



# CAPP COMPONENT 2: BEST PRACTICE IN YOUTH DEVELOPMENT PROGRAMMING

CAPP Webinar  
April 17, 2017

# Agenda

- Component 2: Review objectives and proposals
- What does the research say about PYD programs?
- Next steps & evaluation strategies
- Moving forward: C 2 Learning Collaborative

# CAPP Component 2 Objectives

18 CAPP Providers

- Increase supports to address special needs of adolescents
  - *Number of referrals for reproductive health and other essential support services*
- Increase percentage of adolescents who live in supportive and cohesive communities
  - *Implement multi-dimensional educational, vocational, economic and recreational opportunities for youth on multiple health and developmental related topics that introduce them to new situations, ideas and people, and challenge them to build or learn skills*
  - *Potential strategies: Service learning, mentoring, healthy relationship training, youth as advocates...*

# Current Proposals

- Peer education or leadership programs: training, youth engagement, community outreach
- Training topics: Social activism, social media work, creative expression, rights, reproductive health
- “Clubs” – small cohort
- Self-exploration
- Skill training: work readiness, career exploration, leadership development
- Service learning projects

- Create series/menu of learning opportunities at central location(s)
- Recruit youth
- Topics similar to former Core Strategy 3: adulthood preparation topics
- Offer a series of programs in targeted community (schools or community partner sites)
- Examples: Safe dates, summer employment program, college prep course

# Dilemma





Using a PYD lens...

# Youth Development Programming

- Promote bonding
- Foster resilience
- Promote competencies in several domains
- Foster self-determination
- Foster spirituality
- Foster self-efficacy
- Foster clear and positive identity
- Foster belief in the future
- Provide recognition for positive behavior
- Provide opportunities for prosocial involvement
- Foster prosocial norms



# PYD Evaluation Findings

*Although a broad range of strategies produced these results, the themes common to success involved methods to strengthen social, emotional, behavioral, cognitive, and moral competencies; build self-efficacy; shape messages from family and community about clear standards for youth behavior; increase healthy bonding, bonding with adults, peers, and younger children; expand opportunities and recognition for youth; provide structure and consistency in program delivery; and **intervene with youth for at least nine months or longer.***

Catalano, R.F. et al. 2004.

