

Afterschool Programs & Their Potential to Improve Behavioral Health Outcomes



BOYS & GIRLS CLUBS
WASHINGTON STATE ASSOCIATION

WELCOME

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Thank you to our funders!



Washington Office of Superintendent of
PUBLIC INSTRUCTION

**THE NORCLIFFE
FOUNDATION**

Program Design

- Pre-pandemic concerns with youth mental health
- Effects of the pandemic on most vulnerable Club members and families
- Desire to approach the pilot in an evidence-based way
- Successful staff training only pilot at BGC of Ohio
- Extensive Club org input
- Consultation with external partners on pilot design

Funding model

- Seed funding from a private foundation for 50% of orgs in the Alliance for 3 years
- Leverage private funding for 1st year public funds allocation via OSPI
- Use early results from year 1 to lobby for public funding for 2 more years to match private investment duration
- Use year 1 full results to promote program outcomes with a wide variety of public and private stakeholders and funders for program sustainability

Year One

Implementation

Implementation Strategies

Strategy One: Behavioral Support Specialists

- Hired 14 Behavioral Support Specialists – 1 for each Club organization in Washington
- Conduct small group mental health promotion sessions (19,185 hours)
- Assist families in navigating complex behavioral health resources in their communities (475 referrals)
- Provide resources and training to staff to alleviate compassion fatigue (2,171 hours).
- Conduct one-on-one mental health support with kids and teens, as appropriate (1,144 members served).

Behavioral Support Specialist

"The BSS is able to spend time building relationships with members and their families. She can work one-on-one and have meaningful conversations at the Club, rather than suspending members and referring them out in order to address behavioral challenges. As an organization, we believe in restorative practices, and we are now more able to adopt these practices and keep more kids in Club."

