

AFTERSCHOOL PROGRAMS: Supporting Learners/ Building Resilience / Strengthening Families

AFTERSCHOOL PROGRAMS SUPPORT LEARNING

- **Improved Student Outcomes.** Studies show that students involved in quality afterschool and summer learning programs have: improved school attendance, including fewer absences and less tardiness; more engagement in learning and better grades; more time spent on homework and higher rates of homework completion; increased rates of family involvement in school; greater sense of the relevance of curriculum; enhanced problem solving and conflict management skills; and increased responsibility and improved effort in school.¹
- **College Connections.** Students who are consistently involved in extracurricular activities (e.g., afterschool programs, sports, clubs, etc.) are about 70 percent more likely to go to college than kids who are only episodically involved—and roughly 400 percent more likely than kids who are not at all involved.²
- **Opportunity Gap.** Trends over the last 15 years show a widening gap between families of means and low-income families when it comes to spending on and participation in afterschool and summer enrichment activities.³
- **Summer Learning.** Research has shown that up to two-thirds of the academic achievement gap between lower and higher income youth can be explained by unequal access to summer learning opportunities.⁴
- **Achievement Gap.** Studies demonstrate that more consistent time spent in afterschool activities during the elementary years is linked to narrowing the academic achievement gap. In a recent longitudinal study, income differences in math achievement were eliminated for students who had consistent afterschool activities across their Kindergarten to Grade 5 years.⁵



AFTERSCHOOL PROGRAMS INCREASE RESILIENCE

- **Peak Hours.** On school days, the hours between 3-6pm are the peak hours for youth to commit crimes, be in or cause an automobile accident, be victims of crime, smoke, drink alcohol, or use drugs.⁶
- **Positive Youth Development.** In addition to keeping kids away from drugs after school, afterschool programs build protective factors that prevent substance use disorders from occurring and can reduce risk factors that lead to misuse of substances. Afterschool programs reduce substance abuse through the development of protective or resiliency factors such as school connectedness, self-control, self-confidence, and quality peer relationships.⁷
- **Reduced Substance Use.** Vermont's Youth Risk Behavior Survey (YRBS) found that students who participate in extracurricular activities each week (up to 19 hours/week) are significantly less likely to use any alcohol, tobacco, or marijuana than those who did not participate in any activities.⁸

- **Healthy Relationships.** Afterschool is a place where youth can build social skills with peers in a low-pressure environment and also develop trusting, stable relationships with adult staff. Across Vermont, only 60% of high school students feel like they matter to the people in their community. For young people who do not participate in afterschool activities at all, this measure of “belonging” drops to 47%, while for teens who participate 10 hours or more per week in afterschool activities it goes up to 71%.⁸
- **Response to the Opioid Epidemic.** Quality afterschool programs also provide trauma-informed practices that offset the impact of Adverse Childhood Experiences (ACEs). Addressing the impact of ACEs in turn reduces development of substance use disorders and other future health concerns.⁹ As the opioid epidemic continues to disrupt Vermont families this becomes increasingly important.

AFTERSCHOOL PROGRAMS STRENGTHEN FAMILIES

- **Need for Programs.** In Vermont, 79% of children and youth ages 6-17 have all available parents in the workforce.¹⁰ For most families, there is a gap of 15-25 hours per week when parents are still at work and children and youth are out of school and need supervision. This need for programs is even greater during school vacation weeks and over the summer.
- **Parent Stress.** According to polls, 87% of working mothers say the hours after school are when they are most concerned about their children’s safety. This “after school stress” often can lead to lower productivity, high turnover in jobs, and work absences. In fact, parents miss an average of five days of work per year due to a lack of afterschool care.¹¹
- **Peace of Mind.** 81% of Vermont parents agree that afterschool programs help give them peace of mind about their children when they are at work, and 79% agree that afterschool and summer learning programs help working parents keep their jobs.¹²
- **Healthy Snacks and Meals.** 1 in 5 children in Vermont live in households that are struggling to keep food on the table. Programs that provide afterschool and summer meals and snacks make it easier for parents to make ends meet and may be a child's only chance to access nutritious food until the next school day.¹³
- **Unmet Demand.** Approximately 24% percent of Vermont’s children and youth, grades K-12, are currently enrolled in afterschool programs. Of those children and youth not currently in programs, 33% would participate if a program were available.¹²
- **Return on Investment.** For every dollar spent on quality afterschool and summer learning programs, Vermont gets back \$2.18 in long-term savings from reduced criminal activity and substance abuse treatment, as well as accruing additional benefits from increased high school completion and work productivity.¹⁴



