

**Youth & Community Services 2023-2024  
Programs and Services**

**Pillar I: Fostering Positive Mental Health**

Program Name	Description/Goal	Staff	Funding Source/ Budget Allocation
<p>★ <b>4-Point Program</b>  <b>BE/BC/West</b>  <b>Bristol/CHMS/NEMS/BRISTOL</b>  <b>PREP</b></p>	<p>This program uses elements of the evidence-based SMART Recovery program to develop four main skills to help high school students stop using substances. The skills are building and maintaining motivation, coping with urges, managing thoughts, feelings, and behaviors, and living a balanced life. Students who get caught vaping, smoking and/or drinking at Bristol Eastern and Central will have the opportunity to opt into the four session program to avoid ISS and/or OSS.</p>	<p>Mike</p>	<p>LPC Grant- \$800.00</p>
<p><b>Girls with a purpose (GWAP)</b></p>	<p>Girls With A Purpose is a free, support group for middle school girls (ages 11-14) that was created to increase the self-esteem, self-awareness, and self-confidence of participants. This program will meet once a week for twenty weeks, and consists of 1.25 hour weekly sessions. This program will consist of 10-12 members. This group size</p>	<p>Ashante + Contactor</p>	<p>Project Aware- \$4,000.00</p>

	<p>promotes a safe and trusting environment for participants to engage with and support one another. Weekly group topics will include the effects of bullying, peer violence, the risks of social media, cyberbullying, substance use, and more. Group participants can be referred by parents/guardians, school personnel, or other community agencies.</p> <p>Goals of group:</p> <ol style="list-style-type: none"><li>1) Provide students with a safe environment to share their questions, concerns, or experiences on topics such as bullying, peer violence, inter-relational violence, cyber bullying, etc., along with empowering and supporting one another.</li><li>2) Increase a caring school climate by working with a group of students to develop a positive atmosphere, empathy, and social responsibility.</li><li>3) Teach appropriate and effective verbal and nonverbal communication skills as a means of promoting positive and healthy relationships, as well as coping skills to decrease acts of violence (inter-relational and</li></ol>		
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	peer), self-harm, substance abuse, and peer violence.		
<b>Man Up</b>	<p>Man UP is a weekly peer support group offered at the Bristol Parks, Recreation, Youth and Community Services main office, along with other community settings. This group consists of 12 two-hour sessions in which occur once a week, and participants can be referred by school personnel, the Juvenile Review Board, Bristol Youth and Community Services staff, and parents/guardians. Man UP addresses the need for empowerment, self-esteem building, and/or education around anger management. The size of this group will range between ten to fourteen adolescent males ages 12-14 years old. Man UP was created to act as a safe space for all participants to talk about hardships they are currently facing or have gone through in the past. These include having a parent who is absent, lack of attachment with a same gender role model, witnessing domestic violence, sexual exploitation, substance use, gambling, and poverty. Man UP looks to provide</p>	Qur-an Webb + Contactor	Project Aware- \$4,600.00

	<p>an opportunity for young men to bond with positive male role models while experiencing alternatives to think, feel and do. The Man Up group intentionally intertwines positive social/recreational activities with education and counseling facilitated by skilled professional male mentors.</p> <p>Goals of group:</p> <ol style="list-style-type: none"> <li>1) To assist participants in developing skills and techniques to manage stress and reduce reactive aggressive responses</li> <li>2) To increase awareness of stress triggers and fight or flight reactive behaviors</li> <li>3) To provide at risk middle school aged males a supportive, safe place to deal with the issues surrounding adolescence.</li> <li>4) To connect members with positive male role models and/or mentors.</li> </ol>		
<p><b>Young Women’s Issues Group (BPA)</b></p>	<p>Young Women’s Issues Group is a free, weekly peer support group offered at Bristol Preparatory Academy (BPA). This group consists of 22 hourly sessions in which occur once a week, and participants can be referred by school personnel, the Juvenile</p>	<p>Raven &amp; Ashante</p>	<p>Project Aware- \$2,000.00</p>

