


# Building Community For Youth and By Youth


October 15, 2004



## Measuring Success

### Progress in Community Selected Priorities Focused on Youth

Sharon H. Vitousek, M.D.  
North Hawaii Outcomes Project  
October 15, 2004



1. Are we making progress in the community selected youth focused priorities?
2. What will it take to accelerate & sustain progress?




## North Hawaii Outcomes Project's Role

*Facilitate* improvement of health and quality of life in North Hawaii by:


- 📁 Preparing and analyzing a Community Health Profile
- 📄 Identifying critical health issues
- 🎯 Partnering to catalyze collaboration for improvement
- 📖 Identifying evidence-based strategies for improvement
- 🕒 Monitoring outcomes and progress

[www.nhop.org](http://www.nhop.org)




## Five Mountains' Role

Five Mountains Hawaii *facilitates* collaboration and learning to improve community health outcomes.




Community Forum 2003




## What does a healthy community look like?

### What would help North Hawaii to be healthier?



1999 – 2000

Community focus groups identified inadequate youth activities as a significant problem in North Hawaii.



## North Hawaii's Hopes For A Healthy Community

A great place to live, with a great sense of community,  
A great place to work, play and raise a strong family,  
A great place to heal & stay healthy

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## North Hawaii's Hopes For

*Healthy people making healthy choices:*

- ◆ **Newborns**, infants and toddlers thrive
- ◆ **Children** are safe, healthy and ready to succeed in school
- ◆ **Youth** make healthy choices and become successful adults
- ◆ **Adults** have meaningful work, family-sustaining incomes
- ◆ **Families** live in safe and supportive communities
- ◆ **Seniors** are respected and integrated into community life.



## Community Selected Priorities 2000

### Increase

- ▲ Educational Attainment
- ▲ Youth Activities
- ▲ Qualified Workforce

### Decrease

- ▼ Substance Abuse
- ▼ Child Abuse and Family Violence
- ▼ Teen Pregnancy



## Additional Community Health Priorities 2001

Balancing economic growth and cultural preservation

Improving public transportation

Increasing school-community collaboration

Supporting successful aging



## Additional Community Health Priorities 2002

Increase quality affordable early childhood education

Improve measurement of success



## Additional Community Health Priorities 2003

Reduce motor vehicle related deaths

Reduce stroke deaths

Improve prevention of chronic disease

Improve access to primary health care



## What is Youth Development?

“The main goal of positive youth development strategies is to help youth become socially, morally [ethically], emotionally physically and cognitively competent.”

Source: NGA Center for Best Practices 202-624-5300

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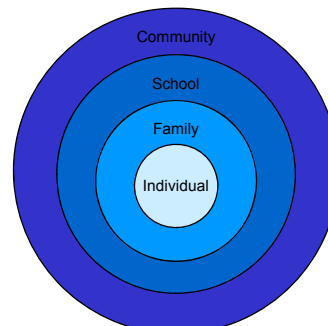


### Benefits of Youth Development

“Youth Development Strategies help youth become healthy and productive adults by supporting the development of attitudes, behaviors, and skills that enable them to succeed as parents citizens and workers. These strategies also help prevent serious problems such as teen pregnancy, violence, and dropping out of school.

Source: NGA Center for Best Practices 202-624-5300

### Organizing Framework for Non-School-Hour Programming



(Hawkins and Catalano)

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### Are we making progress ?

- What's being done?
- Are we following our guiding principles?
- Are we implementing recommendations?
- Are we really addressing the barriers & challenges?
- Are the indicators improving yet?

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### Youth Activities: What's Being Done?

- ✓Tutus House –Mentoring, Youth Activities and Earl's Garage
- ✓Community renovation of Waimea Parks and Recreation Community Center and development of youth programs through Family Support Services of West Hawaii
- ✓Waikoloa Youth Mentoring Program- Summer internships
- ✓Educational Rotary collaboration on “Make a Difference Day” - HPA buses used to transport to Waikoloa Youth Mentoring & community Service Learning
- ✓Expansion of the School of the 21<sup>st</sup> Century learning grant to North Hawaii schools



