

**City of Lawrence
2008 Alcohol Tax Funds
Request for Proposals
Calendar Year 2008 (January – December)
Cover Page**

Agency Name: Boys and Girls Club of Lawrence (B&GC)

Program Name: Afterschool Programs

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Request is for funding in the following categories and amounts:

<u> X </u>	Prevention	\$ <u>106,278</u>
<u> </u>	Treatment	\$ <u> </u>
<u> </u>	Intervention	\$ <u> </u>
<u> </u>	Coordination	\$ <u> </u>

City of Lawrence
2008 Alcohol Tax Funds Request for Proposals

Boys and Girls Club
Narrative

PROGRAM DESCRIPTION

Summary

The Boys & Girls of Lawrence Club (B&GC) is the premier youth development agency in the city of Lawrence. B&GC provides affordable after-school and out-of-school activities and programs to all children ages 5-15, with a special emphasis on low income youth. Over 10,000 young boys and girls find refuge at the Club every year and participate in positive and constructive activities in programs such as:

- Education and Career Development
- Character and Leadership Skill Development
- Cultural Arts
- Physical Education
- Health and Life Skills
- Substance Abuse Prevention

The Boys & Girls Club of Lawrence operates its main facility at 1520 Haskell Ave and collaborates with the school district to provide services at eleven other locations in Lawrence. In addition to the numerous programs offered to grade school youth three of our sites this year are in Jr. High Schools serving over 600 teens. The Boys & Girls Club has expanded to provide a safe place for teens on Friday or Saturday evenings with teen events planned by Jr. High age youth.

Evidence of Promising Approach

With an unprecedented seven national awards for program excellence and two "Regional Youth of the Year" winners, the Boys & Girls Club of Lawrence has a proven track record of helping young people develop to their full potential and become productive and successful members of society.

Our **mission** is to develop contributing members of society in a positive and structured environment, providing a safe place where children can learn and grow under the supervision of caring adults.

One of B&GC's primary **goals** is to prevent our participants from becoming involved with drugs and alcohol, as well as with other unhealthy and/or dangerous behaviors. Our **objectives** are to provide all our children and youth – who are generally considered to be from at-risk populations (please see **Needs Assessment**, below) – with the resources, behaviors, and life skills necessary to prevent them from becoming victims of substance abuse. This is accomplished by offering and developing the following core services and values:

- First, the very availability of **affordable after-school care** provides at-risk children with what researchers call a "safe haven" – a very important prevention strategy. As discussed

below, children who have only limited access to stable adult support and guidance are at higher risk for substance abuse.

- Second, we encourage, support, and reward **significant learner behaviors that reinforce prevention messages**—following directions, accepting responsibility for behavior, and using cooperation skills.
- Third, we involve all participants with the **SMART** programs. SMART programs are research-based life skills offerings developed by the national level Boys & Girls Club. Their goal is to help young people resist alcohol, tobacco and other drug use (ATOD). The format is based on interactive, small-group activities that increase participants' peer support, enhance life skills, build resiliency and strengthen leadership skills. For more than a decade, Boys & Girls Clubs have successfully used this program nationwide. The material is presented in age-appropriate increments:
 - **Smart Kids (ages 6-9)**: A skills development program focused on self-awareness, decision-making and interpersonal skills, while communicating age-appropriate information about alcohol and other drugs.
 - **Smart Moves (ages 9-13)**: A resistance skills program focused on ways to identify and resist peer, social and media pressures to use alcohol, tobacco, and other drugs.
 - **Smart Girls (ages 10-13)**: A program for adolescent girls that teaches resistance skills, stress reduction techniques, communication skills, assertiveness training and life planning. It provides accurate information about alcohol use, tobacco use, other drug use, adolescent sexuality and body image.
 - **Passport to Manhood (ages 10-13)**: A curriculum for adolescent boys that addresses several key areas of development while stressing and promoting positive values and behaviors.

Family and community involvement

B&GC actively seeks parent and community involvement in the delivery of its programs. Parents have an opportunity to provide feedback and suggestions through ongoing surveys. Parents receive monthly newsletters and are actively involved in planning and participating in B&GC events. Most importantly, parents are actively engaged in programming by sharing their expertise and hobbies with the youth.