	<p>Review Board, Bristol Youth and Community Services staff, and parents/guardians. Young Women's Issues Group provides mental health services, life skills training, and positive youth development for the young women at BPA. The size of this group will range between nine to twelve young women, as many of these individuals thrive in smaller, more personal environments. Young Women's Issues Group was created to act as a safe space for all participants to talk about hardships they are currently facing or have gone through in the past, including high risk sexual behavior, drug use, unhealthy relationships, mental health concerns, homelessness, and/or suicidal ideation and intern, in order for members to support, empathize, and empower one another with guidance from the facilitators.</p> <p>Goals of group:</p> <ol style="list-style-type: none"><li>1) Enhance self-esteem, self-awareness, and personal knowledge about life issues (violence, substance abuse, interpersonal relationships and human sexuality) to ensure positive life choices.</li></ol>		
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	<p>2) Create a safe space for all members to express their feelings, be heard, and receive peer support and feedback.</p> <p>3) Empower young women by assisting them in setting and achieving personal and group goals.</p>		
<p>★ <b>Girls with Goals (Women's Empowerment at BC/BE)</b></p>	<p>Girls with Goals (Women's Empowerment at BC &amp; BE)</p> <p>Girls with Goals is a free, positive youth development school offered at Bristol Eastern High School and Bristol Central High School. Queen bees is an 8 week long program, with weekly 1-hour sessions. The group size for this program ranges between eight to ten young women, who are identified by school personnel, parents/guardians, Bristol Youth and Community Services staff, or other community agencies. This group is aimed towards young women who are identified as having difficulty coping with daily situations and/or maintaining appropriate behaviors within school.</p> <p>Goals of group:</p> <p>1) Enhance self-esteem, self-awareness, and personal knowledge about life issues</p>	<p>Raven- Bristol Central</p> <p>Ashante- Bristol Eastern</p>	<p>Project Aware- \$4,200.00</p>

	<p>(violence, substance abuse, interpersonal relationships and human sexuality) to ensure positive life choices.</p> <p>2) Create a safe space for all members to express their feelings, be heard, and receive peer support and feedback.</p> <p>3) Empower young women by assisting them in setting and achieving personal and group goals.</p>		
<p>★ <b>Truancy Prevention &amp; Planning Program</b></p>	<p>The Truancy Prevention Program was created to act as a support for school-aged individuals who are beginning to develop the habit of being truant from school. Youth will be identified and referred by school personnel once a pattern of being consistently truant from school is identified. This program allows Bristol Youth and Community Services staff to work with Bristol youth and their families to identify the barriers preventing the youth from attending school. This program also consists of creating and implementing incentives for youth to work towards, by attending and being successful in school.</p> <p>Goals of Program:</p>	<p>Raven &amp; Ashante</p>	<p>Project Aware- \$10,500.00</p>

	<p>1) Identify and address barriers preventing youth from attending school.</p> <p>2) Provide social-emotional support for youth experiencing hardships preventing them from attending school.</p> <p>3) Connect youth and families to community supports and resources when appropriate.</p>		
★ <b>Hip- Hop Saved Us.</b>	<p>Hip- Hop saved us is a 10 week high school enrichment group designed for participants who are eager to delve into the vibrant and influential world of Hip-Hop culture. Over the course of the 10 weeks, participants will explore the profound impact of Hip-hop on cultural, social, mental health and behavioral aspects.</p>	Qur-an Webb + Contractor	Project Aware- \$4,900.00
<p><b>Young Men's Issues Group BPA</b></p> <p>★ Young Men's Issues Group BC</p> <p>★ Young Men's Issues Group BE</p>	<p>Young Men's Issues Group is a weekly peer support group offered at Bristol Preparatory Academy (BPA). This group consists of 22 hourly sessions in which occur once a week, and participants can be referred by school personnel, the Juvenile Review Board, Bristol Youth and Community Services staff, and parents/guardians. Young Men's Issues Group provides mental health services, life skills training, and positive youth development</p>	Qur-an Webb + Contractor	Project Aware- \$4100.00

