




MARIN CITY

Health & Wellness Center



Youth Programs
2016-2017
 IMPACT & SUCCESS



Youth Programs 2016-2017

Donations to our youth programs invest in youth and disrupt the social determinants of health that link poverty and illness. **Poverty creates chronic stress at home**, affecting success in school and healthy choices. MCHWC programs like **Girl Power**, **The Defenders** and **the Quality of Life Road Trip** help our most vulnerable Black teens turn their lives around.



MCHWC YOUTH PROGRAMS

Girl Power (teen girls) & The Defenders (teen boys) make a difference in the lives of:

- 115 teens, ages 11-18 (in grades 6-12)
- Marin City youth, mostly African American
- Children with a single parent
- Families living in poverty &/or public housing

Our programs offer personal guidance:

- Weekly meetings at MLK/Bayside and Willow Creek (K-8); Tamalpais, Drake and Redwood High Schools
- One-on-one involvement in a safe environment builds resilience to individual circumstances
- Personal relationships between parents/caregivers and MCHWC staff support at-risk teens at home

A WINNING PITCH

Defenders' Program Director Zared Lloyd was invited to "pitch" at 100MARIN's fall 2016 nonprofit showcase. After Zared described the day-to-day experience of a typical young Black man in the program, 400 attendees voted for all event proceeds — \$40,000 — to go to MCHWC.



GIRL POWER	THE DEFENDERS
Comprehensive, pragmatic curriculum fosters discussion and learning around healthy choices	Weekly group activities, outings and leadership opportunities, including The Defenders Paper Company social enterprise
Academic experience improved, as measured by school credits, attendance and attitude	100% report improved grades and 95% report improved behaviors since fall 2016
Improved mother-daughter relationships	80% lack a male role model at home
Pre- and post-surveys demonstrate that participants' beliefs and opinions change on a variety of topics, including education (success in high school and goals for college), mental and physical health (body image, marriage, sex and sexuality), family role models, peer pressure, resilience, confidence, drugs and alcohol, and incarceration	74% feel they've become a better person since joining the program (showing respect, understanding the role of a Black man, becoming more responsible, improving academics, better able to deal with problems); 80% changed their goals for marriage; 67% changed their goals for completing high school; 70% changed goals for college

IMPACT & SUCCESS



Adverse Childhood Experiences (ACEs) — like abuse, neglect and violence — impact many young people, **including 57% of the young women in our Girl Power program.** As a community health center, MCHWC harnesses the power of preventative behavioral health to heal youth living in trauma.

EXPERIENTIAL LEARNING & FIELD TRIPS

Your donation supports these hands-on youth programs.

Quality of Life Road Trip (summer 2016):

18 Black young men and women in grades 6-12 were individually selected from our Girl Power and Defenders programs based on the severe challenges they face at home and school.

- Month-long journey by van to 29 cities in U.S. and Canada
- **2016 itinerary:** career discussion at Whole Foods Detroit; paying tribute to Harriet Tubman's church and grave; meeting with Congressman Jared Huffman in our nation's capital; ancestor discussion at Stagville Plantation; visiting Historic Black Colleges in Atlanta.

Bioneers (October 2016):

- 10 members of The Defenders attended the Youth Leadership Program as Youth Scholars at this national conference on sustainability and resiliency.

Afrikan Black Coalition (ABC) Conference:

- 6 members of Girl Power and 6 Defenders were the only high school students to attend the 2017 ABC Conference, a gathering of 700 college students to discuss social and political issues.
- "I learned that politics is the art of negotiation, and business is the art of efficiency." —Nico



STAFF MEMBERS



JayVon Muhammed
Chief Executive Officer



Zared Lloyd
Director, The Defenders



RoLanda Wilkins
Facilitator, Girl Power



Dr. Karuna Leary
Director of Behavioral Health

MCHWC Youth Programs 2017-18 FUNDING NEEDS

Marin City Health & Wellness Center youth behavioral health programs rely entirely on donations. We welcome your investment — at any level — in changing the lives of Marin City's most vulnerable youth.

WHAT IT COSTS TO CHANGE THE LIFE OF A YOUNG PERSON

- \$600** Airfare for one youth to participate in summer 2017 Quality of Life trip to Cuba
- \$3,000** Learning field trip to expose youth to new experiences and healthy decision making
- \$7,500** Workshop on self-esteem, self-image, family relationships, financial literacy or cultural awareness
- \$50,000** Textbooks, materials and supplies for Health & Wellness Academy of Science High School that combines academic and mental health support for at-risk Black students
- \$90,000** Curriculum consultant and educator with a masters in Math to develop grade-appropriate learning outcomes for a pilot alternative school to help Black students break the cycle of poor education, lack of career options, and lifelong poverty.
- \$500,000** Capital improvements in Marin City and Bayview Hunters Point to expand youth programs and social enterprise job training

You can donate online at www.marincityclinic.org. To learn more about our programs or visit us, please contact Melanie Hamburger, Director of Development, at **415.339.8813, ext 128**, or melanie@marincityclinic.org.

RAISING AWARENESS ABOUT TRAUMA AND RACISM

Marin Magazine's September 2016 issue (left) profiled MCHWC CEO JayVon Muhammad, discussing her work with Black youth. JayVon also spoke at two 2017 **Marin Charitable** events about the **Quality of Life Road Trip** and the life-changing impact that experiential learning has on our most at-risk teens.



Dr. Karuna Leary, Director of Behavioral Health, spoke at a **Marin Health & Human Services** program on ACEs in March. In May, Dr. Leary and RoLanda Wilkins, Girl Power Facilitator, spoke about ACEs facing Black teens to 175 attendees of **First 5 Marin/ Marin Communications Forum**.

White Like Me film and panel in April 2017 at the Rafael Theater (right), with filmmaker Tim Wise and co-host Marin Grassroots.



Photo by Mark Reynolds

Marin City Health & Wellness Center
630 Drake Ave
Marin City, CA 94965
Nonprofit tax ID: 06-1787661

Tel: 415.339.8813
Fax: 415.339.8814
info@MarinCityClinic.org

