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2016 Quality of Life Road Trip



As a clinic, we see the impact of preventative behavioral health programs on young lives. One of our most **effective youth programs** has been the Quality of Life Road Trip, started in 2013 from the vision of CEO JayVon Muhammad and Girl Power Program Facilitator RoLanda Wilkins.

2016 Program Participants

Eighteen children participated in the 2016 Quality of Life Road Trip: 9 girls and 9 boys. Of those, 72% were from Marin County and 44% live in public housing.

THANK YOU to our 2016 Quality of Life Road Trip supporters!

This high-impact summer program would not have been possible without generous donations of all amounts from these program sponsors. We give heartfelt thanks to:



And to these individual donors:

Generous \$20,000 anonymous gift

Stacy Allegro – Carianne Blomquist – Mei Chan – Daniel Dolan – Nancy Johnson – Diane Kamai –
Taffy Lavie – JayVon Muhammad – Katherine Normant – Patricia Rodriguez – Betsy Rosen –
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On the Road with our CEO and the 2016 Quality of Life Road Trip

In close quarters amid a constantly changing, challenging intellectual environment, these teens experience a new world of learning, hope and possibilities for education and careers.

Wednesday, June 29: Two vans with 18 teens, our CEO and two program facilitators leave Marin City on a 32-day Quality of Life Road Trip to 29 cities in the U.S. and Canada to meet leaders in business, education and community.



July 1—Day 3: After an overnight in Salt Lake City, we are hosted in the retreat house of All Saints Episcopal Church in Omaha, Nebraska. We give thanks to Pastor Chip at Christ Church in Sausalito for connecting us!

July 3—Day 5: Hearing about careers in radio at WVON Chicago, where our CEO JayVon Muhammad was interviewed about midwifery and Sister Ava, her inspiration for the Marin Family Birth Center (our newest program).

July 4—Day 6: At Whole Foods Detroit, Asa is facilitator, educator and tour guide on healthy food and careers in a socially responsible business. And how could we miss a stop in Motown?

July 6—Day 8: Crossing into Canada! Most of the children are the first in their family to have a passport. We tour mighty Niagara Falls, learn about the Underground Railroad,

and visit Harriet Tubman's Salem Chapel Sanctuary of History, founded in 1820 by African-American freedom seekers in Ontario.

July 9—Day 11: Williamson Health and Wellness Center (WV) shows us the many ways that poverty and sickness cross race, from rural coal mines to urban shipyards. Thanks for a few free lunches from the Cracker Barrel (Clear Spring, MD) manager who remembered us from last year!

July 11—Day 13: From Harlem Candle Company to the African Burial Ground in Manhattan, NY is amazing! Next we tour Newark (NJ) City Hall and local Black Owned Businesses, with help from #BOBspotter app.

July 13—Day 15: In Philly to visit the Lest We Forget Slavery Museum, see the community model Sayre School, skate at Rolling Thunder rink, and experience cheese steak sandwiches.

July 16—Day 18: Learning about the 900 enslaved people who worked at the Stagville Plantation (NC). We used to start the Road Trip in the South, but have learned that we need time to absorb this part of our journey.

July 17—Day 19: Visiting the Battery, Old Slave Mart, and home of slave leader Denmark Vesey in Charleston (SC). Too many reminders of Willie Lynch and his caste system of color, including "Brown" cemetery.

July 19—Day 21: Big day in Atlanta at 10,000 Fearless, where we volunteer to serve others. Visits include Historic Black Colleges & Universities, the Civil Rights Center, and paying tribute to MLK. Also learning how to grow food and community at Truly Living Well Center for Natural Urban Agriculture near Morehouse College, and Muhammad's Farm in Bronswood (GA).

July 23—Day 25: In New Orleans' French Quarter visiting BlackStar Books and Caffé (another BOB), Congo Square, and an alligator (!) farm. Heading west to the South Dallas Cultural Center and Freedmen Memorial Cemetery.

July 27—Day 29: Traveling through El Paso on our way back home.

July 31—Day 33: Arriving in Marin City! Parents and friends greet us when we arrive back home after our life-changing journey.

Education on the Road Trip: 40 Life-Changing Questions

Participants received pre- and post-survey questions on a range of topics related to history and cultural studies, technology, careers, education, geography, nutrition and health, entrepreneurship, religion, government, family and relationships, and sociology. In that order, questions and responses are below.

1. WHAT ROLE DID YOUNG PEOPLE PLAY IN THE CIVIL RIGHTS MOVEMENT?

Pre-test: 75% of participants answered that youth did not play any role in the Civil Rights Movement.

Post-test: 100% of participants answered that youth played a very important role in the Civil Rights Movement by assisting in organizing marches, sit-ins and other protests and boycotts for equal rights.

