

## Program Elements

Our programs and services consider the whole child. We are committed to providing a high-quality experience for members that makes them feel safe both physically and emotionally. Reducing the number of stressors in children's lives allows them to focus better on school and on creating a bright path for their futures.

In order to help youth to achieve great futures, we focus on three key outcomes:

- Assure youth advance in grade and graduate with a plan for the future;
- Assure youth develop healthy lifestyles;
- Help youth develop and demonstrate good character and citizenship.

**Academic Success:** We prepare kids and teens for high school graduation, college and careers by building the skills needed to succeed in today's globally competitive market. Case management and trained professional staff support students as they progress in grade. College Bound helps high school students prepare for and apply to college. Of our college bound participants, 100% graduate high school with a plan for college.

**Healthy Lifestyles:** We are committed to helping kids and teens build healthy habits for life by making sure they are active, engaged and able to make healthy decisions. Triple Play, a nationally developed, evidence-based program, focuses on the mind, body and soul, and instills in youth the importance of an active and healthy lifestyle. SMART programs help youth live healthy lives by encouraging positive choices when it comes to drugs, alcohol, tobacco, and premature sexual activity. Our Social and Emotional Wellness Initiative provides mental health support and helps to promote positive, pro-social behaviors.

**Good Citizenship & Character:** We teach kids and teens how to be responsible, engaged citizens and innovative, resilient leaders through mentorship, accountability and modeling good behavior. Project Learn is an evidence-based educational and mentoring program recognized by the US Department of Justice Office of Juvenile Justice Program, and the California Department of Mental Health as a program that works.

We believe at the crux of a child's success is social and emotional wellness, and so we intentionally weave it into all our programs. For example, we have programs that promote academic success and college access. However, a child who is experiencing emotional distress may have trouble performing well academically. With trained professional staff, we provide emotional support to relieve stress so that they can better manage their schoolwork and academic responsibilities.

### *Project Learn (Elementary, Middle, Span, High School, Continuation, Option Schools)*

To address academic enrichment and intervention, we implement Project Learn. Project Learn is an evidence-based strategy based on research that shows students perform better in school when their non-school time is spent engaged in fun, but academically beneficial activities called high-yield learning activities (HYLA). Project Learn was developed to engage young people in learning, encourage them to succeed in school and help them become lifelong learners. This program helps drive positive outcomes for youth in the academic success by allowing for individualized, structured learning, practical application of skills taught in the classroom, remedial support as needed, and improved self-esteem, grades, and behavior.

When young people enjoy school, and feel a sense of accomplishment, they are more likely to finish school and go on to post-secondary education or additional job training- and to become the lifelong learners we want them to be. Goals of the program include:

- homework help so that they will develop a daily habit of completing assignments and preparing for class;
- individual or small-group tutoring to help youth gain proficiency and to excel in needed subject areas;
- regular implementation of high-yield learning activities, in which youth participate in fun, intentional activities designed to expose young people to skills and information needed for school success;
- school-Club-family partnerships to support youth academically;
- ensuring all members are recognized for their academic achievements.

Incentives, rewards and recognition for participation are implemented to attract youth. Whenever possible, we will outreach to parents, teachers, and tutors to monitor member progress and performance. Staff will also evaluate progress and compile records to measure progress. This program is endorsed by the US Department of Justice Office of Juvenile Justice and Delinquency Prevention and the City of Los Angeles Department of Mental Health.

### *College Bound (Span, High School, Continuation, Option Schools)*

College Bound is an academic enrichment program that involves case management and support to high school teens to ensure that they graduate on time with a plan for college. College Bound instills in students the importance of continuing education beyond high school as well as finding ways to make it affordable and attainable. In doing so, we help forge positive pathways to a brighter future for our members. College Bound is offered to students in grades 9-12. Case management ensures that participants fulfill their A-G requirements and establishes an academic approach for each student. College Bound offers academic support, tutoring and homework assistance. We track students' grade progression and homework completion. We work closely with parents to monitor grades. We expose students to colleges and universities and help them with the application process. We also help find scholarship opportunities. Career Launch and Money Matters are modules that can be incorporated into College Bound. Career Launch allows young people to explore various careers based on their interests and talents, helps them



determine the corresponding educational and training path they need to pursue, and guides them in mapping out a plan for their future. Money Matters helps young people learn financial literacy, so they can make good financial choices as adults. They also learn about starting small businesses and paying for college. For the past five years, 100% of our students who participated in our College Bound program graduated from high school on time with plans for college.

#### Triple Play (Elementary, Middle, Span, High School, Continuation, Option Schools)

Triple Play is an evidence-based program designed by Boys & Girls Club of America that promotes health and wellness to youth ages 6-18 through a multifaceted approach. Triple Play uses interactive lessons based around eating smart, keeping fit and forming positive relationships through three components: mind, body and soul. By addressing each of these components, Triple Play teaches youth how to become more active, find new ways to handle stress, maintain a healthy body, and form positive relationships. As a result, Triple Play provides a platform for youth to perform at their best in all areas of life so that they can become healthy, fit and successful adults.