THE ICELANDIC MODEL FOR BROAD-BASED PREVENTION

In response to concerns about the increasing prevalence of drug and alcohol use among adolescents, social scientists with the Icelandic Centre for Social Research and Analysis (ICSRA), a non-profit research institute affiliated with Reykjavik University, developed and implemented an evidence-based, multi-stakeholder,

community-based model for adolescent substance use prevention. The Icelandic Model of Adolescent Substance Use Prevention, or “Icelandic Model”, aims to reduce the use of substances including cannabis, cigarettes, and alcohol by increasing parental monitoring and parental social involvement, and through youth participation in organized sports, the arts, and other structured activities after school. Studies conducted on the data collected between 1997 and 2014 have found that through implementation of this prevention model, substance use and risk factors such as engaging in a “party lifestyle” have decreased dramatically.

THE FINNISH MODEL FOR YOUTH WORK

The Finnish model for youth work recognizes adolescence and young adulthood as a special and important time in a person’s life. With one of the shortest school days but some of the highest test scores in the world, Finnish youth workers play an important role in supporting positive youth development in the out-of-school time. Finnish youth centers are open usually from 12pm to 9pm and offer a safe space for youth to congregate as well as access to a wide range of resources (e.g., digital recording studios, theatre programs, graffiti art, painting, crafts, jewelry making, video production, band equipment, etc.) Encouraging young people to discover passions and interests in community with other young people is a priority in Finland with the Ministry of Education and Culture setting as one of their key outcome measures that every youth in Finland will have a hobby. In this context, hobbies are seen as a way for young people to develop skills, interests, self-identity, self-efficacy, and social networks. Offering a cross between social workers, prevention specialists, and educators, Finnish youth workers are highly trained experts on youth development, youth transitions, youth living conditions, and youth culture and connect with youth to support healthy decision making. Bachelors, masters, and doctorate degrees in youth work are all available in Finland.



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- (5) Vandell, D., Reisner, E., and Pierce, K. (2007). Outcomes linked to high-quality afterschool programs: Longitudinal findings from the study of promising after school programs. Washington, DC: Policy Studies Associates, Inc.;
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- (7) Hunger Free Vermont. Website: <https://www.hungerfreevt.org/afterschoolmeals-resources>;
- (8) Vermont Youth Risk Behavior Survey, 2017. <http://www.healthvermont.gov/health-statistics-vital-records/population-health-surveys-data/youth-risk-behavior-survey-yrebs>.;
- (9) SAMHSA - Adverse Childhood Experiences and Substance Use Disorders. <https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>.;
- (10) Kids Count Data Center. (2009-2013). <http://datacenter.kidscount.org/>;
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- (12) America after 3PM: Afterschool programs in demand. Afterschool Alliance;
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- (14) Vermont Afterschool. (2014). Return on Investment Study. <http://bit.ly/1zqTHp0>

VT9T026 COALITION

We make Vermonters here.

- If you grow up in Vermont, you can be ready for anything.
- Our young people will make Vermont better if we listen to and respect their voices.

Young people make a better Vermont.

- We value youth as they are. Just by being young people living here, they enrich our community.
- We can celebrate our young people being young and recognize the value of youth in our community.
- Young people are problem-solvers who are eager to be engaged.
- We have a collective responsibility to ensure that all young Vermonters are safe, healthy, supported, educated, and engaged.

Youth want and need what we all want and need.

- Vermont youth know what they need. We should listen to them and work with them to provide real opportunities for them to lead.
- We have the Youth Declaration of Rights as a starting point. Vermont youth have told us what they need in this document.
- Young and old alike want to be successful and want and need to be loved and appreciated for who they are.
- Young and old alike need community connection, opportunities to learn, and access to recreation and other activities.
- Vermont youth have a right to explore interests, connect with each other and build skills, and these opportunities should exist throughout our community.



The “third space” is where youth live, work, and play.

