

## PART I - FACE SHEET

<b>APPLICATION FOR FEDERAL ASSISTANCE</b>		1. TYPE OF SUBMISSION: Application <input checked="" type="checkbox"/> Non-Construction
Modified Standard Form 424 (Rev.02/07 to conform to the Corporation's eGrants System)		
2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS):	3. DATE RECEIVED BY STATE:  19-JAN-11	STATE APPLICATION IDENTIFIER:
2b. APPLICATION ID: 11AC123043	4. DATE RECEIVED BY FEDERAL AGENCY:	FEDERAL IDENTIFIER: 09ACHIN0010004
<b>5. APPLICATION INFORMATION</b>		
LEGAL NAME: Boys & Girls Clubs of Wayne County Indiana, Inc DUNS NUMBER: 128140829	NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes): NAME: Lana Taylor	
ADDRESS (give street address, city, state, zip code and county): 1717 South L Street Richmond IN 47374 - 7400 County: Wayne	TELEPHONE NUMBER: (317) 356-2308 FAX NUMBER: (317) 356-2320 INTERNET E-MAIL ADDRESS: ltaylor@indianabgc.org	
6. EMPLOYER IDENTIFICATION NUMBER (EIN): 351065715	7. TYPE OF APPLICANT: 7a. Non-Profit 7b. Community-Based Organization	
8. TYPE OF APPLICATION (Check appropriate box). <input checked="" type="checkbox"/> NEW <input type="checkbox"/> NEW/PREVIOUS GRANTEE <input type="checkbox"/> CONTINUATION <input type="checkbox"/> AMENDMENT If Amendment, enter appropriate letter(s) in box(es): <input type="text"/> <input type="text"/> A. AUGMENTATION            B. BUDGET REVISION C. NO COST EXTENSION    D. OTHER (specify below):	9. NAME OF FEDERAL AGENCY: <b>Corporation for National and Community Service</b>	
10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER: 94.006 10b. TITLE: AmeriCorps State	11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT: Project: ACES 11.b. CNCS PROGRAM INITIATIVE (IF ANY):	
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc): State: IN Counties: Adams, IN; Allen, IN; Bartholomew, IN; Boone, IN; Clark, IN; Clinton, IN	13. PROPOSED PROJECT: START DATE: 09/01/11    END DATE: 08/31/12	
14. CONGRESSIONAL DISTRICT OF:    a.Applicant <input type="text" value="IN 006"/> b.Program <input type="text" value="IN 006"/>	15. ESTIMATED FUNDING: Year #: <input type="text" value="1"/>	
16. IS A APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS? <input type="checkbox"/> YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON: DATE: <input checked="" type="checkbox"/> NO. PROGRAM IS NOT COVERED BY E.O. 12372	17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO	
18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.		
a. TYPED NAME OF AUTHORIZED REPRESENTATIVE: Lana Taylor	b. TITLE: State Director	c. TELEPHONE NUMBER: (317) 356-2308
d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:		e. DATE SIGNED: 08/10/11

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### Executive Summary

Our mission is "to inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible and caring citizens" which is directly in line with our Corps program. We propose to work with Corps members across Indiana. The goals of our program include (1) improve academic achievement, (2) decrease youth obesity, (3) inspire youth to be future leaders in their school, Club and community, and (4) increase the number of volunteers.

### Rationale and Approach

a. Problem: According to a report from Education Week (March 2008), every 29 seconds a young person drops out of high school in America. Nearly one-third (31 percent) of all public high school students fail to graduate high school with their class. In addition, low-income children, on average, tend to do worse academically than their more privileged contemporaries. Not only do high school dropouts earn about \$9,200 less per year and about \$1 million less over a lifetime than high school graduates, but dropouts are more than three times more likely than college graduates to be unemployed, twice as likely as high school graduates to slip into poverty and 3.5 times more likely than graduates to be incarcerated. Clearly the statistics compel us to act on behalf of our young people. Intervention in the lives of these young people is sometimes necessary to help them achieve academic success. Activities such as individualized remediation and help with homework can make the difference between success and failure.

The needs and problems to be addressed by our statewide service program are supported by KIDS COUNT 2008, a publication of the Annie E. Casey Foundation, and the Indiana Department of Education in which it was reported that in Indiana: (1) 216,000 youth live in households where the head of household is a high school dropout; (2) 66% of 4th grade students scored below proficient reading level; (3) 58% of 4th grade students scored below proficient math level.

After school programs do have academic impact, as reported in an October 2007 report from

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University of California-Irvine, University of Wisconsin-Madison and Policy Study Associates. The outcomes in the report include that "for disadvantaged elementary and middle school students, regular participation in high quality afterschool programs is linked to significant gains in standardized test scores and work habits." Gains included: (1) Significant increases in standardized math scores and (2) Stronger work and study habits, as reported by teachers. Between 2006 & 2010, BGC completed pre-tests, utilizing 3 sub-tests of the Woodcock Johnson Tests of Achievement (a research based assessment tool), on 14,102 children in reading and math. Results indicated (1) 63% of children scored below grade level, 4% scored at grade level and 33% scored above grade level in reading and (2) 66% of children scored below grade level, 3% scored at grade level and 31% scored above grade level in math. When we post tested the children after 30 high-quality homework sessions, results included a 68% increase in Reading and a 67% increase in Math. Indiana BGC are poised and ready to assist in narrowing the achievement gap through educational support and enhancement that can be offered to Indiana youth through our Corps project.

In addition, Clubs will assist in addressing the obesity epidemic that exists through healthy lifestyles programming. Obesity is a serious health concern affecting both children and adolescents at staggering rates. Today, 1/3 of American schoolchildren are overweight or obese; in 1960, only 4% of children were obese. Survey data from the National Health and Nutrition Examination Survey (1976-1980 & 2003-2006) shows an increase in the prevalence of obesity. Among children aged 6--11 years old, prevalence increased from 6.5% to 17% and for those aged 12--19 years old, prevalence increased from 5% to 17.6%. Here are a few examples of what recent research has shown (1) Approximately 80% of children who were overweight at age 10--15 years old were obese adults at age 25; (2) 25% of obese adults were overweight as children and (3) If overweight begins before 8 years of age, obesity in adulthood is likely to be more severe.

Children and youth are less physically active than in previous generations, in part due to increased

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technology and media use that contribute to a more sedentary lifestyle. One study found that children aged 8-18 averaged 3 hours per day watching TV, videos, DVDs, and movies. Media use, especially television viewing, may (1) replace time children spend engaging in physical activities; (2) contribute to increased calorie consumption through excessive snacking and eating meals in front of the television; (3) influence youth to make unhealthy food choices based on food advertisements; and, (4) lower children's metabolic rate.

The Centers for Disease Control and Prevention reported that Indiana was 14th in the nation in the incidence of obesity in 2009. In 2009, a study by Trust for America's Health and the Robert Wood Johnson Foundation found that 27.4% of Indiana adults were classified as obese and 29.9% of Indiana youth (ages 10-17) were as well. Other results included:

- \* 13.8% of Indiana high school students were overweight and an additional 15.3% were at risk of becoming overweight (national rates for the same were 13.5% and 15.4% respectively). (2007 Youth Risk Behavior Survey-YRBS).

- \* 31.5% of Indiana high school students described themselves as overweight, 48.7% percent were trying to lose weight, and 7.2% vomited or took laxatives to lose weight or to keep from gaining weight (national rates for the same were 29.6%, 43.8% and 6%, respectively) (2007 YRBS).