### Youth Activities: What's Being Done?

- ✓YMCA- acquired facilities
- ✓Hawaii Island Rural Health Association - Emergency Response Training
- ✓Waimea Youth Activities Committee (broad collaboration Battle of the Bands (2003 & 2004), Teen Dances
- ✓Link with County Youth Builders and The Office of Juvenile Justice and Delinquency Prevention
- ✓Salvation Army - Skateboard Park opened July 2004!!
- ✓Principals collaboration around Community Service Learning & profession development for teachers
- ✓Ambrosia –School-Community garden & cooking project
- ✓Planning for Youth Center & new athletic facilities



### Community Health Improvement Guiding Principles

- A broad definition of health
- Shared responsibility
- Engage those who care--be inclusive
- Realistic assessment of where we are now
- Learn from others
  - Inventory existing resources & assets
  - Look to science to find what works
  - Listen to community wisdom
- Measure and celebrate progress

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### Shared Responsibility & Engaging Those Who Care:

**Local:**  
YMCA, Parks and Recreation, FSSWH, Schools, Imiola Church - GOTS, St. James Church, Tutu's House, Friends of the Future, YWCA Hamakua Youth Center, North Kohala Intergenerational Center, North Kohala Resource Center, Salvation Army, North Hawaii Learning Center, Kohala Community Athletic Association, Hawaii Youth Leadership, Faith Community, Local Businesses, Rotary, PTSA's ,

**County:**  
Department of Parks and Recreation, Community Policing, Comprehensive Juvenile Justice County Resource Center, Mass Transit; Hawaii Island United Way, Hawaii Rural Health Assoc.

**State:**  
Department of Education, Office of Youth Services, Hawaii Building Partnerships for Youth Project; Department of Health: Community Adolescent Program, ADAD, SORH

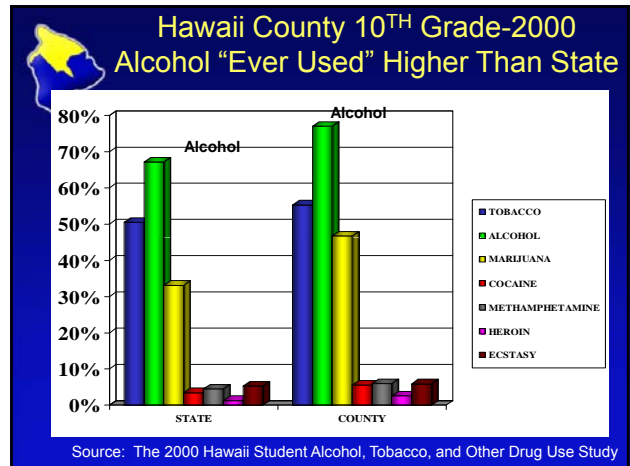
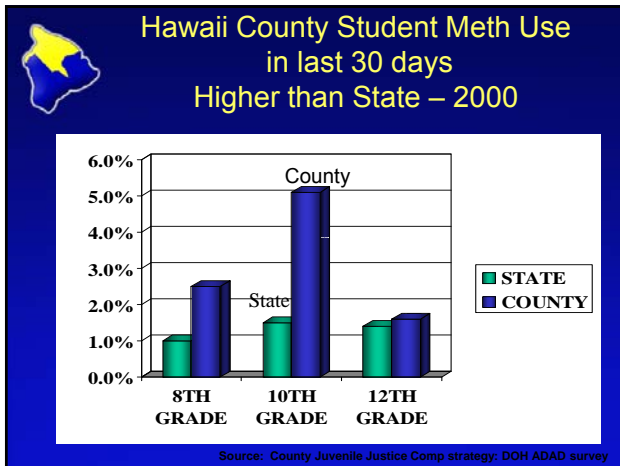
**National:**  
Just Think Foundation, Sales Force, Com Foundation, Association for Community Health Improvement, HHS, Search Institute: Healthy Communities Healthy Youth; National Service Learning Association

Source: Our Healthy Community "Community Partnerships for Accelerating Improvement" April 2001

### North Hawaii Youth Population

	Kawaihae-Waikoloa	Waimea-Puuhanahulu	North Kohala	Honokaa-Kukuihaele	Paauihau-Paauilo
Population 11 - 18 yrs. (3,213)	681	1,032	724	476	300
Population less than 20. yr. (7,484)	1,815	2,288	1,656	1,063	662
Population of North Hawaii (25,277)	6,015	7,116	6,038	3,895	2,213

