



VACAVILLE

YOUTH MASTER PLAN

Published 2015

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District

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Youth Master Plan Revision Committees

Pre-Natal to Five years old

Shereene Wilkerson (Chair)
Cheri Lincoln
Cynthia Ayala
Heidi Garcia
Isabelle Montano
Jill Childers
Lindsay Wilson
Maria Rosa Serrano
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Elementary School

Debby McGuire (Chair)
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Middle School

Judith Franco (Chair 1/2013 to present)
Ivonne Vaughn (Chair 6/2011 to 12/2012)
Carrie Dettmer (Chair 2010 to 6/2011)
Dave Bethea
Adrianna Garibay
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High School

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Post High School

Gloria Diaz (Chair)
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Julie Gallego



History

In 2010, the Vacaville Youth Roundtable selected the Vacaville Youth Master Plan as one of its Gold Medals for the Sierra Health Foundation's REACH grant objective. The original Vacaville Youth Master Plan was approved by Vacaville City Council on August 8, 2000. Ten years have passed and although much has changed in the City of Vacaville, much has stayed the same.

What does a child need for his/her healthy development into adulthood? What supports does he/she need from family, relatives, friends, government agencies and the entire community? What is the current level of this support in Vacaville, California and what can be done to enhance the opportunities youth have to grow in a healthy manner? These were some of the original questions on the minds of members of the Vacaville Youth Roundtable, a twenty year old youth collaborative involving several departments of the City of Vacaville, school districts, businesses, non-profits, faith-based organizations and others. These are some of the questions we still ask ourselves today.

As the Youth Roundtable discussed the work of the Youth Master Plan a decision was made to combine Developmental Periods. Youth Master Plan Workgroups were established for the following Developmental Periods:

- Prenatal to Elementary School
- Middle School
- High School to Post High School

Youth Master Plan workgroups will be led by a Chair or Co-Chair and be comprised of Youth Roundtable members. The work of the Youth Master Plan will be accomplished at Youth Roundtable meetings and in meetings as set forth by the workgroups. The Youth Roundtable meeting and the Youth Master Plan workgroups are open to the public.

Acknowledgment

The Vacaville Youth Master Plan Steering Committee wishes to express appreciation to the Sierra Health Foundation for the funding of this venture and for providing the technical assistance which included the U. C. Davis Center for Cooperative Research and Extension Services for Schools (CRESS), the Youth Development Network, and the Center for Collaborative Planning. We also wish to thank the Vacaville Youth Roundtable, the Vacaville Youth Master Plan committee members, the Community members who supported and participated in the meetings, community forums and surveys that gave input and direction to the Youth Master Plan revision, the Vacaville City Mayor, Assistant Mayor and City Council for their continued support of Vacaville youth. Our youth are not only our future. They are our present.

*To understand a person, seek the passion that drives them.
Ivonne Vaughn*

Summary

The Vacaville Youth Master Plan provides a vision for Vacaville’s youth. It is a living document that digs deep into the Vacaville community and examines the strengths and weaknesses of the services available for youth in Vacaville. The Youth Master Plan identifies needs the youth in the community have and who can provide for those needs. It gives the City of Vacaville, Vacaville and Travis Unified School Districts and Vacaville youth serving organizations a roadmap for moving forward. From its inception over ten years ago to this revision numerous youth and adult volunteers have worked together to create this plan.

The Vacaville Youth Master Plan revision was led by the Vacaville Youth Roundtable. A steering committee which included: Senior Master Social Worker Gloria Diaz, Chair of the Post High School Subcommittee; Senior Program Coordinator ATOD Ivonne Vaughn, Chair of the High School Subcommittee; Program Coordinators Judith Franco and Carrie Dettmer, Chairs of the Middle School Subcommittee; Vacaville Unified School District Wellness Coordinator Debby McGuire, Chair of the Elementary Subcommittee and Vacaville Unified School District Associate Superintendent Shereene Wilkerson, Chair of the 0 to 5 year old Subcommittee directed the process. The steering committee worked with the Vacaville Youth Roundtable, youth and adults at meetings and forums to receive information about community services and gaps in services.

