



## 2019-2020 United Way of Central Massachusetts Program Descriptions and Grant Amounts

The agencies and programs listed below make up the approximately \$1.9 million in program funding that United Way granted in central Massachusetts this year. You will notice that each of the programs are working to provide services in one or more of the three basic building blocks for a good life: **EDUCATION, HEALTH, and FAMILY STABILITY**; our **Women's Initiative** focusing on adolescent girls; or are helping the most vulnerable among us with immediate needs such as food, housing and crisis intervention through our Safety Net funding. In total, United Way of Central Massachusetts will invest nearly \$3.8 million in the community this year, through these and dozens of other initiatives.

### African Community Education Program (ACE)

#### Express Yourself Program (Women's Initiative)

\$17,000

The Express Yourself (EY) Program provides comprehensive psycho-social support to female students ages 10-14, offering a safe space for students to explore topics ranging from health and hygiene, to culture, identity and post-secondary options. While the topics and skills covered in the EY Program are important for any child, they are especially vital for these students. Their limited knowledge of US systems, lack of emotional literacy, language barriers, education gaps, and trauma issues present huge obstacles in their development into healthy, safe and confident youth and put them at a greater risk of being affected by violence and poverty.

### African Community Education Program (ACE)

#### ACE After School Program (C3)

\$31,050

The ACE After School Program provides academic and psycho-social support to African refugee and immigrant student in the 5th through 12th grades. The program provides tutoring, enrichment and leadership workshops, and extracurricular activities. The program helps students transition into Worcester Public Schools, catch up to grade level, and get on track to graduate high school.



## American Red Cross of Central Massachusetts

### Disaster Services Program (Safety Net)

\$45,922

The Disaster Relief Services program immediately improves the quality of life for those impacted by disasters by addressing basic human needs - food, clothing, shelter, and mental health counseling. The goal following a disaster is to stabilize the lives of individuals and families by accelerating the recovery process.

## Ascentria Care Alliance

### Adult Education and Workforce Development for New Americans (C3)

\$31,050

This program is for English for Speakers of Other Languages (ESOL) and Workforce Preparation classes to be offered in conjunction with personalized coaching. We will offer concurrent and contextualized ESOL and Workforce Preparation classes for pre-literate, beginner, intermediate, and advanced language levels. Program participants will work with employment counselor, who will assist with job exploration and placement.

## Ascentria Care Alliance

### Services for New Americans (Safety Net)

\$31,019

This program will serve 50 families/households at risk of eviction or who have been evicted and lost their housing to stabilize their housing situation and/or rapidly re-house them in affordable permanent housing. In addition, the program will provide education and information to 25 landlords to raise awareness of ethnic populations and cultural differences so that misunderstandings and potential evictions are avoided and prevented.

## Bancroft School

### Worcester Partnership (C3)

\$4,500

The Worcester Partnership (WP), is a year-long academic enrichment program intended to help children from lower income families to prepare for new academic challenges each year. For four weeks in the month of July, rising 1st thru 9th grade students from Worcester Public Schools join the WP staff on the Bancroft School campus. In addition, there are two five-week programs that take place on Saturday AM throughout the school year.



## Big Brothers Big Sisters of Central MA/Metrowest

[Making a BIG Difference in Worcester \(C3\)](#) \$79,740

Through participation in professionally-supported and developed mentoring relationships, 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, youth serving organizations, and in the community.

## Boys and Girls Club of Worcester

[Girls' Voice \(Women's Initiative\)](#) \$26,500

The Girls Voice program combines two best practice curricula - SMART Girls and Girls Circle - with leadership development and a wide variety of girls-only programming that includes fitness, yoga, self-defense, dance, music, and drama. The programming topics are chosen and were suggested by girls in the program.

## Boys and Girls Club of Worcester

[Individual and Family Services Program \(Safety Net\)](#) \$9,306

Eighty percent of the participants at the Main South Clubhouse are living below the poverty line, and over 370 members are from single-parent homes. This program provides club members the emotional, financial, and moral support to overcome their surroundings. To meet this need, the Clinical Department provides individual and family counseling, as well as food and financial support.

