

GREAT FUTURES START **HERE.**



BOYS & GIRLS CLUBS
OF MARTIN COUNTY



**2017-18 Proposal to the [REDACTED]
to Support High-Impact Afterschool and Summer Programming
for Youth in Hobe Sound and Indiantown**

1. Name of Organization: Boys & Girls Clubs of Martin County

2. Address: Mailing Address: P.O. Box 910, Hobe Sound, FL 33475

Cole-Clark Club in Hobe Sound: 11500 SE Lares Avenue, Hobe Sound, FL 33455

Bill & Barbara Whitman Club in Indiantown: 17375 SW Palm Beach Street, Indiantown, FL 34956

3. Primary Contact: [REDACTED], Chief Executive Officer

4. Phone: [REDACTED] **Email:** [REDACTED]

5. Describe Your Program and It's Services. What Is the Impact to Martin County (number of people served, etc.)?

Overview

Since 1991, the Boys & Girls Clubs of Martin County has strived to carry out its mission of enabling all young people, especially those who need us most, to reach their full potential as caring, productive, responsible citizens. Our organization provides local youth (ages six to 18) daily access to afterschool and summer programming designed to drive positive outcomes and reinforce necessary life skills. Community needs, available resources, and youth interests determine our comprehensive suite of programs, which includes: Robotics, Young Reader's Club, Hobe Sound beach clean-ups, golf and tennis lessons, drug and alcohol awareness initiatives, a steel drum band, college- and career-readiness programs, and more.

The Boys & Girls Clubs of Martin County provides services to more than 2,700 youth each year through membership and community outreach, helping them grow into healthy, productive, and successful young people. We operate five standalone Clubs, located in Hobe Sound, Indiantown, Palm City, Port Salerno, and Stuart. Our programs are world-class, yet affordable so that disadvantaged youth can reap the life-changing benefits of the Club Experience. We charge just \$35 per school year for Club membership and offer full scholarships to any child whose family is unable to pay our fee, even though our cost per member is more than \$2,200 per year. We are the only out-of-school organization in Martin County that provides high-level, evidence-based programming at a cost that is affordable for families in poverty. Notably, 63% of youth at our Cole-Clark Club in Hobe Sound and 98% of youth at our Bill & Barbara Whitman Club in Indiantown come from low-income families. Approximately half of our Club members also live in single-parent households.

The Boys & Girls Clubs of Martin County has won more than 20 program awards on a local, state, and national level. In 2016, our Family Fitness in Indiantown program -- which combines soccer skills instruction with healthy cooking classes -- was recognized as the best overall Sports, Fitness, and Recreation program in the Boys & Girls Club movement.

Every 26 seconds, another student drops out of high school. (Source: U.S. Department of Education). The Boys & Girls Club Experience has been proven to help at-risk youth stay in school and achieve success in all aspects of their lives. In a Harris Survey, 90% of Boys & Girls Club alumni report that they earned a high school diploma or equivalent.

Programmatic Philosophy

The variety of programs offered by the Boys & Girls Club is part of its research-informed Formula for Impact. This Formula begins with the youth who need us most.

We then add the Five Key Elements for Youth Development:

- 1. A safe, positive environment** (connected to feelings of emotional and physical safety)
- 2. Fun and a sense of belonging**
- 3. Supportive peer and adult relationships**, including positive adult connections
- 4. Opportunities and expectations**, especially staff expectations of youth
- 5. Recognition**

To this mix, we add high-yield learning activities, so called because they extend learning by providing opportunities for youth to practice communication skills (reading, writing, speaking); problem-solving skills (math, science, technology); healthy living skills (being mindful of diet and exercise, and avoiding risky behaviors); and character and citizenship skills (civics, volunteerism, and civility). We incorporate these high-yield learning activities into full-fledged programs -- many of which are evidence-based -- that meet the needs and interests of local youth.

The final ingredient of the Formula is attendance. Research shows that youth who attend our Clubs an average of twice per week are more likely to avoid risky behaviors, progress to the next grade on time, and exercise regularly. Therefore, we place heavy emphasis on increasing attendance, program participation, and member retention. (Source: “Making Every Day Count: Boys & Girls Clubs’ Role in Promoting Positive Outcomes for Teens,” Public/Private Ventures, 2009).



Our Formula for Impact

Our organization’s **number one priority** is child and youth well-being and safety. When members come through our door, they enter an environment where they feel physically and emotionally safe. Indeed, only 3% of members reported that they were ever bullied at our Clubs in 2016.