Each committee was composed of members who interfaced with the respective developmental period of the age group being addressed. They familiarized themselves with the “Youth Centered” and the “Ready by 21” models, with youth development principles, and with the 40 Developmental Assets. Committees were composed of youth and adults representing our local school districts, city departments, and the community at large.

The Vacaville Youth Master Plan revision incorporates the Forum for Youth Investment, Ready by 21 philosophies that “all young people need to grow up healthy and strong, learn skills for today’s jobs, be connected to the community, and be prepared to succeed”. It also remains consistent with the original Youth Master Plan in dividing youth into four developmental periods then adds the fifth developmental period of Post High School, 19 to 24 years old. This decision was made to address the reality that young adults are choosing to return to Vacaville after college and/or stay in Vacaville following High School and supports for them must be identified.

We sought to define the highest aspirations we have for all our young pole ages 0 to 24.

The Youth Master Plan is presented by Developmental Periods (Preschool, 0 to 5 years old; Elementary, 6 to 11 years old; Middle School, 12 to 13 years old; High School, 14 to 18 years old; Post High School, 19 to 24 years old) and Developmental Areas (Learning, Working, Thriving, Connecting and Leading). These demographic and developmental areas are listed and explained below:

Developmental Periods

Grade Level	Age
Early Childhood	0-5
Elementary	6-11
Middle School	12-13
High School	14-18
Post High School	19-24

Developmental Areas

1. Learning – Basic and Applied Academics
Basic academic emphasizes that which is learned in a classroom. Applied academic emphasizes the relevance of what is being learned in the classroom and applying that knowledge and skill to solve problems.
2. Working - Career Technical Education/Experience
Career Technical Education/Experience integrates core academic knowledge with technical and occupational knowledge to provide students with a pathway to postsecondary education and careers.
3. Thriving - Physical Health
Physical health is the overall condition of a person at a given time. It is the soundness of the body, freedom from disease or abnormality, and the condition of optimal well-being. It is when the body is functioning as it was designed to function.
4. Connecting - Social and Emotional Wellbeing
Social and emotional wellbeing refers to children’s capacity to “experience, regulate, and express emotions; form close and secure interpersonal relationships; and explore the environment all within the context of family, community, and cultural expectations.
5. Leading - Engagement in the Community
Engagement in the community recognizes that young people have the potential and the right to have meaningful roles as full-fledged stakeholders of their communities and leadership opportunities should be made available.

The Youth Master Plan acknowledges that universally all children and youth require positive developmental settings which include:

- Physical and psychological safety
- Appropriate structure
- Supportive relationships
- Opportunities to belong
- Positive social norms
- Support for efficacy and meaning
- Opportunities for skill building
- Integration of family, school, and community efforts



Collaborative Partners and Data Collection

Collaborative partners include:

- **City of Vacaville** (Police, Fire and Community Services Departments, Family Resource Center, Housing and Redevelopment, Police Vacaville Activities League, Vacaville AWARE Coalition, Vacaville REACH Youth Coalition)
- **Community members at large** (Retired city of Vacaville personnel, business constituents, faith based organizations, parents)
- **First Five Solano**
- **Solano Community College**
- **Solano County** (Transitional Age Youth, Health and Social Services, Juvenile Probation)
- **Solano County Library, Vacaville**
- **Travis Unified School District** (Administrator, school personnel, students).
- **Vacaville Unified School District** (Administrators, Counselors, Learning Support Staff, Educational Services, school personnel and students).

Data collection included:

- California Healthy Kids Surveys
- Focus groups with 6th grade students at five elementary school sites, Middle School students, High School students, Post High School adults.
- Surveys with Middle School students, High School students and Post High School adults.
- Vacaville Police Department (Vacaville AWARE Coalition City Team Plan, REACH youth surveys, Family Resource Center family survey)
- Vacaville Unified School District (Markham School First 5 Strategic Framework and Scope of Work Plan, School Readiness Report, Attendance and Behavioral Reports, and Kindergarten Readiness Report)
- Vacaville Youth Roundtable (Brainstorm activities and surveys)
- First 5 Solano Community Input Report Survey 2011 for Vacaville



PRE-NATAL TO FIVE YEARS OLD

Pre-natal to five year old healthy development must include pre and post-natal nutrition and health care for optimal mental and physical well being. Another critical need is a loving relationship with a parent(s) or caregiver(s) who provides a healthy environment within which a child may grow and flourish.