Research shows that children and adolescents who are obese are much more likely to be obese as adults. Children who are obese at age four have a 20% possibility of developing adult obesity, and those who are overweight during their adolescence increase their risk of developing adult obesity to 80%. Obese children and teens have been found to have risk factors for cardiovascular disease (CVD), including high cholesterol levels, high blood pressure, and abnormal glucose tolerance. In a population-based sample of 5 to 17-year-olds, 70% of obese children had at least one CVD risk factor while 39% of obese children had two or more CVD risk factors. Obesity and overweight are not only immediate health problems for the state; they also prove to be extremely costly. In an average year,

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Indiana residents pay \$1.6 billion in obesity-related medical costs. Of that amount, \$379 million is billed to Medicare, which is 7.2% of Indiana's total Medicare expenditures. \$522 million is paid using Medicaid, which is 15.7% of Indiana's total Medicaid expenditures.

b. Solution: AmeriCorps Member Roles and Responsibilities: Corps members will provide direct educational support services, healthy lifestyles programming, character and leadership activities and/or organizational volunteer recruitment/management to assist Indiana BGC in reaching their full potential.

EDUCATION: Research studies confirm that homework completion does make a difference in helping children and teens become more confident, happy and successful in school. A recent study of after-school homework assistance programs across the country revealed the following statistics about participating students and parents: (1) 85% said that, as a result of homework assistance programs, their children enjoyed school more and improved their attendance and (2) Students participating in after-school programs were less likely to start drinking, and were more likely to handle their anger in socially appropriate ways.

Based on these findings, Corps members will be engaged in assisting BGC youth in completing their homework and in developing their education skills and knowledge through the Power HOUR program. POWER HOUR is a comprehensive homework help and individualized remediation program for BGC youth aged 6 to 18 years, Power Hour: Making Minutes Count provides youth with the support, resources and guidance necessary to complete their homework -- and start the school day with a sense of confidence and ability. As youth complete homework assignments and bonus activities, they accumulate Power Points, which may be used to obtain Power Rewards -- prizes, activities and incentives. In addition, Power Hour offers academic remediation help for youth who need additional work in special areas.

Power Hour offers a structured time and place for Club staff and volunteers to help youth with an

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important aspect of the educational process -- homework. Youth emerge from the program better prepared for classes and proud of their hard work and accomplishments. The philosophy underlying the Power Hour program is that the benefits of homework are threefold -- academic, behavioral and social. By working on homework after school, youth reinforce skills and concepts learned that day. Young people who consistently complete their homework develop a deeper understanding of the work, and are ready to move on to more challenging concepts. In addition, homework completion leads to long-term improvements in youth grades and test scores.

Corps members will be expected to take part in planning, implementing and evaluating daily educational programming for youth. Corps members will monitor and track youth progress and document educational accomplishments through daily logs, periodic progress reports, and communication with parents and schools. With the addition of Corps members to the Power HOUR program, we will increase the numbers of adults that are available to assist young people in completing their homework and offer increased capacity to provide one-on-one assistance when needed.

All Corps members serving in the education realm will be required to complete BGCA national training sessions in order to understand and be able to implement the Power Hour program. The sessions include: Core (basic youth development workshop), Academic Success: Every Member Every Year (academic support workshop), Academic Success: Introduction to Power HOUR (in depth workshop on Power Hour program), and Project LEARN (workshop on implementing academics throughout the Club structure). This ensures that all members have the same basic program knowledge when they start services to youth.

HEALTHY LIFESTYLES/TRIPLE PLAY: TRIPLE PLAY demonstrates how eating right, keeping fit and forming positive relationships add up to a healthy lifestyle for Club youth. Club adults help boys and girls learn about good nutrition and how to make smart meal and snack choices. Youth receive

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coaching in sports leagues and fun activities, developing their coordination and leadership skills. This interaction, along with organized social recreation activities, strengthens character, increases confidence and enhances the ability to relate well to others.

Triple Play is a program designed to promote health and wellness for BGC youth ages 6-18. It is a multi-faceted program designed to help young people become healthy, active and learn new ways to handle stress, maintain a healthy body and form positive relationships. This comprehensive approach includes: (1) Mind -- Healthy Habits provides a wide-ranging approach to addressing nutrition, education and fitness, (2) Body -- These elements promote fun with a purpose and physical fitness year-round in a non-competitive, yet challenging environment, and (3) Soul -- Social Recreation utilizes the Gamesroom to teach and reinforce social and ethical skills young people need to be successful.

Triple Play is part of BGCA Sports, Fitness and Recreation core program area, which consists of an array of effective programs for equipping Club youth with crucial skills needed to become healthy, fit and successful adults. The program consciously incorporates elements of belonging, competence, usefulness and influence. For example, sessions have been designed to provide a mechanism for older youth to assist younger youth, thus providing older youth with a sense of usefulness and influence while helping them reinforce the positive behaviors that are the goal of the program. The progression of Triple Play activities are designed to build on knowledge over time--but still be able to stand alone as a one-time activity. The program design is dynamic, interactive and encourages open discussions. It also features engaging, hands-on activities to maintain excitement and interest.

According to the U.S. Department of Health & Human Services, young people who spend no time in extracurricular activities are 49% more likely to have used drugs and 37% more likely to become teen parents than those who spend one to four hours per week in extracurricular activities. Current results of a national evaluation of Triple Play found the following:

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\* Triple Play participants increased their physical activity to 90% of the federally recommended guideline of 60 minutes each day, while their peers outside the program decreased their physical activity to only 78% of the recommended guideline.

\* Triple Play helped youth meet physical activity recommended standards by increasing the percentage of youth engaged in one hour or more of exercise at least five days a week and decreasing the percentage of youth who are relatively inactive. By the end of the study, 35% of Triple Play youth reported engaging in regular, vigorous activity for an hour or more at least five days a week (an increase of 10 percentage points).

Corps members will be expected to take part in planning, implementing and evaluating daily healthy lifestyles programming for youth. Corps members will monitor and track youth progress and document physical activity, nutrition and social recreation accomplishments through daily logs, pre/post testing, and participation rates. With the addition of Corps members to the Triple Play program, we will increase the numbers of Clubs that will be able to track progress in their programs, track improvements in participation rates, and ultimately assist in decreasing the numbers of youth that are overweight or obese.

All Corps members serving in the Triple Play realm will be required to complete BGCA national training sessions in order to understand and be able to implement the Triple Play program. The sessions include: Core (basic youth development workshop), Triple Play: A Game Plan for the Mind, Body and Soul Overview (introduction to philosophy of Triple Play program), Triple Play: Social Recreation: Effective Gamesroom Management and Leadership (increase ability to impact youth and specifically gamesroom activities and events) and Club Safety & Protection (workshop on ensuring child safety and protection is in place especially as it relates to gamesroom and sports programs). This ensures that all members have the same basic program knowledge when they start services to youth.

CHARACTER & LEADERSHIP: Programs in this Core Program Area empower youth to support and



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influence their Club and community, sustain meaningful relationships with others, develop a positive self-image, participate in the democratic process and respect their own and others' cultural identities.