Notably, 88% of all revenue at the Boys & Girls Clubs of Martin County is allocated to programming. We raise the bar year after year by providing increasingly comprehensive programs to prepare our children and teens for success in a 21st Century learning and working environment.

Our programs help Club members achieve positive outcomes in three priority areas: Academic Success, Good Character and Citizenship, and Healthy Lifestyles.

1. Academic Success: Children participate in innovative programs designed to complement -- not replicate -- what they learn in school. Academic programs include: Tutoring and literacy instruction from certified teachers; robotics; space exploration; Chess Club; summer reading programs; project-based learning activities tied to STEM (Science, Technology, Engineering; college tours; field trips; resume-writing; and job shadowing. We hold high academic expectations for our children and teens -- for example, at our Hobe Sound and Indiantown Boys & Girls Clubs, 96% of teens expect to attend college.



██████████ programs a robot at our Cole-Clark Club in Hobe Sound.

2. Good Character and Citizenship: Youth who participate in high-quality civic engagement programs are less likely to become pregnant and use drugs; more likely to attend college; and more likely to have positive attitudes toward school and work. (Source: Zaff & Michelsen, 2002). Our Good Character and Citizenship programs are specially designed to inspire youth to vote, become informed about local issues, and get involved in their local community. Our tweens and teens participate in Club leadership groups in which they host regular meetings utilizing Robert's Rules of Order. Teens also participate in "Youth of the Year," Boys & Girls Clubs of America's premier recognition program celebrating the extraordinary achievements of teen members. Individuals who earn the Youth of the Year title embody the values of leadership service, academic excellence, and healthy lifestyles. Finally, Club members of all ages engage in structured community service activities that build character and inspire them to achieve more in the classroom.

This past year, for example, members at our Hobe Sound and Indiantown Clubs cleaned up neighborhood beaches and streets through our partnerships with Keep Martin Beautiful and the House of Refuge; sorted food for the hungry at the House of Hope; and wrapped Christmas gifts for the needy as part of the White Doves Holiday Project. In 2016, according to our annual survey of Club members, 72% of teens attending our Clubs in Hobe Sound and Indiantown volunteered in their community at least once a month.

3. Healthy Lifestyles: Our healthy lifestyles programs help children embrace a balanced diet, practice healthy lifestyle choices, and make a lifelong commitment to fitness. Furthermore, we help youth learn about and avoid some of the most immediate threats to their well-being, such as: Alcohol, drugs, gangs and violence, and premature sexual activity. Healthy lifestyles programs include healthy cooking classes, yoga, organic gardening, gang prevention through one-on-one mentorship, and sports (e.g., basketball, tennis, soccer, and golf). Notably, 83% of Club members at Hobe Sound and Indiantown participate in physical activity three or more times per week.

Furthermore, children and teens who attend our Clubs in Hobe Sound and Indiantown enjoy nutritious snacks and healthy dinners five days per week as part of our Afterschool Meal Program. The food we serve must meet specific U.S. Department of Agriculture meal pattern requirements. We are the only organization in Hobe Sound that offers this service for youth, which is especially critical for children who come to us hungry and malnourished.

Finally, we understand the importance of holistic programming that introduces children to music, arts, and culture in a safe and positive environment. Our arts and culture programs include: Photography classes, dance, singing, theatre, a steel drum band, painting, music recording, singing, drawing, and graphic design.

The Boys & Girls Clubs of Martin County will utilize funds from the [REDACTED] to provide high-quality, outcomes-based programming in the areas of Academic Success, Good Character and Citizenship, and Healthy Lifestyles.



Members [REDACTED]
[REDACTED] crochet blankets for local veterans.

Measureable Outcomes

To determine programmatic success, the Boys & Girls Clubs of Martin County participates in Boys & Girls Clubs of America's National Youth Outcomes Initiative. This initiative is an annual survey of Club members that is completed anonymously and utilizes research-informed indicators to pinpoint effectiveness.

Indeed, questions on the survey replicate language used by the Centers for Disease Control and Prevention's Youth Risk Behavior Surveillance Survey, allowing for comparisons of Boys & Girls Club youth outcomes to state and national averages. The survey also asks

members about their perceptions of the Club. Responses allow our team to assess how effectively we are implementing the Formula for Impact and delivering an optimal Club Experience to support positive youth development.

To evaluate impact of specific programs, we track attendance, conduct in-depth surveys of Club members and parents, and collect monthly success stories. Our staff members also utilize our binder system to observe and report trends among individual Club members, such as increased participation, knowledge gains, and behavioral improvements.

