



Great Futures Start Here!!

Final Grant Report

Organization Name: Boys & Girls Club El Dorado County Western Slope

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Grant Title:

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Award Amount: \$22,500

Report Completed on August 7, 2017

1. List the goals and objectives of the project/program followed by the progress made toward achieving each goal and objective.

On November 7th, 2016 our Club launched a new chapter of life changing possibilities for the young people of our community when the doors of the brand new Jim & Maureen Carter Family Boys & Girls Club opened! This 15,000 sq. ft facility has transformed our organization from good to great and will change the lives of the young people that utilize this Club for a generation.

Since the day we opened we have been offering the WFED SMART Girls program every Monday and Wednesday. Our goal was to serve 80 girls from November 2016- July 2017. As of July 31, 2017 we have had 209 school age girls, 8-17, participate in the program! We felt like this program was so important that we determined in November to have ALL of our middle school girls participate in the program. During June and July we offered SMART Girls to all girls 2nd grade and up every Friday! As of the end of July we have had over 70 hours of classes and have covered age appropriate topics ranging from bullying, body image, sexual health, peer pressure, self esteem and the dangers of social media. The work being done by our staff with these girls is transformational and truly something that we thank the WFED for helping us provide.

Two age-appropriate modules of **SMART Girls** were offered for implementation with girls ages 8-12 and 13-17. The program design features interactive and experiential methods and approaches, including the use of anecdotes, role play, field trips, guest speakers and mentors. The program's sessions are tailored to meet the unique needs of different groups of girls.

Component I- It's Your Body: Topics Covered

Physical and Emotional Growth, Media Influence and Body Image, Eating Disorders, Sexual Myths and Sexual Truths, Personal Values and Social Interactions, Female Victimization, SMART Decisions, Dating Responsibility & HIV and Other STD's.

Component II- Take Care of Your Body: Topics Covered

Exercise and Physical Activity, the Importance of Regular Exams, Culture and Food, Healthy Atmosphere for Healthy Appetites, Food Programs & Health Care Connections.

The curriculum provided the Club with a unique opportunity to enable Club staff to promote positive values and behavior, while establishing *positive* peer pressure among young girls who are in a critical transitional period of their adolescence. This encouraged development of *positive* attitudes in the face of opposing negative pressures that so often influence behavior at that age. It provides them a sound foundation to become the very best they can be!

2. What difference did this grant make in your community and for the population you are serving? Please provide specific outcome results and/or data to support your impact (e.g. age groups, number of *unduplicated* clients, ethnic populations, etc.)

The WFED, as title sponsor for SMART Girls 2016-2017, made it possible for us to open our new facility with a truly life changing program for our at risk ladies. This program helps drive positive outcomes for youth by allowing girls to explore their own and societal attitudes and values as they build skills for eating right, staying physically fit, getting good healthcare and developing positive relationships with peers and adults.

SMART Girls outcomes are measured by the following:

Number of girls who are enrolled and participate in SMART Girls sessions

Number of girls who complete sessions and pass test

Number of girls who increase knowledge of sexual myths, truths and responsibilities

Number of girls who increase knowledge of dating violence

Number of girls who increase knowledge and skills in response to peer pressure

Number of girls who increase knowledge of community healthcare systems

Number of girls who increase knowledge of the body's physiological and emotional changes

Number of girls who increase in knowledge of nutrition and fitness

All of the above mentioned objectives were measured with pre and post tests for all participants involved in the class. It is more critical than ever for our girls to develop the skills needed to make healthy, well-informed choices. The curriculum provided to them over the course of this program did this and did this well! Over 95% of our girls showed increased knowledge in the areas covered!

A vast majority of the girls that went through our SMART Girls program come from broken homes. 65% of the girls we worked with this past year were low income. The lessons they learned over the past year are invaluable and something that will help them greatly as they continue to grow into young women. During the school year we focused on only middle school age girls and served 82 middle school age girls and offered 62 hours of classes. During the summer we expanded the class to all 8 year olds and up. Every Friday for one hour, every 2nd grader and up received age appropriate instruction and support. 10 hours of instruction occurred in June and July for 120 girls!

3. Did you meet any unexpected challenges during the project/program? If so, how did you handle them?

We didn't start the program until November when we moved in to the new building. We were hoping to start the program in October. This caused our program to be a bit delayed but we were able to serve over 80 middle school girls during the school year and had an additional 120 girls age 8-17 participate in the 10 week summer program!