- The third space for youth is everywhere that is not home and not school.
- Young people spend lots of time outside of their homes and outside of school. This “third space” is an important place for them to get what they need as they grow up.
- As we go about our lives, we can welcome youth as part of our communities and provide opportunities for them to learn new skills and to have opportunities to play, relax and be young.

We can work with youth to provide many opportunities for young people to be young and to grow into healthy and happy Vermonters.

Funded in part by: The Vermont Community Foundation, the C.S. Mott Foundation, and the Vermont Department of Health

For more information, contact Holly Morehouse at Vermont Afterschool:

hollymorehouse@vermontafterschool.org

YOUTH DECLARATION OF RIGHTS

VERMONT YOUTH HAVE THE RIGHT TO:

EDUCATION

- Access free classes on Basic Life Skills (signing a lease, budgeting, taxes, resumes, etc.)
- Equal opportunities and experiences in arts education before, during, and after school
- A post-secondary education no matter their financial situation
- A student-directed, safe space for afterschool support and community engagement free of charge
- Time outdoors during the school (or work) day

EQUALITY & JUSTICE

- Explore their identities in a safe environment
- Education on gun safety and to live in a gun-aware community that is educated and aware of proper gun usage
- Have their voices heard in legal decisions that affect everyone
- Be protected in all of their life circumstances, be able to have their own privacy in their environments, and to have a private profile
- Education on anything concerning self-defense

HOBBIES & ENTERTAINMENT

- Free WIFI in or out of school or work for educational purposes
- Access free entertainment and opportunities to try a variety of activities
- Important people in their lives who spend time with them, and who teach them to do things safely (mentors)
- Live with and be supported by caring adults
- Provide input to the state when rules and regulations are developed that affect youth

HOME & SHELTER

- Access an affordable shelter with heating and electricity
- A safe place with a caring family and a bed
- Access clean, weather-appropriate clothing
- To be protected from abuse of all kinds

MENTAL HEALTH

- Have access to affordable mental health care
- A personal break to handle their mental situation
- Choose their own identity, whether that be sexual orientation, religious identification, and/or gender identification
- Have people in society who support their mental well-being

NATURAL ENVIRONMENT

- A healthy environment that provides the basic necessities to all life
- Know about the environment, and what is being done to it
- Have a say about what happens to the environment
- Safe recreation in the outdoors and in their communities

PHYSICAL HEALTH

- Hygienic products, clothing, and utilities suitable for all climates and environments
- Have access to outdoor recreational and natural spaces (e.g., parks, fields, courts, lakes, pitches, trails, paths, etc.)
- Safe and affordable health care that covers medical treatment, preventative care, reproductive health, vaccines, and intervention in the name of physical safety
- Have sports and recreational resources for the purposes of promoting physical health and activity
- Access to sustainable sources of clean water and food (fresh and healthy)—enough for at least two meals a day

SOCIAL SUPPORTS & CONNECTIONS

- Express themselves through feelings, speech, clothing, actions, creativity, and more
- Have support and education from friends, family, and community
- Have access to healthy food and water
- Connect to each other through technology and transportation
- Be respected and heard
- Be engaged in community
- A respected voice in making decisions that affect how they live

WORK & TRANSPORTATION

- Choose a safe and healthy job, while making a fair wage
- Accessible, reliable, and affordable transportation regardless of economic circumstances

HOLLY MOREHOUSE
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What's Finland doing right with its youth? High test scores. Short school days. Hobbies for all. Professional youth workers and youth leading policy. This small country is raising its young people to be strong, smart, and successful.

HELPING YOUTH SUCCEED: STRATEGIES FROM FINLAND

You are invited to an evening with **Dr. Lasse Siurala**, a Finnish expert on youth work. Dr. Siurala will share how Finland supports the healthy development of their young people. Let's learn from Finland and make Vermont a truly great place for youth to thrive!



February 19, 2019 at the UVM Alumni House

6 - 8:30 p.m.