Nearly all development issues for pre-natal to three years of age revolve around basic needs. From ages 3-5, the well informed/supportive and nurturing/loving environment continues to be essential. However the emphasis shifts to social, intellectual, and cultural development. Key to this is access to appropriate relationships, resources, and programs that nurture these experiences.

The period from the pre-natal stage to five years old encompasses the most dramatic physical and social changes that occur in human development. The healthy child emerges from this period with:

- Nutritional, physical, and medical needs having been met
- A sense of self
- A sense of innocence
- Feeling of safety in their environment
- General level of happiness/contentment
- Healthy and loving attachments
- Alertness to the surrounding world; curiosity and wonder
- Readiness to learn
- Formation of cultural identity
- Clear boundaries and realistic expectations

Developmental Period: Pre-Natal to 5 years old

Developmental Area: Learning – Basic and Applied Academics

Outcome: Children are cared for and nurtured by family members or primary caregiver

Action Strategy: Parenting classes, child development information and resource availability are made highly visible throughout the community to parents and caregivers.

Indicator of Growth: Number of parents and caregivers taking advantage of library and other community services classes.

Outcome: Children attend pre-school and participate in community early learning programs.

Action Strategy: Children 0-5 are engaged in affordable high quality childcare and preschool and early learning activities and programs with transition/ articulation meetings between preschool staff and Kindergarten staff.

Indicator of Growth: Number of children who access pre-school and early learning activities.

Outcome: Children enter Kindergarten ready to learn.

Action Strategy: All children have access to 0-5 school readiness activities and Pre K Academy.

Indicators of Growth: Number of students enrolled in Transitional Kindergarten.

Inputs from Systems: Resources:

Education:

- Local Schools
- Head Start/Child Start
- Latino Family Literacy Project
- Solano County Library, Vacaville

Community Based Organizations:

- Vacaville Community Services
- Vacaville Family Resource Center
- Vacaville Youth Roundtable
- Faith based programs
- English Learners Community Connection



Developmental Period: Pre-natal to 5 years old

Developmental Area: Working – Career Technical Education/Experience

Outcome: All children have an awareness that adults work.

Action Strategy: Encourage development of career learning centers at preschools.

Indicator of Growth: Career learning centers exist.

Outcome: All children begin to develop a sense of responsibility.

Action Strategy: Include small jobs and responsibilities for children within family management and school systems. Encourage verbal incentives.

Indicator of Growth: Parents and teachers report degree of student's responsibility through parent and teacher survey.

Inputs from Systems: Resources:

Education:

Local Schools

City of Vacaville pre-school programs and community pre-school programs

Solano County Library, Vacaville

Community Based Organizations

Vacaville Community Services programs

Faith based organizations

Children and Family Services





Developmental Period: Pre-natal to 5 years old

Developmental Area: Thriving – Physical Health

Outcome: All children are fully immunized.

Action Strategy: Promote for comprehensive health insurance and access to comprehensive health services.

Indicator of Growth: Monitor immunization data from Solano County.

Action Strategy: Promote for early and comprehensive health screening.

Indicator of Growth: Increase in Well Baby Checks.

Outcome: Parents and caregivers know the appropriate physical, emotional, behavioral and developmental milestones expected for their children.

Action Strategy: Provide information to parents and caregivers through informational packets.

Indicator of Growth: Number of information packets distributed.

Outcome: Parents and caregivers provide healthy food options on a daily basis.

Action Strategy: Support pre-school nutrition education through Healthy Start programs.

Indicator of Growth: Parent/Teacher Surveys report consumption of healthy food options.

Outcome: Parents and caregivers provide vigorous physical activity on a daily basis.

Action Strategy: Support physical activity programs as listed in the Vacaville Events Guide.

Indicator of Growth: BMI data.

