

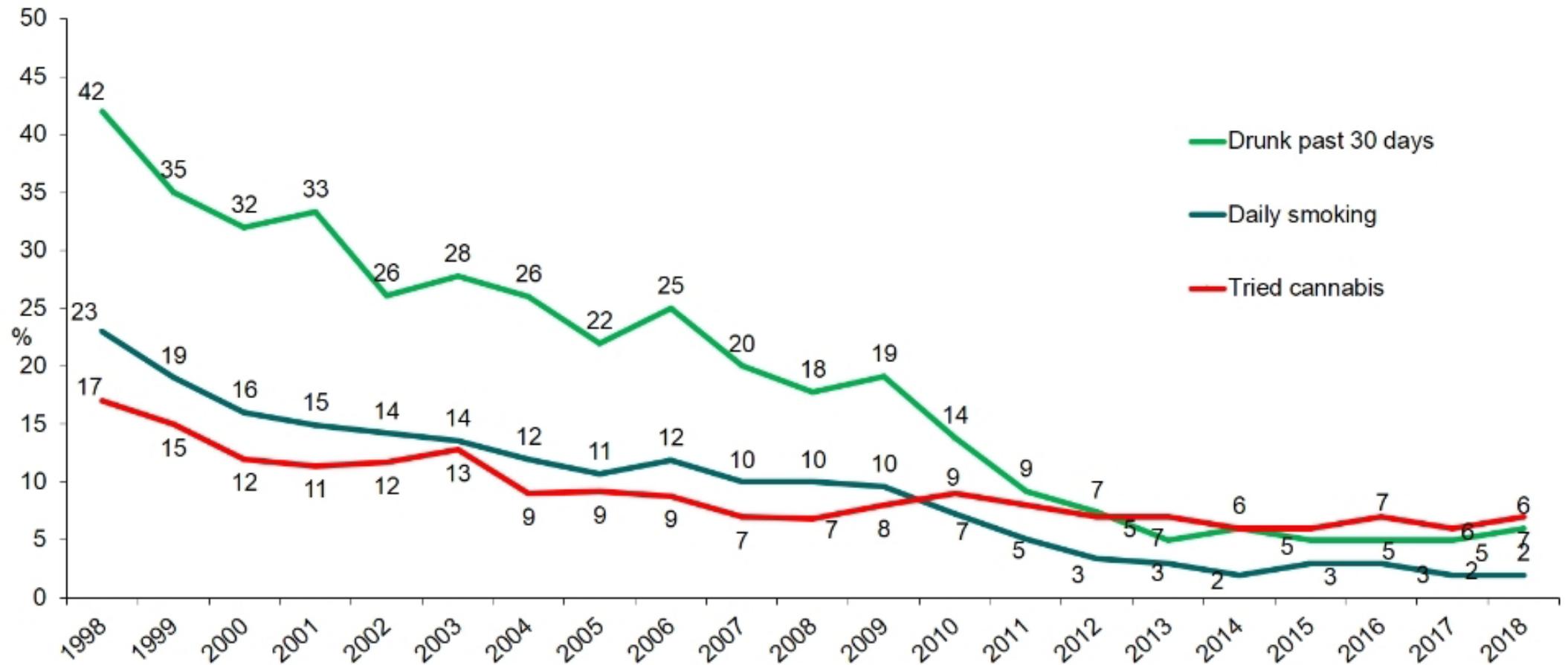


Vermont State Legislature
House Human Services Committee
May 2, 2019

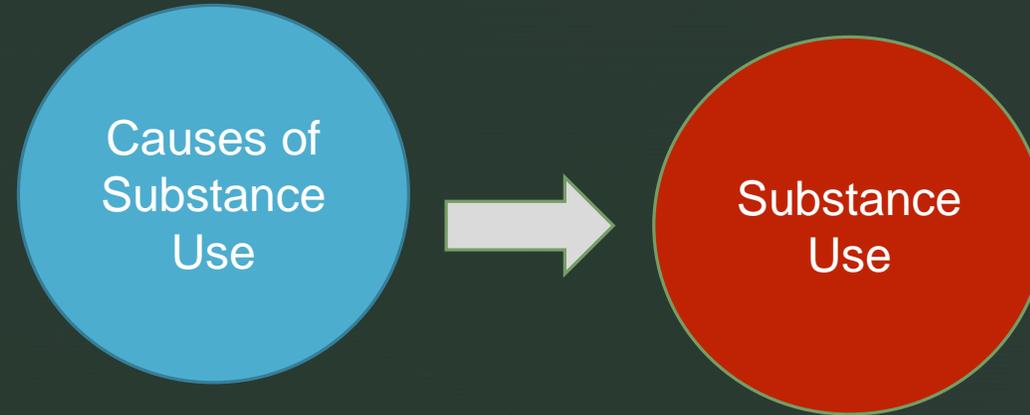
Holly Morehouse, Vermont Afterschool
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Positive development over 20 years (10th grade students)