The Lawrence community is an active supporter of the B&GC. The Speakers Bureau and high profile community leaders help promote programming and serve as mentors to the youth. Often times the B&GC environment is the only place our youth feel comfortable engaging in active dialogue with our community leaders. Neighborhood schools show their support by donating space and staff for the after-school programs. The ability to utilize space in our schools helps to eliminate transportation barriers often experienced by our youth.

NEEDS ASSESSMENT

More and more children are being raised in single-parent homes or homes where both parents are working full-time jobs, often leaving children without adequate supervision after school. Healthy communities need after-school programs to be available for all children, regardless of income. As Kansas Action for Children (KAC) reports, children without affordable after-school

care and supervision are at higher risks for: academic failure, using drugs and alcohol, becoming crime victims, and/or perpetrating juvenile crimes, and becoming teen parents (www.kac.org). After-school programs are crucial opportunities to provide prevention and life skills education. Lawrence children greatly benefit from such services. KAC also reports that for Douglas County, percentages of youth who reported binge drinking (18.4%) and using other drugs (26%) were higher than state averages. B&GC's 2005 pre-test SMART program data reflects that an average of 55% children did not have adequate ATOD knowledge.

B&GC serves an especially high-risk section of the Lawrence population in grades K-9. Compared to the majority of their LPS peers, children in the after-school programs report higher levels on risk factors such as mobility, feeling safe, and having access to tobacco, drugs, and alcohol. Research shows that such factors put children at risk for school failure, delinquency and substance abuse (Battishtich, Schaps, Watson & Solomon, 1996; Hawkins, Catalano & Miller, 1992). B&GC specializes in providing low-cost and no-cost after-school programs to an economically, racially, and ethnically diverse range of families who have no other childcare alternatives.

According to the Kansas State Department of Education, 29.76% U.S.D. #497 families now qualify for Free and Reduced School Lunch. They struggle to pay for basic needs such as food, shelter, clothing, and utilities, let alone after-school programs. In 2006, B&GC served 2888 members with average daily attendance of more than 1200 and through special events served an additional 7168 non-members. In 2006, the demographics of children served were: African-American 17.61%, American Indian 4.26%, Caucasian (Non-Hispanic) 54.36%, Hispanic 3.36%, and Multi-Racial 19.43%. 64% families qualified as federal low-income, 60% were single parent households, and 81% had incomes under \$40,000 per year. Studies have shown that children from minority groups typically have more risk factors and fewer protective factors, putting them at greater risk.

The B&GC prevention curriculum focuses on countering risk factors with protective factors that help at-risk children overcome the barriers they face. The Call for Quality After-school Programs in Kansas report states that , (KAC and Kansas Enrichment Network, 2004): "When an after-school program opens, it provides a safe haven where children are protected from becoming victims of crime, and begins providing responsible adult supervision, constructive activities, and insulation from peer pressure to engage in risky behavior." The report also cited a national poll of police chiefs, which by a 4 to 1 margin cited after-school programs and educational childcare as the most effective strategies to reduce youth violence, and as more successful than prosecution or additional law enforcement aimed at juveniles. No other after-school program in Lawrence serves the numbers of children with the range of services that B&GC does.

OUTCOMES

As stated above, B&GC has three major prevention objectives – to provide all members with the (1) resources, (2) behaviors, and (3) life skills necessary to prevent them from becoming victims of substance abuse. We will measure and report our success in meeting these objectives according to the following Process, Behavioral, and Impact Outcomes:

Process Outcome #1: As a result of providing a “safe haven” through after-school programs, during 2008 B&GC will provide 2,000 children (minimum 1200 per day) with after-school care at twelve sites, with transportation from an additional eight schools. These sites will provide 175 days of after-school programming from 7:00 a.m. to 6:00 p.m. and 54 days out-of-school programming from 7:30-5:30 p.m. Numbers served are tracked through the B&GC annual report.

Process Outcome #2: In order to provide a safe haven and prevention programming, B&GC will allocate the vast majority of 2008 Alcohol Tax Funding on staff salaries and benefits. Expenses are tracked through an audit and the annual report.

Process Outcome #3: During 2008, a minimum of 800 children ages 6-15 will receive life skills and prevention education through the SMART programs. Numbers served are tracked through the B&GC annual report.

Behavioral Outcome #1: Based on yearly participant evaluations, a minimum 90% of participants will report feeling “safe” in B&GC programs, a measure that will reflect their daily connections with supportive adults.