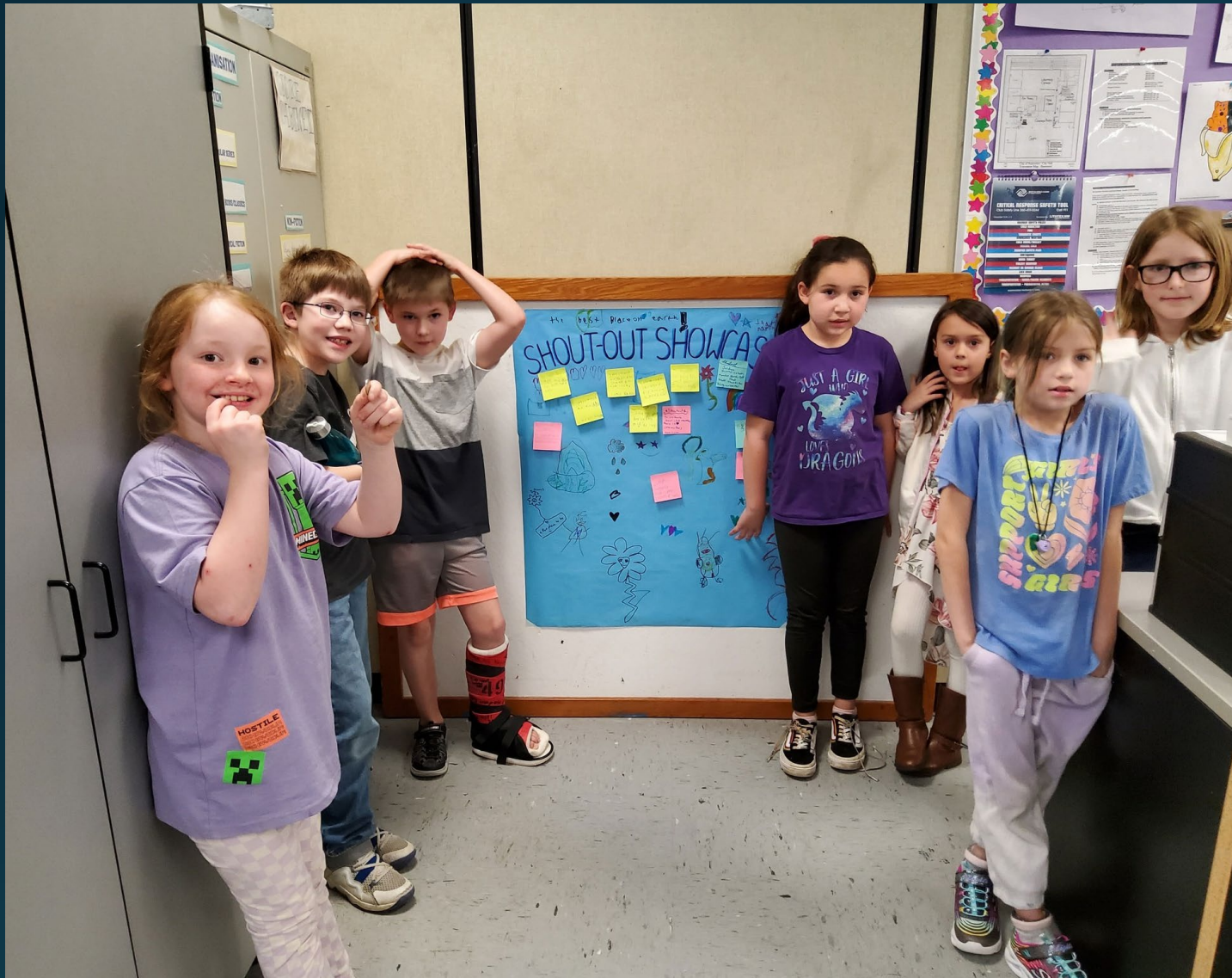
- – Thurston County



Implementation Strategies

Strategy Two: PAXIS Institute Partnership

- Train 100% of youth facing staff in PAX tools (398 full-time and 674 part-time)
- Live virtual sessions and pre-recorded, self-paced learning modules
- Ensure all Club interactions are based on principles of trauma-informed care and behavior interventions are conducted in a therapeutic way
- Provide consistent approaches and expectations across each site, staff member and organization – staff retention



PAX Tools

"The knowledge and skills provided by PAX training have greatly impacted our staff's ability to show up for Club youth each day. After going through the training, staff not only have the tools they need to be their best for youth, but they understand why certain techniques are beneficial for youth's mental, social, and emotional well-being."

– Southwest Washington

Implementation Strategies

Strategy Three: SEL Programming

- SMART Moves – Emotional Wellness
- Small group sessions & Teen “TED” Talks
- Quiet corners and sensory tools
- Family nights and community engagement



Trauma Informed Care Partners

Partnered with BGCWA to provide Trauma-Informed Care training to youth workers and volunteers across Washington State.

- Washington State Alliance of YMCAs
- Big Brothers Big Sisters of Puget Sound
- Communities in Schools of Washington State
- School's Out Washington
- PAX Tools, Mental Health First Aid, Compassion without Fatigue, Motivational Interviewing, Justice, Equity, Diversity and Inclusion (JEDI)
- Collectively trained over 500 youth serving staff
- Supporting 18,000 kids and teens



Program evaluation

Year 1:

- Output tracking across all funded organizations (# of kids, teens, staff, families served; # of group sessions, family events, training hours; # of staff trained and assisted)
- *Staff* outcome tracking using PAXIS Institute available tools and expertise;
- *Youth* outcome tracking at high level using annual National Youth Outcomes Initiative.

Year 2:

- Layer on a more frequent *Youth* outcome tracking by utilizing a custom tool comprised of questions from SDQ and SCS instruments; utilize PAXIS Institute for outcome evaluation

