STRENGTHENING COMMUNITY IS OUR CAUSE

Doreen Hassan
Central YMCA
Santa Clara Challenge Team Presentation
November 3, 2016
CENTRAL YMCA, STRENGTHENING COMMUNITY IS OUR CAUSE

**YOUTH DEVELOPMENT**
Nurturing the Potential of every child and teen.

**HEALTHY LIVING**
Improving the nation’s health and well-being.

**SOCIAL RESPONSIBILITY**
Giving back and providing support to our neighbors.
Afterschool programs foster the cognitive, social-emotional, and physical development through opportunities and experiences focus on strengthening achievement, belonging and friendships:

- We deliver activities in a physically and emotionally safe space.
- We encourage children to develop at their own unique rate.
- We encourage skill development.
- We offer youth leadership opportunities.
- At the Y, we consider ourselves allies of families in the development of youth, committed to providing opportunities to strengthen the family unit and learn, grow, and thrive together.
Emphasis on safety, fun and offer interesting, age-appropriate learning activities that helps kids discover their talents and aspire for healthy, happy lives.

- 21st Century Skills (Critical Thinking, Collaboration, Communication and Creativity)
- Arts Education
- Parent Engagement
- College and Career Exploration
- Global Learning
- Homework Help/Tutoring
- Leadership Development
- Math/Literacy Enrichment
- Nutrition Education
- Physical Activity
- Service Learning
FEEDING BODIES FUELING SUCCESS
FREE Summer Food Program

LET'S PARTNER UP to fuel your child's future through healthy meals, fun activities, and new friends.
Ask a library staff member or learn more at ymca.net/summerfood • sjpl.org/summer

JUNE 13 – AUGUST 12
Visit a participating branch of the San José Public Library:

DR. ROBERTO CRUZ - ALUM ROCK
3090 Alum Rock Avenue
San Jose, CA 95127
(408) 806-3090
Lunch: Mon-Fri 12-1pm
Snack: 3pm

EDUCATIONAL PARK
1772 Educational Park Drive
San Jose, CA 95133
(408) 806-3073
Lunch: Mon-Fri 12-1pm

JOYCE ELLINGTON
491 E Empire Street
San Jose, CA 95112
(408) 808-3043
Breakfast: Tue-Fri 10:30-11:30am
Lunch: Mon-Fri 1-2pm

BIBLIOTECA LATINOAMERICANA
921 South First Street
San Jose, CA 95110
(408) 294-1237
Lunch: Mon-Fri 1-2pm

HILLVIEW
1600 Hopkins Drive
San Jose, CA 95122
(408) 808-3033
Lunch: Mon-Fri 1-2pm
Snack: 4pm

TULLY COMMUNITY
880 Tully Road
San Jose, CA 95111
(408) 808-3030
Breakfast (Saturday only): 10:30-11:30am
Lunch: Mon-Fri 12-1pm
Snack: 3pm

The Y. So Much More™
**PROJECT CORNERSTONE**

- **PERSONAL BEHAVIOR**
  - Education outreach and training of adults

- **PROGRAMS**
  - YMCA and other youth-serving organizations
  - Project Cornerstone school-based programs

- **POLICY**
  - Influence policy at the government and organizational level
WHAT ARE DEVELOPMENTAL ASSETS?

Developmental assets are the positive values, relationships, and experiences that youth need to thrive.

We build developmental assets by creating thousands of moments in time when children and youth feel valued, respected and known.
THE MORE ASSETS, THE BETTER

Youth with low levels of assets engage in significantly more risk behaviors than youth with higher levels of assets. Search Institute has identified a continuum of healthy development based on asset levels:

- **Thriving/Optimal**: 31-40 assets
- **Adequate**: 21-30 assets
- **Vulnerable**: 11-20 assets
- **At Risk**: 1-10 assets
THE POWER OF ASSETS TO PROTECT

Middle and High School Risk Behaviors by Asset Level

- Used alcohol once or more in the last 30 days:
  - 0-10 Assets—At Risk: 54%
  - 11-20 Assets—Vulnerable: 27%
  - 21-30 Assets—Adequate: 15%
  - 31-40 Assets—Optimal: 5%

- Used marijuana once or more in the last 12 months:
  - 0-10 Assets—At Risk: 60%
  - 11-20 Assets—Vulnerable: 29%
  - 21-30 Assets—Adequate: 13%
  - 31-40 Assets—Optimal: 3%

- Skipped school once or more in the last four weeks:
  - 0-10 Assets—At Risk: 37%
  - 11-20 Assets—Vulnerable: 16%
  - 21-30 Assets—Adequate: 8%
  - 31-40 Assets—Optimal: 4%

- Felt sad or depressed most or all of the last month:
  - 0-10 Assets—At Risk: 28%
  - 11-20 Assets—Vulnerable: 18%
  - 21-30 Assets—Adequate: 7%
  - 31-40 Assets—Optimal: 2%
MAKE ASSET BUILDING A WAY OF LIFE

• Let youth know they’re important—smile and call them by name.

• Walk your talk—model the behavior you expect from young people.

• Invite the opinions of youth and give them leadership roles. View them as resources!
SANTA CLARA SCHOOLS IN COLLABORATION WITH PROJECT CORNERSTONE – ASSET BUILDING CHAMPIONS (ABC)

1. Bowers - Expect Respect and Los Dichos
2. Braly - Expect Respect
3. Briarwood - Expect Respect
4. Central Park
5. Don Callejon (K-8)
6. George Mayne - Expect Respect
7. Hughes (Kathryn) - Expect Respect
8. Laurelwood - Expect Respect
9. Montague - Expect Respect
10. Sutter - Expect Respect
11. Washington Open Westwood
primary market area

February 2016
Central Branch YMCA

Road Classification

- Limited Access Freeway
- Highway
- Secondary Roads
- Local Roads

Miles
0 1.5 3

page 5
https://video.search.yahoo.com/yhs/search?fr=yhs-mozilla-001&hsimp=yhs-001&hspart=mozilla&p=project+cornerstone+video&id=11&vid=63d93d77f7355d73e3002f3ad68d7cc3&action=click
THANK YOU

Doreen Hassan
Central YMCA
408 351 6328
dhassan@ymcasv.org