CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD

ALEXANDRIA'S PROGRESS TOWARDS ENSURING EVERY CHILD SUCCEEDS TODAY AND TOMORROW

VOLUME 3, ISSUE 1

This issue reports the progress made on strengthening out-of-school time programs between
April 2021 - November 2023

CYCP GOAL

All Children, Youth, and Families have Positive Experiences

ALEXANDRIA SPOTLIGHT

This issue celebrates the contributions of the partners, parents, guardians, students, social workers, and funders that made a community report on out-of-school time (OST) programming possible! With financial support from the City of Alexandria and the Frank & Betty Wright Foundation, the Alexandria Youth Support Network (YSN) commissioned Weber Moore Partners, LLC, to conduct a community-wide landscape study, Increasing Opportunities for Alexandria Youth: A Community Report. The purpose of the study was to map the current state of K-12 OST programming in the City and identify the hopes, needs, and barriers experienced by youth, families, and providers related to OST activities. Learn more about the YSN, the Study, and its recommendations here!

Increasing Opportunities for Alexandria City Youth

A Community Report

DECEMBER 2023
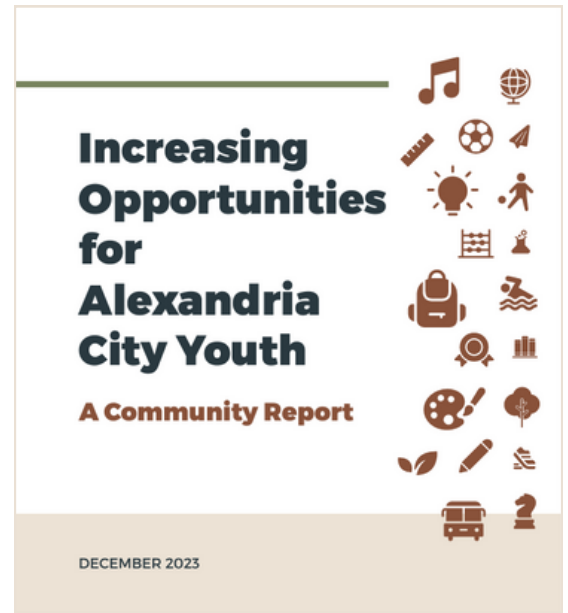
RESULT

Alexandria's young people are involved in interesting activities that help bring out their best

WHY THIS MATTERS

High-quality afterschool programs - sometimes called Out-of-School Time (OST) programs or Expanded Learning Opportunities (ELO) - serve young people of all ages. These programs provide a structured, safe, and supportive environment where young people can explore their interests by engaging in a variety of activities.

Regular participation in effective OST programs has many benefits. They can:
- support social, emotional, cognitive, and academic development,
- foster skill building,
- reduce behavior problems,
- promote physical health,
- increase exposure to college and career options,
- connect youth to more caring adults,
- support working families,
- lower school dropout rates, and
- keep young people safe when not in school.

ELO also provide a significant return-on-investment; for every $1 invested, at least $3 is returned in savings (Afterschool Alliance, 2020).

Despite their return on investment and the strong demand and popularity among parents, however, access to high-quality programs is not always equitable. Barriers, including cost, availability, and transportation prevent lower-income and BIPOC households from accessing OST programs (Afterschool Alliance, 2014).

When we come together to support the alignment of our city's OST programs, we can eliminate opportunity gaps, avoid duplicating efforts, and maximize our resources to increase impact. This has the power to create more opportunities for all youth to explore their potential and thrive.
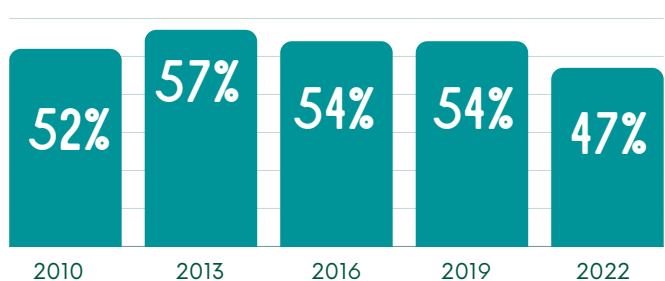
HOW WE ARE DOING

YOUTH PROGRAMS

Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in community organizations
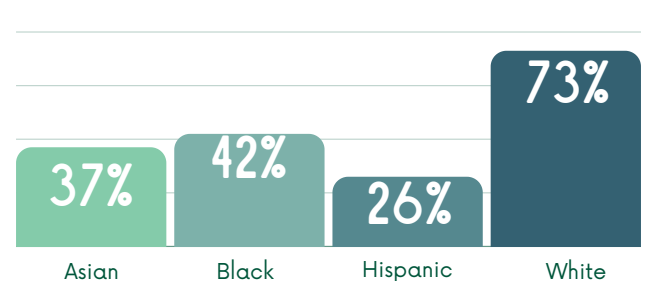
Youth Programs