Reception with food and cash bar at 6 - 7 p.m. followed by Dr. Siurala's lecture
Free with reserved tickets required | Register at lasse.eventbrite.com

Presented by:

 **Vermont Afterschool**

 **THE Vermont Community Foundation**

VT9T026 COALITION

 **The Alchemist Foundation**

 **THE UNIVERSITY OF VERMONT
EDUCATION AND
SOCIAL SERVICES**

A special invitation for members and friends of the VT9to26 Coalition:

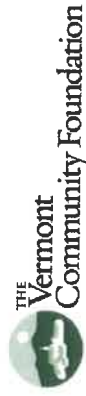
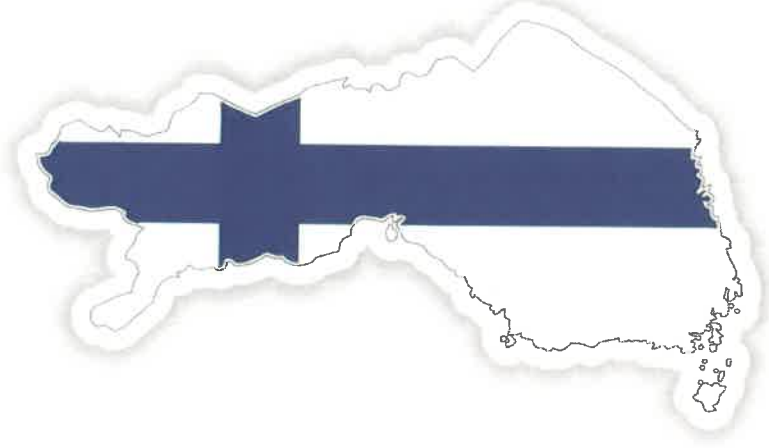
LEARNING EXCHANGE LUNCHEON

Exploring the Finnish Model with Dr. Lasse Siurala

Join members of the VT9to26 Coalition for an afternoon with **Dr. Lasse Siurala**, a Finnish expert on youth work. Facilitated by Holly Morehouse, this small group discussion will offer the chance to explore key take-aways for the Coalition, our own work, and Vermont.

Let's learn from Finland and make Vermont a truly great place for young people to thrive!

February 20, 2019 at 12 - 2:30 p.m.
Vermont History Museum in Montpelier, VT
Light lunch and refreshments will be served
RSVP to lasseluncheon.eventbrite.com



From here, the applications will go onto a voting round where young people from across the state will vote to decide which projects should receive funding. Voting will be open during the month of March.

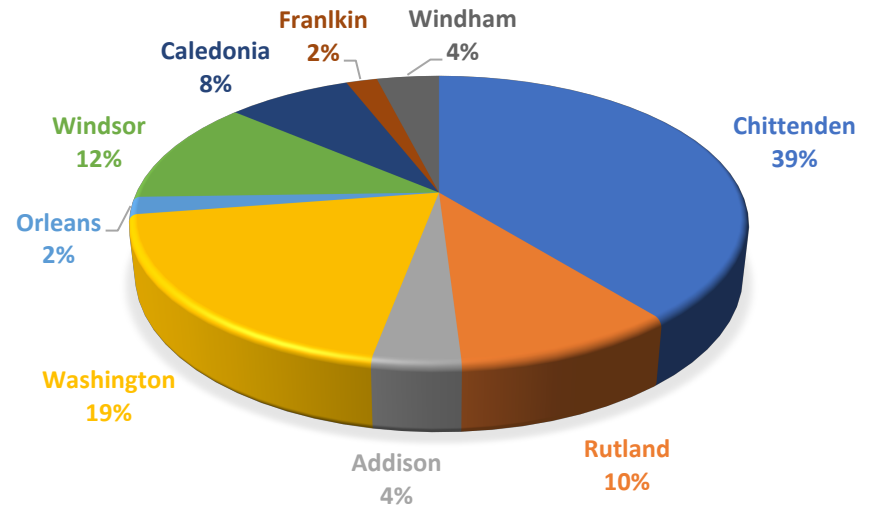
The Youth4Youth grants are sponsored by:

- Vermont Afterschool
- VT9to26 Coalition
- Vermont Department of Health
- C.S. Mott Foundation
- Vermont Community Foundation

