

## YOUTH SERVICES

Building futures for at-risk youth

April 22, 2009

Re: Cal Endow planning grant for City Heights

We at San Diego Youth Services (SDYS) are committed to providing services, support and programming for San Diego youth and their families. SDYS has worked closely with the City Heights community, including schools, other community organizations, youth and families for more than 17 years. We are uniquely qualified to assist in the design and implementation of programming for objectives #6 (Communities Support Healthy Youth Development) and #7 (Neighborhood and School Environments Support Improved Health and Healthy Behaviors). Currently, we provide following services in City Heights:

### **NFL Youth Education Town (YET)**

The emphasis of the NFL YET Center is on improving the environment for young people ages 9-17. The YET in City Heights opened in January 2004, and work with neighborhood schools and community organizations to ensure youth and their families are aware of our services, and encourage them to participate in various programs and activities. Such programming includes:

- Academic Enrichment
- Cultural and Performing Arts Opportunities
- Mentoring
- Diversion Services
- Critical Hours After-School Programming
- Physical Fitness
- Leadership Training
- Family Activities
- Alcohol and other drug treatment, education and prevention.

### **Teen Options**

Teen Options provides comprehensive services to pregnant and parenting teens and young adults (12- 25) in a safe and supportive environment. Through case management and educational groups, our core services focus on recovery, independent living skills, relationships, child development & parenting and health & nutrition. Our center facilitates the following programs:

- **Substance Abuse Treatment & Recovery:** Our goal is to provide services that will support pregnant and parenting young women (ages 12-18) to gain sobriety and deliver a health, drug-free baby, while increasing their knowledge of child development, parenting and life skills. The Teen Options program works

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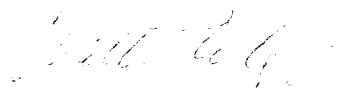
collaboratively with other community partners to ensure that all participants have resources for pre/post-natal health care, education/employment and housing.

- **Proud Parenting:** A program designed for young parents (ages 14 to 25) with the goal of enhancing the parent's ability to develop health relationships and positive parenting skills.
- **Options for Health:** A program designed to encourage healthy lifestyle choices for parents (12-25) and their young children (0-5). Classes cover topics such as nutrition for you & your child, food safety, oral care, obesity prevention & physical activity.
- **STARS (Surviving Together, Achieving and Reaching for Success):** A program designed for teen girls between the ages of 13 and 17 who have experienced sexual exploitation and prostitution. The goal is to empower young women to escape sexual exploitation by developing their inner strengths, building a sense of community and supporting their reintegration into mainstream society.
- **Project CHOICES:** A program designed for 15 to 25 year old non-pregnant females that drink alcohol and are not using birth control at all or not effectively. The goal of the program is to prevent Fetal Alcohol Spectrum Disorder.

SDYS has a deep rooted history of providing services to community youth and their families. Participants in our programs generally receive services for an extended duration, and often return to participate in new programs and services being offered through SDYS. Between the two City Heights centers, we serve over 400 youth per year.

SDYS is eager to provide assistance during the planning process for The California Endowment's Building Healthy Communities Initiative. We envision a role providing direct feedback from youth in the City Heights community. Our participants can provide unique insight on programming that will positively effect the health and social outcomes for City Heights youth. Additionally, SDYS program management and staff are eager to provide input on program development and design, outreach and marketing, community collaboration, and fund development. We hope to provide a minimum of 4 hours per week of staff time to this project as needed. We are truly dedicated to support this project in any way we can.

Sincerely,



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