	<p>for the young men at BPA. The size of this group will range between twelve to fourteen young men, as many of these individuals thrive in smaller, more personal environment. Young Men's Issues Group was created to act as a safe space for all participants to talk about hardships they are currently facing or have gone through in the past. These include difficulties at home, difficulties at school, poor peer interactions, issues of divorced or separated parents, substance abuse, delinquency, truancy, sexual experimentation, poverty and the pressures and stereotypes associated with 'being a man' in today's society. Members of the group will be able to support, empathize, and empower one another with guidance from the facilitators.</p> <p>Goals of group:</p> <ol style="list-style-type: none"><li>1) Provide at risk high school aged males a supportive, safe place to deal with the issues surrounding adolescence.</li><li>2) Encourage members to share ideas and conversations as well as ask questions of each other.</li></ol>		
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	3) Educating at risk high school aged males with information on the dangers of high-risk behaviors, such as substance abuse and unprotected sex, as to decrease their participation in such behaviors.		
<b>Individual and Family Counseling Services</b>	<p>Bristol Youth and Community division employs professional staff to offer confidential counseling to youth and their families to include:</p> <ul style="list-style-type: none"> <li>.Family Counseling</li> <li>.Youth Counseling</li> <li>.Crisis intervention</li> <li>.Parenting Skills</li> <li>.Substance misuse</li> <li>.Child Abuse Prevention</li> <li>.Anger Management</li> <li>.Consultations</li> </ul>	Stephen, Ashante, Raven, Clinical Supervisor & Independent Contractors	Free Service-Regular Wages and Professional Fee and Services Account
<b>Community Conversation</b>	<p>OPEN TO ALL RESIDENTS &amp; COMMUNITY MEMBERS – The Community Conversation provides an opportunity for community members to engage amongst city leaders and numerous City of Bristol stakeholders to discuss what steps are being taken to promote a diverse, equitable and inclusive community.</p>	<p>Lead- Arianna Support- Ashante</p>	Supplement Grant- \$5,500.00

<b>The BEST Coalition</b>	The BEST Community Coalition aims to develop a culture of awareness and sustained action that will promote positive youth development and a healthier Bristol community. The Community Coalition is held every 2nd Thursday of the month from 3:30 to 4:45 PM.	Mike and 12 Sector Reps	Drug Free Community Grant \$125,000
<b>BEST Youth Coalition</b>	The BEST Youth Coalition brings together Youth Leaders to prevent Substance misuse throughout the Bristol community. Youth speak directly to their peers with calls to action that with directly impact them in the Bristol community.	Mike	Drug Free Community Grant \$125,000

**Pillar II: Assisting with Basic Needs**

<b>Program Name</b>	<b>Description/Goal</b>	<b>Staff</b>	<b>Funding Source/ Budget Allocation</b>
★ <b>Narcan Training</b>	Narcan is a life-saving medication that can reverse overdose. BEST has a monthly Narcan training open to the public. The training includes a section about the opioid epidemic and training on the use of Narcan. The training occurs on the first Tuesday of every month.	Mike	Funding Source Local Prevention Council Grant \$7,142.00
<b>Relocation Assistance Program</b>	The Relocation assistance program offers a one-time payment to community members	Aubrey	Relocation Costs Account-001025-587232