The first component, “Mind,” incorporates healthy living and active learning as a method to promote health and wellbeing among members. The “Body” component focuses on physical activities and the importance of making sports fun and accessible regardless of athletic ability. The “Soul” component allows young people to strengthen social skills, develop and sustain meaningful relationships with others, develop a strong self-concept, and learn how to cope with both positive and adverse situations.

Triple Play is easily formatted as a sports and recreation program or physical education program. We can also include Healthy Choices as a component of Triple Play. Healthy Choices is curriculum-based and uses age-appropriate materials to improve youths’ knowledge of healthy habits, good nutrition and physical fitness. Healthy Choices is run in small-group settings where learning and activities are targeted for participants to develop healthy attitudes about nutrition and fitness. Students are supported in making positive choices regarding their well-being. Sessions are interactive, engaging and include activities such as creating healthy snacks, learning about food groups, reading nutrition labels, engaging in physical activities, and participating in social recreation.

#### SMART Moves (Elementary, Middle, Span, High School, Continuation, Option Schools)

SMART Moves addresses health and wellness, and student safety. The SMART Moves program, which stands for Skills Mastery and Resistance Training, was developed to assist youth in abstaining from risky behaviors and to overcome obstacles that impede their development in leading successful lives and achieving their goals. SMART Moves helps drive positive



outcomes for youth in healthy lifestyles by exposing them to various activities designed to hone their decision-making and critical-thinking skills. Materials are age-appropriate and arranged and presented in basic age cohorts of elementary school, middle school, and high school. By providing youth with resistance training and practical applications for learning how to lead a healthy lifestyle, this program has a positive impact and puts youth on the path to a great future. SMART Moves provides youth the support they need as they navigate peer pressures of growing up and puberty so that they can make choices that positively impact their lives.

The SMART Moves prevention program has been scientifically evaluated with documented results. SMART Moves works by exposing young people to protective factors that promote positive behaviors, health, well-being and personal success. With these protective factors, young people have the tools to overcome the many challenges they face today such as bullying, along with the knowledge and skills they need to grow into confident, healthy young adults. We use a variety of methods such as role-play, presentations, discussions, practicing resistance and refusal skills, developing assertiveness, strengthening decision-making skills, and analyzing media and peer pressures. SMART Girls is similar to SMART Moves but tailored specifically to girls in age-appropriate presentations of materials for girls ages 6-15. SMART Moves is endorsed by the US Department of Justice Office of Juvenile Justice and Delinquency Prevention.

*Social Emotional Wellness Initiative (Elementary, Middle, Span, High School, Continuation, Option Schools)*

Young people perform better in all areas of their lives when they are supported emotionally. Our Social and Emotional Wellness Initiative (SEWI) provides a range of services including addressing social and emotional deficiencies, goal setting and alleviating pressure from home and school. This program is overseen by our on-staff LMFT. We also work with clinicians from the South Central Training Consortium. Unique to this program is our Mobile Wellness Clinic, which can travel to any school site and offer services within the mobile clinic or on campus. We provide tools and resources to identify issues, offer appropriate support, and refer cases for additional services when necessary.

SEWI services can be delivered in one-on-one sessions as well as weekly group sessions. We can also offer group therapy sessions for high school students. The group setting allows for discussion and reflection on topics or issues the teens are dealing with. Additional workshops can include parent information sessions such as educating parents on social media. Through both individual and group sessions youth build coping skills and learn how to express their emotions in more productive ways. Youth benefit from practicing communication skills and from receiving constructive feedback from their peers in a safe environment. We have a great deal of flexibility in delivering this program depending on the school's individual needs.

Introducing the SEWI has unveiled an even greater need in our community for these services. Since launching these services, we have helped youth in the following areas:

- Behavioral problems stemming from emotional distress and familial issues
- Previous traumatic experiences that had gone unreported or untreated



- Difficulty coping with deaths and major illnesses in their families that led to decreased academic performance and/or difficulties in peer relationships
- Difficulty with building self-confidence
- Being victims or perpetrators of bullying
- Feeling overwhelmed by the demands of academic and personal lives and needing help to find balance and to learn time management and self-care skills
- Difficulty managing anxiety and other emotions related to navigating major life decisions
- Severe emotional disturbances such as multiple personality disorders

The main goal of the SEWI is to create an environment that supports social-emotional development (SED) in youth. Objectives to supporting SED for youth consists of providing opportunities to create healthy relationships, emotional regulation, and responsible decision-making. Socially and emotionally youth are more likely to succeed in school as they tend to have greater self-confidence and a readiness to learn. SED helps youth develop healthy relationships with themselves and others. Emotional regulation helps youth better navigate impulses, self-discipline, and stress management. As a result, youth can take a pause to engage in responsible decision-making. They are more able to reflect and organize themselves and their thoughts so that their decisions are based on their goals and ethics. These decisions can relate to everything from homework completion to interpersonal relationships, to substance use.

