

Bristol Youth Services
51 High Street
Bristol, Connecticut 06010
(860) 314-4690



*"There is always one moment in childhood
when the door opens and lets the future in."*

*Youth Programs
September 2016 - June 2017*



YOUTH SERVICES

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Service Narrative

Bristol Youth Services is a community-based social service bureau caring for the well-being of the City's youth. Its role is to advocate for resources and provide services aimed at strengthening the healthy functioning of families and provide opportunities for all youth to function as responsible members of the community. As a member of the Connecticut Youth Service Association, the Bureau is charged with centrally coordinating the comprehensive delivery of services and advocacy for youth and their families. Youth Services strives to enhance the networking and support between family, school, peer and community environments. Programs assist youth in the development of their desires, skills, talents, and goals, and view children as valued and contributing members of the community. Two primary service areas, the Administrative Core Unit and the Direct Service Unit, characterize the Youth Service Bureau.

Direct Services

- Information and Referral
- Family Service Needs Assessment
- Individual & Family Counseling
- Outreach Support Services
- Adventure & Experiential Education
- Service Coordination and Advocacy
- Case Management
- Youth Employment Training
- Positive Youth Development Groups
- Recreational/Cultural Enrichment Programs

Administrative Services

- Community Needs Assessment
- Resource and Program Development
- Community Education & Involvement
- Advocacy

Bristol Youth Services operates fifteen to twenty (15-20) programs each year designed to fill the gaps in services or enhance existing services to promote the healthy functioning of youth and families. Services range in scope and focus. *Positive Youth Development* group programs are designed to build skills and competencies of young people, nurture the pursuit of their goals and aspirations, and strengthen family, peer, school and community connections. *Mental Health and Emotional Wellness* services respond to youth and families who are experiencing emotional distress related to significant losses or trauma. *Child Welfare* programs assist and empower families to meet basic needs and maintain a supportive family environment. Programs aim to reduce barriers to accessing services, such as financial hardship, lack of access to behavioral health providers and transportation.

The Bureau holds a commitment to diverting youth from involvement with the juvenile justice system or becoming victims of violence or abuse. Emphasis is placed on offering services to aid in ameliorating conditions leading to teenage pregnancy, suicide, violence, substance abuse, cultural intolerance, anti-social or self-destructive behavior, and the neglect or abuse of young people.



Youth Cultural & Recreational Programming

Bristol Youth Services teams up with other youth serving agencies to provide fun and enriching recreation programs to combat idleness and to develop young people's self-esteem, confidence, competencies and leadership skills. For youth residing in neighborhoods that present risks of being exposed to drug trafficking, crime and gang-related activities, exhilarating after-school and vacation-time programs provide youth with a feeling of safety while mentoring them to make positive choices, learn new skills and have fun with their peers. Structured Youth Cultural & Recreation Programs include the Youth Bowling League, Youth Summer Field Dayz, Challenge Quest, and a Basketball and Baseball League in collaboration with other agencies. Activities are easily accessible and available at various locations throughout Bristol.

Pine Lake Challenge Course & Adventure Programming (PLCC)

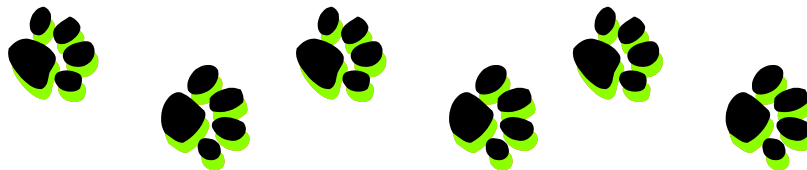
Bristol Youth Services operates a state-of-the-art outdoor challenge course and experiential adventure-based program. Through cooperative games, low-ropes, and climbing activities, groups develop their communication skills, confidence, trust, teamwork and problem solving abilities. The primary focus of PLCC programs is to enrich educational and youth service programs. Programs are delivered at the Pine Lake Challenge Course or at schools or community locations.