Source: Developmental Assets, Alexandria City Public Schools, Search Institute

2010	2013	2016	2019	2022
52%	57%	54%	54%	47%

DISPARITY RATIO: 2.09 RANK: 9

Youth Programs by Race/Ethnicity, 2022

Source: Developmental Assets, Alexandria City Public Schools, Search Institute, 2022

Asian	Black	Hispanic	White
37%	42%	26%	73%

Trend: Just under 50% of youth reported participating regularly in a youth program in 2022, a 10% decrease since 2010. Compared with all other race and ethnic groups, White youth are 2.09 times more likely to access a youth program when not in school. Compared with Latino youth, White youth are 2.81 times as likely to report this asset. Disparity ratios are computed and ranked for each of the CYCP indicators to identify where disparities exist and the degree of these disparities for each population. This indicator is ranked 9 out of 35 indicators (1 being the most extreme disparity).

STRATEGY

#42. Support the development and alignment of and equitable access to high-quality out of school time programs

IMPLEMENTATION STATUS

Progress with strengthening out of school time programs:

1 Strategy, 3 Action Steps, 66% are in progress or fully implemented

CHAMPION

ACT for ALEXANDRIA
A COMMUNITY FOUNDATION
Youth Support Network

PARTNERS

30+ local organizations helped to develop the Landscape Study. Find a list of them here

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WHAT HAVE WE DONE SINCE 2021?

PROVIDE INFORMATION

- Prepared afterschool providers for the post-COVID transition by providing information about Adverse Childhood Experiences (ACEs) science and sharing best practices for trauma-informed practice

NEEDS ASSESSMENT

- Began the process of conducting a needs assessment of professional learning opportunities with staff involved in Division-wide after school programming

IMPROVE IMPACT

To improve impact of out-of-school learning opportunities, the Youth Support Network:

- Engaged Work Group members in a workshop series led by the ACPS Student Support Teams staff, where they focused on RULER, PBIS, and Restorative Practices.
- Completed a Landscape Study that maps the current state of OST and community programming for K-12 students in the City, identifies the barriers related to OST activities, and delivers recommendations to inform the continued development of the YSN.

HOW MUCH HAVE WE DONE?
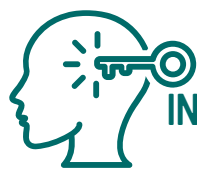
PROVIDE INFORMATION

83 Staff and volunteers participated in the Introduction to Developmental Relationships.

15 Program leaders and executive directors formed a cohort and participated in the Intentional and Inclusive Relationships workshop series.

50 Staff and volunteers participated in the Developmental Assets training.

22 OST providers attended the Understanding Adverse Childhood Experiences workshop and a series of learning modules focused on trauma-informed practice

IMPROVE IMPACT

25 Organizations participate in the YSN Middle School Programming Work Group to identify strategies and solutions to increase youth engagement in programming.

80+ OST/ELO providers engaged in the network since 2021.

177+ programs participated in the Landscape Study.

25 Organizations have participated in our Social-Emotional Learning Work Group.

5,785 Inputs were counted for the landscape study:
128 OST/ELO providers,
2,217 Parents and Guardians,
934 ACPS staff members, and
2,506 Middle and High School Students

HOW WELL DID WE DO IT?

8 Focus groups were conducted, including ones for:
- Amharic-, Dari-, and Spanish-speaking families,
- Black, non-immigrant parents/guardians,
- Parents/Guardians of youth receiving special education services, and
- Middle and High School Students

80% of the Understanding ACEs Workshop participants were satisfied with the presenters' delivery of the content

IS ANYONE BETTER OFF?

96% of participating staff members said they found the Developmental Assets effective and their knowledge of the assets would be useful in their life and work.

60% of the Understanding ACEs Workshop participants STRONGLY AGREED that they will incorporate their knowledge of ACEs into their daily interactions at work or broader community

90% of the Understanding ACEs Workshop participants learned why their community needs to get organized and mobilized to identify and address ACEs

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WHERE ARE WE HEADED?

FROM NOW UNTIL 2025, THE YSN WILL:

- Plan for the development of Alexandria Beyond the Classroom.
- Pilot the Weikart Center for Program Quality's Youth Program Quality Intervention process with a cohort of 14 expanded learning organizations.
- Have a comprehensive out-of-school time program locator available this year.
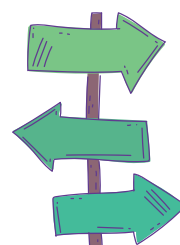
RESOURCES

RESOURCE DIRECTORY FOR ALEXANDRIA'S YOUTH & YOUNG ADULTS

The Resource Directory for Alexandria's Youth and Young Adults was built for youth and young adults to use to find resources that promote youth well-being in Alexandria, Virginia. It includes:

- health services,
- social services,
- employment programs,
- college and career supports, and
- out-of-school time opportunities for youth and young adults.

Check out the full Resource Directory!

YOUTH SUPPORT NETWORK
Learn more here!