

## 2008-2009 Program Descriptions and Grant Amounts

The agencies and programs listed below make up part of the \$3.4 million program funding United Way made in central Massachusetts this year. You will notice that each of the programs provide services in the one or more of the three basic components for a good life: education 🎓, health 🍎, and income 💰.

Focus Area:

**Supporting Positive Youth Development**

Total Investment: **\$1,398,980**

### **Big Brothers Big Sisters of Central MA/Metro West**

- 'Bigs in the Worcester Area' **\$100,000** awarded in '08-09

Through participation in professionally-supported and developed mentoring relationships, 850 at-risk youth in the Worcester area develop critical competencies they need to become healthy, caring, and responsible adults. To reach the most children in need, these services are provided at local schools, at Boys & Girls Clubs, and in the community. 🎓

### **Boys & Girls Club of Worcester**

The Boys & Girls Club provides youth development programming and services to youth residing in or near three high-risk locations in Worcester. Each evidence-based program—designed with youth participation and feedback—provides increased academic performance, career development, healthy life skills, mentoring, and violence prevention.



The three locations of Boys & Girls Clubs are:

- Great Brook Valley **\$50,000** awarded in '08-09
- Main South **\$85,000** awarded in '08-09
- Plumley Village **\$30,000** awarded in '08-09

### **Boys & Girls Club of Worcester**

- Kids Klub **\$44,511** awarded in '08-09

The Boys & Girls Club of Worcester's Kids Klub program has a long history of providing safe, positive programming and services to the youth of Great Brook Valley. Starting at age 5, programming includes homework assistance, the arts, life skills, recreation and leadership development. 🎓 🍎 💰

### **The Bridge of Central Massachusetts, Inc.**

- Safe Homes **\$45,000** awarded in '08-09

The Safe Homes program will provide mental health services to school-age youth from a culturally diverse population of gay, lesbian, bisexual, transgender youth; their allies; and families, using an evidence-based practice model. Youth to be served are mostly from low-income families and are often at risk of homelessness. 🎓 🍎

### **The CASA Project**

- The CASA Court Volunteer **\$60,000** awarded in '08-09

The CASA Project recruits, trains, and supervises community volunteers to serve as *Guardians ad Litem* for children in the Worcester County Juvenile Court. Judges in the Juvenile Court appoint CASA volunteers to investigate the child's life circumstances and

to advocate for the child's best interest, defined as 'a safe and permanent home,' as quickly as possible. 🎓🍎

### **Children's Friend, Inc.**

- School Age Mother's Program **\$ 30,000** awarded in '08-09  
School Age Mothers is a comprehensive program that provides health and parenting education, counseling services, case management, and child care for pregnant and parenting teenagers enrolled in the Worcester Public Schools. The goal is to provide needed supports so teen parents can graduate and become self-supporting citizens of their communities. 🎓🍎

- Ellsworth Child and Family Counseling Center **\$25,000** awarded in '08-09  
The Ellsworth Child and Family Counseling Center at Children's Friend, Inc., is a leading licensed, accredited mental health clinic serving Central Massachusetts families since 1982. Staff work to meet the needs of families and the community, offering psychotherapy, medication management, psychological testing, training, and collaborations. 🍎

### **Community Healthlink, Inc. (CHL)**

- Youth and Family Mental Health Services **\$80,000** awarded in '08-09  
CHL provides (1) school-based mental health treatment, consultation, crisis intervention, and training; (2) community-based, culturally appropriate services for African American, Latino, and Vietnamese children and youth; and (3) educational group services for parents. Program targets low-income youth and families in Worcester and UWCM towns. 🎓🍎

### **Dynamy, Inc.**

- Youth Academy **\$35,000** awarded in '08-09  
Youth Academy is a four-year, after-school, college access and leadership program. The program serves promising low-income, high-school students from Worcester whose life circumstances put them at risk for not reaching their academic and career potential. This life changing opportunity supports and motivates our students to complete high-school and attend college. 🎓🍎💰

### **Family Health Center of Worcester, Inc.**

- Positive Directions! **\$87,000** awarded in 08-09  
Positive Directions! program will provide highly collaborative, multi-agency, wraparound services for low-income, inner-city students transitioning to 9th grade at South High School, and at risk of dropping out because of mental and behavioral health needs, excessive absenteeism, and academic failure. 🎓🍎

### **Family Services of Central Massachusetts**

- Child and Family Counseling **\$56,000** awarded in '08-09

The Child and Family Counseling program provides quality mental health services to children, adolescents, and families most in need. Services include individual, group, and family counseling, as well as parent education and consultation. 🎓🍎

### **Friendly House, Inc.**

- Friendly House Youth Development Program **\$75,000** awarded in '08-09

The Friendly House Youth Development Program helps low-income, diverse Worcester youth (ages 6-18) to develop to their full potential. After-school programs offer academic support, life skill training, and health and physical education activities. Summer programs provide educational, social, and recreational activities, including swimming. 🎓🍎