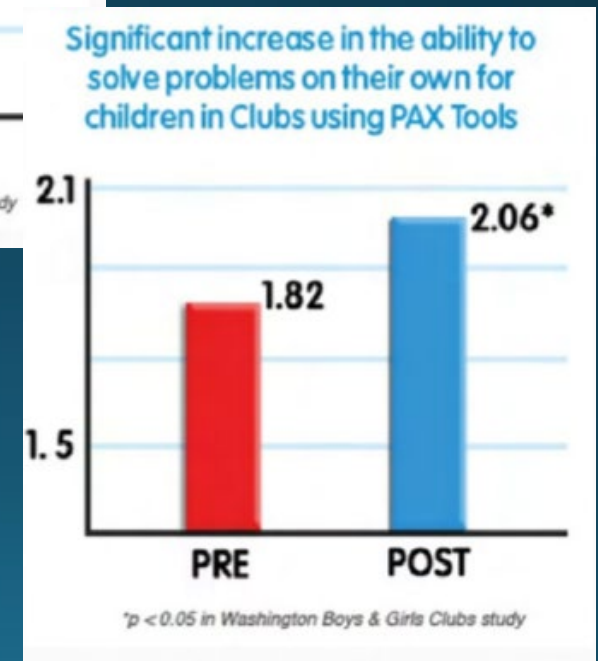
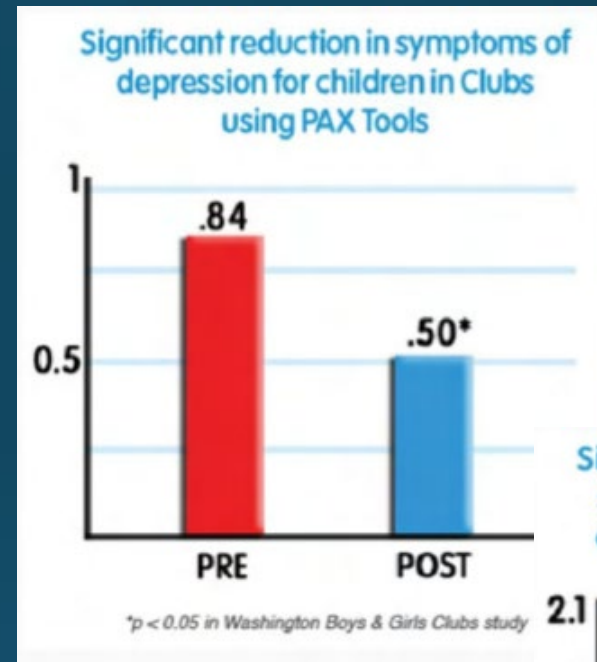
Year 3:

- If funds are secured, layer on a formal evaluation component in partnership with UW or another regional research entity to understand deeper program impact.

Measurement

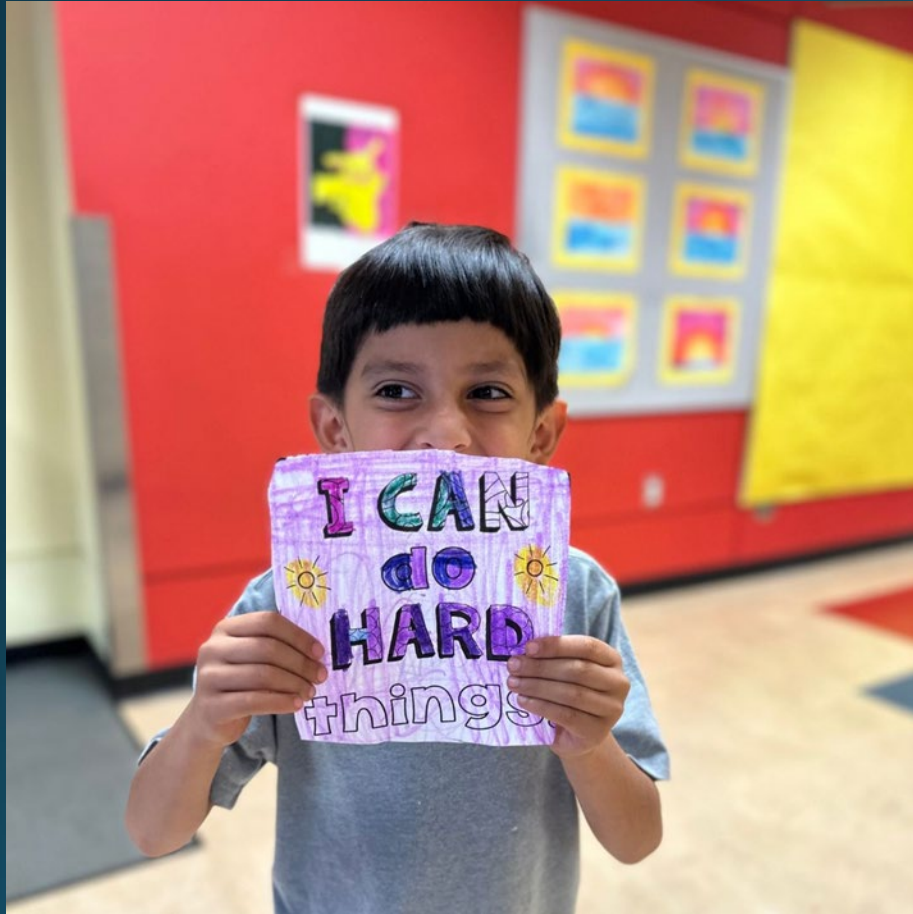
PAXIS Institute

- Post & mid-implementation surveys
- Measure staff's perception of training success & impact
- Positive correlation of PAX Tools training and pro-social, positive outcomes for both Club youth and youth workers
- Club staff want to continue to use PAX strategies