All Boys & Girls Club programs are developed and continuously enhanced with input from Club members, parents, staff, board members, partner organizations and local community stakeholders. Furthermore, to ensure that programs have the desired impact on Club members, we conduct ongoing training sessions for our professional youth development staff, in which they learn how to implement programs effectively and make them fun and engaging for our children and teens. All Club staff members are trained to administer positive behavior supports, which emphasize rewarding good behavior instead of punishing bad behavior.

2016-17 MEASUREABLE OUTCOMES:

- **85%** of teen participants who regularly attend the Boys & Girls Club (defined as 5 or more days per month) will complete 10 or more hours of civic engagement or community service projects during the program year.
- **75%** of participants who complete our drug prevention program will improve decision making skills, goal setting skills, and conflict resolution skills that build resistance to alcohol/drug use and violence, as measured by an increase in scores from pre to post-test or 80% on post-test.
- **75%** of participants who complete at least twenty (20) hours of literacy programming will show that they have maintained or improved their academic performance in Reading/Language Arts, as measured by the difference in scores from pre to post assessments.
- Participants who regularly attend the program (defined as 10 or more days per month) will have **no new referrals** to the Department of Juvenile Justice while enrolled in the program as measured by DJJ data at the end of the academic year.

New Initiatives

If 25 years of administering results-driven, youth development programming has taught us one thing, it's that our organization must never be stagnant. The Boys & Girls Clubs of Martin County must constantly evolve to meet the ever-changing needs of local children and teens. Thus, in 2016-17, we are undertaking three new targeted initiatives, which include: Bolstering sports programs; expanding college- and career-readiness experiences for teens; and building on our partnerships with organizations in the local community.

1. Engaging Youth in Team Sports: In January 2016, we conducted in-depth focus group meetings with board members, administrative staff, and Club members who expressed a unanimous desire for more sports teams in the Clubs. And so, we established two competitive sports leagues – flag football and basketball – to serve as a hook for our exceptional academic programming and to draw additional members, especially teens, to attend our Clubs regularly. In fall 2016, 35 children ages six to 12 attending our Boys & Girls Clubs in Hobe Sound and Indiantown participated in our inaugural Flag Football League.

Club members in Indiantown participate in competitive soccer matches and weekly practices that combine soccer skills instruction with cultural awareness activities. Club members in Hobe Sound partake in small-group tennis lessons, in which they learn how to hit forehand and backhand, serve, volley, and keep score. Finally, Club members from both Hobe Sound and Indiantown participate in individualized golf instruction through our partnership with The First Tee of the Treasure Coast.

By engaging in our exciting sports activities and leagues, youth develop camaraderie, confidence, team spirit, and athleticism. Research shows that organized team sports are key

to preparing youth for successful futures. According to a Cornell University study, men and women who played youth and high school sports made better employees later in life and had more career opportunities. Not only were these former athletes more successful, but they also exhibited more self-confidence, self-respect, and leadership skills. (Source: Kniffin, K. M., Shimizu, M., and Wansink, B. 2014). *Funds from [REDACTED] will go toward to engaging more local children and teens in organized team sports to help them boost self-esteem and develop a sense of selflessness through team-based play.*



[REDACTED] delivers a speech to attendees at the Boys & Girls Club's Youth of the Year Event.

2. Expanding Horizons for Local Teens:

96% of teens attending our Clubs in Hobe Sound and Indiantown expect to attend college. However, few of them understand what it truly takes. This is often due to a lack of family support and first-hand experience. Recognizing this, we aspire to implement a College Tour Experience in Spring 2017, in which two to four teens from each Club will travel to colleges across the state (and potentially other states) to learn about on-campus living, scholarships, student body diversity, career opportunities, and college class size and structure. Teens also will meet with college guidance counselors to gain a first-hand understanding of opportunities and expectations in a university setting.

Our goal is to facilitate the College Tour Experience at least once a year, ensuring that our teens are exposed to and kept abreast of the demands and advantages of attending college. *Funds from [REDACTED] will be utilized to send our Hobe Sound and Indiantown teens on these eye-opening excursions to colleges and universities, where they will gain a much-needed, realistic perspective that is necessary to prepare them for the next step in their education.*

3. Solidifying Community Partnerships: The Boys & Girls Clubs of Martin County is building on relationships with volunteers and community partners to open up new learning experiences for local children and teens.

Our Chief Operations Officer has made a tremendous effort to launch partnerships with businesses within the community to benefit our teen population. He is working closely with Taco Bell, Martin Memorial, and a local lawyer's office to provide job-shadowing experiences for our teens who are interested in pursuing a career in food service management, medicine, and/or law. Furthermore, we are reaching out to representatives from local banks to have them visit our Boys & Girls Clubs and speak to our teens about financial literacy, job expectations/requirements, and professionalism. Ultimately, these relationships with businesses will help spur community-wide cohesiveness and harmonization among all who live and work in Hobe Sound and Indiantown.