## Building Futures Inc.

[A Better Life: Helping Families Find Their Way \(C3\)](#) \$19,800

Employ a full time Family Life Coach for the WHA's A Better Life program. FLC's provide case management to participating families. Each family completes an extensive assessment that focuses on educational, occupational, personal, financial & healthcare needs of the household. The FLC works with participants to set goals and create a service plan. The FLC meets with participants bi-weekly and service providers to ensure that the family is fulfilling their responsibilities agreed upon in their service plans.



## Catholic Charities

### [Emergency Stabilization and Homeless Prevention Program \(Safety Net\)](#) \$36,338

This program helps people in crisis: preventing hunger, homelessness, destabilization, and despair. The program provides food, clothing, personal items, infant supplies, as well as financial assistance with rent, mortgages, utilities, transportation, prescription assistance, and other basic needs as resources allow. The primary program goals are to help stabilize the crisis situation, promote self-sufficiency, and foster hope.

## Central Massachusetts Housing Alliance

### [Housing Counseling and Homelessness Prevention \(Safety Net\)](#) \$88,628

Housing Counseling provides education, tools, and supports to stabilize families and individuals in safe, affordable housing to prevent homelessness and promote long-term stability housing stability. The Housing Counseling program is a key component of local and statewide plans to reduce and eventually eliminate homelessness through stabilizing families in their housing using a variety of strategies including the provision of emergency cash assistance, counseling, and landlord/tenant mediation services.

## Children's Friend, Inc.

### [The Dialectical Behavioral Therapy Program at the Ellsworth Center \(Safety Net\)](#) \$17,726

The Ellsworth Child and Family Mental Health Clinic offers outpatient mental health services to children, adolescents, and their families. The target program utilizes individual therapy, group therapy, telephone consultation, and team meetings to provide a Dialectical Behavioral Therapy (DBT) approach to adolescent girls ages 13 to 19 who have a history of self-injury (e.g. cutting or burning) or suicidal thoughts/attempts. The goal of this program is to eliminate suicidal ideation and self-injurious behaviors in these adolescent girls to move them from a crisis situation to one of stability.

## Community Healthlink, Inc.

### [Support for Success: School Based Mental Health Services \(C3\)](#) \$64,800

This program provides on-site clinical mental health services to at-risk youth through partnerships at 19 schools in central MA. Funding provides ongoing consultation to school teams and staff, parent training and outreach, as well as treatment services for youth. Students engaged in these



services demonstrate improvement in mental health status, school attendance, and academic behavior.

#### Community Healthlink, Inc.

##### Together For Kids (C3)

\$70,920

Together For Kids (TFK), a broad-based community Coalition comprised of over 30 childcare, health care, child welfare, and social service agencies, is committed to promoting the social-emotional well-being and general health of young children and families in central MA and throughout the Commonwealth. Through a comprehensive model of mental health promotion, prevention, and intervention services, TFK assists parents and educators to understand and appropriately respond to challenging behavior in young children, preventing early childhood expulsion.

#### Community Legal Aid

##### Legal Advocacy and Protection Program (Safety Net)

\$73,118

The Legal Advocacy and Protection Program (LAPP) provides services that will enforce the legal rights of low-income and elderly families and individuals who need the protection of the legal system to remain safe or to gain access to the shelter and benefits programs that will stabilize their lives. Through its work, LAPP eliminates barriers to rights guaranteed by state and federal law by ensuring that agencies administering benefit programs follow the law, and by ensuring that courts apply the law correctly.

#### Dismas House

##### Case Management (Safety Net)

\$38,110

Dismas House provides housing and supportive services to former prisoners in greater Worcester. Their comprehensive case management services pull offenders away from homelessness and a poor return to the community, and instead directs them to a constellation of support that begins “behind the walls” and extends beyond housing to include employment, education, recovery, family reunification, and healthcare.