Source: U.S. Census SF1 P14



### Why Is This Issue So BIG?

- ✓ No central public high school in North Hawaii. Many youth attend school out of their community
- ✓ Significant decline in past 10-20 years of school-based activities
- ✓ No public transportation system
- ✓ Relatively high proportion of youth & elderly in North Hawaii creates high "dependency burden" on workforce

Source: Our Healthy Community "Community Partnerships for Accelerating Improvement" April 2001


### Why Is This Issue So BIG?

- ✓ High cost of living leads many parents to work multiple jobs with long travel times
- ✓ Large disparity in family income and education levels within North Hawaii
- ✓ Historically only a very few major businesses locally
- ✓ No local government or single lead agency
- ✓ Recent increased awareness and collaboration, but still need a more integrated planning for youth development programs, facilities, practices & policies

Source: Our Healthy Community "Community Partnerships for Accelerating Improvement" April 2001

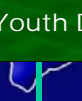
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### Learn From Others?

- Inventory existing resources & assets
- Look to science to find what works
- Listen to community wisdom



### Youth Development Approach



“Prevention/early intervention is an attempt to shift the balance from vulnerability to resilience, either by decreasing exposure to risk factors and stressful life events, or by increasing the number of available protective factors in the lives of vulnerable children.”

Emmy Werner  
The Children of Kauai

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### The Search Institute 40 Developmental Assets

#### The Categories of Developmental Assets

<p><i>External Assets</i></p> <ul style="list-style-type: none"> <li>• Support</li> <li>• Empowerment</li> <li>• Boundaries and Expectations</li> <li>• Constructive Use of Time</li> </ul>	<p><i>Internal Assets</i></p> <ul style="list-style-type: none"> <li>• Commitment to Learning</li> <li>• Positive Values</li> <li>• Social Competencies</li> <li>• Positive Identity</li> </ul>
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Source: [www.search-institute.org](http://www.search-institute.org)

### The Power of Assets to Promote

% of students

Category	0-10 Assets	11-20 Assets	21-30 Assets	31-40 Assets
Succeeds in School	8	17	30	47
Values Diversity	36	57	74	88
Maintains Good Health	26	47	69	89
Delays Gratification	27	41	54	70

Source: [www.search-institute.org](http://www.search-institute.org)




### 13<sup>th</sup> Year of School Associated with Lower Mortality Rates

U.S. Age-Adjusted for persons 24-65 years of age

Year	Less than 12 yrs. of school	12 yrs. school	13 yrs or more of school
1994	~580	~480	~250
1995	~580	~480	~250
1996	~550	~480	~230
1997	~530	~450	~220
1998	~540	~450	~220

As education levels increase, death rates decrease

Source: [www.cdc.gov](http://www.cdc.gov) United States, 2000



### Early Educational Predictor of Adult “Success”

“...effective reading skills by grade four were one of the most potent predictors of successful adult adaptation among the high risk children in our study.”

Source: Werner, Emmy E., Ph.D. “The Children of Kauai Resiliency and Recovery in Adolescence and Adulthood.” *Journal of Adolescent Health*. 1992; 13:262-268

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### Are we making progress ?

- What's being done?
- **Are we following our** guiding principles?
- **Are we implementing** recommendations or it just "talk"?
- Are we really addressing the barriers & challenges?
- Are the indicators improving yet?

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### Many Recommendations Implemented From 2000 NHOP Report

- ✓ **Task Forces:**
  - ✓ Substance Abuse, Teen Pregnancy, Youth Activities
  - ✓ Transportation, —SHPDA
  - Child abuse
- ✓ Community Education to Raise Awareness of Community Selected Priorities
- ✓ Identify & publicize model employer substance abuse policies
- ✓ Increase access to college in North Hawaii
- ✓ Increase scholarships for local students
- ✓ Link with employers -WIIB
- Inventory Resources
- Develop volunteer data base

### Recommendations from the CDC "Community's Guide for Linking the Social Environment to Health"-2003

- ↑ Mentoring Programs- Senior citizens as models and mentors
- ↑ Facilities for sports & other special interest clubs
- ↑ Community Arts Programs
- ↑ Family resource centers
- Transportation systems
- Neighborhood planning to increase public meeting space
- Increased sidewalks, exercise and recreation paths