# Features of Positive Developmental Settings

Physical and Psychological Safety

Appropriate Structures

Supportive Relationships\*

Opportunities to Belong

Positive Social Norms

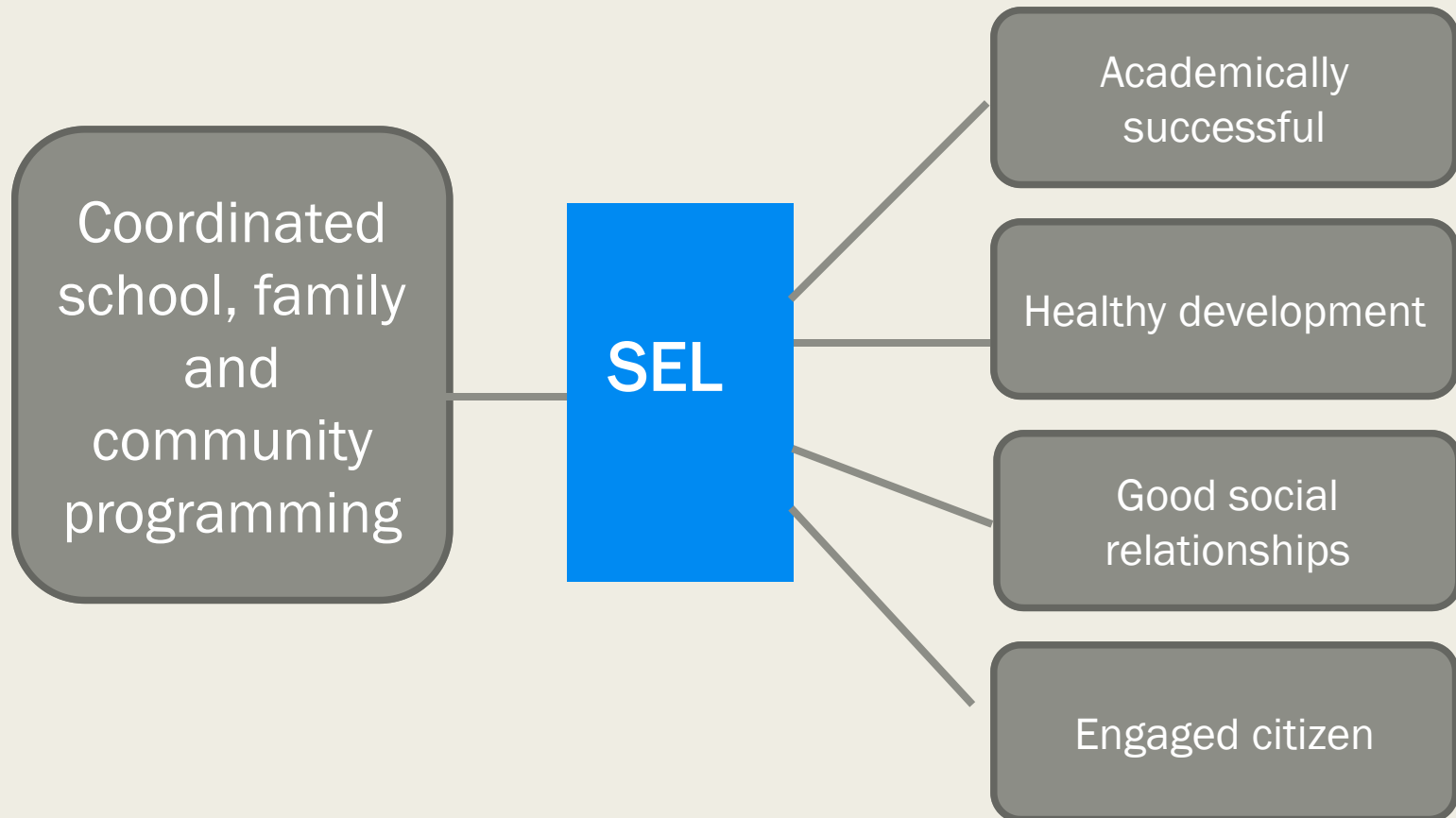
Support for Efficacy and Matterings\*

Opportunities for Skill Building\*

Integration of Family, School and Community Efforts

National Research Council (2002)

# Additional Support from SEL



# 5 Core Competencies

Manage emotions and behaviors to achieve one's goals

Recognize one's emotions, values, strengths, and limitations



Show understanding and empathy for others

Make ethical, constructive choices about personal and social behavior

Form positive relationships, work in teams, deal effectively with conflict

# Effective Programming

**S**equential: Sequenced activities to teach skills

**A**ctive: Active learning to practice skills

**F**ocused: Focused time on skill development

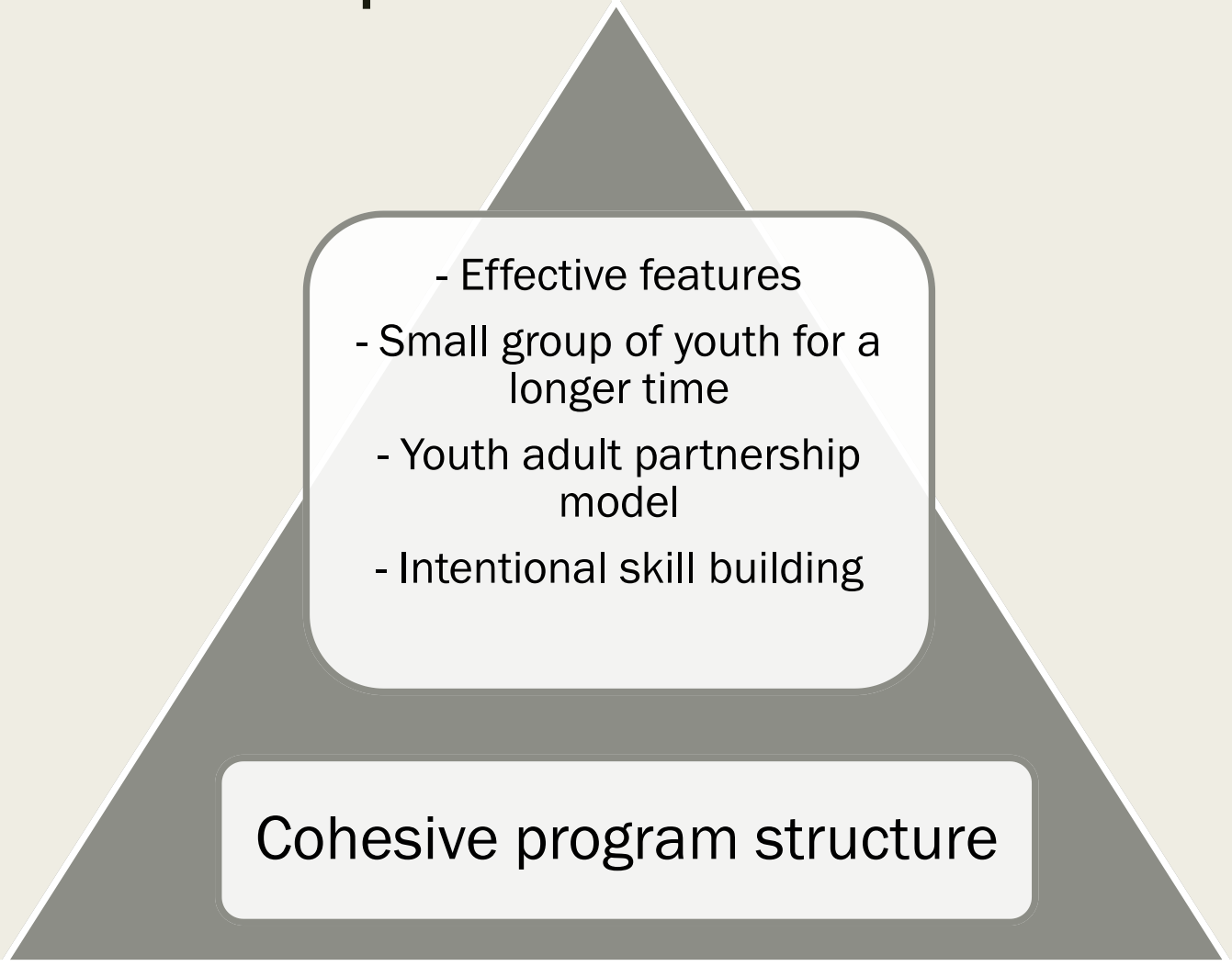
**E**xplicit: Explicit targeting of specific skills