At the start of summer, staff received this memo, which talked about the summer ahead and the challenges we would face. Think it paints a good picture of who we are and the work we do and how we handle challenges.

This work is not easy and there will be times where we have issues arise over the next 9 weeks. I ask that over these next 9 weeks you realize just how important you are and how important the

work you are doing is for the kids we are working with. It's easy to do nothing, easy to stand back and criticize and judge. You have made a choice this summer to not do that. You have made a choice to be an active participant in changing lives and to do your very best. This quote below I think is a perfect representation of who you are and what you will be over the next 9 weeks! You are striving to do great things and you will triumph!

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.” Teddy Roosevelt- 1910

Our Club is our arena and together you will ensure we are triumphant for our kids. We have no cold and timid souls on our team. We are a team of doers of deeds and we are likeminded in our resolve to be successful. Try your best and when you fall short, try again. You all are doing GREAT things this summer. You all are involved in a worthy cause and you all deserve credit for making a choice to be here for our kids and each other in the months ahead. Next week and in the weeks that follow, we will be faced with challenges and together we will overcome those challenges and ensure that GREAT FUTURES START HERE! I am certain that together we will triumph and that at the end of this summer we will look back and realize what we have just accomplished is exceptional and our shared victory will be something we will hold with us forever-

4. Describe lessons learned. What would you do differently?

This upcoming school year we will be doing the younger kids the entire year and not just in the summer. The summer program was extremely successful and we want that success to continue throughout the entire school year!

5. Has this grant helped a) attract new funds? Or b) increase volunteer involvement? If so, how?

This grant helped us obtain \$42,000 in new money to fully fund our SMART Girls program for the past year. People believe in the SMART Girls program and what it does for young girls and your support allowed us to offer a hugely impactful program to the young ladies of Placerville this past year.

6. Please provide at least one success story from the project/program that was a direct result of the WFED's funding. Stories do not need to be lengthy (250 words or less is typically sufficient) and should be written in third person. Please feel free to attach pictures.

Aubrey is 11 years old. Her mother is a recovering drug addict. Her father is a drug addict and is back in jail. He has been in jail for 10 of the 11 years Aubrey has been on this earth. Aubrey has lived with grandma for the past 6 years and has attended the Boys & Girls Club for the past 4 years. Smart Girls allowed Aubrey the chance to meet with girls her own age and receive information that grandma simply could not or would not provide her.

Aubrey loved her Smart Girls program and loved her instructors this past year. It was important for Aubrey to have the Club this year because her mom was working at becoming a part of her life again. Staff was able to help her deal with the feelings of her mom reentering her life, able to help her realize that the best thing Aubrey could do was be the best she could be!

In early summer, her mom came back into her life and the reunion went great. She is seeing Aubrey nearly every day and the goal is to have her back in her life full time from now on. The Club was there for Aubrey this past year and most importantly, SMART Girls provided her the confidence and courage to deal with the changes happening in her life.

PART II: PROGRAM BUDGET

1. Please provide a copy of your approved budget, a list of actual expenditures of the Women's Fund El Dorado grant funds during the project/program, and an explanation of any differences.

2.

Attached

3. How will this project/program be sustained in the future?

SMART Girls is here to stay and will be offered year round. Club staff has made it a priority to ensure this critical programming remains in place. Clearly funding is the key to this sustainability. The impact of the new building has resulted in tremendous growth for our operating budget, both in expenses and income. Exciting news to share is that for the third consecutive year we have finished in the black and moved money into our reserve account. This was done despite the dramatic increase in expenses due to new staffing for the new building and operating the new facility. Three years in a row of positive cash flow is not a fluke. It is a testament to the mechanisms put in place by staff and the Board to ensure our continued viability. Our ability over the past three years to drive support to our organization is a sure sign of sustainability. Our Net Income for this fiscal year was a record **\$1,394,461!** This was \$336,000 more than last year! As we look forward to the 17-18 year we do so with the keen understanding that our budget is now \$1.4 million and the work to get to that number is not easy and is ongoing. We do so with the knowledge that we must continue the momentum created the past few years and do so in a way that ensures long term sustainability. We have set a good foundation and we must continue.