#### Elder Services of Worcester Area

##### Money Management (Safety Net)

\$7,977



The Money Management Program provides financial stability and freedom from financial exploitation for elders living in Worcester and surrounding towns. This is accomplished through two components, Bill Payer and Representative Payee. The goal of the program is financial stability that will allow an elder to remain in their own home for as long as possible.

Elder Services of Worcester Area

**Nutrition Program (Safety Net)** \$38,110

The Nutrition Program addresses multiple problems faced by elders, ranging from poor nutrition and food insecurity, to chronic disease and social isolation. Nutrition services and meals are a vital support that enables many elders to live in the community independently. The Meals-on-Wheels Program offers reassurance to its consumers and their families that someone is checking on their well-being; while the congregate dining program offers opportunities for socialization, recreation, and educational programming.

Family Health Center of Worcester, Inc.

**Girls on the Run (Women's Initiative)** \$18,283

This program engages 30 girls at Sullivan Middle School in Worcester in Heart and Sole (H&S), the middle school program of Girls on the Run (GOTR). GOTR is an international, evidence-based, positive youth development curriculum that incorporates physical activity. The structured 10 week program was chosen because it focuses on the whole girl, allowing them to explore who they are, and what type of person they wish to become. GOTR has demonstrated increased self-esteem among participants, helps girls identify the components of positive relationships, encourages an increase in positive behaviors, and gives them the tools to develop self-advocacy skills which they can transfer to other aspects of their lives.

Family Health Center of Worcester, Inc.

**Healthcare for Homeless Families (Safety Net)** \$44,996

Family Health Center of Worcester's Homeless Families program supports homeless families in crisis and helps immediately stabilize parents and their children, and then works to set and address family goals. The program also supports families with more complex needs who are in need of ongoing, longer term case management to make progress on their goals. United Way funding supports a Family Advocate to provide services. It also provides families in crisis with the resources they need to meet their crisis plan goals on a short-term basis as they move to stability, including transportation vouchers, personal care items, food vouchers, and other urgent services.



Family Health Center of Worcester, Inc.

[Positive Directions! \(C3\)](#) \$62,100

Positive Directions! is a program aimed at combating the high school drop-out problem at South High. A highly collaborative, case manager-driven program, it targets rising 9th graders at risk for dropping out due to absenteeism, school failure, and mental and behavioral health needs. The program builds on each student's and their family's strengths and supports both student and family by providing needed services, engaging the student and family in their school, and connecting at-risk students with caring community-based adults.

Family Services of Central Massachusetts

[Summer Literacy Initiative \(C3\)](#) \$54,000

This highly successful program for children ages 5-9 enrolled in summer camp programs provides programming that intentionally include literacy and learning activities. To date this model has prevented summer learning loss in over 85% of the program participants.

Friendly House, Inc.

[Social Service Program \(Safety Net\)](#) \$49,631

A social service program providing crisis intervention, financial and legal protective services, shelter and housing services, and emergency food to families with the goal of stabilizing the family by meeting their immediate needs.

Girl Scouts of Central and Western MA

[BOSS Girls \(Women's Initiative\)](#) \$14,420

Using an evidence-based national curriculum, this engaging, hands-on program links Girl Scouts staff, local educators, and girls to combat the negative effects of bullying in our communities. Through the Women's Initiative's investment, 85 fifth and sixth grade girls will discover how to lead through friendship and stop bullying in its tracks by developing healthy relationships with others, learning how to appropriately resolve conflicts, cultivating strong senses of self (including the ability to resist peer pressure), and educating and inspiring others to act.

Girls Incorporated of Worcester

[K-12 Enrichment and Academic Enhancement for Abby Kelly Foster Charter School \(C3\)](#) \$40,770



This program works with the school to identify at-risk girls and involves them in an enrichment program directed at math, science, health, and financial literacy in collaboration with UMass Medical School Regional Science Resource Center, and the Office of Women's Programs at WPI. The program is offered on-site at Abby Kelly Foster Charter School, eliminating the barrier of transportation that frequently prevents participation.