	who have been effected by a Condemnation through The Building Department or BBHD.		
<b>Short Term Case Management</b>	Short Term Case Management assists qualified community residents through intensive, solution- focused case management and care coordination to identify and reduce barriers to sustained employment, increase access to community resources, and improving clients' health and promoting wellness and autonomy through advocacy, communication, education, identification of service resources, and facilitation of service.	Aubrey	Regular wages
<b>Diaper Connections (Parent &amp; Child Program)</b>	Diaper connections is a federally funded program that is in partnership with Bristol Health. Financially eligible community members receive 100 diapers a month per eligible child. The program goal is to reduce urinary tract infections in child of diaper wearing age.	Aubrey	Regular Wages
<b>Caring Closet (Parent &amp; Child Program)</b>	The Caring Closet offers income eligible families basic need items free-of-charge. Services are intended for community members who are experiencing difficulty meeting their daily	Aubrey	Regular wages

	<p>needs. The program operates on a first-come, first-served basis. All items are supplied through community donations and may not always be in stock.</p> <p>The Caring Closet is currently operating by appointment only.</p>		
<b>Holiday Gift Giving Program</b>	<p>The Annual Holiday Gift Giving Program provides assistance to eligible Bristol youth and families during the holiday season. The program aims to connect community donors to income eligible families in Bristol.</p>	<p>Lead: Aubrey Back-up: Raven</p>	<p>Community Donations + Supplement Grant - \$3,000</p>
<b>Community Garden/ Farmers Market SNAP/ EBT program</b>	<p>The goal of the Community garden is to provide better access to healthy vegetables to those in the Bristol Community. Fresh Vegetables are available to be picked by community members or for pickup at the Bristol Farmers Market. In addition the program manages the EBT portion of the Farmers Market, connecting Farmers and low income families.</p>	<p>Aubrey</p>	<p>Overtime wage account</p>
<b>Skills to Pay the Bills</b>	<p>Skills to Pay the Bills is a program developed to guide teenagers while transitioning into adulthood. This group will consist of eight (8) to ten (10) older adolescents, ages fourteen (14) through (18), and is open to any</p>	<p>Raven + Ashante</p>	<p>Project Aware- \$1225.00</p>

	<p>Bristol resident within this age range who is interested and willing to make the commitment to participate. This program will run for eight weeks, and will meet once a week for two (2) hours throughout the summer (June to August). Within this program, participants will be provided with opportunities to learn about budgeting, healthy relationships, healthy nutrition and exercise, building a resume and cover letter, and other life skills. Participants will also be provided with assistance and support in exploring post-secondary options, including college or a career. This program will not only address the key life skills needed for independence, but also the emotional responsibility involved in adult decision making. Overall, this program will be helpful to those young men and women to gain a connection to other teens and positive role models, while having a space to gain knowledge, advice and support.</p> <p>Goals of group:</p>		
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	<p>1) Learn important independent living skills to achieve success in the community.</p> <p>2) Provide students with a safe environment to share their questions, concerns, or experiences on skills necessary for adulthood.</p> <p>3) Provide students with resources to utilize to be successful while transitioning into adulthood.</p>		
<b>Pencil Hunt / Backpack program</b>	<p>The Mayor's Annual Back to School Pencil Hunt takes place at the end of August, and is a scavenger hunt for pencils in which all Pre-K to eighth grade students are invited to attend. Each participant receives an activity bag that is filled with age appropriate school supplies, and there are silver and gold prizes available for students to win. The goal of this event is to make the back to school transition for families a little easier by providing them with some school supplies at no cost.</p>	Raven (Lead) + Department staff assist	Supplement Grant- \$6,200
<b>Scholarship Program</b>	<p>Bristol Youth and Community Services' Scholarship Fund has been established to aid children living in high risk situations and in need of social, emotional and recreational programming in</p>	Stephen	Enhancement Grant- \$5,000 Scholarship Account