Furthermore, our Club members give back to their community by participating in educational projects that incorporate community service and collaboration with partner organizations. For example, our teens participate in beautification projects -- such as cleaning up Hobe Sound Public Beach and picking up litter in Indiantown's Booker Park neighborhood -- through our partnerships with Keep Martin Beautiful and the Marine Resources Council. Other community partners that provide experiences for Boys & Girls Club members include: Quit Doc Education and Research Foundation, House of Hope, SafeSpace, Hobe Sound National Wildlife Refuge, and Martin Volunteers. Certified teachers from All About Achieving Learning Centers also serve as lead facilitators of our literacy and tutoring programs. "The partners bring in the experiences and an added level of expertise to help [our Club members] learn and grow," said [REDACTED], Teen Specialist at our Hobe Sound Club.



[REDACTED]
Bill & Barbara Whitman
Club in Indiantown

Notably, our Club in Hobe Sound is building on its partnership with the Banner Lake Club. Teens from both organizations meet twice a week at each location to engage in team-building activities and events. This past year, for example, teens from both organizations joined together to celebrate Halloween and participate in "We Own Fridays" events, which take place on Friday nights at the Boys & Girls Club in Hobe Sound and feature fun, age-appropriate activities – such as glow-in-the-dark dances, talent shows, and basketball tournaments – that provide teens in the local community a healthy, productive alternative to engaging in negative and harmful behaviors during the evening.

Finally, our Volunteer Director has developed a Tutor/Mentor outcome-based planning form for volunteers so that they can track progress and goals for individual teens in order to provide effective mentoring and better meet their needs. Currently, volunteers from Toastmasters work with our teens to improve their communication, public speaking, and leadership skills. In addition, Tykes & Teens provides mental health counseling and mentorship for our Club members.

Impact in Hobe Sound, Indiantown, and throughout Martin County

Support from the [REDACTED] over the years has provided our organization with the resources to sustain and expand high-quality programs at our Clubs in Hobe Sound and Indiantown. Our 25-year track record of success demonstrates our ceaseless dedication to the youth who live in our local community as well as our commitment to ensuring that our programs will positively impact any child or teen that walks through our doors.

Our Clubs in Hobe Sound and Indiantown employ [REDACTED]. As of November 2016, **1,681** members ages six to 18 attend these two Clubs. For every one of these children and teens, our duty is to make them feel welcome and put them on the path to achieve success in all aspects of their lives.

Consider the following testimonials as a testament to our ability to deliver high-impact youth development programming:

“I really do look at the Boys & Girls Club as a second family filled with brothers and sisters because they were able to teach me so many things that I never even knew about until I came here and actually experienced it. You don’t always have family members and friends to push you in that right direction. I didn’t really get that from my family. But at the Boys & Girls Club, I always had that push, that motivation from not just myself but from everybody else.”

- [REDACTED], *Cole-Clark Club in Hobe Sound, 2016 Youth of the Year Winner*

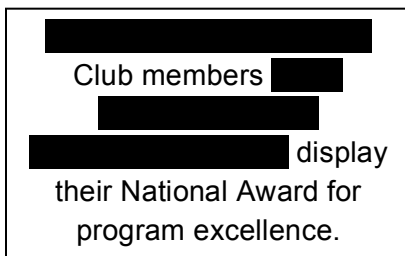


“The more time we spend with these kids, the better it is for everybody. [Boys & Girls Club] programs give these kids a sense of belonging and self-esteem, but most of all they learn how to work with other members of their community.”

- [REDACTED] *head soccer coach for Family Fitness in Indiantown program*

“[My son’s] teacher recommended him for the Boys & Girls Club’s literacy program. It was the difference between him staying in first grade and moving on to second. It was the push he needed to succeed and become confident with reading.”

- [REDACTED] *Mother [REDACTED], Cole-Clark Club in Hobe Sound*



[REDACTED]
Club members [REDACTED]
[REDACTED] display
their National Award for
program excellence.

“Everyone in the group was interested in what was going on. Your [Boys & Girls Club] group has the leaders who are hopefully going to go out there and create projects for the next generation of students. The Boys & Girls Club is giving these kids the skills necessary to become positive role-models.”