Programming can include: (1) Torch Clubs - charter small-group leadership and service clubs for boys and girls ages 11-13. A Torch Club is a powerful vehicle through which Club staff can help meet the special character development needs of younger adolescents at a critical stage in their

development. Torch Club youth learn to elect officers and work together to implement activities in four areas: service to Club and community, education, health and fitness and social recreation. (2)

Keystone Clubs - Keystoning is the BGC Movement's most dynamic teen program. It affords teens an opportunity to gain valuable leadership and service experience. They conduct activities in three areas: academic success, career exploration and community service.

Corps members would be engaged in the following activities for those participating in character and leadership programming and/or volunteer recruitment/management: This component focuses on (1) volunteer recruitment and management and (2) Youth Character & Leadership Programs that included community service activities. This component assists Clubs by (A) expanding the capacity of the Clubs including: (1) planning an effective volunteer program, (2) organizing the volunteer program; (3) performance measurements for volunteers; (4) involving and managing short term volunteers; and (5) implementing program evaluation tools and/or (B) we are offering additional opportunities for more youth to get involved through community service projects, volunteer leadership groups, and volunteer events in efforts to promote the spirit of volunteerism and create youth volunteers for today as well as adult volunteers of tomorrow.

All Corps members serving in the Character & Leadership realm will be required to complete BGCA national training sessions in order to understand and be able to implement the Triple Play program.

The sessions include: Core (basic youth development workshop), Developing a Moral Compass (workshop on importance of developing character and culture of caring in a Club), The Keystone Club

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(workshop on Keystone Club basics and programming), and Youth for Unity (workshop on developing Clubs that value diversity). This ensures that all members have the same basic program knowledge when they start services to youth.

We are seeking support to host 135 Corps members in BGCs across the State of Indiana. We are planning for sixty 900-hour slots, thirty 675-hour slots, twenty-five 450-hour slots and twenty 300-hour slots. We have applied for these specific slots based upon our previous experience over the past three years and survey results from Club Executive Directors who provide preliminary numbers of slots and types of slots they would seek for each of their Club(s). This information provided also assisted us in determining that we expect 67 members to participate in Education and 68 in Triple Play. We also expect that there will be at least 30 of those members that will contribute to the character & leadership programs in addition to their primary education or triple play focus.

c. AmeriCorps Member Selection, Training, and Supervision: Each Club across the State is responsible for recruiting their own Corps members and will utilize their local resources such as newspapers, radio, community partners, local colleges & universities, and current Corps members in their efforts to recruit qualified individuals to fill their positions. This has created more buy-in and commitment from Clubs since they are identifying their own members. Each Club is provided with the service descriptions and basic expectations for a Corps member. Clubs must ensure that the selected member meets or exceeds those expectations. In the summer, prior to the start of the new Corps program year, all Executive Directors receive a survey that asks them how many Corps members they would like to request for their Club(s) and what services they envision the members performing. This information is used to assist in the assigning of Corps member positions in appropriate Club settings. The Program Director provides a general Corps Program overview that outlines the program guidelines, goals, approved activities, discipline policies, diversity and inclusion, and other programmatic requirements as required of our grant program. Each organization must sign a

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detailed Memorandum of Agreement that includes this data outlined.

Each member will participate in a pre-service orientation that will outline program goals, services, activities, and evaluation efforts. Each member will receive a comprehensive manual that outlines all aspects of the Corps program. This manual is reviewed with the Program Director, Site Supervisor and Member. Upon completion of the Corps program orientation, each member completes a site orientation with their direct supervisor that reviews the Club building, Club programming, Club structure, and introduction to staff and youth participants. Each Corps member will be provided with a site mentor -- either the member's direct supervisor or another program staff with experience in the member's area of focus. On-Going member training is an essential component of our project; we propose to utilize the following:

- \* Utilize a conference call service to host bi-monthly conference calls for members and site supervisors to participate in.

- \* All Corps members are required to become members of the BGCA national website which includes the Leadership Academy. Each member will be required to register with the site and to complete the Youth Development Professional level courses available. The workshops that each member will participate in will be based upon the program content area that they are serving in -- lists of workshops were included in program description previously.

- \* We offer members the opportunity to attend various local workshops or trainings with fee assistance. Workshops members have attended include: Teaching Kids to Problem Solve, Reaching Disconnected Parents, Overcoming Test Anxiety, Recruiting and Retaining Minority Mentors, Teen Textuality, etc.

- \* We will host a statewide retreat for members to come together and learn about various topics and also to engage in gaining knowledge and skills from other Corps members from across the state. Workshop sessions will be offered as well as time for civic reflection, service learning, and general

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networking.

We feel that by implementing a quality training plan for members, we can assist in increasing to a higher retention rate. Each Corp member has an assigned Site Supervisor. Each supervisor completes a pre-service orientation training with the Program Director. During this orientation, all supervisors are provided with program policies, regulations, service descriptions, activity descriptions, as well as discipline procedures and human relations requirements. Each site supervisor is selected by the Organization's Executive Director based upon experience, skills and leadership abilities. Site Supervisors are provided with on-going information related to Corps programs and requirements. The addition of a Corps Monthly Newsletter will assist us in sharing information and keeping all supervisors up to date on program requirements, activities and outcomes. The Program Director communicates with site supervisors a minimum of twice a month through email or phone calls. Site visits occur once at the mid-way point of each member and additional times as needed or requested by the site supervisor.

Throughout the course of the service year, Boys & Girls Clubs of Wayne County (BGCWC) and its partner sites will provide community service opportunities in order to reinforce the civic commitment and service ethic of our members. Members will lead and participate in service projects on national days of service such as Youth Service Day and Make a Difference Day, and will also organize and implement service projects with the youth they serve to address the specific needs of the communities in which they will serve.

d. Outcome: Performance Measures: The overall program goals of Project ACES includes: (1) increased academic success for youth that participate in programming, (2) increased capacity of participating BGC Clubs in expanding programs and services and increased funding, (3) increased community awareness of programs and services offered at BGCs across Indiana, (4) expansion of Corps member's knowledge and skills in working with children and youth in an educational capacity,

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and (5) successful completion of Corps service terms by members.

Our specific outcomes for this project include:

\* A minimum of 3,350 youth between the ages of 5 and 18 will participate in homework help and/or individualized remediation sessions. These youth will be served at different times throughout the program year. These outputs will be tracked using program attendance records. It is anticipated that 75% of the participants will increase their reading and/or math fluencies by 10%. Achievement will be verified and documented through pre- and post-tests of the Woodcock-Johnson Tests of Academic Achievement III which has been approved by the Indiana Department of Education as an evaluation and assessment tool of reading and math fluency. It is anticipated that 75% of youth participants will report an increase in positive feelings toward school and education. Output will be measured utilizing the BGCA Outcome Measurement Toolkit.

\* A minimum of 3,400 youth between the ages of 5 and 18 will participate in Triple Play healthy lifestyles programming through healthy habits, daily challenges, games room tournaments, sports leagues, and other health specific programs. These outputs will be tracked using program attendance records. It is anticipated that 75% of participants will increase their time spent in physical activity by 20% as measured by attendance records and participation strategies. In addition, 75% of youth will increase their knowledge regarding healthy alternatives as measured by pre/post test results using the Triple Play Daily Challenges and Triple Play Healthy Habits pre/post test.

\* A minimum of 1,250 youth and adult volunteers will be recruited to participate in community service activities within the Club or local community and/or to assist in providing volunteer services to the children and youth that attend the Club. We anticipate that youth and adult volunteers will provide an average of 2,500 additional hours of volunteer service. These outputs will be measured through attendance records, collection of volunteer applications, and completion of community service project summaries.