Substance use in Iceland 1997-2018

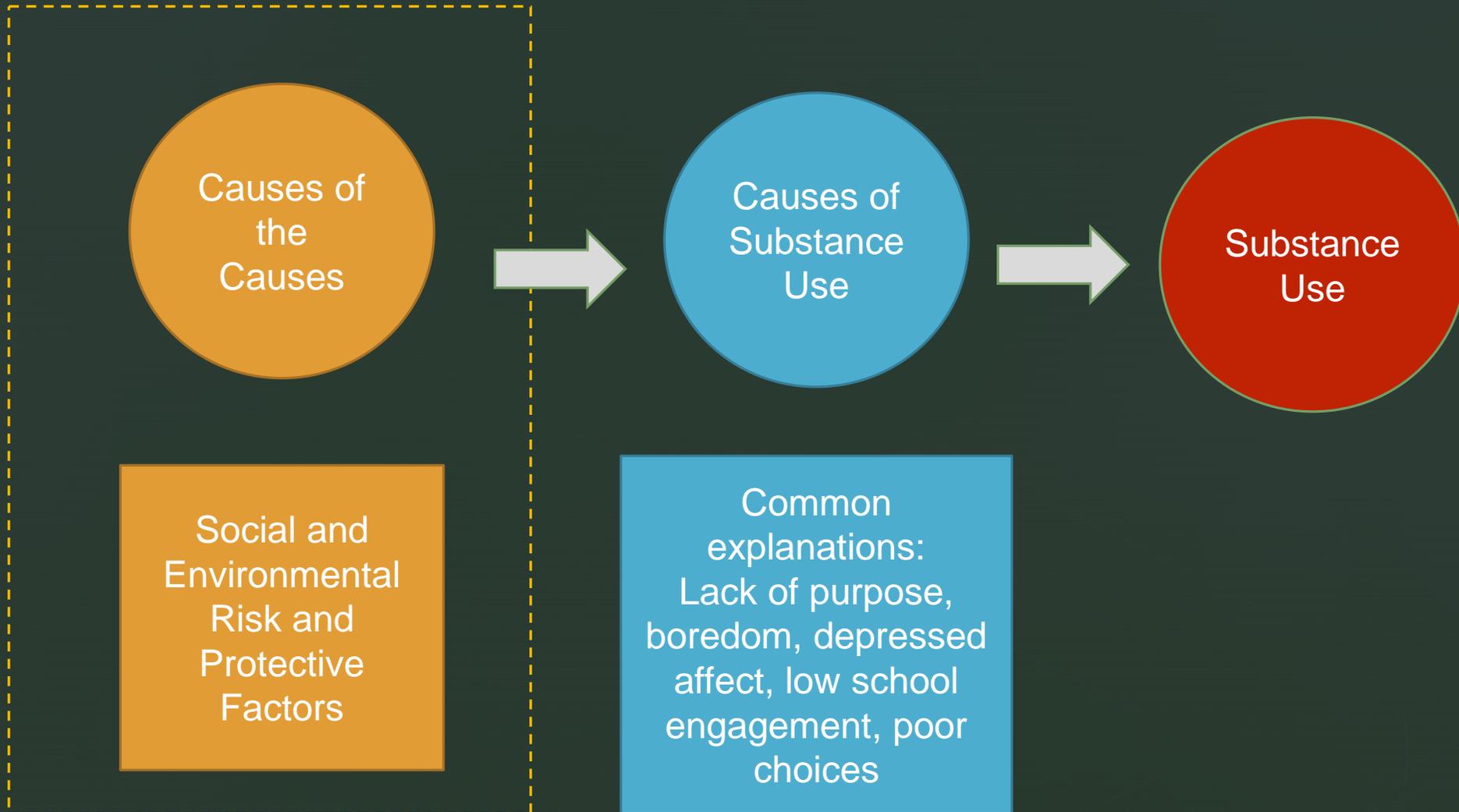


Where to Focus Prevention Efforts?



