# PARTNERS FOR HEALTHY YOUTH

*Committed to Kettering Youth and Families*

# Youth and Family Round Table Action Steps

## Summary

Partners for Healthy Youth (PFHY) conducted 2 community round tables with approximately 38 participants both in the April and May sessions. The three general themes extracted from the round tables were:

- Youth and Family Mental Health Challenges
- Parent and Family Engagement
- Access to Resources

The positive community response from the round table discussion provided (PFHY) with an excellent opportunity to continue to engage our residents and provide them with the resources so they can also be part of the solution. **This process also allowed PFHY to redirect their efforts and focus on strengthening community facilitation and minimize actual program delivery.**

## Action Steps

In order to provide additional feedback to the round table participants some of the PFHY Board members met to discuss action steps that could provide guidance and engagement with our community members.

## Goal

Create a holistic approach to build a supportive community for every youth in Kettering.

## Strategies

1. Strengthen our Kettering youth to develop attributes that increase the opportunity to build effective problem solving skills, increase empathy and kindness, emotional management and learning new skills.

2. Develop a community network that utilizes similar language, programs and interaction with youth to build a successful environment for all kids to succeed in Kettering.

3. Develop evaluation tool that will measure the outcome and impact of the 4 program recommendations.

## Community Deployment

PFHY will help facilitate this community process with individuals, organizations, government employees and business to engage their efforts and activities with programs that have been proven to show positive impact on youth and improve youth achievement and behavior.

## Program Recommendations

1. Through the Visible Learning Research (250+ Influence on Student Achievement) and (Visible Learning Meta(x)) the recommendation is to provide applicable research in the following areas and encourage organizations to adopt some of these practices:
   - Parental Involvement
   - Positive Family and Home Dynamics
   - Engaged verses Disengaged Fathers
   - Parental Programs
   - After School Programs
   - Service Learning
   - Play Programs
   - Creativity Programs
   - Outdoor/Adventure Programs
   - Exposure to Reading
   - Drama/Arts Programs

2. Encourage organization to **adopt a school** for one day each week through the entire school year. Organization, Individuals would key in on 3 – 4 students in each grade working on various reading skills and or associated behavior needs. After School Program Plan.

3. Encourage all stakeholders to embrace the social emotional learning concepts: **build effective problem solving skills, increase empathy and kindness, emotional self-management and learning new skills** and the Kettering PBIS Language (We Are Safe, We are Responsible We are Respectful) to create a common community language and programs that provides a safe and healthy place for children to live, learn and grow.

4. Access to Resources will be provided via the City/School Youth and Family Resource Coordinator. All information will be available on the City of Kettering and Kettering City School websites. Web links will be available on various city and school publications quarterly.

# Tools to Use

## Visible Learning:

**Listed below are 11 programs that have been quantitatively measured to influence youth achievement and success.**

### Parental Involvement

**Influence Definition (Potential to accelerate):** Parental involvement refers to the amount of participation a parent has when it comes to schooling and the child's life. This can be via events and volunteer opportunities, school management, helping with homework, etc.

### Positive Family and Home Dynamics

**Influence Definition (Potential to accelerate):** "Home environment" comprises several interrelated material and interpersonal factors, including learning materials, language stimulation, caregiver responsibility, academic stimulation, behavioral modeling, acceptance, physical safety, and more.

### Engaged verses Disengaged Fathers

**Influence Definition (Likely to have positive impact):** While fathers' mean levels of overall involvement in the education of children tends to be lower than that of mothers, their involvement nonetheless influences their children's academic achievement just as strongly as the involvement of mothers.

### Parental Programs

**Influence Definition (Likely to have positive impact):** Programs involving parents, such as family literacy, support, parent education, and home programs to help parents work with students.

### After School Programs

**Influence Definition (Likely to have positive impact):** After-school programs have been created to solve three social problems: to prevent students from spending long periods of time home alone after school; to provide students struggling academically with more time to learn important elements of the curriculum; and to reduce crime and victimhood during after-school hours. The National Household Education Survey Program (2006) reported that 20 percent of U.S. students in Grades K-8 attended an after-school program, and studies have demonstrated that after-school programs focused on reading and mathematics have improved attendees' academic performance in those areas.

## Service Learning

**Influence Definition (Potential to accelerate):** A teaching strategy that combines community service with learning from classroom instruction. Students engage in community service activities and apply the experience to personal and academic development. The aim is to benefit both the community and the learner.

## Play Programs

**Influence Definition (Potential to accelerate):** Play is a generic term applied to a wide range of activities and behaviors that are satisfying to the child, creative for the child, and freely chosen by the child. Play programs attempt to foster resilience, health, and well-being through the use of play.

## Creativity Programs

**Influence Definition (Potential to accelerate):** There are many creative thinking programs: Creative Problem-Solving Programs, the Productive Thinking Program, the Purdue Creative Thinking Program, New Directions in Creativity, and the Torrance Creative Scholars Program. Such programs aim to impact students' divergent thinking abilities, such as number of responses, flexibility of response categories, originality of responses, and elaboration of responses.





## Outdoor/Adventure Programs

**Influence Definition (Potential to accelerate):** These organized, outdoor activity programs promote group or team interactions through shared challenges. They often involve high levels of challenge (high ropes, climbing, white water rapids), can last many days, and aim to impact confidence, cooperation, and coping strategies.

## Exposure to Reading

**Influence Definition: (Potential to accelerate):** This relates to exposure to reading and concepts about print and stories at home and at school.

## Drama/Arts Programs:

**Influence Definition (Potential to accelerate):** Programs based on drama and the arts.

**Individuals, organizations, businesses and government employees can tailor their existing program, project and or events to incorporate the fundamentals of these 11 programs.**

# Social Emotional Learning:
## Creating a common community language

### Definitions for Social Emotional Learning Concepts
**Listed below are 4 concepts that have been quantitatively measured to influence youth achievement and success.**



### Learning New Skills
Youth gain skills to help themselves learn, including how to focus their attention, listen carefully, and be assertive when asking for help with schoolwork.

### Empathy
Youth learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.





### Emotion Management
Youth learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.

### Problem Solving
Youth learn a process for solving problems with others in a positive way.



**Individuals, organizations, businesses and government employees can tailor their existing program, project and or events to incorporate the fundamentals of these 4 concepts.**