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e. Volunteer Generation: All 38 BGC organizations throughout Indiana actively recruit volunteers from the community to assist in the delivery of youth programming. The organizations post volunteer opportunities on the internet through the United Way Volunteer Match program as well as through organizational newsletters and mailings. BGC also recruit volunteers through each of our 88 individual Clubs throughout Indiana. BGC throughout Indiana utilized 9,030 volunteers during 2009. Our many volunteers expand the fundraising and programmatic capacity of the organizations by running on-going youth programs, staffing fund-raising events, improving Club facilities, and connecting the organizations with their businesses and employers as potential funders. Using both volunteer and staff support, BGC throughout Indiana served 113,773 youth during 2009 with 46% youth utilizing Club services at least twice per week. On average, 8,681 young people attend the Indiana Clubs each day. BGC throughout Indiana have been chosen repeatedly by the BGC of America to serve as pilot sites for the field testing of its newest programs including education remediation programs, anti gang curriculums, financial literacy programs, and health and wellness education programs.

The addition of the Corps members to BGC has also had a significant impact on our volunteer generation and service to Clubs. During the first two years of our Corps program, Project ACES members served with 1,645 new volunteers and recruited 303 (18%) of those volunteers. Volunteers have provided 14,776.5 hours of service in conjunction with our Corps members -- an estimated value of \$308,090 in volunteer resources provided to Clubs (according to 2009 Independent Sector data, [http://independentsector.org/volunteer\\_time](http://independentsector.org/volunteer_time)).

Corps members are encouraged to recruit additional volunteers that can assist in program planning, implementation and evaluation. These volunteers provide many of the following services: (1) homework help, (2) one-on-one remediation, (3) coaches, (4) referees, (5) career guest speakers, (6) field trip presentations, etc.

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f. Partnerships and Collaboration: Our program partners with 38 Boys & Girls Clubs across the State of Indiana. Each local Club has a large network of community partners such as their local school districts, local government, state legislators, local business partners, and other community members. Each Club works with their community partners to develop collaborations that benefit the kids of the Club and the surrounding community such as through field trips, sponsorships, guest speakers, corporate volunteers, and service projects. Partners are included in planning based upon their participation on the local Club Board of Directors, Advisory Councils, and committees. These groups meet formally on a regular basis to plan, develop and monitor programs and services offered including Corps programs located at their sites. Many Clubs partner with their local school districts and is evidenced by the school sharing information with program such as homework assignments, monthly themes, free/reduced lunch status, and grades/ISTEP scores. Without this partnership, Clubs would struggle to ensure that programming is consistent with the school day programming.

g. Sustainability: With the addition of Corps members and programming, many Clubs have increased their ability to enroll and complete children through the Mitch's Kids program which increases their ability to pull down funding to support their operations and education programs. The members that have joined our program have been instrumental in setting up systems and procedures for working with and billing for Mitch's Kids which is a program that many Clubs struggled with before.

Therefore, with systems in place, we anticipate that Clubs will be able to sustain the program beyond Corps funding. Many Clubs are looking to other community groups to partner with and develop joint programming with. This has assisted Clubs in identifying additional resources and even some cost sharing agencies. We look to expand this over the next year of service. This spring (2011) we are contracting with Indiana Youth Institute to conduct a sustainability plan as we are approaching years 4-6 of funding. We anticipate that this sustainability plan will assist us in planning for our future success including maintaining the goals and objectives of our Corps program. We also hope that the

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sustainability plan will assist us in identifying additional grant resources that we could apply for to assist us in maintaining the new service positions that Corps members have filled since the program was implemented.

We have also begun the process of expanding our volunteer base with the assistance of the Corps program. We have recruited a large number of new volunteers who have been working side-by-side with our Corps members in learning the programs that are offered within each Club. We anticipate that these volunteer efforts will assist Clubs in identifying future volunteers and potential staff members that can provide programs and services once Corps members are gone.

h. Tutoring Programs Only -- N/A

### Organizational Capability

a. Organizational Background: The primary contact person is Lana Taylor, State Alliance Director and the secondary contact person is Jennifer Ochoa. Since 1957 we have served the youth in Wayne County and its surrounding areas by providing a Positive Place for kids ages 6-18 to go after school. Currently we serve over 3000 youth annually at four year-round locations, the Jeffers, Central, Fairview, and Hagerstown Units and during the summer at our 168-acre Camp Guy located on the Whitewater River. We offer programs and activities in 5 Core Program Areas: Character & Leadership Development, Education & Career Development, Health & Life Skills, The Arts and Sports, Fitness and Recreation. We also operate an extension of Morrison-Reeves Library at our Jeffers Unit, provide the Positive Alternatives Program for suspended or expelled students in all of the Wayne County School Districts, partner with other local youth organizations to run "Club vs. Club" and serve as a Youth Service Bureau for the State of Indiana. BGCWC provides fiscal and programmatic oversight for the Project ACES Corps program that operates at 38 organizations throughout Indiana. The day to day operations is supervised by the Grant Director, who is also the Indiana Alliance State Director.



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BGCWC most recent financial audit (ending December 2009) shows the following revenue sources: grants, United Way allocations, individual contributions, special events, in-kind contributions, dues and fees, supply sales, investment income, and other income for total revenue of \$2,067,170. This CNCS request would account for 32% of that year's budget although we are seeking a 317% increase from our first year of funding. We have received three years of AmeriCorps state formula funding to support the Project ACES Corps program.

Currently the Indiana Alliance operates three statewide grant funded initiatives including Mitch's Kids (a TANF funded homework help program for eligible youth) -- 73 Clubs participate in this, Tobacco Prevention (Indiana Tobacco Prevention & Cessation funded program to increase awareness and prevention of tobacco usage and abuse) -- 70 Clubs participate in this, and a 21st Century Community Learning Center program funded by Indiana Department of Education.

Since Mitch's Kids inception (January 2005), BGC has served 19,767 TANF eligible youth through homework help and career exploration services. We serve many at-risk youth with 93% receiving free or reduced lunch and 44% of participating children attending schools on the "failing to make annual yearly progress list" with the Indiana Department of Education as part of the No Child Left Behind legislation. With assistance from our Corps members, we have significantly improved our test scores with youth. In the program year prior to starting Corps members, our average increase was 36% in reading and 34% in math. At the end of last year's program (two years with Corps members assisting in programming), we now have an average increase of 68% increase in reading and a 67% increase in math. With the assistance of Corps members, we anticipate that Clubs will increase their ability to complete more children through the program and provide more structured one-on-one assistance as needed with some of the most at-risk children.

b. Staffing: The BGCWC has forty-two members serving on the Board of Directors and ten members

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serving on the Board of Trustees (responsible for managing the endowment fund and overseeing efforts to increase our endowment). There are four administrative staff members including an Executive Director, Director of Operations, Director of Financial Administration and Director of Resource Development. There are 49 other employees. In addition, the Indiana Alliance of BGC has a seven member Board of Directors.

The BGCWC has total fiscal responsibility for the Corps program with budget and administrative oversight being conducted by the Board of Directors and Executive Director. The Director of Financial Administration at the BGCWC manages all processing of living allowances including FICA benefits, payroll processing, and accounts payable/receivable. The Indiana Alliance Board of Directors will be responsible for addressing Clubs that are in non compliance of the requirements of the Corps grant. Bruce Daggy has been Executive Director of the BGCWC for 17 years and with the Movement for more than 28 years. Daggy is a BGCA Field Consultant for Resource Development, Board Development and Planned Giving. He also serves on the Executive Committee for Indiana Youth Services Association and various other community organizations and committees.