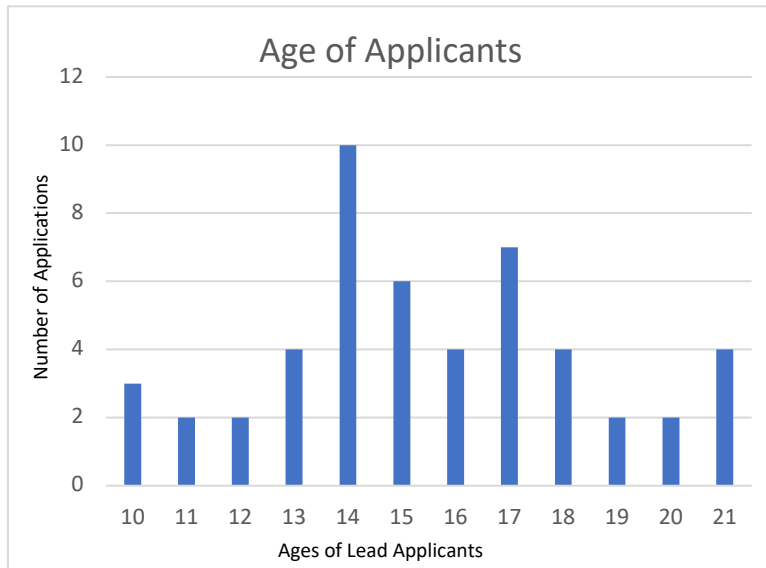
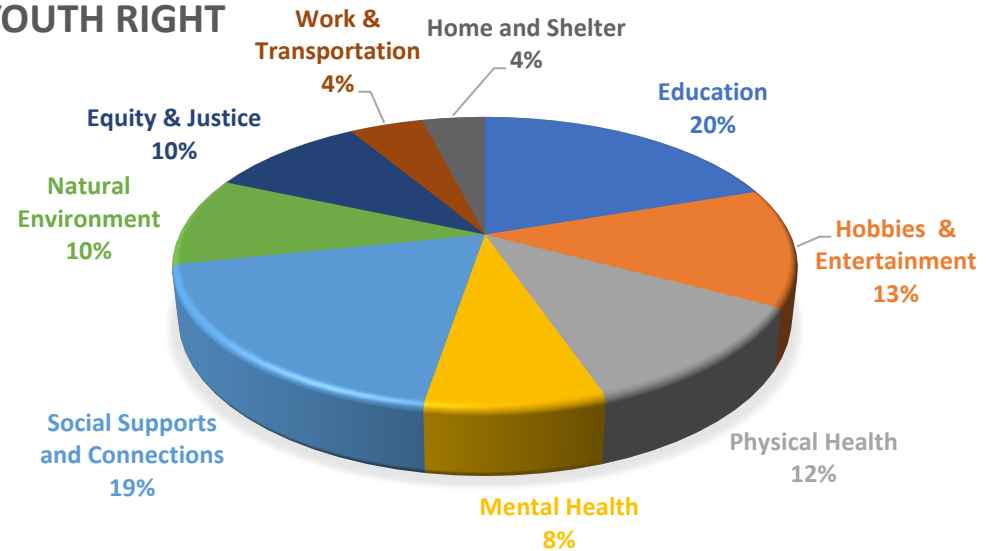
SAVE THE DATE!

On April 12, 2019, an awards ceremony is scheduled at the State House in Montpelier, VT.