Girls Incorporated of Worcester

[Dear World: Voices of Worcester Girls \(Women's Initiative\)](#)

\$14,100

An expressive arts and violence prevention program for girls ages 11 to 18. This skills-based experiential program builds upon the national Girls Inc. Dear World public education campaign, and incorporates components of evidence based violence prevention programs. Participants are empowered to explore the impact of bullying, violence against women and girls, racism, religious intolerance, and gender stereotypes. Through a variety of expressive arts, girls have an opportunity to educate themselves and the broader community on issues of violence and promote healthy relationships.

Girls Incorporated of Worcester

[#GirlsWorld \(Women's Initiative\)](#)

\$8,000

Girls Inc. seeks to provide place-based after school enrichment to 15 under resourced girls ages 10-14 in Spencer for 45 hours (~1.5 hours/week) over 28 weeks. #GirlsWorld will use research based substance abuse, violence prevention, self – defense, media literacy, economic literacy, and babysitting curricula to educate/empower girls to develop problem solving skills, promote healthy relationships, and build the skills/knowledge to be strong (healthy), smart(educated), and bold(independent).

Guild of St. Agnes

[Infant-Toddler Early Education & Care \(C3\)](#)

\$31,269

In Worcester, as well as other parts of the Commonwealth, the demand for center-based infant/toddler care far exceeds the availability. This funding enables the Guild of St. Agnes to continue operating its high-quality, center-based infant and toddler education and care program at its Granite Street site. Research has shown that high-quality child care has the strongest positive effects on economically disadvantaged and at risk children.





LUK Crisis Center, Inc.

[Project Shine \(Women's Initiative\)](#)

\$10,000

This leadership development program serves middle-school girls from the Shrewsbury, Wachusett Regional and Quabbin Regional School Districts. Project Shine uses two evidence-based models - Girls Circle and Safe Dates, as well as service learning activities to promote healthy relationships and positive behaviors in girls.

Massachusetts Educational and Career Opportunities, Inc.

[Collegiate Success Institute – CSI Worcester \(C3\)](#)

\$35,460

CSI Worcester was designed in partnership with the Worcester Public Schools, local colleges and universities, and concerned leaders from the local business community, to serve as an intensive experience for AVID (Advancement Via Individual Determination) students. These are students who are in the "academic middle" and may not necessarily aspire to college but do show strong academic potential. CSI pairs students with both corporate and college mentors to give them a sense of the college experience, demystify the college application process, and help them learn about opportunities for a successful career in today's global economy.

Massachusetts Educational and Career Opportunities, Inc.

[Teen Parent Program \(C3\)](#)

\$37,260

This program provides an Education Advocate to work with pregnant or parenting teen mothers who are enrolled in, or recently dropped out of the five Worcester high schools including Burncoat, South, North, Doherty, and WTHS. The program serves up to 50 students per year. During the summer months of July and August, the EA works two days a week to provide academic guidance and support as well as referrals for other services.

Nativity School of Worcester

[Graduate Support Program \(C3\)](#)

\$26,550

The Graduate Support Program at Nativity School of Worcester tracks and mentors Nativity graduates who are in high school and their first year of college, ensuring that Nativity graduates not only complete their secondary education, but excel in high school and successfully transition to college. Staff work closely with graduates to identify and resolve problems that could otherwise lead to a student failing to complete high school. In addition to academic support, students are



also encouraged to join at least on extra-curricular activity, and to take on leadership roles within their high school community.

Pernet Family Health Service, Inc.

[Emergency Infant Supply Program \(Safety Net\)](#) \$30,577

Pernet provides comprehensive health, social, and educational services to families living in the Worcester area who are marginalized by poverty. The Emergency Infant Supply Program operates a food and infant supply pantry that provides clients with enough food, baby formula, cereal, and diapers to last a few days. At the same time, families are assessed for other needs and risk factors, assisted with benefits applications, given referrals, and counseled as to available community-based supports they can access as they transition to self-sufficiency.