2. WHAT WAS THE GOAL OF THE CIVIL RIGHTS MOVEMENT?

Pre-test: 75% did not know the goal of the Civil Rights Movement.

Post-test: 100% stated that the goal was to obtain equal rights in American society for Black people.

3. WHAT ARE JIM CROW LAWS?

Pre-test: 100% did not know what Jim Crow Laws were.

Post-test: 100% demonstrated they knew that Jim Crow Laws were racial segregation laws in the South.

4. WHAT EQUIPMENT IS USED IN A RADIO STATION?

Pre-test: 100% did not know.

Post-test: 100% learned that radio stations use microphones, electronic equipment, and even the internet, to broadcast around the world.

5. WHAT WOULD A FUTURE DETECTIVE CHOOSE AS HIS/HER MAJOR AT COLLEGE?

Pre-test: 75% did not know.

Post-test: 100% answered that the major should be Criminal Justice.



6. HOW MANY YEARS OF COLLEGE DO MEDICAL DOCTORS COMPLETE?

Pre-test: 100% did not know.

Post-test: 100% answered that doctors complete 8-10 years of college.

7. WHY IS EDUCATION IMPORTANT? Post-test answers:

- Education helps to determine my future.
- We need education to learn our history and make our world better.
- Education is important because people have protested and died for the right to an education.
- Education helps you get a good job and not be poor.



8. WHAT DOES THE TERM G.P.A. MEAN?

Pre-test: 50% did not know.

Post-test: 100% answered that the term means Grade Point Average.

9. WHAT DOES THE ACRONYM S.A.T. MEAN?

Pre-test: 50% did not know.

Post-test: 100% answered the acronym means Scholarship Aptitude Test, a pre-college test.

10. WHAT IS THE A.C.T. TEST?

Pre-test: 50% did not know.

Post-test: 100% answered that the A.C.T. is intended to forecast a student's ability to perform in his or her first year of college.

11. OF STANFORD, TULANE AND HOWARD UNIVERSITY, WHICH IS A HISTORIC BLACK COLLEGE OR UNIVERSITY?

Pre-test: 50% did not know.

Post-test: 100% answered Howard University.



12. WHAT DO YOU NEED TO APPLY FOR COLLEGE OR A SCHOLARSHIP?

Pre-test: 75% did not know.

Post-test: 100% answered that they need to complete high school, and have at least average scores on their G.P.A. and S.A.T./A.C.T. tests.

13. HOW MANY GREAT LAKES ARE THERE?

Pre-test: 100% did not know.

Post-test: 100% answered that there are five Great Lakes.

14. WHICH COUNTRY BORDERS THE UNITED STATES TO THE SOUTH?

Pre-test: 100% did not know.

Post-test: 100% answered that Mexico is the country to south of the United States.



15. **WHICH COUNTRY BORDERS THE UNITED STATES TO THE NORTH?**

Pre-test: 75% did not know.

Post-test: 100% answered that the country that borders the U.S. to the north is Canada.

16. **WHICH CANADIAN CITY BORDERS DETROIT, MICHIGAN?**

Pre-test: 100% did not know.

Post-test: 100% answered that the city of Windsor, Canada, borders Detroit.

17. **WHY SHOULD YOU HAVE DIFFERENT COLORS OF FOOD REPRESENTED ON YOUR PLATE?**

Pre-test: 100% did not know.

Post-test: 100% answered that different colored foods have different (and necessary) vitamins.

18. **IS MILK THE ONLY WAY TO GET CALCIUM?**

Pre-test: 50% did not know.

Post-test: 100% knew that milk is not the only way to get calcium.



19. **DO PLANTS CONTAIN PROTEIN?**

Pre-test: 75% did not know.

Post-test: 100% answered that plants do contain protein.

20. **CAN FOOD BE CONSIDERED MEDICINE?**

Pre-test: 50% did not know.

Post-test: 100% answered that food can be considered medicine, and can help you be and get healthy.

21. **WHAT WOULD YOU CALL A PERSON WHO OWNS THEIR OWN BUSINESS?**

Pre-test: 25% did not know.

Post-test: 100% answered that a person who owns their own business is called a Business Owner or Entrepreneur.

22. **WHAT ARE THE BENEFITS OF OWNING YOUR OWN BUSINESS?**

Pre-test: 100% did not know the benefits of owning their own business.

Post-test: Participants shared these benefits of owning a business:

- To make your own money.
- It can give you a job.
- To be your own boss.
- To be able to set your own work hours.



23. **WHAT ARE THE THREE MAJOR RELIGIONS?**

Pre-test: 75% did not know.

Post-test: 75% identified all three: Judaism, Christianity and Islam.