	<p>order to thrive. Funds are available to children who struggle to cope with neurological, mental health or cognitive challenges, physical disabilities, severe family distress, trauma and /or complicated grief and loss issues. Scholarships shall go towards a program of the child's choice that will enhance his/her positive social and emotional development and physical well-being.</p> <p>Types of programs may range from music lessons, to swim classes, basketball clinics, self-defense training, performing arts programs, Boys and Girls club membership or to a summer camp. Scholarship funds may also cover costs of supplies needed to participate in a program, such as, a scout uniform, art supplies, or special equipment for a sporting activity.</p>		
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**Pillar III: Empowering Youth**

Program Name	Description/Goal	Staff	Funding Source/ Budget Allocation
Empower Hour	Empower hour is a free, 8 week social skills group open to elementary students in third and fourth grade. This program will	Raven + intern	Project Aware- \$900.00

	<p>be open to approximately 8 youth who can be referred by parents/guardians, school staff, and/or other community resources. Empower Hour will run on Wednesdays from 4:15 to 5:15 pm for eight sessions. This program will address a new topic each week, such as self-awareness, impulse control, relationship building, emotional regulation, and responsible decision-making.</p> <p>Goals of group:</p> <ol style="list-style-type: none"> <li>1) Develop and/or enhance students' ability to identify feelings and coping strategies in order to regulate their emotions.</li> <li>2) Provide an opportunity for students to engage in activities that further develop their relationship building and friendship skills</li> </ol>		
<p><b>Leaders in Learning</b></p>	<p>Leaders in Learning is a free, 8 week leadership group open to 4th grade students at an identified elementary school in the Bristol Public School system. The first group of the 2023-2024 school year will be conducted at South Side Elementary School. This program will be open to approximately 6 youth in 4th grade who will be identified by</p>	<p>Raven and Ashante</p>	<p>Project Aware- \$1000.00</p>

	<p>school faculty and staff, parents/guardians, and Bristol Youth and Community Services staff. Leaders in Learning will run on Mondays from 12:30-1 for a total of 8 sessions. This program will take place during the school lunch period, with each session lasting 30 minutes. This program will focus on building group members' leadership skills, empowering members to become leaders in their school and community.</p> <p>Goals of group:</p> <ol style="list-style-type: none"> <li>1) Build upon participants' leadership abilities by implementing leadership skill building curriculum and team building activities.</li> <li>2) Enhance participants' self-awareness and relationship skills.</li> <li>3) Increase a caring school climate by working with a group of students to develop a positive atmosphere, empathy, communication skills, etc.</li> </ol>		
<p><b>Tomorrow's Leaders Today (TLT)</b></p>	<p>The Tomorrow's Leaders Today (TLT) program is comprised of four components: homework help and academic support, recreation and art enrichment, leadership and character building, and family engagement.</p>	<p>Mike- Mondays</p> <p>Aubrey- Tuesday &amp; Thursday at Chippens Hill Middle School</p>	<p>Board of Education: 21<sup>st</sup> Century Grant</p>

	<p>The TLT program lasts roughly 33 weeks, beginning in mid-September and running until mid-May. Members attend three times a week on Mondays, Tuesday, and Thursdays, for one hour each day Bristol Youth and Community Services staff are in charge of conducting the leadership and character building component of the program, which takes place on Tuesdays and Thursdays from 4 to 5pm. Youth who are chosen to participate in this group are individuals who have begun to develop the necessary skills and abilities to be a leader, however, need extra support to further develop these skills to be a role model for peers inside and outside of the school community. Bristol Youth and Community Staff will work with the site coordinators to develop and implement various activities, field trips, guest speakers, etc. to provide these students with the education and resources necessary to develop into strong leaders.</p> <p>Goals of group:  1) Build upon participants' leadership abilities by</p>	Raven & Ashante- Tuesday & Thursday Northeast Middle School	
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	<p>implementing leadership skill building curriculum and team building activities.</p> <p>2) Provide a safe, educational, and enriching after school program where students engage in activities that promote a positive school atmosphere.</p>		
<b>Cambridge Park Baseball League</b>	<p>The Cambridge Park baseball league is held on Mondays throughout the summer from 10:30-12 at the Boys and Girls Club located in Cambridge Park. The baseball league is run by staff from BBGC, BPRYCS, and the Bristol Police Department, along with volunteers and other special guests. Coach Bunty Ray has been teaching the participants different baseball skills, allowing individuals to further their knowledge on the game. The league has been successful with a turnout of 20+ youths each week. The baseball league allows the opportunity for youth to develop teamwork skills and good sportsmanship, along with meet new friends and cheer on their teammates.</p>	Ashante	Enhancement Grant Combined Summer Program- \$5,000.00
<b>Basketball League at Brackett Park</b>	<p>Basketball league at Brackett Park is held on Thursdays from 11-1 at Brackett Park. The league is run by staff from BPRYCS, the</p>	Raven	*Summer Program

