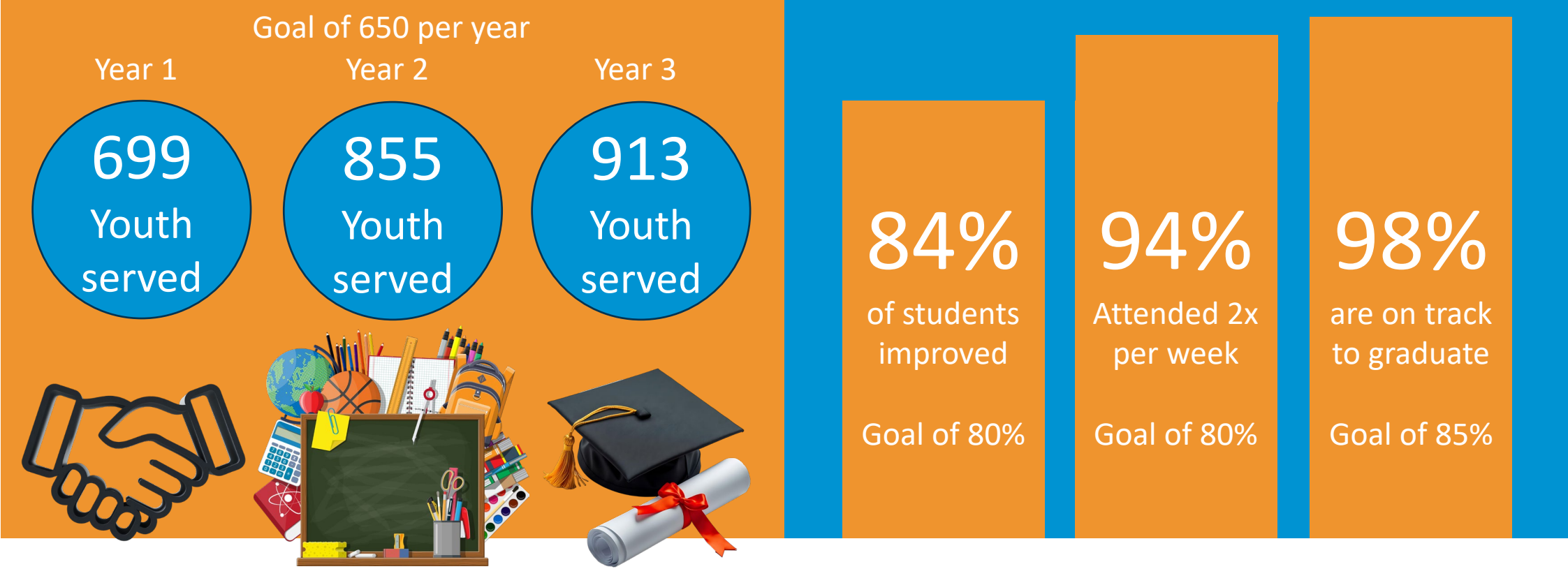
92% Attend Title 1 Schools

68% are under age 12

32% are teens



Past Performance



Developmental Assets are key to youth development

EXTERNAL ASSETS

INTERNAL ASSETS

SUPPORT

Young person needs to be surrounded by people who love, care for, appreciate, and accept them.

EMPOWERMENT

Young person needs to feel valued and valuable. This happens when they feel safe and respected.

BOUNDARIES AND EXPECTATIONS

Young person needs clear rules, consistent consequences for breaking rules, and encouragement to do their best.

CONSTRUCTIVE USE OF TIME

Young person needs opportunities — outside of school — to learn and develop new skills and interests with other youth and adults.



Developmental Assets are key

EXTERNAL ASSETS

INTERNAL ASSETS

**COMMITMENT TO
LEARNING**

Young person needs a sense of the lasting importance of learning and a belief in their own abilities.

POSITIVE VALUES

Young person needs to develop strong guiding values or principles to help them make healthy life choices.

**SOCIAL
COMPETENCIES**

Young person needs the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.

POSITIVE IDENTITY

Young person needs to believe in their own self-worth and to feel they have control over the things that happen to them.



BGC uniquely positioned

- Targeting those who need it most
- Already have access to kids who need it
- Training and youth protection systems in place
- Evidence-based programs that have been proven effective
- Effective recruitment strategies as part of a holistic afterschool program

**Keeping Kids
Safe is our #1
Priority**



Youth-Centered Approach

BGC program strategy focuses on **Youth-Centered Learning**: learning that is deeply responsive to the individual needs, strengths and learning styles of kids and teens.

Our **holistic, Success Strategy** rejects “one-size-fits-all” solutions. It centers around the different experiences and situations of Clubs and kids and includes:

- Safe, Supportive Environments,
- Engaging Programming,
- Youth Development Best Practices, and
- Collaborative Partnerships



An evidence-based approach

A youth centered approach combined with evidence-based curriculum has been proven to have the greatest positive outcomes. Evidence-based curriculum have undergone randomized controlled trials.

Evidence-Based Asset Building

- Increased support
- Increased empowerment
- Boundaries and expectations
- Constructive use of time outside school

Evidence-Based Resilience Building

- Increased self-awareness
- Increased self-efficacy
- Increased responsible decision-making
- Increased ability to navigate challenges

Youth Resilience Program Overview

- ❑ 4,500,000 ask (\$1,500,000/year over 3 years) funded from TANF
- ❑ 3,000 Youth Served over 3 years
- ❑ 100% of youth served are at-risk
- ❑ 15 hours/week school year; 25 hours per week summer programs
- ❑ Evidence-based curriculum
- ❑ School-day alignment strategies
- ❑ Increased protective factors
- ❑ Decreased risk factors



Youth Resilience Program Goals

- Build developmental assets of 3,000 of Utah's most at-risk youth
- Youth will receive evidence-based resilience building programs
- 80% of youth served will decrease risk factors
- 80% of youth served will increase protective factors



Why Prioritize Youth Resilience Program?

- **BGC** youth safety and training
- **Boys & Girls Clubs Have a Proven Return on Investment:** Every \$1 spent in a Boys & Girls Clubs program returns \$10.80 in benefits
- **Clubs' Scope and Role in our Communities:** Clubs are community leaders in serving at-risk youth and provide service at 63 sites in 21 communities
- **Accountability:** Proven track records of accountability in managing state grants and delivering proposed results.
- **Impact:** Clubs have proven results in delivering evidence-based curriculum in a fun and supportive environment