Behavioral Outcome #2: Based on quarterly staff progress reports, 50% of participants will maintain or improve on three learning behaviors: (a) follows directions, (b) accepts responsibility for behavior, and (c) uses cooperation skills.

Behavioral Outcome #3: Based on pre and post tests, 80% of SMART program participants will show an increase in ATOD (Alcohol, Tobacco, Other Drugs) knowledge.

Impact Outcomes: The long-term benefits of healthy learning behaviors and life skills will provide the program participants with the foundation to resist pressures toward substance abuse. By offering strong programming in prevention, youth participating in B&GC programs will transform into resilient, engaged, and healthy community members and future leaders.

COORDINATION

B&GC is a leader in the community, not only in providing after-school programming, but in coordinating services so as to minimize duplication and fragmentation. B&GC is a founding member of the Lawrence After-school Alliance, the umbrella group overseeing all after-school projects in Lawrence. Other B&GC partners include the Lawrence Public Schools, Lawrence Arts Center (arts programming), Prairie Park Nature Center (nature education), Lawrence Parks and Rec (access to pools and parks), Lawrence Public Schools (use of eight buildings), DCCCA (assistance with prevention programming), and Douglas County Extension (nutritional and life skills activities), among others. The University of Kansas supports our activities and performs our evaluation of programs. Partnerships with several local businesses have been formed to increase fundraising and outreach efforts. B&GC draws volunteers for tutoring and mentoring from many sources, including University of Kansas, Haskell Indian Nations University, and the Roger Hill Volunteer Center.

ORGANIZATIONAL CAPACITY

B&GC is well capable of implementing this prevention program. Our programming has evolved over time, and is shaped by participant feedback, evaluation outcomes, and best practices in the field. We have long maintained a rigorous schedule of meeting performance measures and tracking extensive data – behavior outcomes, attendance by individual child, educational outcomes, demographic information, etc. Executive Director Janet Murphy has over seven years of B&GC experience and has managed grants for more than seventeen years. In addition, this project also enjoys the support of a highly qualified staff. B&GC sets high hiring standards, requiring that all Site Program Coordinators have bachelor's degrees from accredited colleges or universities and at least three years of work experience in a Boys & Girls Club or similar organization. All site staff must have a minimum of 48 college hours and previous experience working with youth in an educational or recreational setting. The Club holds staff trainings on a monthly basis on a variety of issues from service learning to working with special needs children. Various community experts facilitate the trainings, including U.S.D. #497 personnel. B&GC maintains high standards for financial management including accounting and auditing. The policy and procedures ensure accurate and complete oversight and reporting of all financial information. Financial reports are approved by the board monthly and audits are conducted and approved yearly.

BUDGET

The Boys and Girls Club total budget is \$1,100,711. We are requesting the same as we requested last year \$106,278 in City Alcohol Tax funds to support salary costs for the early morning, after-school, and summer programs at our twelve Lawrence sites. Currently we employ 80 staff who provide services to over 1200 youth per day, and more then 10,000 youth per year. Personnel costs (salaries, benefits, and payroll taxes) represent approximately 74% of our yearly organizational budget.

Budget Categories for Alcohol Tax Request	2008
Staff Salaries (70 existing staff)	\$82,315.00
Fringe Benefits (figured at 14%)	\$11,524.00
Travel (transportation for participants)	\$ 3,970.00
Office Space	\$ 0
Supplies: office	\$ 1,000.00
Supplies: other	\$ 7,469.00
Equipment	\$ 0
Total Request	\$106,278.00

Funding from the city allows us to keep open all of our sites, many of which are located in low-income areas of Lawrence. *Furthermore, we do not turn children away if they are not able to afford our programming fees; we provide scholarships so that every single child in Lawrence has equal access to our services.* B&GC works hard to connect with a wide range of community stakeholders and funders who are invested in after-school programming. We anticipate that there will be an annual request for Alcohol Tax funds to support After School Programs. The amount of the request will vary according to the number of sites in operation and the availability of other funding. The overall organizational budget comes from a diverse range of sources:

Organizational Other Sources of Funding		
United Way	\$117,500	2007 Award
School District	\$150,000	2007 Award
Bureau of Justice	\$110,000	2006 Award
Juvenile Justice Authority	\$42,000	2007 Award
Outside Agency	143,722	2008 Pending
Learn and Serve	\$10,000	2007 Award
City Alcohol Tax	\$106,278	2008 Pending
Other Grants	\$88,000	2008 Pending
Fundraising Events	\$100,000	
Program Fees	\$200,000	
Individual Donations/Contributions	\$40,000	

TOTAL BUDGET

\$1,100,711

Assessment Data	Goals/ Objectives	Target Group	Strategies	Process Outcomes	Behavioral Outcomes	Impact Outcomes
<p><u>Risk Factors:</u> Children without affordable afterschool care are at higher risks for: academic failure, using drugs and alcohol, becoming crime victims, and/or perpetrating juvenile crimes, and becoming teen parents. In Douglas County, percentages of youth who reported binge drinking (18.4%) and using other drugs (26%) were higher than state averages (www.kac.org). BGC 2005 pre-test data showed that 55% children lacked ATOD knowledge.</p> <p><u>Protective Factors:</u></p> <ol style="list-style-type: none"> 1) Afterschool care provides a "safe haven" and resource for at-risk children. 2) Developing children's social competencies and behaviors enhances prevention efforts (7th Judicial District). 3) Prevention curriculums help children resist ATOD. 	<p>Our mission is to develop contributing members of society in a positive and structured environment, providing a safe place where children can learn and grow under the supervision of caring adults.</p> <p>Our goal is to provide a high quality curriculum in which preventing substance abuse plays a major role.</p> <p>Our prevention objectives are to provide all our children and youth with the (1) resources, (2) behaviors, and (3) life skills necessary to prevent them from becoming victims of substance abuse.</p>	<p>Target: Low-income and at-risk Lawrence children ages 5-15 in need of affordable afterschool and out-of-school care.</p> <p>Current Statistics: According to KSD, 29.76% of U.S.D.#497 families now qualify for Free and Reduced School Lunch. They struggle to pay for basic needs such as food, shelter, clothing, and utilities, let alone afterschool programs.</p> <p>In 2006, B&GC served 2,888 members with average daily attendance of more than 1200 and through special events served an additional 7168 non-members. Mem. demographics: Afr.-Am. 17.613%, Am. Ind. 4.26%, Cauc. 54.36%, Hisp. 3.36%, and Multi-Racial 19.43%. 64% families qualify as federal low-income. 60% are single parent households. 81% have incomes under \$40,000 per year.</p>	<ol style="list-style-type: none"> 1) Provide "safe haven" through afterschool programming, in order to help participants resist temptations, pressures, and opportunities for substance abuse. 2) Reinforce and reward successful learner behaviors that reinforce the individual resources necessary to prevent substance abuse. 3) Provide SMART MOVES Program to educate young people to resist alcohol, tobacco and other drug use. 	<ol style="list-style-type: none"> 1) During 2008, 2,000 children, min. 800 per day, will receive afterschool care at nine sites, with transportation from an additional eight schools. These sites will provide 175 days of afterschool programming from 7:00 a.m. to 6:00 p.m. and 54 days out-of-school programming from 7:30-6:00 p.m. 2) The vast majority of City Alcohol Tax will be spent on salaries for 80 B&GC staff in order to carry out objectives during 2008. 3) A minimum of 800 children ages 6-15 will receive life skills and prevention education through the SMART Programs during 2008. 	<ol style="list-style-type: none"> 1) Based on participant yearly evaluations, a minimum 90% of participants will report feeling "safe" in B&GC programs, a measure that will reflect their daily connections with supportive adults. 2) Based on quarterly staff progress reports, 50% of participants will maintain or improve on three learning behaviors: <ol style="list-style-type: none"> a) follows directions; b) accepts responsibility for behavior; and c) uses cooperation skills. 3) Based on pre and post tests, 80% of SMART program participants will show an increase in ATOD (Alcohol, Tobacco, Other Drugs) knowledge. 	<p>Long after children age out of afterschool care and leave their "safe haven," the long-term benefits of healthy learning behaviors and life skills will provide them with the foundation to resist pressures toward substance abuse.</p> <p>Through providing strong programming in prevention, B&GC will help Lawrence transform some of its youngest and most vulnerable citizens into resilient, engaged, and healthy community members.</p>