Measurement

National Youth Outcomes Initiative (NYOI)



- 100% organization participation – 139 Club sites; 3500 youth
- 2023 survey observed positive increases in 6/8 SED measurements
- Stress management and emotional regulation measurements saw biggest improvements
- 94% of Club youth believe “If I try my best, I can accomplish most things.”

Impact

Year end narrative reports

- Suicide awareness and response
- Improved social skills and connection
- Increased abilities to recognize and deal with various emotions and feelings
- Improved family engagement
- Developing more inclusive environments – neurodiverse youth
- Cultural responsiveness
- Student and staff retention



Boys & Girls Clubs of Skagit County

Yesica Solano (she/her)

Mental Health and Behavioral Specialist

Mental Health and Behavioral Specialist

- Empathy
- Support staff and members
- COVID-19
- Rapport with families
- Think out of the box



Responsibilities

- Monthly reports
- Emotional check-ins
- Emotional regulation
- Trauma-informed; Trauma responsive
- De-escalation
- Making connections
- Resource library
- Behavioral plans and meetings
- Communication
- PAX Tools

Accomplishments

- Family nights
- Eliminating barriers
- Resilience
- Resources
- Attention getters
- Calm space
- Inclusive environment
- Acceptance
- Empowerment
- Ending stigma
- Positive affirmation
- Motivation

Home-Runs!

- First ball game
- Sailor in Sedro
- Inspirational Mother



SEL-Programs

- Be-A-Star
- SMART Girls
- Self-Awareness
- Promoting Acceptance
- Insight from Staff
- SMART Moves – Emotional Wellness
- Positive Social Interaction
- Healthy Boundaries

Collaboration

- Emotional support
- Techniques
- Experience
- Advocate
- Resources
- Burnout
- Trouble shooting



Boys & Girls Clubs of King County

Rachel Smith

Executive Director of Health & Safety

Jaqueline Rivera, LICSW,

Asst. Director of Mental Wellness Programming

Who we are...



What's happening?

Youth

- Increased emotional dysregulation, inability to cope, and behavioral disruptions

Parents/Caregivers

- Counseling services are: unavailable, have long waitlists, and unaffordable

Staff

- Need for increased training on adverse childhood experiences, trauma informed practices, and behavioral support.
- Unable to meet all needs for personalized intervention when a youth experiences distress

It was the right bet, even in a pandemic.

Our three-year implementation plan will result in \$1M in behavioral health support to Club members!



Trusted partners...

- Brooks Powers Group
- Seneca Family of Agencies
- Youth Eastside Services
- Mental Wellness Advisory Committee



What we are building now...

Workforce

- Behavioral Health Support Specialists for every Club, working right alongside our youth development staff
- Licensed clinicians for youth and teen services

Evidence-Based Prevention & Intervention

- New interventions by clinicians
- New skills for youth development staff

Space for youth voice

- Listening to teen members; our Teen Advisory Board

Biggest Challenge: Workforce

1 : 3,378

*The ratio of behavioral health providers to
Washington residents (per Dept. of Health)*

Next Steps...

- Continue to expand the Behavior Support Specialist Role
- Development of systems, policies, procedures to measure and deepen impact
- Develop new community partnerships



Year 2 Plan

Strategies for Further Impact

- Provide trauma-informed care training to new hires across WA
- Facilitate professional development opportunities for BSS
- Partner on additional staff training with other youth development orgs
- Assist kids and families with targeted strategies to improve and promote emotional well-being

Continuous Quality Improvement

- Deepen outcome measurement and evaluation – staff observation surveying
- Increase youth and family voice into mental health promotion planning

Questions?

Please contact

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With any questions or additional requests for information or partnership

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