APPLICATIONS BY COUNTY

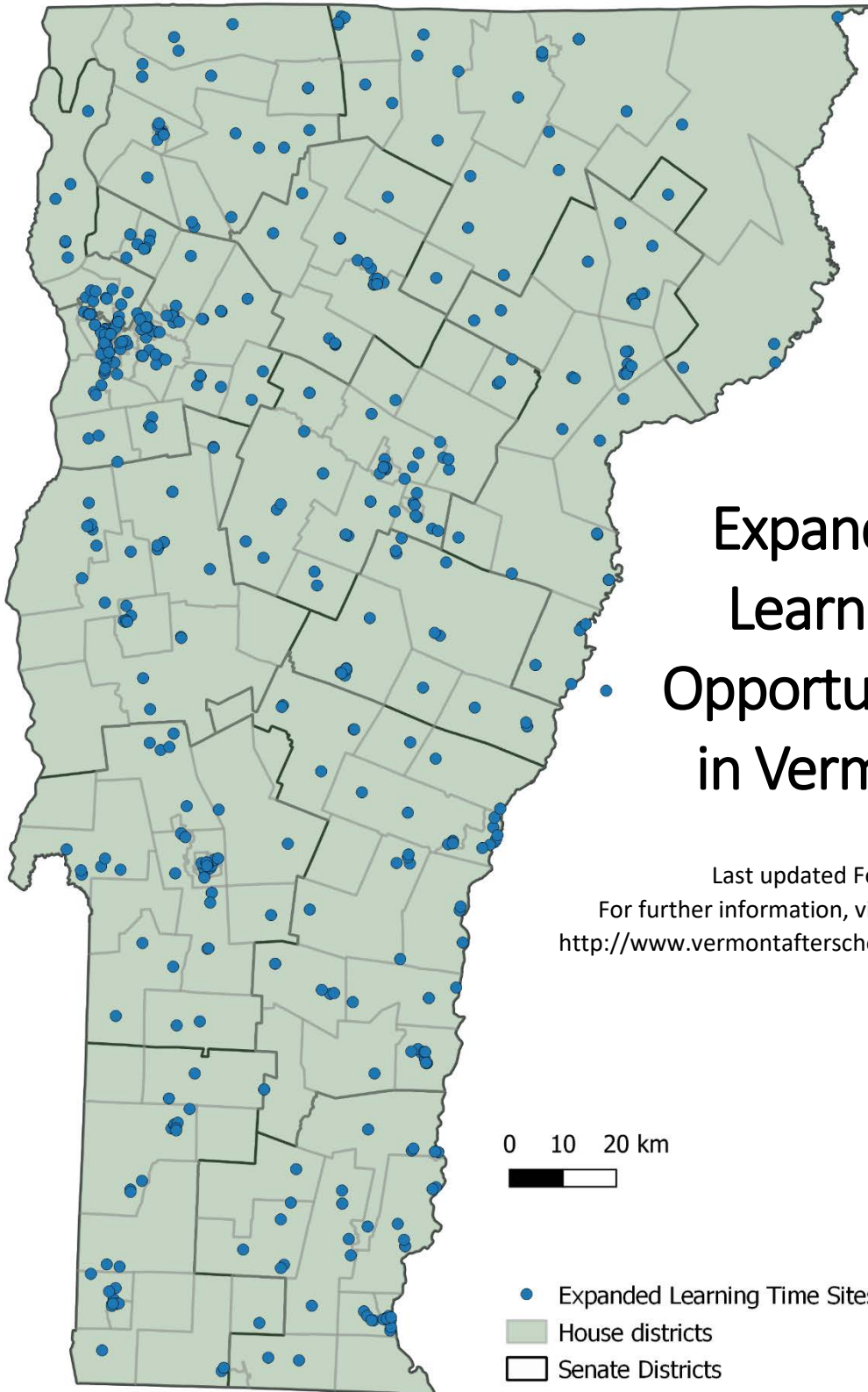


APPLICATIONS BY YOUTH RIGHT





Vermont Afterschool



Expanded Learning Opportunities in Vermont

Last updated Feb. 2019

For further information, visit our online map:
<http://www.vermontafterschool.org/resources/map>

0 10 20 km



● Expanded Learning Time Sites in Vermont

■ House districts

□ Senate Districts

Rep. Kathryn Webb, Chair - Chittenden-5-1 (House Education)

- Heartworks and Renaissance Schools in Shelburne
- Lake Champlain Waldorf School in Shelburne
- Part 2 - Shelburne Community School in Shelburne

Rep. Lawrence Cupoli, Vice Chair - Rutland-5-2 (House Education)

- Christ the King After School in Rutland City
- Rekaroo Childcare LLC - Rekaroo Childcare in Rutland City

Rep. Peter Conlon, Ranking Member - Addison-2 (House Education)

- Croutons - Croutons in Ripton
- Mary Johnson Children's Center - Salisbury Community School in Salisbury
- Ripton Elementary After School Program - Ripton Elementary School in Ripton
- Ripton Elementary After School Program - Ripton Elementary Early Ed Program in Ripton
- SOAR - Leicester Central School in Leicester

Rep. Sarah "Sarita" Austin - Chittenden-9-2 (House Education)

- A.C.E. (Active, Creative, Enrichment) Before and After School - Colchester Middle School in Colchester
- A.C.E. (Active, Creative, Enrichment) Before and After School - Mallets Bay School in Colchester
- A.C.E. (Active, Creative, Enrichment) Before and After School - Porter's Point School in Colchester
- Adventures in Learning Childcare Center in Colchester
- Carolyn's Red Balloon in Colchester
- Frog & Toad Child Care & Learning Center LLC in Colchester
- Future Einsteins in Colchester
- Little Lakers Academy in Colchester
- Little Tot's Academy LLC in Colchester

