

through
Out-of-School
Time

City of
Harrisonburg
and
Boys & Girls
Clubs



The background of the slide features a large, faint, circular seal of the U.S. Department of Health and Human Services. The seal contains the text "DEPARTMENT OF HEALTH AND HUMAN SERVICES" around the top and "1798" at the bottom. In the center is an eagle with wings spread, holding an olive branch and arrows, with a shield on its chest.

PROTECTING YOUTH MENTAL HEALTH

The U.S. Surgeon General's Advisory

- US Office of the Surgeon General has declared youth mental health a crisis.
- 1 in 5 U.S. children ages 3-17 has a mental, emotional, behavioral, or developmental disorder.
- **42% of local high school respondents** to the Youth Risk Behavior Survey reported feeling persistent sadness or hopelessness.
- Despite growing need, school and community-based services are limited, especially in rural areas.



BOYS & GIRLS CLUBS OF HARRISONBURG & ROCKINGHAM COUNTY



- 7 Clubs – 6 Locations (City & County)
- Year-Round Experiences and Enrichment
- **Bridges the Gap between School and Home**
- **Focus on the Whole Person**

Goal

1: Increase BGCHR staff capacity to respond to the mental health needs of program youth



Hire Mental Health Advocate (MHA) / Graduate Assistant (GA)



MHA/GA Consultations for Staff



BGCHR and HCPS Staff Training

Trauma Informed Care Practices (x2)
Co-regulation Strategies
Supporting Neurodivergent Youth

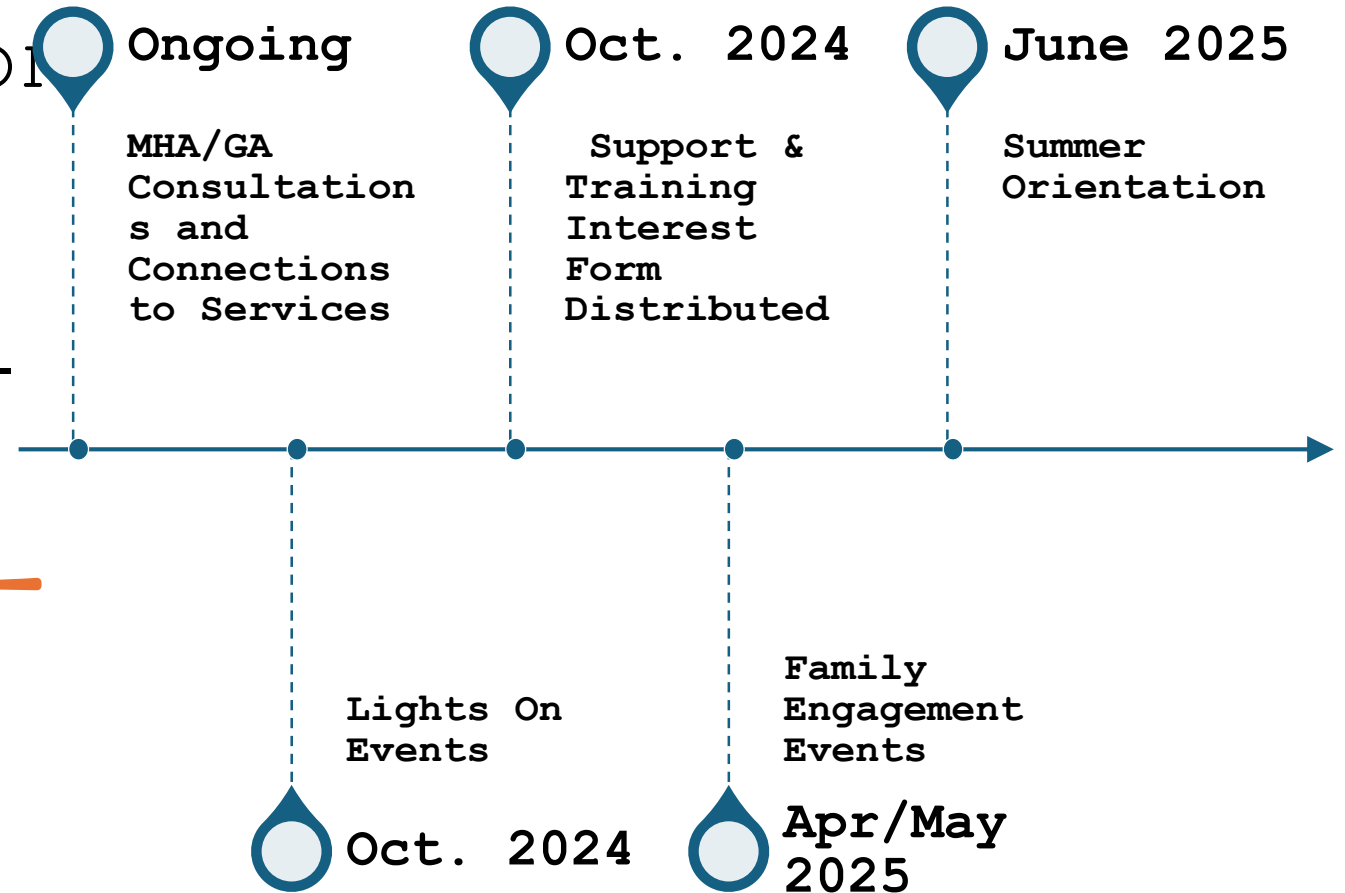
Incorporate
evidence-
based interventi
ns to increase
youth
social, emotional
, and behavioral
skills.



SEE Educating the
Heart & Mind
LEARNING



Goal 3: Increase youth and family connections to mental health and other community-based services.



Goal 4: Enhance data collection and evaluation to inform program design and improve outcomes.



ARET Group

The diagram consists of two chevron-shaped boxes pointing from left to right. The first box is orange and contains the text 'ARET Group'. The second box is green and contains the text 'JMU Madison Center for Community Development'. The boxes are connected by a white space, indicating a flow or relationship between the two entities.

JMU Madison
Center for
Community
Development

Goal 5: Engage stakeholders and promote program sustainability.

\$12,000
Sentara
Cares

\$12,000
Burke &
Hurbert

Continued
grant
seeking



Youth

- Personal behaviors (K-2)
- Hyperactivity & peer problems (gr3-12)
- Improvement in personal and prosocial behaviors (K-2)
- Improvement in overall skills,

Outcomes To Date

Staff

- Improved understanding of topics.
- Challenges: time and resources, part-time staff knowledge, and staff turnover.



Family

- Helping their child be safe in a digital world
- Helping their child cope with anxiety



Future Directions

- (1) On-site access to therapeutic services. Partnership JMU Department of Graduate Psychology & CAPS
- (2) Graduate Assistant to serve as Family Wellness Navigator
- (3) Expand services for parents
- (4) Implement programming and evaluation at County Clubs



BOYS & GIRLS CLUBS
OF HARRISONBURG &
ROCKINGHAM COUNTY



HARRISONBURG-ROCKINGHAM
COMMUNITY SERVICES BOARD



Thank you to all BGCHR project
partners and all BGCHR staff and
youth!

City of Harrisonburg

Harrisonburg-Rockingham Community Service
Board

Harrisonburg City Public Schools

James Madison University (Madison Center for
Community Development & Department of
Graduate Psychology)