Inputs from Systems: Resources:

Education:

Local Schools, pre-schools

Community Based Organizations:

Vacaville Community Services

Faith Based Organizations

Health and Human Services

Solano County Health and Social Services, Mental Health, Child Welfare Services, Women Infant Children



Developmental Period: Pre-natal to 5 years old

Developmental Area: Connecting – Social and Emotional Well-Being

Outcome: All children have a connection to a nurturing parent or caregiver.

Action Strategy: Provide resources for raising healthy children.

Indicator of Growth: Fewer incidences of child abuse or neglect reported to Child Support Services.

Outcome: All Children have opportunities to socialize

Action Strategy: Provide childcare resources, preschool and community events that target 0-5 year olds.

Indicator of Growth: Increase in percent childcare resources, preschool and community events that target 0-5 year olds.

Inputs from Systems: Resources:

Education:

Local Schools

Community Based Organizations:

Vacaville Youth Roundtable

Vacaville Community Services

Service Clubs

Art Leagues

Cultural Diversity Fair

Faith-based organizations

Solano County Public Health Nursing

Solano County Library, Vacaville

Women Infant and Children

Community Medical Center prenatal care

Developmental Period: Pre-natal to 5 years old

Developmental Area: Leading – Civic and Community Engagement

Outcome: Family friendly events exist in the community.

Action Strategy: Support the continuation of family friendly events.

Indicator of Growth: Increased family attendance at community events.

Inputs from Systems: Resources:

Education:

School-based volunteer projects and family activities

Community Based Organizations:

Vacaville Boys and Girls Club (Mentoring Program)

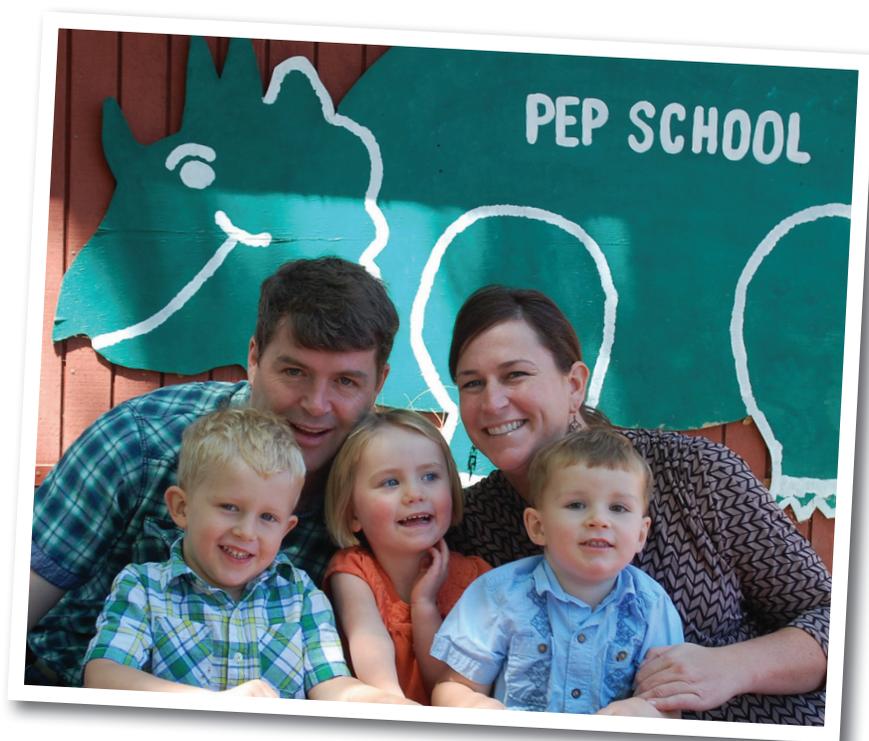
Vacaville Community Services Department

Local Sport Leagues

Faith-based Organizations

Vacaville Museum

Solano County Library, Vacaville





ELEMENTARY 6 to 11 YEARS OLD

Healthy children ages six through eleven are curious, enthusiastic, optimistic, and energetic. They feel safe at home and in the community. They depend on the family unit and other caring adults for basic necessities such as affection, guidance, and support. However, the family unit remains the strongest and most stable influence.