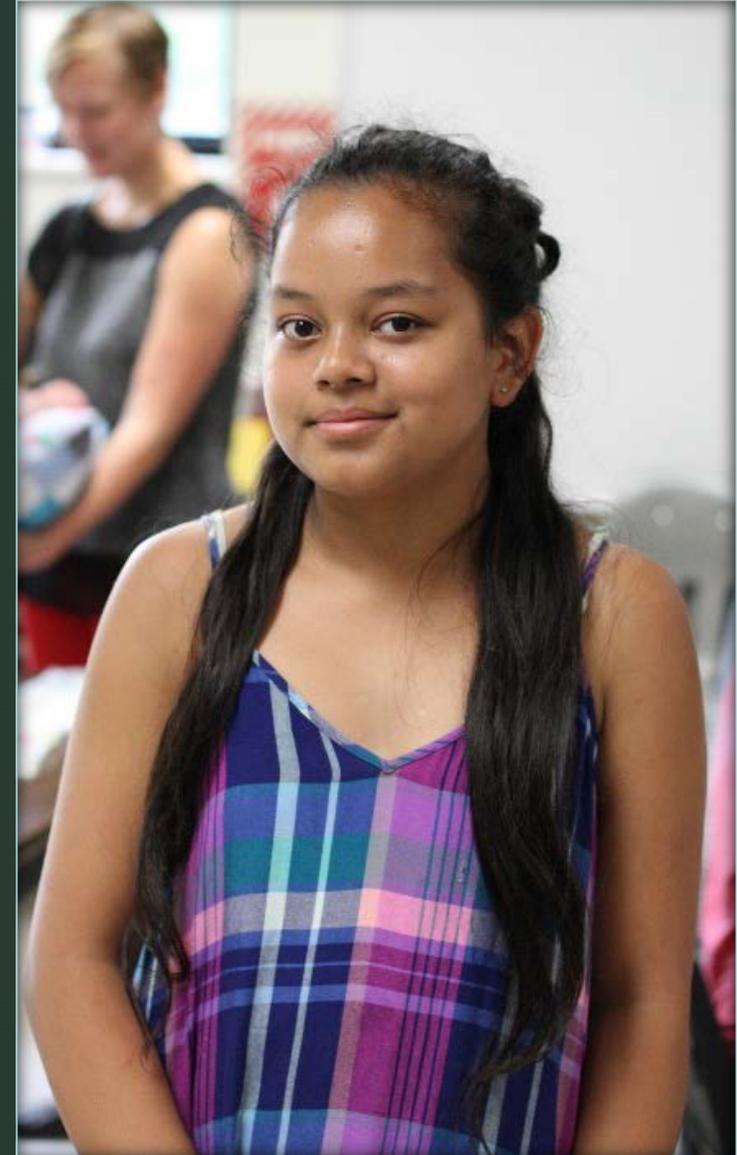
Common explanations:
Lack of purpose, boredom, depressed affect, low school engagement, poor choices

Where to Focus Prevention Efforts?