Special Projects

Adventures in Peacemaking & Diversity

Bristol Youth Services enhances the safe well-being and education of young people with an emphasis on increasing multi-cultural understanding and tolerance of differences. Adventures in Peacemaking & Diversity (APD) is a fully integrated year-long adventure shaping the culture of entire school communities. Participating schools in Bristol and Plymouth, joined with Bristol Youth Services, encourage students to embrace a multi-cultural society, as well as inspire them to explore their world. Enhanced academic science lessons engage over 200 students in grades three through five from urban and suburban neighborhoods to collaborate on hands-on/minds-on activities and experiments that integrate literacy and numeracy. Students in both districts learn a common language emphasizing multi-cultural appreciation and aspects of character to acquire the attributes of "peaceable people" and create social contracts based on an overriding philosophy, "**P.A.W.S.**" (Play fair; Act kind; Work hard; Show respect).





BRISTOL YOUTH SERVICES

Bristol Youth Services facilitates and sponsors specialized programs through a grant program called:

PROJECT AWARE

Bristol Youth Services proudly sponsors and supports the following programs:

PROGRAMS

- Bananas Split, Too!
- Climbing Group
- Lunch Buddies
- Girls With A Purpose (GWAP)
- Man Up
- Cooperative Work Experience Program:
The Paul Vivian Internship
- Peer Education
- Young Men's Issues Group
Bristol Prep Academy
- Young Woman's Issues Group
- Bristol Prep Academy

AWARDS

Sponsored by Bristol Youth Services

Personal Achievement Award
Monahan Award
Reiche Award
Youth Volunteer Recognition Award

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BANANAS SPLIT, TOO!

Offered by: *Bristol Youth Services*

WHO: Bristol Youth ages 5-7

WHERE: Afterschool Program
Hubbell Elementary
Tentative: Edgewood Elementary

WHEN: October 18, 2016 to January 10, 2017
Hubbell: Tuesdays 3:15 pm to 4:45 pm

TO REGISTER: Contact Alyson Phelan
Bristol Youth Services at (860) 314-4690



Banana Splits, TOO! is an 11 week educational support group designed to help children and families understand their feelings about divorce or changes that have occurred within the family structure. The group provides a safe environment that allows each child to feel comfortable to share openly and express their fears without negativity. Through the use of age appropriate materials and activities, children and families will be able to ask questions and gain the support they need. Participants gain an increased sense of self worth, empowerment, appropriate actions and reactions to feelings, communication and why children do not always live with both biological parents. Specific issues are dealt with depending on the need of the group. Common topics of interest are blended families, visitation, parents dating and custody issues.

CLIMBING PROGRAM

WHO: Middle School Age Youth

WHERE: Pine Lake Challenge Course, Community Parks, area hiking trails, and indoor and outdoor climbing sites.

WHEN: 2 Saturdays per Month, November, 2016 to May, 2017

FOR MORE INFORMATION:

Contact: Melissa Graffam
Bristol Youth Services at (860) 314-4690 ext. 155



The **Climbing Program** is designed to increase positive interactions between youth and adults. The program aims to provide productive and exhilarating use of weekend and holiday time. Through engaging youth in hands-on activities that result in a tangible product or accomplishments, participants will build their self esteem, confidence and leadership skills. Workshops encompass adventure based activities, relationship and trust building activities and diversity dialogues. Enabling youth through these types of activities increases their social skills, tolerance and problem solving skills. Climbing skills are taught by skilled climbing instructors who serve as mentors, tutors and advocates.