### **Girls, Inc. of Worcester**

- Comprehensive Prevention Program **\$50,000** awarded in '08-09

Comprehensive Prevention Programs for Girls address the critical community issues of peer pressure, violence, and sexual health. Our nationally-tested programs provide girls with the tools, skills, and resources they need to make healthy choices; preparing them to lead successful, independent, and fulfilling lives. 🎓🍎💰

- Education and Skills Development Program **\$73,259** awarded in '08-09

The program promotes healthy development of girls and provides opportunities in leadership development; math, science, and technology; academic achievement; health and wellness; and economic independence. The program gives girls the skills needed to succeed in the world and lead independent productive lives. 🎓🍎💰

### **HOPE Coalition**

- HOPE Coalition Mental Health Model **\$74,000** awarded in '08-09

The HOPE Coalition/YouthNet Mental Health Model integrates mental health treatment, prevention, asset building, and staff training into youth-serving organizations in Worcester in order to increase access for low-income youth of color and reduce stigma associated with receiving mental health support. 🍎

### **Junior Achievement of Central Massachusetts, Inc.**

- JA Academy **\$43,000** awarded in '08-09

JA Academy is an intensive, after-school program, based on college campuses, to help high school students from groups traditionally under-represented in college gain access to educational opportunities. Volunteers from local businesses and current college students deliver lessons on financial literacy, workforce readiness, and college awareness.



### **Oak Hill Community Development Corporation, Inc.**

- Youth – All Stars **\$25,000** awarded in '08-09

Oak Hill CDC youth programs engage middle-school students using **All Stars** science-based curriculum to reduce drug use, violence, and premature sexual activity. 🎓🍎💰

### **Rainbow Child Development Center**

- Rainbow's School Age Program **\$15,000** awarded in '08-09

Rainbow's Program provides year-round, education, and therapeutic services to children ages 5-13 in four program settings: Belmont Community School, City View School, 10 Edward Street, and a summer camp located at Treasure Valley. The program will provide academic assistance, recreational activities, social/emotional guidance, and family support. 🎓🍎

### **Southeast Asian Coalition of Central Massachusetts**

- Youth Effect **\$45,000** awarded in '08-09

The Southeast Asian Center Youth Effect Program provides after-school youth leadership and youth development programming including academic and career development training, physical activities, and youth led cultural activities in the city of Worcester.



### **YMCA of Central Massachusetts**

- Citizen Schools **\$40,000** awarded in '08-09

Citizen Schools is a leading, national education initiative that helps improve student achievement by blending real-world learning projects and rigorous academics after-school. Launched in Boston in 1995, Citizen Schools currently serves 3,800 students and engages 2,800 volunteers in 16 cities nationwide. 🎓

- Lakeside After-School Program **\$30,000** awarded in '08-09

The Lakeside After-School program is an educational, social and recreational program engaging children in out-of-school time. Through homework support, cooperative activities, and wellness programming, children improve school performance and demonstrate positive behavior. Creative activities and group projects connect children with caring adults. 🎓🍎

- Spartacus **\$10,000** awarded in '08-09

The Spartacus program strives to reduce the number of repeat juvenile offenders, while building the necessary skills for young men and women to make positive healthy choices. Physical activity, life skills programming, and community service projects support participants in choosing a positive course in life. 🎓🍎

### **Youth Opportunities Upheld, Inc.**

- Family Center **\$25,000** awarded in '08-09

Youth Opportunities Upheld (Y.O.U.), Inc. will transform its Mental Health Clinic into a Family Center by expanding services beyond medically necessary behavioral health counseling to include primary prevention programs that focus on a strength based rather than deficit model to both support and empower families to succeed. 🍎

- Latino Outreach Services **\$34,000** awarded in '08-09

Latino Outreach Services helps Latino children and families improve the quality of their lives at home, school, and in their communities. Therapy, evaluations, consultation,

parenting groups, and psychiatric services are provided by bilingual and bicultural, licensed clinicians who understand the cultural, linguistic, economic, and psychological needs. 🍎

- Substance Abuse Services **\$31,684** awarded in '08-09

Y.O.U. Inc.'s Substance Abuse Outpatient Services provides a wide range of substance abuse treatment alternatives to adolescents and their families on an outpatient community level. Substance Abuse Outpatient Services has treatment options ranging from once weekly individual or group therapy to five day a week intensive group therapy. 🍎

- Youth Making a Difference **\$70,000** awarded in '08-09

The Youth Making A Difference After-School Program provides a combination of intense therapeutic and family interventions to allow at-risk youth to successfully remain in a community setting. The program's focus is to provide a structured, safe environment where youth can develop important life skills. 🎓 🍎 💰

### **YWCA of Central Massachusetts, Inc.**

- Healthy Youth Development **\$30,526** awarded in '08-09

The YWCA provides programs for at-risk youth (ages 5-18) promoting physical health and wellness; positive relationships with adult role models; civic engagement, education and economic opportunities; and access to safe spaces equipping and enabling youth to become healthy, productive adults. 🎓 🍎 💰