Source: Am J Preventive Medicine 2003; 24 (3s)

### Recommendations from the CDC "Community's Guide for Linking the Social Environment to Health"-2003

- ↑ Curriculum focus on social & health issues personal skills, drug free environment, or safe sex choices
- ↑ Programs to strengthen community School relationships
  - Elementary & middle school exposure to entrepreneurial activities
  - Parenting Classes in schools churches, or health agencies, [or workplace]

Source: Am J Preventive Medicine 2003; 24 (3s)

### Recommendations from the CDC "Community's Guide for Linking the Social Environment to Health"-2003

- School based student businesses for neighborhood services
- Youth internships in local service agencies and businesses
- Affordable technical schools
- Technical school scholarships by regional businesses

Source: Am J Preventive Medicine 2003; 24 (3s)

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### Shared Challenges :

Waimea, North Kohala, Hamakua, Waikoloa - 2001

- ✓ Community Awareness/Support
- Community/Parent/Youth Participation
- Transportation
- Integrated Planning



### Shared Challenges North Hawaii -2004

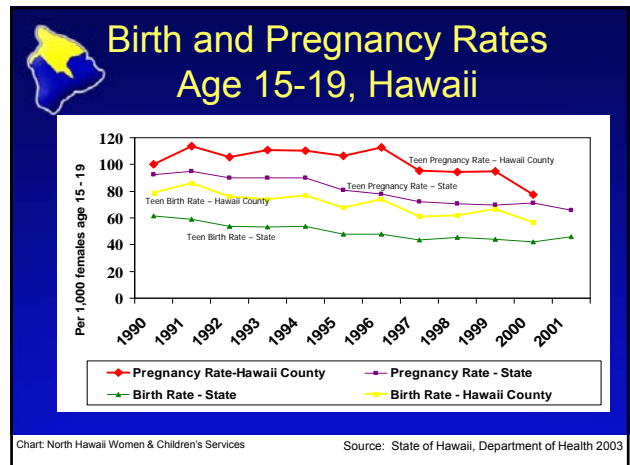
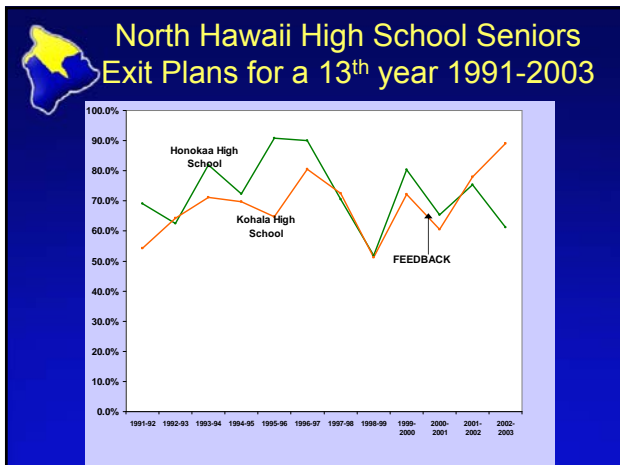
- Transportation
- Access to Gym/fields/ Facilities
- Parents with multiple jobs
- Adequate numbers of adults supervising
- Adequate training for adult supervisors-staff and volunteers
- Cost/ funding/ for some programs
- Separate different ages --developmental stages of participants
- Insurance