LUNCH BUDDIES

WHO: 1st, 2nd and 3rd grade students

WHEN: Mondays during Lunch

Mt. View: Nov.14, 2016 to March 20, 2017

Southside: Nov. 7, 2016 to Feb. 27, 2017

WHERE: Mt. View and Southside Elementary

TO REGISTER: Contact School Psychologist



FOR MORE INFORMATION: Stephen Bynum
Bristol Youth Services at (860) 314-4690

Lunch Buddies is a social skills group for first or second grade students at Mt. View and Southside Elementary Schools. The group allows students the opportunity to make friends, gain self-confidence and have fun. The group will meet once a week during lunch and recess. The social skills emphasized are good manners, expressing feelings appropriately, teamwork, patience, kindness, and honesty. In addition, group members will practice “turn-taking skills”, verbal and listening skills, problem solving skills and developing empathy towards each other’s feelings and interests. These skills will enable them to initiate and maintain positive relationships with their peers. The children will grow in their capacity to communicate, discuss, negotiate, take turns and cooperate with each other. An overall improvement in their peer relationships can have the added benefit of improving their ability to concentrate in the classroom.

GIRLS WITH A PURPOSE (GWAP)

WHO: 6th, 7th and 8th grade

WHEN: Wednesday’s 2:20 pm to 3:15 pm

Thursdays during Lunch

October 12, 2016 to May 2017

WHERE: West Bristol School

FOR MORE INFORMATION:

Contact: Alyson Phelan

Bristol Youth Services at (860) 314-4690



Be a role model for your school and meet new friends! Learn how to stop bullying among your peers and be a leader. The facilitators will explain the relationship between bullying, school climate and student outcomes and address underlying socio-emotional contributions to bullying behavior. The program will provide students a safe environment to share their questions or concerns on topics and teach appropriate and effective verbal and nonverbal communication skills as a means of promoting positive and healthy relationships. The program’s goal is to increase a caring school climate by working with a group of students to develop a positive atmosphere, empathy, and social responsibility.

MAN UP

WHO: Male, 11-13 years old

WHERE: Bristol Youth Services

WHEN: February 7, 2017 to June 6, 2017, 5:00 pm to 7:00 pm



FOR MORE INFORMATION: Contact: Stephen Bynum, Bristol Youth Services at (860) 314-4690

The “Man Up” program aims to decrease negative reactive behaviors through learning how to identify potential triggers to anger and stress, and discover ways to diffuse situations before they reach the breaking point. Participants are taught a wide variety of skills encompassing the development of increased self-management and self-control skills, problem solving techniques and effective communication. The group will begin with an “intention or inspirational thought for the day”. They will explore methods to self-soothe or manage out-of-control feelings, such as bio-feedback, breathing and exercise. The group will create a safe environment for members to discuss personal issues, teach problem solving and decision making skills, and assist in the healthy development of each member with the following goals:

- Enhance self-esteem, accountability for personal choices and acceptance for situations they can/cannot control;
- Create a feeling of empowerment to set and achieve personal goals;
- Form a connection with caring positive role models for possible future mentoring; and
- Educate about male socialization process and stress management.

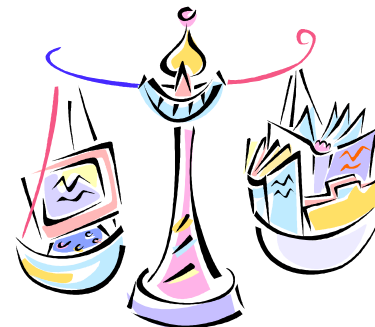
COOPERATIVE INTERNSHIP WORK PROGRAM

WHO: Students 14-17 years of age

WHEN: School year: October 2016 to June 2017

TO REGISTER:

Contact: Abigail Kessler
Bristol Youth Services at (860) 314-4690



The Cooperative Internship Work Program, also known as the Paul Vivian Internship Program, is designed to provide a meaningful work experience for youth at risk of dropping out of school. Young people are placed at jobs with nonprofit organizations or small businesses that offer a supportive work environment. The primary goal is for students to realize the correlation between completing school and securing meaningful employment. Secondly, the participants will increase their feelings of self-worth and value the contribution they make to society. The Cooperative Internship Work Program is a unique youth employment program that is managed by a youth serving agency that carefully selects nurturing job coach supervisors and offers ongoing support to youth employees and their employers. Students benefit from the program by cultivating a positive and nurturing relationship with an adult/mentor. Students will develop a greater sense of responsibility and a positive work ethic; learn to get along with authority figures and co-workers; increase their sense of self worth and competency; and gain experience in managing personal finances.