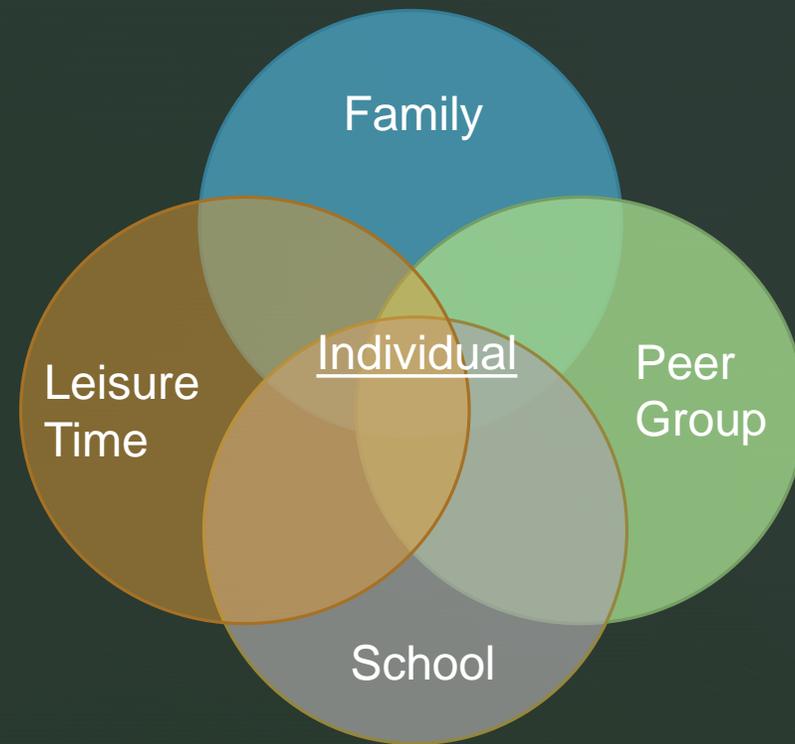
Prevention is being able to...

- Manage emotions
- Connect to other people
- Find meaning and enjoyment in life
- Be active and engaged
- Have a voice



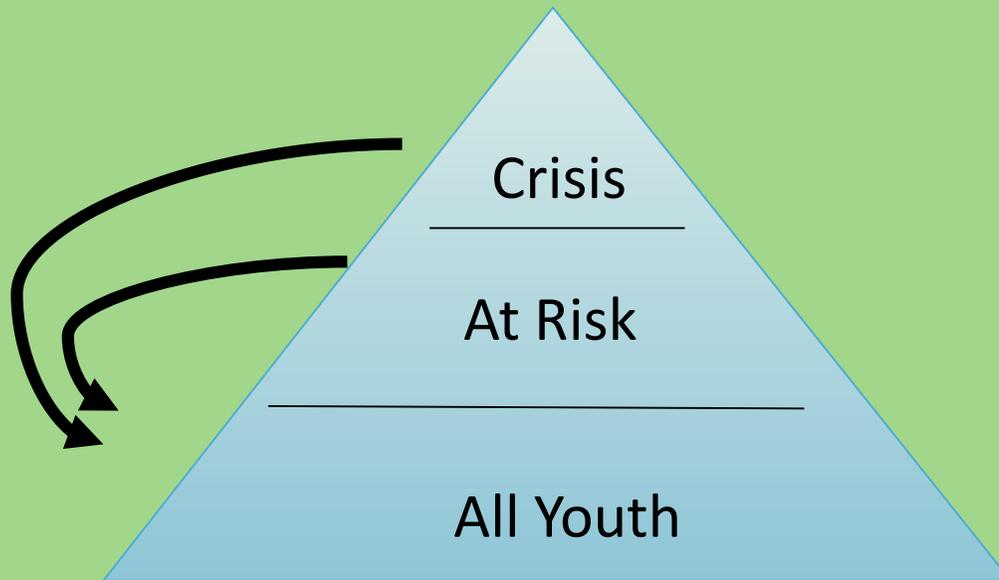
Iceland's Commitment to Healthy, Active, Substance-free Youth

- Youth Data on Risk and Protective Factors
- Parent Engagement
- Investment in Leisure Time, Sports Clubs, Coaches, and the Leisure Card
- Keeping Youth Busy and Engaged
- Wide-spread Culture Change



Finland's Focus on Youth Rights, Youth Workers, and the Third Space

Focus on prevention efforts at the bottom of the pyramid and support systems and strategies that serve all youth



- Built the Field of Youthwork
- Investment in Third Space
- Youth Centers and Hobbies
- Youth Policies and Youth Law
- Youth Voice at Every Level
- Create Engaged Citizens

A Vermont Model

- Multiple domains – Family, School, Third Space
- Focus on protective factors- connectedness, belonging, engagement, identity
- Recognition that there is something different and special about this time in life
- “Treat” the environment that young people are growing up in
- Trained field of professionals specializing in youth
- Grounded in the Rights of Youth
- State leadership and investment
- Outcome measures to drive community-wide change