Rep. Lynn Batchelor - Orleans-1 (House Education)

- ENCORE - Charleston Elementary School in Charleston
- ENCORE - Derby Elementary School in Derby
- ENCORE - Holland Elementary School in Derby
- St. Edwards' Preschool - St. Edwards' Preschool in Derby

Rep. Caleb Elder - Addison-4 (House Education)

- ANESU 's 21st Century Learners - Bristol Elementary School in Bristol
- ANESU 's 21st Century Learners - Lincoln Community School in Lincoln
- ANESU 's 21st Century Learners - Robinson School in Starksboro
- Bristol Family Center in Bristol
- Hub Teen Center & Skatepark in Bristol
- Mary Johnson Children's Center - Bristol Afterschool Kids (BASK) in Bristol
- Mary Johnson Children's Center - Robinson Elementary School in Starksboro
- MAUSD Expanded Learning Program - Mt. Abraham Middle/High School in Bristol

Rep. Dylan Giambatista - Chittenden-8-2 (House Education)

- The Edge, Kids and Fitness - Kids & Fitness at Essex in Essex Junction
- Essex Junction Parks and Recreation - Camp Maple Street in Essex Junction
- Essex CHIPS and Teen Center in Essex
- Essex Junction Parks and Recreation - Albert D. Lawton Middle School in Essex Junction
- Essex Junction Parks and Recreation - Village Kids at Fleming in Essex
- Essex Junction Parks and Recreation - Village Kids at Hiawatha in Essex
- Essex Junction Parks and Recreation - Village Kids at Summit in Essex
- Green Mountain Munchkins Children's Center in Essex Junction
- Hiawatha Early Education in Essex Junction
- Reach for the Stars in Essex Junction

Rep. Kathleen James, Clerk - Bennington-4 (House Education)

- Arlington Area Childcare-Happy Days Playschool in Arlington
- Arlington Connections - Fischer Elementary School in Arlington
- Home Away From Home Preschool & ChildCare Center in Manchester
- Manchester Early Education Program in Manchester
- MEMS After School Program in Manchester
- Northshire Teen Center Coalition in Manchester
- Northshire Day School, Inc. in Manchester
- Stepping Stones Early Learning Center in Manchester
- Sunderland After School Program - Sunderland Elementary School in Arlington
- The Tutorial Center, Inc. of Manchester in Manchester

Rep. Philip Jay Hooper - Orange-Washington-Addison (House Education)

- Boys and Girls Club of the White River Valley – Brookfield Elementary School in Brookfield
- Boys and Girls Club of the White River Valley – Randolph Elementary School in Randolph
- Boys and Girls Club of the White River Valley – Randolph Teen Center in Randolph
- Boys and Girls Club of the White River Valley – Randolph Union High School in Randolph
- CVSU Afterschool – Roxbury Village School in Roxbury
- Gifford After School Program in Randolph
- Kangaroo Kids Care – Roxbury Village School in Roxbury
- Randolph Community Preschool in Randolph
- School Street Montessori, Inc. in Randolph

Rep. Christopher Mattos - Chittenden-10 (House Education)

- Creative Hands Learning Center, LLC in Milton
- Imagination Island Child Care in Milton
- Leaps and Bounds Catamount in Milton
- Little Feats Too, Inc. in Milton
- Loveworks Child Care Centers Milton in Milton
- Milton's Elite Childcare in Milton
- Milton Afterschool Kids (M.A.S.K.) - Milton Elementary School in Milton
- Ultimate Fitness, Inc. - Kidz Fit in Milton

Rep. Casey Toof - Franklin-3-1 (House Education)

- Blooming Minds Enrichment Center, LLC in St. Albans
- Greater Burlington YMCA - Y School Age Program @ BFA St. Albans in St. Albans
- Little Shepherd Child Care & Preschool in St. Albans
- Maple Leaf Montessori in St. Albans
- Open Doors - St. Albans City School in St. Albans
- PJ's Childcare Center in St. Albans
- St. Albans Teen Center in St. Albans