Rainbow Child Development Center

[Rainbow's Preschool \(C3\)](#) \$35,079

Rainbow Child Development Center's licensed and nationally accredited Preschool Program serves 64 children, ages 2.9-6, in 4 classrooms. The program's curriculum is interactive and child-centered, offering each child the chance to explore and learn in a supportive non-judgmental forum. Speech development therapy, play therapy, assessments, and individual and group counseling are provided on site. Two teachers, aided by interns and volunteers, direct each classroom. Breakfast, lunch, and snack are provided as well as transportation for children whose families are unable to transport their child.

Rainbow Child Development Center

[Rainbow's School Age Program \(C3\)](#) \$13,050

Rainbow's Program provides 52 week care, education & therapeutic services to children ages 5-13 in four program settings: Belmont Community School, City View School, 10 Edward Street & a summer camp located at Treasure Valley. The program's focus is to provide academic assistance, recreational activities, social and emotional guidance, and family support.

Regional Environmental Council, Inc.

[Food Justice Program \(C3\)](#) \$49,500



The Food Justice Program of the Regional Environmental Council addresses the issue of community food insecurity and the lack of nutritious fresh foods in many of the city's neighborhoods. The program provides education and support for community and school gardens, coordinates local farmer's markets (including a highly successful mobile market), cooking demonstrations, and youth programming centered around urban agriculture.

#### Seven Hills Family Services

##### Just Us Girls (Women's Initiative)

\$16,290

"Just Us Girls" is a unique social skills opportunity for girls with special needs who have not been successful in forming real friendships, mostly because of their disabilities. Girls with special needs from area middle schools participate, as well as typical peers who serve as role models and communication partners. The program targets the development of self-determination skills, with particular goals around communicating more effectively, making good choices, learning about community resources, personal safety skills, basic finance, and developing friendship skills. A concurrent group for parents is facilitated by a trained family support specialist.

#### South Middlesex Opportunity Council

##### Greater Worcester Housing Connection (Safety Net)

\$88,628

The Greater Worcester Housing Connection (GWHC) provides housing and supportive services to homeless individuals in the Worcester region towards the community goal of ending homelessness. In concert with the City's Plan to End Homelessness, the GWHC provides emergency housing triage and assessment services along with short-term temporary and permanent housing solutions. In addition to meeting an individual's immediate housing needs, the program provides services and linkages to resources that include employment, health and behavioral health, education and income maximization opportunities delivered in an individualized approach toward the goal of enhanced self-sufficiency.

#### Open Sky Community Services

##### Safe Homes (C3)

\$39,870

Safe Homes serves gay, lesbian, bisexual, transgender youth (LGBTQ) and their allies in Worcester and surrounding towns. This grant will increase the graduation rate of at risk youth ages 13 through 19 by providing food, substantive educational programming, crisis support counseling, advocacy, and informal socializing weekly, in collaboration with the YouthConnect Worcester



network of agencies. Many of the youth experience challenges in school, at home, and in the community.

The CASA Project, Inc.

[CASA/GAL Child Court Advocacy \(Safety Net\)](#) \$47,859

The CASA Project provides volunteer advocates for abused and neglected children in Worcester County Juvenile Court. With strong support from the Worcester County Juvenile Court, CASA volunteers perform investigations for the judge, monitor case progress, and advocate for the child, in order to find a safe and permanent home as quickly as possible.

UMass Memorial HealthCare, Inc - HOPE Coalition

[HOPE Coalition Mental Health Model \(C3\)](#) \$75,330

The HOPE Coalition 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. This project works collaboratively with the YouthConnect consortium.

Webster Square Day Care Center, Inc.

[Preschool Child Care \(C3\)](#) \$33,927

Webster Square Day Care Center, Inc. is an NAEYC accredited comprehensive multi-service early education and care agency that provides a safe, affordable, high-quality learning environment for children 2.9 to 7 years of age. Teaching is through a team approach and the curriculum centers around the social, emotional, physical, and cognitive needs of children. The daily program promotes learning in the areas of language development, physical development, early literacy, mathematics, science, technology, art, music, social studies, health and safety, self-regulation, and building positive relationships.