Jennifer Ochoa has been the Director of Financial Administration at the BGCWC for over seven years. She has a Bachelors degree in Business Administration/Marketing from Indiana University. She has overseen the grant administration for numerous federal, state and local grants including 21st CCLC, Indiana AmeriCorps, Title V, OPJ, DMHA, CACFP, ARRA (Economic Stimulus funds) and IYSA.

Lana Taylor has been State Alliance Director for the Indiana Alliance of BGC for the past five years and in the Boys & Girls Club movement for the past eight years. She has a Master's Degree in School Psychology and Counseling from Butler University. She currently oversees and manages all statewide initiatives. She has been responsible for grant writing, grant management, and grant reporting for many federal, state and local grants.

Stephanie Goss graduated from Hanover College University in May 2010 with a degree in Psychology

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and Business. Stephanie completed an internship at BGCWC in 2009 and provided assistance to the Director of Financial Administration with Donor Database Management and Special Events planning. In June 2010, Stephanie was hired into the Indiana Alliance of BGC Project Coordinator role where she assists the State Director with Mitch's Kids and Corps programming.

c. Multi-state Applicants Only: N/A

d. Multi-Site Applicants Only: Our ability to serve multi-service sites is already in place. The Indiana Alliance Director currently spends approximately 70% of her time out in the field working with Clubs across the State. All current certified Indiana BGC sites are eligible to participate in this Corps program which includes 88 Clubs across Indiana. Each of these Club sites has had significant experience in working with local, state and national funding sources and has been involved in the evolution of the Mitch's Kids program including accountability and standards usage. Each Club site is visited at least twice during each operating grant year to ensure fiscal and programmatic compliance. At these site visits an On-Site Monitoring Tool, developed based on resources obtained from the National Resources website ([nationalresources.org](http://nationalresources.org)) and from existing Indiana Corps programs, is completed to ensure stringent adherence to program and fiscal requirements. All Corps regulations are reviewed with each site during the Monitoring Visit to ensure full compliance.

Host Sites are selected based upon several criteria including: (1) sites must be a BGC program site, (2) Club Executive Director's must sign a MOA that outlines all host site and program management responsibilities including policies and procedures, (3) Clubs must be in good standing with BGC of America and must have paid their annual Indiana Alliance of BGC dues, (4) if the Club participated in previous years of Project ACES, we will review their success rate including completion of members, completion of reports in a timely fashion, completion of in-kind match timesheets by site supervisor, and other program specific requirements, and (5) Clubs must pay their required cash match of 35%

## Narratives

for the member's living allowance expenses.

In order to ensure common program threads, a program manual has been created for each Club and each Corps member. The manual includes information in regards to program expectations, program outcomes, reporting requirements; Corps service requirements, prohibited activities, timesheets, and copies of all documents utilized in the program. During quarterly Executive Director and Program Director meetings, AmeriCorps will be a required agenda item with a program update including successes and areas in need of improvement.

In addition, we have implemented a monthly Project ACES Corps Newsletter that will be distributed to all members, host sites, Indiana Alliance Board of Directors, and BGCWC administration. This newsletter will assist us in building common themes and common practices by sharing best practices, great stories, training opportunities, and news of note that would benefit the program and Clubs. This newsletter will be shared and distributed monthly through an electronic format. We anticipate that this new addition to our program will help us help members feel connected to the program.

e. Current Grantees Only: Enrollment: Our Corps program has an excellent enrollment record. During our first two years, we were granted 139 slots in total and we filled 145 slots for an average enrollment rate of 104.3%. Clubs are asked prior to each program year how many and what type of slots they want for their program. Each Club is then responsible to recruit and interview their own members. With the emphasis for recruitment put on each individual Club, it has created more buy-in to the program and increased our Clubs responsibility to ensure 100% placement.

Retention: We filled 145 slots and had 21 members exit without an educational award. Therefore, our overall retention rate is 85.5%. Although we feel this is a great retention rate, we are focusing our efforts on working with Clubs to try to increase that percentage. Some of our future efforts will include: (1) additional one-on-one visits between the Program Director and any member who receives a disciplinary write up from their direct supervisor including the first verbal warning that a

## Narratives

member receives, (2) additional host site supervisor trainings and shared information to address ways to show appreciation for members and to encourage their growth and development, and (3) additional opportunities for members to receive on-going training through scholarships for professional development. In addition, a gap in service that we have identified is that of having an opportunity for all Corps members to come together in a statewide function; therefore, we are planning to host an annual statewide retreat for all members. During the retreat, there will be opportunities for training, civic reflection and opportunities to network and share with other members from across the state. We think this will assist in building the cohesion of the group. We propose to host a planning committee of members that will brainstorm and plan the training activities and the agenda for the retreat.

Cost Per MSY: We are seeking a slightly higher Cost per MSY for the renewal grant application for several reasons including: (1) we have significantly increased the number of MSYs that we were seeking from our original number of 17 MSY in year 1 of our grant to our current request of 52.28 MSY and (2) we included the significant increase in cost for FBI background checks, in previous years, we spent \$4.50 per member to conduct background checks and beginning next year, it will cost \$105 per member.

f. Special Circumstances: N/A

### **Cost Effectiveness and Budget Adequacy**

a. Cost Effectiveness:

Total Program Cost: \$1,159,492

Grantee Match: \$480,295

CNCS Cost: \$679,197

Total MSY: 52.28

CNCS Cost/MSY: \$12,992

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Diverse Non-Federal Support: Our Corps program will exceed all mandated financial match totals for the continuation grant period and will continue to increase the overall grantee share of costs in line with or ahead of CNCS guidelines, further lowering the cost per MSY to the CNCS. In addition the collaborative nature of our Corps program multiplies the number of potential donors and resources the program as a whole will be able to access. From church offering plates to local tax dollars, the revenue sources for our Corps program are numerous and will only increase with proven results. Clubs have utilized results from our Corps program to assist in educating stakeholders to seek additional funding support from a variety of sources including grant funds, individual contributions and corporate support.

Each Club has agreed to donate supervision, oversight, and program supplies as in-kind support. In addition, each Club provides 35% of each Corps member's living allowance as their contribution in cash match. Additional financial support for the program comes from individual Club and Alliance efforts including local, state and private funding.