### Are we making progress ?

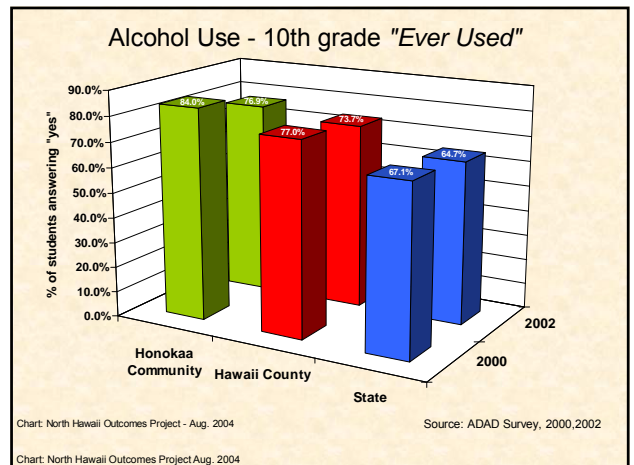
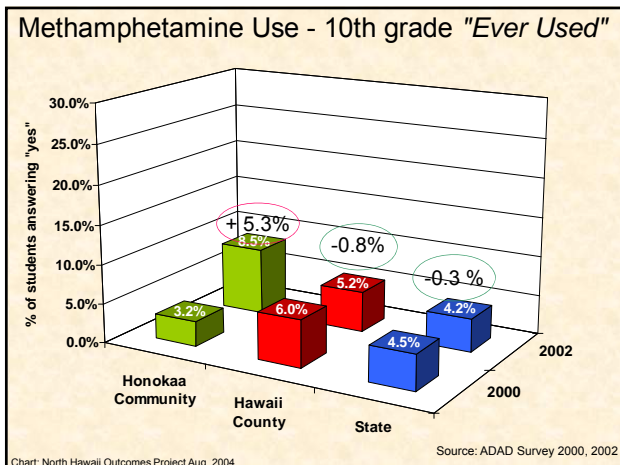
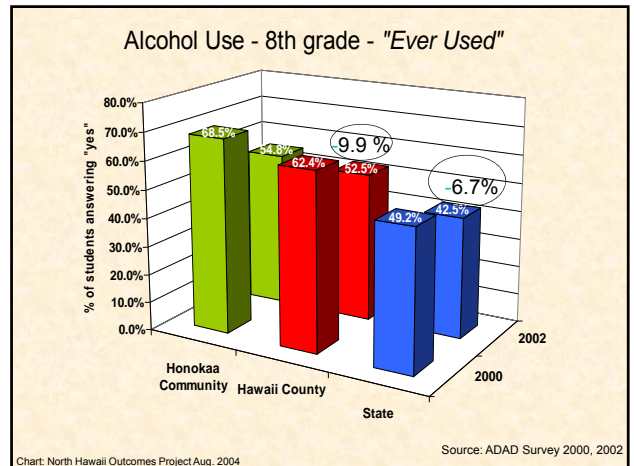
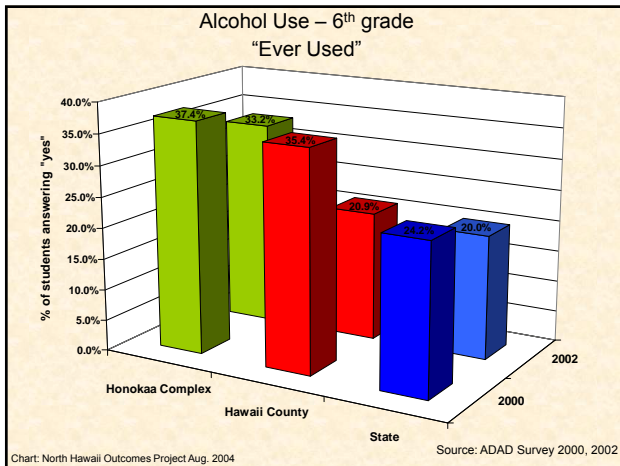
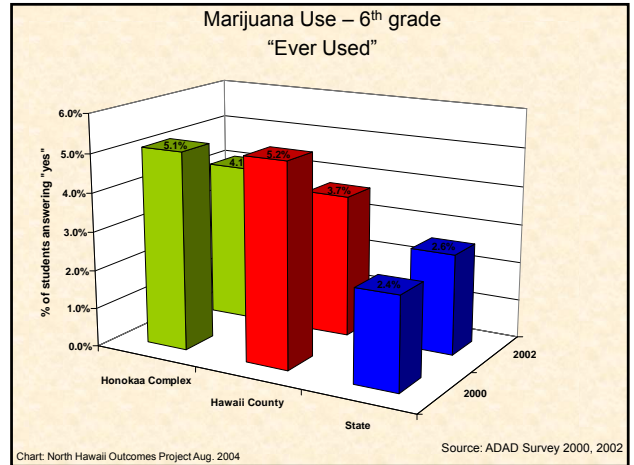
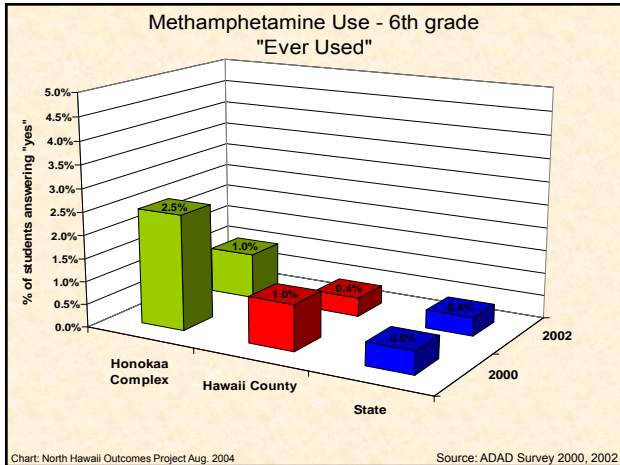