PEER EDUCATION

WHO: High School Students

WHEN: Mondays, 5:00 p.m-7:00 p.m.
September 26, 2016 to May 15, 2017

WHERE: Bristol Youth Services

TO REGISTER: Contact Alyson Phelan
Bristol Youth Services at (860) 314-4690



Peer Education Program utilizes the teen communication network by infusing it with accurate information through the use of trained peer educators. Students from all Bristol high schools are invited to register and participate in the program. Selected students participate in an eight month, 60-hour training program that covers all aspects of adolescent life and development. Peer Educators-in-training are provided with accurate information on a wide range of teenage issues and qualified referral services. Peer Educators accept the responsibility to use their voice or written materials to share with their peers and provide them with correct information and referral sources. These contacts occur in a variety of settings including one-to-one encounters, informal group discussions, and formal group classroom presentations. Staff provide regular monitoring, coaching and support for the Peer Educators. Regularly scheduled school-based meetings allow for both Peer Educators-in-training and trained Peer Educators to drop-in for support or plan for school and community service projects.

YOUNG MEN'S ISSUES GROUP

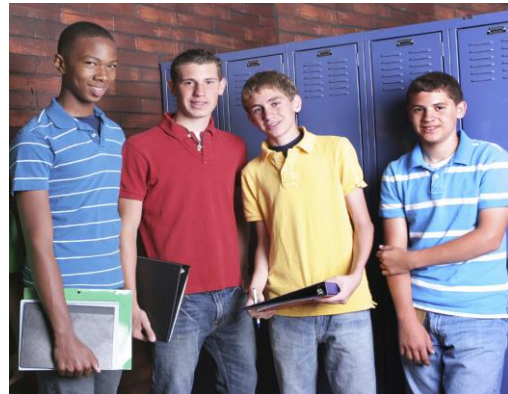
WHO: High School Males

WHEN: November 2016 to June 2017
Wednesday's 9:30 am to 10:30 am

WHERE: Bristol Preparatory Academy

FOR MORE INFORMATION:

Contact: Stephen Bynum
Bristol Youth Services at (860) 314-4690



The **Young Men's Issues Group** will meet weekly to provide high school males with a supportive, safe place to deal with the issues surrounding adolescence. The group will be guided through a process of determining priorities, purpose and direction. Members will identify topics of interest for discussion and presentations. Each participant will also assume the role as a group facilitator and, with the support of staff, will independently provide support and encouragement to group members. This will promote trust and confidence in the group and will also teach members appropriate ways to express their feelings about certain issues. Members of the group are encouraged to use the group for resolving conflicts, support, and as an opportunity to work on expressing their feelings in a socially appropriate way.

YOUNG WOMEN'S ISSUES GROUP

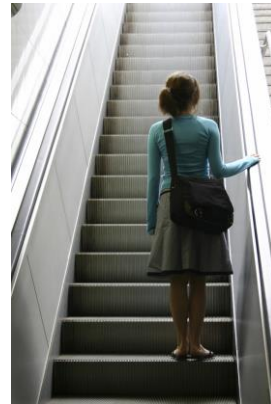
WHO: Female High School Students

WHEN: November 2016 – June 2017
Wednesday's 9:30 am to 10:30 am

WHERE: Bristol Preparatory Academy

FOR MORE INFORMATION:

Contact: Alyson Phelan
Bristol Youth Services at (860) 314-4690



Young Women's Issues Group is designed to engage group members around issues related to physical and emotional health and well being. The group will provide members with accurate information and assist them in developing problem solving and healthy coping skills.

Members will set group and personal goals and work towards achieving them using the group process for support, encouragement and accountability. The group will meet weekly and will explore the following topics:

- Dating and domestic violence;
- Substance abuse;
- Human sexuality;
- Peer pressure; and
- Personal empowerment.