Healthy children have learned to differentiate fantasy from reality and truth from untruth. They realize that success and learning require effort and practice. They begin to define the specific interests and talents they wish to develop at this age, as well as learn to adjust and cope with a myriad of physical changes, expectations, and responsibilities.

The child of this age group begins to understand that one's behavior, habits, and attitudes have consequences. When children, who receive appropriate adult support experience setbacks and failure to achieve expectations, they learn from the experience, recover, and proceed without feeling a loss of self-worth.

The key developmental issues for this age group are:

- Family support
- Self-image
- Maturing social and moral judgments
- Developing group skills
- Understanding physical needs
- Mastering basic academic skills
- Expanded social relationships
- Exploring interests and talents



Developmental Period: Elementary School 6 to 11 years old

Developmental Area: Learning – Basic and Applied Academics

Outcome: All children attain or exceed grade-level proficiency as measured by district and state assessments.

Action Strategy: All children has access to a coherent, rigorous and relevant standards based instructional program.

Indicators of Growth: District and State assessments.

Outcome: All families have a commitment to learning and children are motivated to excel.

Action Strategy: A minimum of two parenting classes (i.e. Parent Project Jr.) are held annually.

Indicator of Growth: Number of Parent Project classes offered by the Vacaville Police Department annually.

Indicator of Growth: Number of parents/adults enrolled in Parent Project classes annually.

Outcome: All children have opportunities for diverse applications of skills and competencies.

Action Strategy: All school site plans include assessment, prevention, and intervention programs to serve specific recurring student issues including social, emotional and physical issues.

Indicator of Growth: Learning support systems delivered at each site level (i.e. Response to Intervention, student study teams and counselors).

Action Strategy: Every student is given multiple opportunities during the school year to experience enrichment curriculum, projects, or programs including career exploration, science, history and service learning.

Indicator of Growth: Number of age appropriate enrichment opportunities.

Outcome: All children have access to after school programs or care.

Action Strategy: Updated information on after-school programs and caretakers is available at all school sites.

Growth Indicator: 100% of school sites have after school and caregiver information.

Developmental Period: Elementary School 6 to 11 years old

Developmental Area: Learning – Basic and Applied Academics continued

Inputs from Systems: Resources:

Education:

Local Schools

Health and Human Services:

Solano County Mental Health

Community Based Organizations:

Vacaville Community Services

After School Programs

Vacaville Youth Roundtable

Vacaville Boys and Girls Club

Boy and Girl Scouts of America

Kaiser Permanente

Solano County Library, Vacaville

Vacaville Public Education Foundation



Developmental Period: Elementary School 6 to 11 years old

Developmental Area: Working – Career Technical Education/Experience

Outcome: All children develop a work ethic.

Action Strategy: Engage parents in community services activities.

Indicator of Growth: Attendance of families at volunteer events.

Action Strategy: Promote community service and/or service learning projects in the community.

Indicator of Growth: Service learning projects exist at schools.

Inputs from Systems: Resources:

Education:

Local Schools

Solano County Library, Vacaville

Community Based Organizations:

Vacaville Community Services Department

Kid Fest

Vacaville PAL

Chamber of Commerce

Service Organizations

Vacaville Boys and Girls Club

Boy and Girl Scouts of America

VPEF-funded enrichment grants

Vacaville Police Department

Vacaville REACH Youth Coalition





Developmental Period: Elementary School 6 to 11 years old

Developmental Area: Thriving – Physical Health

Outcome: All children have access to daily physical activity at developmentally appropriate levels and PE standards as established by the California Department of Education.

Action Strategy: Monitor minimum PE requirements are met at school sites.

Indicator of Growth: Principals report that master schedules include requisite time for P.E.

Indicator of Growth: Increase in the number of students in the “Healthy Zone” as reported in the CDE – Physical Fitness testing results.

Action Strategy: Promote information about the benefits of daily activity.

Indicator of Growth: PE curriculum encourages regular physical activity outside of school to all PE and Adaptive PE students.

Outcome: All children have access to healthy food options at school.

Action Strategy: Schools adhere to average or above average State and Federal food standards.

Indicator of Growth: School cafeterias have healthy, fresh, food product options.