With the support of Corps members' service, Clubs have increased the amount of funding pulled down on our Mitch's Kids contract from \$585,000 to over \$826,000 last year -- an increase of over 41%. With the extra funds pulled down, Clubs are able to provide additional support and resources to all of our academic programs.

b. Current Grantees Only: Our program has consistently provided significant match for our Corps program. In years one and two of our program, our overall match was 42.56% and 42.47%. For the renewal application for years 4-6 of funding, we are submitting an overall match of 41.4%; this is slightly lower than previous years due to increased cost associated with FBI background check and significant increase in MSY. During year three of our grant program, we are contracting with Indiana Youth Institute (IYI) to conduct a sustainability plan as we are approaching years 4-6 of funding. IYI will begin their sustainability plan development in spring 2011 and should deliver the

## Narratives

final product by summer 2011. We anticipate that this sustainability plan will assist us in planning for our future success including maintaining the goals and objectives of our Corps program. We also propose to continue to work with IYI to update and make adjustments to our sustainability plan over the course of years 4-6 of a continuation grant effort.

c. Special Circumstances: As we are planning to serve statewide locations, below is the statistical percentages for each county to be served for (1) % Under 18 in Poverty, (2) Unemployment Rate-August 2010, (3) % of 18-24 year olds without a High School Diploma, and (4) percentage of low-income obese preschoolers:

- \* Indiana -- 17.4, 9.9, 19.1 and 13.7
- \* Adams -- 22.5, 9.9, 28.6 and 9.4
- \* Allen -- 16.8, 10.3, 19.6 and 12.8
- \* Bartholomew --13.8, 8.9, 22 and 14
- \* Boone -- 7.1, 7.1, 18.5 and 11.2
- \* Clark -- 16.5, 10.4, 21.2 and 17.4
- \* Clinton -- 16.3, 9.8, 31.6 and 19.4
- \* Delaware -- 22.9, 11.0, 8.7 and 11.9
- \* Elkhart -- 15.8, 13.4, 33.3 and 15.5
- \* Floyd -- 14.9, 9.6, 19.8 and 14.3
- \* Grant -- 23.5, 11.7, 10.3 and 16.4
- \* Hamilton -- 4.3, 7.0, 15.2 and 13
- \* Hancock -- 6.6, 8.7, 14 and 22.7
- \* Harrison -- 13, 9.4, 21.6 and 20.5
- \* Huntington -- 12.8, 10.5, 16.1 and 11.2
- \* Jackson -- 14.6, 9.4, 24.2 and 18.5

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- \* Jefferson -- 19.4, 11.0, 18.2 and 21.3
- \* Johnson -- 8.8, 8.3, 19.5 and 12.6
- \* Kosciusko -- 12.3, 9.2, 24.1 and 18.6
- \* Lake - 26.5, 10.8, 23.2 and 11.7
- \* LaPorte -- 18.6, 11.3, 30.8 and 14
- \* Lawrence -- 17.4, 10.8, 25 and 15.1
- \* Marion -- 23.2, 10.1, 23.5 and 15
- \* Marshall -- 13.9, 10.3, 28 and 17.2
- \* Monroe -- 17.3, 7.6, 3.4 and 15
- \* Montgomery -- 14.8, 9.4, 21.4 and 18.9
- \* Morgan -- 13.5, 9.0, 22.1 and 13.7
- \* Porter -- 11.0, 8.7, 14.8 and 12.6
- \* Rush -- 13.6, 9.7, N/A and 13.2
- \* Shelby -- 14.4, 9.2, 22.2 and 19.1
- \* St. Joseph -- 17.8, 11.5, 14.6 and 13.8
- \* Tippecanoe -- 16.4, 9.1, 7.4 and 15.2
- \* Tipton -- 9.4, 9.9, N/A and 15.6
- \* Vanderburgh -- 20.3, 9.3, 15.1 and 12.8
- \* Vigo -- 27.7, 11.5, 14.3 and 16.1
- \* Wayne -- 22.7, 11.7, 21.1 and 15.9
- \* Wells -- 10.9, 9.0, 21 and 10.3

\*data from [www.city-data.com](http://www.city-data.com) and Indiana Department of Workforce Development

d. Budget Adequacy: The stable structure of BGC throughout Indiana, taken in conjunction with the



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part-time nature of the after-school and summer hours, allow the overall program costs for our Corps program to remain relatively low. All of the partner sites possess staff resources that are invaluable in the implementation of our program. Partner sites donate this staff support as in-kind support for the program and contribute staff expertise in other facets of the program. In addition, running the program through established Clubs allows for members to immediately engage our target population without added costs to penetrate these difficult to reach groups.

During year three, we added a part-time Project Coordinator to assist the Program Director in managing and reporting on the Corps program. The Project Coordinator manages member and site supervisor timesheets. In addition, she collects and collates the data from the member's monthly program reports.

The addition of this position has significantly increased the ability of the Program Director to spend more time in program development and member management.

Existing supervisory staff and nationally developed curriculum assist in keeping the costs of implementation low. These resources, when combined with the immense youth development resources of the Boys & Girls Clubs, provide a stable foundation for the low-cost implementation of member led programming throughout Indiana. In total, the Corps program will deliver a full year of after-school and summer programming for at least 6,750 Indiana youth, at a cost of \$100.62 per child to the CNCS.

e. EAPs and FT Fixed Amount Grants Only: N/A

### Evaluation Summary or Plan

Evaluation Summary submitted to national office through email at [americorpsapplications@cns.gov](mailto:americorpsapplications@cns.gov).

### Amendment Justification

N/A

### Clarification Summary

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b. Research has shown that AmeriCorps service causes long-term positive impacts on the civic attitudes and behaviors of program alumni (Brookings Institute, 2008). AmeriCorps alumni are more likely to enter into nonprofit or government careers and to become more engaged and attached to their local communities (Brookings, 2008). We have structured our training program to encourage all AmeriCorps members serving in Project ACES to complete the Youth Development Professional certification that is available through the Boys & Girls Clubs of America's Leadership Academy. Courses that will particularly impact members include: (1) Developmental Characteristics of Youth which assists in understanding development as it relates to the impact of genetics, family and community; (2) Key Elements of Impact which assists in understanding how programming can positively affect youth that participate and the impact that staff/volunteers have on those positive changes; (3) Youth Development Mastery Level which builds and enhances leadership and interpersonal skills, as well as ensuring knowledge of emerging trends and practices; (4) Youth Development Advanced Level which advances the development of participants' transformational leadership abilities; (5) Establishing a Positive Professional Identity through Boys & Girls Club work which is designed to assist staff/volunteers in establishing developing their professional skills; (6) Developing Superior Work Teams which identifies the roles team leaders must play and be able to apply that knowledge to developing effective teams; (7) Leadership Development which improves leadership abilities through personal exploration, communication skill development and career planning; (8) Self-Organization: How to Get Things Done which helps expand and strengthen staff/volunteers ability to manage time, priorities and alleviate stress; and (9) Working with Program Volunteers which helps identify the components of a successful volunteer program and how to use a planned approach to using and working with volunteers in the Club environment. In addition, members are required to complete a minimum of one community service project and one service day celebration activity. These activities assist in building the member's cohesion with their local Club and

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community. We also propose to host a statewide retreat where Project ACES members from across the state can come together. During the retreat, we will offer workshops that focus on civic engagement, Life After AmeriCorps, community service/service learning, and other topics of interest that we will obtain from member surveys. We also feel that this opportunity to come together will assist in building an esprit de corps among the members. During our first two and a half years of AmeriCorps programming, we have had many members complete a second and even a third term of service with our Clubs. In addition, there are now at least sixteen members that have ended service as an AmeriCorps member but have been hired as permanent staff members at their local Boys & Girls Club. These members were so inspired by their service that they wanted to continue on in a more professional manner to assist the children and youth that they served with at the Club.