	<p>Bristol Police Department school resource officers, and the BBGC. There has been a turnout of 30-35 participants each week, and individuals of all different skill levels are welcome to attend. Players have had the opportunity to further their basketball skills, meet new friends, and build upon teamwork and sportsmanship skills. Along with the basketball league, free basketball skills training sessions are being offered at the Bristol Sports Armory on Tuesdays from 1-2:30. These sessions are being conducted by Isaiah Rascoe. The training sessions have 22-25 participants each week.</p>		
<p><b>Drop in at Rockwell Park</b></p>	<p>Drop-in at Rockwell is a bi-weekly drop-in style program that invites all Bristol youth to participate in fun summer activities. This program takes place on Tuesdays and Fridays from 11-1 at Mrs. Rockwell's Pavilion. Activities that have been offered included sand art, tie-dye, and rainbow scratch art, friendship bracelets, field games, foam art, and more. This program allows participants the chance to try new things, meet new people, be creative,</p>	<p>Raven</p>	<p>*Summer Program</p>

	and build upon communication, friendship, and teamwork skills throughout various activities.		
<b>Summer Bowling Program</b>	The Youth Bowling Program is a 6-week program that takes place during the summer. This program takes place at the Bristol Spare Time and consists of 2 hours of free bowling, free shoe rental, and free pizza and drinks for participants. This program is for Bristol youth ages 9-17, and allows for 30 participants each week. This program is a positive recreational activity that gives youth the opportunity to bowl while meeting new people, connecting with old classmates or friends, and furthering their social skills development.	Ashante	*Summer Program
<b>Juvenile Review Board</b>	The Juvenile Review Board (JRB) is a community-based diversion process for youth that may otherwise be referred to the Juvenile Court for violations of the law. Bristol Youth Services staff sit on the JRB in order to assist with implementing and connecting youth and families of Bristol with the necessary supports and resources to thrive in the community.	Lead- Stephen  JRB coordinator Independent Contractor  Co-Chair- Ashante  12 Volunteer Community Board Members	JRB Support and Enhancement Grant- \$21,000
<b>Youth Commission</b>	Youth services merged with community services in October of	Stephen	Governing Board

	<p>2010. The commission consists of 11 members serving three-year terms except for the council member who will serve a two-year term. The council consists of:</p> <p>Three members under 21 years of age  One representative of school system  One representative of the Police Department  One private youth serving member  One City Council member  Four citizens  At least one third of the total membership shall be people who receive less than 50% of their livelihood by delivering services to youth and their families.</p>		
<p><b>Youth &amp; Prevention Leader Recognition Awards</b></p>	<p>A ceremony recognizing Bristol youth who have given exceptional service to their community.</p> <p>Youth and Prevention leader award nominees are required to reside within the Bristol community to be eligible for award nomination.</p>	<p>Lead- Stephen  Support staff: Raven + Ashante</p>	<p>Supplement Grant- \$3,000</p>

	<p>Nominations must be filled out by an adult who supervised or benefitted from the service. Youth who have demonstrated outstanding efforts to help others through the use of their thoughtfulness, energy, talents, and skills.</p>		
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