This is Doable

- Some things are really hard
 - Generational Poverty
 - Curing Addiction
 - Economic Development in Rural Areas
 - Demographic Challenges
- Creating programming and opportunities for youth to be active, engaged, connected, and heard is doable





Vermont Afterschool

Statewide nonprofit since 2009
Large network of partners
VT9to26 Coalition
Multiple state agencies and private funders

Our Team

- Social Worker
- Program Quality Coach
- Prof Development Leader
- Youth Voice Coordinator
- Research Analyst
- Communications Coordinator
- Public Health and Community Development Specialist*
- Policy and Systems Expert

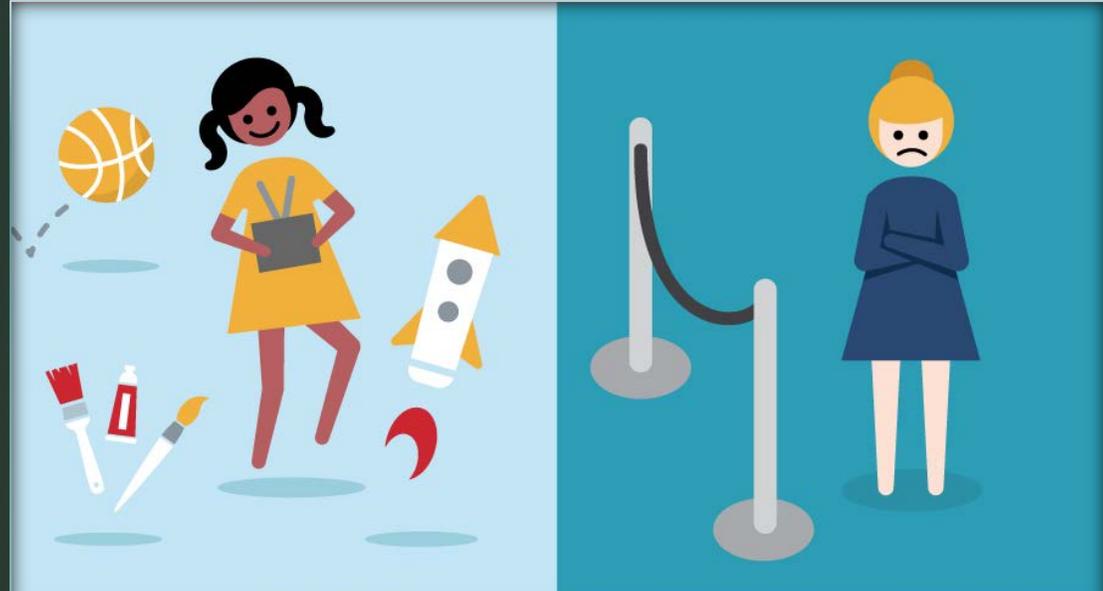
What We Provide

- Training and Technical Assistance
- Coaching Strands
- Positive Youth Development, Resilience, Youth Voice
- Social Emotional Learning and Trauma Informed Practice
- Program start-up and sustainability
- Program quality improvement processes and tools

Vermont Communities are Ready

Vermont's Afterschool for All Grant Program

- \$600k from the Tobacco Settlement Funds
- \$300,000/year for two years in available funds
- Over \$3 million in requests for Year 1 alone; \$5.5 million in requests for two years



More than 21,000 Vermont kids are enrolled in afterschool, but **22,000 are waiting for an available program**

Recommendations for S. 146

Enthusiastically Support:

- Creating the Chief Prevention Officer
- Defining prevention broadly
- \$ for Prevention- recommend specifically mentioning afterschool and/or third space to cover all domains for youth

Council Membership (page 9):

- Currently focused on “substance misuse prevention” throughout
- Recommend looking upstream and thinking about positive youth development, resilience, afterschool programs and other youth serving organizations that know how to provide healthy environments and opportunities for all youth

Recommended Metrics for Youth Populations (page 11):

- Belonging- youth feel that they matter (YRBS)
- Engagement- youth are involved in extracurricular activities (YRBS)
- Voice- every young person has at least one positive experience impacting change in their community (Helsinki)
- Hobbies- every young person has a hobby (Finland)
- Relationships- every young person has at least one “askable” adult in their life (possibly in YRBS)