c. We utilize the Woodcock-Johnson Tests of Achievement III test to collect reading fluency, math fluency or math calculation scores. Each child completes a pre-test and a number correct is obtained which is translated into a grade equivalent score. Once a child completes a minimum of 30 homework sessions, the child is then post-tested and a number correct is obtained and translated into a grade equivalent score. In order to determine the percentage increase, we divide the post-test raw score by the pre-test raw score which gives us a percentage. If the percentage is above a 1, the child made positive gains, if it is less than 1, the child made negative gains. For example, if a child obtained a 20 on the pre-test and then got a 24 on the post-test, that child made a 20% gain. The increase represents their increase in reading fluency, math fluency or math calculation skills. We also compare this increase by the number of months behind the member is when they start the program and how many months of gain they obtain while in the program. The average child comes in 7.5 months behind in reading and 7 months behind in math. At the end of the program, the child has gained 6.25 months in reading and 7 months in math. This data comes from comparing the pre and post test

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grade equivalent.

d. The Mitch's Kids program is a statewide initiative sponsored by Governor Mitch Daniels and the Office of Faith-Based & Community Initiative. The program focuses on TANF eligible youth in grades one through eight that are struggling in school. The program includes homework help, individualized assistance for struggling youth, high- yield learning activities and career exploration. The program is year round and works with over 3,000 youth per year. The AmeriCorps members have been able to assist our programs in providing more individualized time with youth and give us more adults to supervise the children during their educational support programming. AmeriCorps members assist with homework, plan and implement educational enhancement activities such as Scrabble Tournaments, Math BINGO, computerized educational games, and many other activities that are fun but also support the learning experiences of youth served. We have expanded the numbers of youth that we have served and increased our completion rates from 57% in the year before AmeriCorps members started to 86% currently.

e. The primary reasons that members give for leaving the AmeriCorps program before successful completion include: (1) obtained full time or "paid" employment with benefits, (2) obtained a paid internship, and (3) issues with host site supervisor. In order to address the issues of leaving to obtain full employment and paid internships, will include: (1) strengthening our screening procedures to focus on those applicants that are truly interested in the service component and not just the financial gain or educational award, (2) enhance our communication channels with members by conducting monthly "check-ins" with each member either by email or phone and completing at least one face-to-face meeting at the member's mid-point of service, and (3) emphasize the benefits of AmeriCorps service such as loan deferment, loan interest payments, eligibility for food stamps, eligibility for public

## Narratives

housing, and skills, knowledge and certification gained through participation in the Boys & Girls Clubs of America's Leadership Academy. In order to address the issues of members having problems with their site supervisor, we will implement: (1) joint orientations between the Program Director, Host Site Supervisor and Member so that all three parties hear the same information, understand the goals and policies of the AmeriCorps program and offers a time for questions and clarification by all three parties, (2) enhance our communication channels with host site supervisors by conducting monthly "check-ins" with each supervisor either by email or phone and completing at least one face-to-face meeting with the supervisor as we approach the member's mid-point of service. We will develop bi-monthly newsletters for Host Sites and members that will provide reminders of program requirements including deadlines for reports, updates on current research and newsworthy events, and topics such as time management, conflict resolution, and civic engagement. We also propose to host a statewide retreat where Project ACES members from across the state can come together. During the retreat, we will offer workshops that focus on civic engagement, Life After AmeriCorps, community service/service learning, and other topics of interest that we will obtain from member surveys. We also feel that this opportunity to come together will assist in building an esprit de corps among the members and assist in increasing retention rates. The final area that we will focus on is the implementation of a member recognition program to nominate "Member of the Month". Members will receive a goody bag with items related to AmeriCorps and Boys & Girls Clubs and a certificate of recognition. We hope that by adding these specific items to our arsenal of retention efforts, we can increase our retention efforts.

f. Sustainability has been a concern of our program since the inception of services. As we struggled to internally define and plan for sustainability, we determined that we needed outside assistance to help us identify a strategic plan for sustaining the program beyond federal support funds. We started an

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initiative with Indiana Youth Institute to work with an outside consultant to help us assess, identify and implement strategies for sustainability. This work began in January of 2011 and we continue to work with the consultant to develop the plan. We have already identified several areas that we could focus on including: (1) development of a clear communication plan that addresses Club-level, Organization-level, Board level and staff level areas, (2) look into the current structure of utilizing a fiscal agent organization, the Indiana Alliance 501c4 certification, or possibly adding a 501c3 structure to the Indiana Alliance, (3) development of a fund raising plan that goes beyond government funding and addressing the areas of individual, corporate, and private foundation structures which we are currently not involved with, and (4) identification of financial goals for potential funding gaps or new services/programs that we are interested in implementing. These areas will be addressed at an upcoming meeting with statewide Executive Directors from Boys & Girls Clubs across the state at the end of August followed up by an Indiana Alliance Board Meeting to be held in September 2011. At that time, we hope to have approval to move forward on recommendations from Indiana Youth Institute. These recommendations are expected to assist us in sustaining the programs and services currently being completed through the utilization of AmeriCorps members after federal funding has ceased.

g. AmeriCorps members are particularly effective at helping our Boys & Girls Clubs address current education and health-related problems being faced by Indiana youth. The members are positive adult role models that the children and youth look up to. The AmeriCorps members have the ability to offer more focused in-depth programming with youth that Club staff may not be able to do due to limited resources and time. In addition, the members are required to complete the trainings that are related to the program and curriculum they are implementing. This training ensures that the member understands the curriculum including the goals of the program, the activities to implement, and the

## Narratives

evaluation tools to utilize. The members can focus their time and efforts on the specific curriculum/program they've trained on and not be pulled away to do other tasks in the Club like many staff members are. The members can offer individualized or small group activities that can have deeper impact on the participating youth which will in turn have greater effect on the Club and local community.

Clarification -- Performance Measures: Healthy Futures:

a and b. We currently do not have baseline data on youth participants as it was not collected in previous years. In order to capture baseline data for the amount of minutes youth currently spend in physical activity, AmeriCorps members will contact the local schools that children attend and will find out how many minutes per day/per week that children/youth participate in physical education classes. They will collect the physical education schedules for elementary, middle and high school members. Members will also administer a brief survey to collect any additional time that children currently spend in organized activities such as intramurals or organized sports. These two items will be added together to obtain a baseline number of minutes spent in physical activity. Clubs will then collect attendance information for those children that are participating in the Challenges program. These additional minutes will be added to their baseline to calculate the total amount of minutes spent in physical activity per child.

d. Current research by the Centers for Disease Control and Indiana Department of Education states that the average Indiana elementary school child participates in 21 minutes per day of physical education classes. This is significantly below the recommended 60 minutes per day. Our goal is to increase youth to 40 minutes per day of vigorous exercise by adding an additional 20 minutes of time

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spent in Triple Play Challenges. This creates a target of an 85% increase in minutes. We have targeted an increase of 85% based upon the fact that for the average elementary school age child that would add an additional 20 minutes onto their current minutes. This has been shown to offer many benefits since more vigorous exercise that gets their target heart rate up for 20 minutes at least three times a week will offer many health benefits including (1) decreased obesity rates, (2) decreased health issues such as diabetes, high blood pressure, heart problems, and (3) general overall feelings of health. The Challenges program will be offered daily and are a minimum of 20 minutes per activity.

e. We have selected a 75% goal for youth meeting the stated goal based upon previous experience and desired impact. We know that, on average, only 42% of Club members attend the Club four days or more per week but 75% of Club members attend at least three days per week. Therefore, we selected to focus on the 75% of youth that attend the Club at least three days per week with the hope that when we implement the Challenges programs in the Clubs that participation rates will increase due to increased interest in the program.

f. AmeriCorps members will keep daily activity logs (including child/youth names) for the Challenges programs. Each Challenge activity will have a set start and end time. The minutes will be calculated and tracked. The answers for questions a and b outlined above discuss in detail the method used to track baseline participation rates. We will utilize the Daily Challenge pre/post survey to assess member's health and fitness knowledge. So not only are the member's increasing their time spent in physical activity, they are also learning how to engage in a healthy lifestyle. AmeriCorps members will not only implement the Challenge activity but they will also follow the curriculum that will enable them to teach youth about various components of health. Questions on the pre/post survey address various health topics including: (1) minutes per day you should get in physical activity daily,



## Narratives

(2) warming up helps what, (3) questions on MyPyramid, (4) optimum exercise and fitness levels, and (5) gaining weight can lead to what health problems, etc. Our goal is that youth will increase their knowledge gained between pre and post test by at least 10%.