- [REDACTED], *Habitat Restoration Specialist of the Marine Resources Council who facilitated a community service project with our teens in which they removed invasive species and built a kiosk for hikers on the Jupiter Island nature trails.*

“I’ve been going to the Boys & Girls Club in Indiantown for about 13 years. The Club has kept me off the streets. Where we live there are a lot of drugs and gang-affiliated stuff that goes on. But I don’t have to stay at home being bored, or going out and doing drugs. I just come to the Club and hang out with my friends. And I don’t have to walk home at night – the staff has a van that drops us off at home. I like the basketball program the most. It keeps me active. Also, the staff takes the time to get to know you. They ask you ‘How was school’ and ‘How are things at home?’ They are friendly and make you laugh. And they know if you aren’t acting normally.”

- [REDACTED] *Bill & Barbara Whitman Indiantown Club, U.S. Navy Enlistee*



Martin County Sheriff William Snyder marches with Boys & Girls Club teens at our Annual Day for Kids Event.

Our programmatic approach is informed by best practices implemented and shared by a network of Boys & Girls Clubs across the United States. A 2016 study published by Hanover Research shows that a better Boys & Girls Club Experience for our teens will result in better outcomes, which, in turn, will benefit the community and improve the quality of life in Hobe Sound and Indiantown.

2016 results from the National Youth Outcomes Initiative -- our annual Club member survey -- include:

- **92%** of our Club members believe Club staff members set high expectations for them.
- **84%** of Club members feel a sense of belonging at our Clubs.
- **82%** of Club members have established a positive, trusting connecting with an adult staff member or volunteer at our Clubs.
- **100%** of Club members abstained from binge drinking in the last 30 days.
- **53%** Club members report engaging in physical activity seven days a week.

2016 results from our annual Parent Survey include:

- **91%** of parents agree their child is better prepared for school because of our Club programs.
- **91%** of parents agree that their child has a better understanding of a positive lifestyle and healthy behaviors as a result of participating in Club programs.
- **94%** of parents agree that their child has become more competent or learned to do something new, or experienced something new in our Clubs.
- **98%** of parents feel comfortable approaching our staff with any concerns or questions.
- **93%** of parents agree that as a result of their child(ren)'s experience at the Boys & Girls Club, he/she is showing more confidence in himself/herself.

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

7. Please list the names and affiliations of [REDACTED] members/employees affiliated with your organization.

[REDACTED]

[REDACTED]

[REDACTED]



Steel pan drummers [REDACTED]

perform for residents in Sandhill Cove.

8. What specific funding requests do you have for the [REDACTED] [REDACTED]? Please include estimated costs for each project. These estimate should be as accurate as possible as adjustments to funding levels won't be made once awards are given.

This year, BGCMC seeks [REDACTED] in funding from [REDACTED] to support its academic and teen programming in Hobe Sound and Indiantown.

Estimated costs are as follows:

- Staff and Personnel: [REDACTED]
- College Tour Experience: [REDACTED]
- Program/educational supplies
 - o Youth Leadership Group Activities - [REDACTED]
 - o Athletics Initiatives/Team Sports - [REDACTED]
 - o Youth of the Year - [REDACTED]
 - o Afterschool Meal Program - [REDACTED]
 - o Music/Art/Culture Activities - [REDACTED]

Total: [REDACTED]

9. How did you learn of the [REDACTED]?

The Boys & Girls Clubs of Martin County learned about the [REDACTED] approximately 15 years ago through one of our board members who lived in the [REDACTED]. This individual was a generous, longtime funder of our organization. He recommended that we reach out to the [REDACTED] to help support our programming needs. Since then, the [REDACTED] has played an integral role in helping the Boys & Girls Clubs of Martin County further its mission of serving local youth, especially those who need us most.

10. Please provide any additional comments you may have:

Ultimately, the Boys & Girls Clubs of Martin County exists to impact and change the lives of children and by extension, to change the lives of their families and the community. As we all know, many kids are in crisis. In Boys & Girls Clubs throughout America, the urgent challenges facing young people today include poverty, poor education, and unhealthy lifestyles. The youth in Hobe Sound, Indiantown, and the greater Martin County community are no different.

Together, as caring adults, we can combat the negative influences facing many children in our local community today. Our goal is to produce better educated, healthier, and happier children who discover their interests and passions, who learn the meaning of hope and opportunity, and can envision themselves breaking out of an often familial cycle of poverty and poor education.

In closing, we are very optimistic about the future of the children and teens engaged in our Boys & Girls Clubs in Hobe Sound and Indiantown, and we are extremely grateful to our community partners who recognize and support our award-winning youth development programs.



Members at our Bill & Barbara Whitman Club in Indiantown