24. **WHAT IS THE NAME OF THE HOLY BOOK THAT JEWISH PEOPLE FOLLOW AND WHAT DO JEWISH BELIEVERS CALL GOD?**

Pre-test: 100% did not know.

Post-test: 100% answered that the holy book for Jewish people is called the Torah, and they call God Yahweh.

25. **WHAT IS THE NAME OF THE HOLY BOOK THAT CHRISTIAN PEOPLE FOLLOW AND WHAT IS THE NAME THAT CHRISTIAN BELIEVERS CALL GOD?**

Pre-test: 100% correctly answered both questions.



26. **WHAT IS THE NAME OF THE HOLY BOOK THAT MUSLIM PEOPLE FOLLOW AND WHAT IS THE NAME THAT MUSLIM BELIEVERS CALL GOD?**

Pre-test: 100% did not know.

Post-test: 75% answered that the holy book for Muslims called the Qu'ran and they call God Allah.

27. **WHAT ARE THE TWO MAJOR POLITICAL PARTIES IN THE UNITED STATES?**

Pre-test: 50% did not know.

Post-test: 100% answered that the two major political parties were the Democratic and Republicans.



28. **WHERE IS THE CAPITOL OF THE UNITED STATES?**

Pre-test: 75% did not know.

Post-test: 100% answered that the capitol of the U.S. is located in Washington, DC, which is district and not a city, county or state.

29. **HOW MANY BRANCHES OF GOVERNMENT ARE THERE IN THE UNITED STATES?**

Pre-test: 50% did not know.

Post-test: 100% that there are three branches of government.

30. **WHAT LEVEL OF BILLS AND LAWS ARE PASSED AT THE CAPITOL OF THE UNITED STATES?**

Pre-test: 75% did not know.

Post-test: 100% answered that federal laws and bills are passed at our nation's Capitol.

31. **WHAT IS THE ROLE OF A LEGISLATIVE CONGRESSMAN?**

Pre-test: 100% did not know.

Post-test: 50% answered that the job of a state legislator is to elect and debate, vote on bills and work on committee.



32. **WHAT ARE THE HEALTH BENEFITS OF MARRIAGE?**

Pre-test: 25% did not know.

Post-test: 100% answered that, on average, husbands and wives are healthier, happier and enjoy longer lives than those who are not married.

33. **WHAT ARE THE FINANCIAL BENEFITS OF MARRIAGE?**

Pre-test: 50% did not know.

Post-test: 100% answered that married couples build more wealth on average than single or cohabiting couples.

34. **HOW DO CHILDREN BENEFIT BY HAVING MARRIED PARENTS?**

Pre-test: 75% did not know.

Post-test: 100% answered that children who come from homes with married parents are more likely to have positive attitude towards marriage and greater success in forming lasting marriage. They are also less likely to live in poverty, drop out of school or end up in juvenile hall.

35. **WHAT ARE THREE EVENTS AND/OR FACTORS THAT HAVE HURT BLACK COMMUNITIES? (Post-test question only)**

Participants were given choices in what factors they thought hurt Black communities, and selected these as most hurtful: introduction of crack cocaine (50%); Prison Industrial System (75%); demise of Black families (75%); and welfare that excluded men from family life (25%).



36. **WHAT IS THE PRISON INDUSTRIAL COMPLEX?**

Pre-test: 75% did not know.

Post-test: 100% answered that the Prison Industrial Complex connects the rapid expansion of the United States inmate population to the political influence of private prison companies and business that supply goods and services to government prison agencies.

37. **DO YOU HAVE ANY FAMILY MEMBERS IN PRISON?**

ALL PARTICIPANTS IN THE ROAD TRIP HAVE OR HAD A FAMILY MEMBER IN JAIL OR PRISON.

38. **NAME THREE BLACK ORGANIZATION THAT EXISTED IN THE 1960'S AND HELPED BLACK PEOPLE'S PROGRESS TOWARD EQUALITY.**

Pre-test: 50% did not know.

Post-test: 75% answered that the Black Panther Party, Southern Christian Leadership Coalition, and the Nation of Islam have contributed to Black equality.



39. **IN WHAT COLLEGE BASEMENT DID THE SOUTHERN CHRISTIAN LEADERSHIP COALITION ORGANIZE? (post-test question only)**

75% answered that the Southern Leadership Coalition organized in the basement of Clark Atlanta University.

40. **WHAT IS CONINTELPRO AND WHAT WAS ITS PURPOSE?**

Pre-test: 100% did not know.

Post-test: 75% answered in that ConIntelPro is an acronym for Counter Intelligence Program. The purpose of ConIntelPro was to conduct covert, and often illegal, projects conducted by the U.S. Federal Bureau of Investigation (FBI) aimed at surveying, infiltrating, discrediting, and disrupting domestic organizations deemed "Revolutionary."

Contact:

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