Education:

c. Youth will be required to make a 15% increase in their reading and math scores as measured by the Woodcock Johnson Tests of Achievement subtests.

e. We have selected a 15% increase as our goal for this project based upon our past experience, goals set within our Mitch's Kids program, and overall impact. A 15% increase in reading or math scores is approximately an increase of one semester of school. Therefore, we find that 15% is reasonable and attainable. We have estimated that 75% of youth will meet this increase goal. In our current Mitch's Kids program, 75% of youth make an increase in both the reading and math portions of the post test. There are many reasons why some of the children we work with don't make the improvement: (1) 18% of the youth we work with receive assistance through special education services, (2) 53% of youth we work with attend a school that is on the "Failure to Make Annual Yearly Progress" list according to the No Child Left Behind act, and (3) many of our children are facing other social concerns such as lack of parental oversight, incarcerated parents, child abuse or neglect including lack of basic necessities such as housing or food. These many issues contribute to some children not being mentally or emotionally prepared for rigorous academics. Our program works with these children and we do make great strides but will fall short of a goal of improving in both reading and math areas.

CLARIFICATION RESPONSE 2011 -- PART 3

## Narratives

### Healthy Futures:

In order to calculate the increase in time spent in physical education, we propose to utilize the following method to collect a baseline level for each youth. Step 1: AmeriCorps members will contact the local schools and find out how many minutes of physical education classes students receive on a daily/weekly basis. Step 2: AmeriCorps members will administer a survey to participating youth to determine additional time spent in physical activity at home and on the weekends. These two items combined together will obtain a baseline number of minutes spent in physical activity for each youth. This number will be utilized to calculate additional time spent in physical activity through their participation in Triple Play programs.

### Education:

We changed the wording for the education outcome to be that children will "increase their reading or math fluency scores by a minimum of 15%" so that children can improve in one or the other area depending on the area of greatest need.

### Continuation Changes

N/A

## Performance Measures

### SAA Characteristics

- AmeriCorps Member Population - None c       Geographic Focus - Rural  
 Geographic Focus - Urban       Encore Program

### Priority Areas

- |  |  |
|--|--|
| <input type="checkbox"/> Economic Opportunity                            | <input type="checkbox"/> Environmental Stewardship                       |
| <i>Selected for National Measure</i> <input type="checkbox"/>            | <i>Selected for National Measure</i> <input type="checkbox"/>            |
| <input checked="" type="checkbox"/> Education                            | <input checked="" type="checkbox"/> Healthy Futures                      |
| <i>Selected for National Measure</i> <input checked="" type="checkbox"/> | <i>Selected for National Measure</i> <input checked="" type="checkbox"/> |
| <input type="checkbox"/> Veterans and Military Families                  | <input type="checkbox"/> Other   |
| <i>Selected for National Measure</i> <input type="checkbox"/>            | <i>Selected for National Measure</i> <input type="checkbox"/>            |
| <input type="checkbox"/> Disaster Services                               |  |
| <i>Selected for National Measure</i> <input type="checkbox"/>            |  |

Grand Total of all MSYs entered for all Priority Areas      46.78

### Service Categories

Afterschool Programs

Other Health/Nutrition

## National Performance Measures

Priority Area: Healthy Futures

### Strategy to Achieve Results

Briefly describe how you will achieve this result (Max 4,000 chars.)

We anticipate that 58 AmeriCorps members will engage youth, ages 6-18, that attend local Boys & Girls Clubs in healthy lifestyles programming including Daily Challenges, Get Fit Challenge, Jump Rope Challenge, and/or Walk/Run Challenge.

### Result: Intermediate Outcome

Result.

2,550 youth will complete Daily Challenges, Get Fit Challenge, Jump Rope Challenge and/or the Run/Walk

Challenge in the Triple Play healthy lifestyles program which will increase their time spent in daily physical activity.

Indicator: 2550 youth will complete Daily Challenges, Get Fit Challenge, Jump Rope Challenge,

Target :2,550 of participating youth will increase time spent in physical activity by 85%

Target Value: 2550

Instruments: Program attendance sheets and activity logs

PM Statement: 2,550 of participating youth will increase the amount of time they spend in physical activity by 85% in efforts to align with state and national recommended standards.

## National Performance Measures

Result.

and/or the Walk/Run Challenge in the Triple Play healthy lifestyles program

### Result: Output

Result.

2,900 youth will participate in healthy lifestyles programs

Indicator: H5: Youth engaged in activities to reduce childhood obesity.

Target : Youth ages 6-18 will participate in Triple Play Programming

Target Value: 2900

Instruments: Activity logs will be collected

PM Statement: 2,900 youth will participate in Triple Play programming

### Priority Area: Education

#### Strategy to Achieve Results

Briefly describe how you will achieve this result (Max 4,000 chars.)

AmeriCorps members will engage youth between the ages of 6 and 18 at local Boys & Girls Clubs to enroll and participate in educational support programs including homework help and academic enrichment. We anticipate that 60 members will be engaged in this program component.

### Result: Output

Result.

80% (2,400) of those youth that started the academic program will complete the program.

Indicator: (PRIORITY) ED2: Number of students who complete an AC ED program.

Target : Children and youth that complete the academic program as defined as the completion of a minimum of thirty homework help sessions.

Target Value: 2400

Instruments: Homework Session attendance log

PM Statement: We anticipate that 80% of youth that start the academic program will complete the program as measured by the Homework/Academic Session attendance log.

### Result: Intermediate Outcome

Result.

75% of youth that complete the educational programs will increase their reading or math fluencies by a minimum of 15%.

Indicator: (PRIORITY) ED5: Students with improved academic performance.

Target : Children and youth that participate in educational programming are administered a pre and post test to evaluate their improvement in reading and math fluency during their participation in the program.

Target Value: 1800

## National Performance Measures

Result.

Instruments: Woodcock Johnson Tests of Achievement Reading Fluency, Math Fluency and Math Calculation subtests.

PM Statement: 75% of youth that participate in the educational program will increase their reading or math fluency scores by a minimum of 15%.

### Result: Output

Result.

3000 youth will participate in member facilitated education support programs

Indicator: ED1: Students who start in an AC ED program.

Target :Children and youth participants at the Boys & Girls Clubs programs start to participate in

homework help and academic support programs

Target Value: 3000

Instruments: We will collect intake forms on all youth starting the program and collect daily attendance records to support enrollment and participation.

PM Statement: AmeriCorps members will work with an average of 50 youth per member in educational support programs for an expected total of 3,000 children and youth between the ages of 5 and 18.

## Required Documents

**Document Name**

**Status**

Evaluation

Sent

Labor Union Concurrence

Already on File at CNCS