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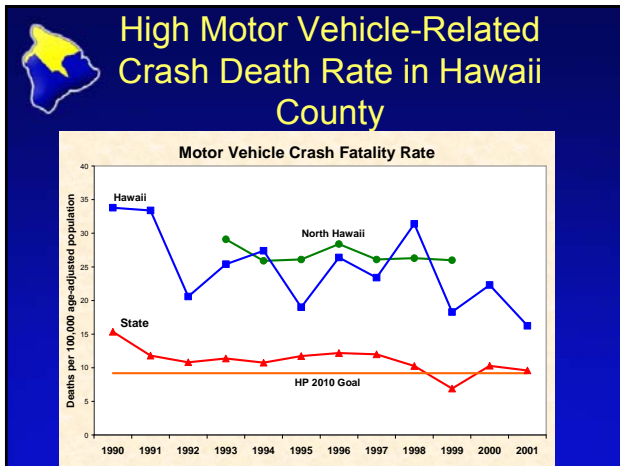
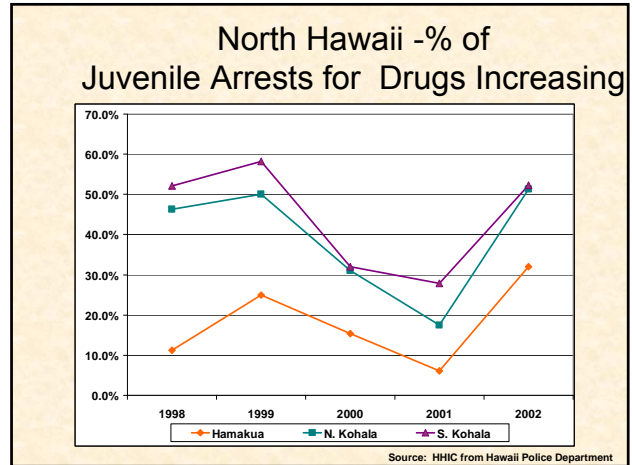
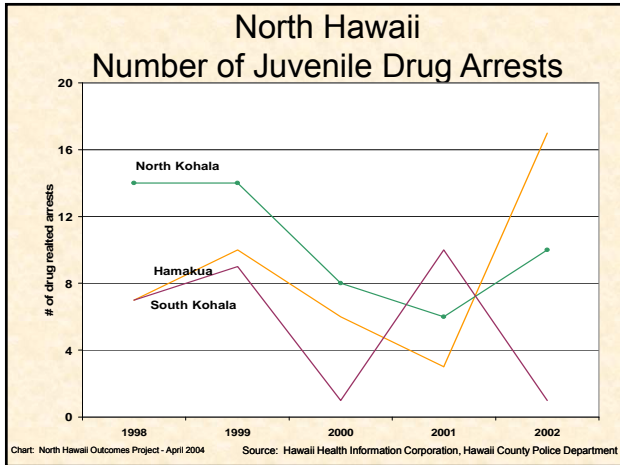
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National Governors Association Center for Best Practices Recommends:

**“A major cultural shift in designing youth programs”**

Remediation	to	Prevention & Growth
Targeted Programs	to	Universal programs
Deficit focused	to	Asset –based
Single problem solutions	to	Holistic , universal
One agency/discipline	to	Interagency & Interdisciplinary
[Self- esteem	to	competence & sense of control]

National Governors Association Center for Best Practices Recommends:

**“Holistic Multi Modal Approaches”:**

- Recognize different learning styles & developmental stages
- Integrate education, health, mental health employment, vocational, and substance abuse services
- Integration of family, peers & community [School]
- Work based learning links to the private sector
- Community Service/Service learning activities


**Positive Youth Development Constructs**

- Promotes social competence
- Promotes emotional competence
- Promotes cognitive competence
- Promotes behavioral competence
- Promotes moral competence
- Fosters self-efficacy
- Fosters prosocial norms.
- Provides opportunities for prosocial involvement

<http://aspe.hhs.gov/hsp/PositiveYouthDev99/chapter1.htm>

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## Self Efficacy?

IF A GROUP OF PEOPLE  
HAVE A CONCERN, THEY  
ORGANIZE AND ARE SINCERE,  
THEY CAN GET THE  
RESULTS THEY DESIRE.

Source: Holoholo O Puna, Pahoehoe High & Intermediate



## In practical terms...



...adolescent wellness is about promoting the following in all young people:

- Competence
- Confidence
- Character
- Connections
- Contribution

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## Building Academic Competence on Social & Emotional Learning

3 C's

- Cooperative community learning
- Constructive conflict resolution
- Civic values


Source: "Building Academic Success on social & Emotional Learning" "What does the research say?", Zins, Weissberg, Wang, Walberg



## Sustainability Benchmarks:

1. Mobilized resident who are committed to sustaining efforts to improve?
2. Policy and systems change at local regional and state level?
3. Spinning off or institutionalizing effective strategies, activities or programs?

Source: Evaluating Community Collaborations, Thomas E. Backer



## Sustainability Benchmarks:

4. Successfully raising funds and or proceeding with incorporation?
5. Progress in implementing key strategies to reach desired outcomes?
  - Uses evaluation to make revisions?

Source: Evaluating Community Collaborations, Thomas E. Backer



## What Else is Needed?

- Integrating life skills education into curriculum and activities to build social, emotional & ethical competence
- Program coordination & linkages & evaluation
- Coordinated planning for facilities
- Support & training for adults working with youth
- Identifying & engaging "non participants"
- Funding to support youth activity scholarships &
- Adequate transportation
- Partner to increase entrepreneurship programs
- ? Community-school youth development council?

NHOP

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## Positive Youth Development Programs: A Research Review

Heather Weiss, Ed.D.  
Harvard Family Research Project  
[www.hfrp.org](http://www.hfrp.org)



## Key features of quality in OST programs

1. Positive staff-child interactions
2. Interesting, engaging activities
3. Opportunities for meaningful youth involvement
4. Positive peer interactions
5. Learning-oriented/ skill-building activities
6. Autonomy / balance of autonomy and structure
7. Connections with other contexts (school, home, community)
8. Variety in activities

Heather Weiss, Ed.D.  
Harvard Family Research Project  
[www.hfrp.org](http://www.hfrp.org)



## Participation is Important for Academic Success

- Better attitudes toward school and higher educational aspirations
- Better performance in school, as measured by achievement test scores and grades
- Higher school attendance (as measured by attendance and tardiness)
- Less disciplinary action (e.g., suspension)



## Participation is Important for Social/Emotional Development

- Decreased behavioral problems
- Improved social and communication skills and/or relationships with others (peers, parents, and/or teachers)
- Increased community involvement and broadened world view
- Increased self-confidence and self-esteem



## Participation is Important for Healthy Physical Development

- Avoidance of drug and alcohol use
- Decreases in delinquency and violent behaviors
- Increased knowledge of safe sex and avoidance of sexual activity and pregnancy
- Increased skills for coping with peer pressure



## For More Information

North Hawaii Outcomes Project – (808) 887-1945

Visit [www.nhop.org](http://www.nhop.org)

Visit [www.howsyourhealth.com](http://www.howsyourhealth.com) (North Hawaii)

### For More Data:

Visit [www.hawaiioutcomes.org](http://www.hawaiioutcomes.org)

Visit [www.hawaiiunitedway.org](http://www.hawaiiunitedway.org)

### For More Evidence:

Visit [www.thecommunityguide.org](http://www.thecommunityguide.org)

### For More Health Insurance:

Call 1-877-KIDS NOW

Hawaii Covering Kids – 808-536-8442

Kids Health Insurance Hotline – Call 211, free call from all islands