<http://www.lions-quest.org/pdfs/AfterSchoolProgramsStudy2007.pdf>

# Open Questions & Limitations

- Wide variation of programs (structure, focus, length, participants, social context)
- Clear definition of youth development programming (PYD vs structured, organized activities or prevention)
- Limited evidence base: What works and for whom?
  - *Exceptions: Service Learning & Mentoring*
- Program delivery: quality and fidelity

# Next Steps

- 
- Effective features
  - Small group of youth for a longer time
  - Youth adult partnership model
  - Intentional skill building

Cohesive program structure

# Evaluation

What outcomes for youth will your programming bring about?

Increased goal-setting & planning

Increased empathy

Increased peer connectedness

Increased self-efficacy

Increased communication skills

Increased citizenship

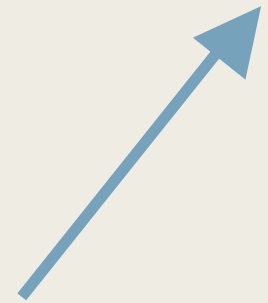


# The Big Picture: A Logic Model

Inputs → Activities → Outputs → Outcomes → Goals



CAPP funding, staff,  
your organizational  
support & capacity



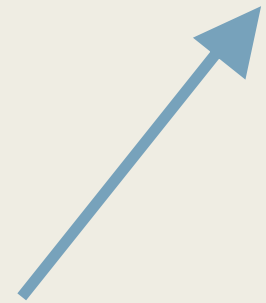
Increase percentage of  
adolescents who live in  
supportive and cohesive  
communities

# The Big Picture: A Logic Model

Inputs → Activities → Outputs → Outcomes → Goals



CAPP funding, staff,  
your organizational  
support & capacity



Increase percentage of  
adolescents who live in  
supportive and cohesive  
communities

## ACTIVITIES

### Training:

- Knowledge
- Skill-building

with a core group of youth leaders

Youth leaders engage in community education

Youth leaders engage in service-learning projects



## OUTCOMES

Increased self-efficacy

Increased peer connectedness

Increased civic engagement

## ACTIVITIES

Training:

- Knowledge
- Skill-building

with a core  
group of youth  
leaders

Youth leaders  
engage in  
community  
education

Youth leaders  
engage in  
service-learning  
projects

## OUTPUTS

# of trainings  
• Topics include.

# of youth trained

# of core groups

# of youth-led  
community ed.  
activities

# of comm.  
participants in  
training

# of service-  
learning projects

## OUTCOMES

Increased  
self-efficacy

Increased peer  
connectedness

Increased  
civic  
engagement

# Creating a Learning Collaborative?

- ✓ Learning from each other
- ✓ Regular meetings of providers on Zoom



# Component 2 Providers

- AIDS Community Resources
- REACH CNY
- St. Lawrence Health Initiative
- Buffalo Federation
- PPCWN – Buffalo
- PPCWN – Rochester
- City of Rochester
- YWCA Jamestown
- North Country P/P Council
- Wildlife Conservation Society
- Center for Community Alternatives
- Hetrick-Martin Institute
- NY Foundling
- Sunset Park (Lutheran)
- Hudson River Healthcare
- Sullivan County BOCES
- PP Mid-Hudson Valley
- Upper Hudson PP

Comments

Questions