#### STEAM (Elementary, Middle, Span, High School, Continuation, Option Schools)

STEAM engages students in a curriculum that joins together instructors and students in an exploration of science, technology, engineering, arts and math. The Arts component of STEAM is offered through our new Mobile Art Studio. The Mobile Art Studio is a van reconfigured into a working art studio that can travel to various schools. Our arts programming is available for all grade levels. Students will be able to explore fine and visual arts through a variety of mediums. We can also offer maker projects through the Mobile Art Studio.

STEM content is related to real world applications, encourages critical thinking, problem-solving, and teamwork, and reflects local, state and/or national standards. Students examine what must be accomplished and determine the target market; gather and synthesize information; predict a plausible solution; design, develop, and test a prototype or potential design, and prepare for a presentation of their design ideas. The primary goal of the STEM program is to encourage participating students to explore STEM careers as a path to successful and productive lives.

Our STEM programming includes multiple components allowing flexibility for schools to choose STEM elements based on their needs. Seeding STEM (ages 11-14) is benchmarked to national standards with each of the activities incorporating the laws of physics, motion, flight, and electronics, among others, into age appropriate hands-on activities that reinforce classroom STEM curricula. Students experience some of the problem-solving steps of the Engineering Design Experience (EDE). Coding is taught through Dash & Dot (11 and under) and Building Blocks (ages 10-14). Schools would need to provide computer lab or tablets for coding programs. DIY STEM makes STEM available to younger students (11 and under) who use everyday items and recycled materials to create their STEM projects.

## Price Proposal

A program Unit Rate is defined as one hour of instruction per child. Units are combined into sessions. Sessions are typically offered in ten-unit increments to maximize the program benefits. However, we have quite a bit of flexibility in how we deliver the programs based on what the schools need. For example, programs may be contracted as 8-unit, 10-unit, or 12-unit sessions. Units can be provided daily, weekly, monthly or any combination as needed. They can also be provided after school or during school hours depending on the school's needs. Costs are fully

burdened, meaning they are inclusive of all direct and indirect costs and profit, curriculum planning, fringe benefits, materials, supplies, and equipment.

<u>Program</u>	<u>Unit Rate</u>
Project Learn	\$14
College Bound	\$14
Triple Play	\$14
SMART Moves	\$14
Social Emotional Wellness Initiative	\$17
STEAM	
Art	\$16
Seeding STEM	\$14
Dash & Dot	\$16
Building Blocks	\$16
DIY STEM	\$14

All programs are delivered by trained youth development professionals. The Social Emotional Wellness Initiative has a higher per unit rate because it is overseen by an LMFT. The Art program has higher materials costs. Likewise, Dash & Dot and Building Blocks have additional materials costs due to their use of robotic elements and tech kits.

Ideally, we would like a minimum of 20 students per session. We understand for some schools, particularly smaller schools, this minimum might pose a challenge. We can make exceptions for this minimum based on school size and need on a case-by-case basis. For example, a creative option for a small school might be to combine age cohorts and adapt the programming to satisfy needs of the various age groups.

Unit rates were determined based on our experience working with other schools and school districts. We have nearly 50 years of experience working with youth in Los Angeles County. We also bring with us the benefit of Boys & Girls Clubs of America nationally developed programs many of which are researched and evidence-based, and the ability to deliver them locally in order to meet the changing needs of the community.

## Vendor Virtual Services Plan

Due to school closures, approved vendors on the Partners for Student Success bench that have a signed contract will need to submit their *Vendor Virtual Services Plan* to D'Sonya Oakley at [dsonya.oakley@lausd.net](mailto:dsonya.oakley@lausd.net) from the Office of Partnerships and Grants. The plans will be vetted and shared with eligible schools to select the services they are interested in and follow up with vendors. Any new approved vendors that are in the process of signing their contract will also need to fill out the below form.

### Things to Consider:

- Currently, certificated staff are required to supervise any services rendered to students by a third party.
- Recording and pictures of students is prohibited.

Vendor's Name: Boys & Girls Club of West San Gabriel Valley		Submittal Date: 8/7/2020
Schools Planning to Serve: schools located in 90033, 90023, and 90012 and others that would like us to provide services.		
List the services in your agreement that can be provided virtually:	*Project Learn (academic enrichment and intervention) *College Bound (case management and support to HS teens to ensure graduate on time with a plan for college) *Triple Play (promotes Health & Wellness) *Smart Moves (Health, Wellness & Student Safety, promotes and assists youth in abstaining from risky behaviors and to overcome obstacles by making positive choices) *Social & Emotional Wellness (Mobile Wellness Clinic) *STEAM (Art, DIY STEM)	
List the services in your agreement that cannot be provided virtually:	*STEAM (Seeding STEM, Dash & Dot, Building Blocks)	
List the platforms you plan to use for delivery of virtual services:	*GoToMeeting and Zoom all secure	
Provide a brief description of how you plan to deliver each of your	Coordinate with schools to schedule sessions once week.	

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services virtually (i.e. coordinate with school to schedule 30 minute session once a week, etc.):	
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- District's [Code of Conduct](#) is expected when interacting with students