Worcester State Foundation

[Latina Achievers in Search of Success \(LASOS\) \(Women's Initiative\)](#) \$36,000

LASOS is a youth development program that employs cultural strengths to provide Latina middle-school girls with strategies to achieve healthy relationships and behavior. Program components



include violence prevention, creative expression, self-esteem, leadership development, career exploration, parental involvement, healthy lifestyles, and conflict resolution.

Youth Opportunities Upheld, Inc.

[Dynamy Youth Academy \(C3\)](#) \$35,100

Dynamy Youth Academy students participate in a 5 year college access and leadership program for promising low income public high school students. Students have advisors to monitor progress and performance; adventure trips to develop self-confidence, leadership and community; and they develop portfolios showing formal planning, goal-setting, and self-reflection. Students have internships to explore interests and aptitudes, become knowledgeable about colleges and application process, and participate in community service projects.

Youth Opportunities Upheld Inc.

[Group Home Job Skills \(C3\)](#) \$5,400

Group Home Job Skills will provide extensive job skills training and employment support for youth in our Grafton House group home. The Department of Children and Families refers these young women due to running away, physical and/or sexual abuse, truancy and/or family conflict. They are a population who need a higher level of supervision and guidance than is provided in community youth employment programs; yet their success post-care is closely tied to employability and independence as young adults.

YWCA of Central Massachusetts

[Girls Choice Middle/High School Program \(C3\)](#) \$17,730

The YWCA of Central Massachusetts partners with Big Brothers Big Sisters of Central Mass/MetroWest to offer the Girls CHOICE program: a long-term, coordinated system of support services and community connections that empower 7th-12th grade girls to become self-sufficient through educational pursuits, mature into self-assured and independent young adults, as well as achieve the foundational skills and knowledge required to ensure economic security. Girls CHOICE is designed to be a hub of connections which provides 7th-12th grade girls with access to a network of services including: mentoring, violence reduction and women's empowerment programming, academic support, leadership development, and civic engagement. Participants stay in Girls CHOICE until they graduate from high school, and many continue to be involved after graduation.



YWCA of Central Massachusetts (with Girls, Inc.)

[Girls Promoting Safety \(Women's Initiative\)](#) \$53,000

The YWCA and Girls Inc. are collaborating to deliver Girls Promoting Safety (GPS), a violence prevention program designed to teach and develop skills and competencies that help middle-school aged girls avoid and/or prevent their involvement with violence. GPS uses a blended curriculum that is made up of interactive, research, and evidence-based strategies including Safe Dates, Friendly PEERsuasion and other supporting material.

YWCA of Central Massachusetts

[Worcester Early Education and Care \(C3\)](#) \$52,539

The YWCA of Central Massachusetts' Center for Early Education and Care provides accessible, affordable, high quality, full-day, full-year child care for infants and toddlers (1 month to 2.9 years) that is nationally accredited. Through a developmentally appropriate curriculum that focuses on each child's individualized needs, the Center's educated and trained staff provide children with daily interactions and experiences that promote their social/emotional, physical, cognitive, and language development. The Center staff also work to forge strong personal relationships with working families, providing the support services and referrals to ensure a child's develop to his or her full potential and contributing to their readiness for school.

YWCA of Central Massachusetts

[Daybreak Domestic Violence Services \(Safety Net\)](#) \$31,019

The Daybreak program provides a continuum of community-based services (24-hour hotline, court advocacy, safety planning, support groups, counseling, outreach and education) that restore well-being and/or safety to the lives of individuals who have been impacted by domestic violence.

YWCA of Central Massachusetts

[Transitional Housing \(Safety Net\)](#) \$59,380

The Transitional Housing Program provides safe, affordable and supportive housing to adult women while they work to build their capacity to achieve stability, independence, and self-sufficiency.