Outcome: Parents have the resources to address their children’s medical needs.

Action Strategy: Provide resource referral and guidance to families including insurance coverage options.

Indicator of Growth: Number of available resources.

Inputs from Systems: Resources:

Education:

- Local Schools
- After-school programs (ASES)

Community Based Organizations:

- Vacaville Community Services
- After School Programs
- Vacaville PAL
- Local Sports Leagues
- Boy and Girl Scouts of America
- Youth Taking On Tobacco (YTOT)
- Vacaville Boys and Girls Club

Health and Human Services:

- SKIP Insurance Program
- Solano County Health and Social Services

Developmental Period: Elementary School 6 to 11 years

Developmental Area: Connecting – Social and Emotional Well-Being

Outcome: All children act responsibly at school and in the community.

Action Strategy: Promote anti-bullying presentations through YTOT and other programs.

Indicator of Growth: Number of anti bullying presentations.

Action Strategy: Anti-bullying campaigns.

Indication of Growth: Number of anti-bullying campaigns REACH and AWARE participate in.

Outcome: Students have access to visual and performing arts programs.

Action Strategy: Promote visual and performing arts programs.

Indicator of Growth: Number of performing arts programs available in the community.

Inputs from Systems: Resources:

Education:

Local Schools

Community Based Organizations:

Vacaville Youth Roundtable
City of Vacaville Community Services
Service Clubs
Art Leagues
Cultural Diversity Fair
Faith-based Organizations
Youth Taking on Tobacco (YTOT)
Vacaville AWARE Coalition
Vacaville REACH Youth Coalition





Developmental Period: Elementary School 6 to 11 years old

Developmental Area: Leading – Civic and Community Engagement

Outcome: All children act responsibly in the community.

Action Strategy: Students are recognized for their positive accomplishments.

Indicator of Growth: Number of students recognized in school assemblies.

Outcome: All children have the opportunity to explore their community and make a difference by engaging in community efforts.

Action Strategy: Promote opportunities for positive adult role models.

Indicator of Growth: More adults involved in mentoring, coaching, advocating for youth.

Action Strategy: Develop resource guide for youth engagement.

Indicator of Growth: Resource guide for youth engagement is published and updated regularly.

Outcome: Students and families are involved in the community.

Action Strategy: Engage students and families in volunteer opportunities.

Indicator of Growth: Students and families are involved in community events.

Outcome: School staff is trained in Youth Development.

Action Strategy: Train school and appropriate city staff in youth development principles and models.

Indicator of Growth: Number of participants at youth development trainings and workshops.

Inputs from Systems: Resources:

Education:

Local Schools (Learning Support systems, Service learning and Volunteer Programs)

Community Based Organizations:

City of Vacaville (Vacaville PAL, Recreation Department, Vacaville Boys and Girls Club)

Mentoring programs

Local sports leagues

Faith based organizations

Museums



MIDDLE SCHOOL 12 to 13 YEARS OLD

A middle school child begins to test boundaries in independence from the family. As major physical development occurs, youth at this age experience a strong need to be liked and a need for conformity. This can also be a very volatile and vulnerable stage for many youth. There is a need to feel connected, a need for independence and a need for parental boundaries. There is incredible peer pressure that can be manifested in either healthy or unhealthy ways.

The healthy middle school child is able to make positive connections with adults and to participate in school or community activities that support healthy choices and development. The capacity to understand what tools are needed to maintain a sense of personal well-being is just beginning to develop along with a greater sense of meaning and purpose to their lives.

The importance of participation and a sense of purpose are key to establishing a positive self image at this age and can be displayed in school connectedness, belonging to a group, community service, and volunteer involvement.

As a middle school student leaves childhood and advances towards adulthood the transition can range from smooth to rocky, fast to slow, and relatively calm to dramatic. Because there is such a range of experience, need, and level of development at this stage, a multitude of resources should be available to assist middle school youth in continued healthy growth. Chief among them continues to be a safe and stable home life. While the natural process of achieving autonomy often drives a middle school-aged youth away from his/her parents, parental involvement in their lives is no less important with this age group...just different! Youth at this age look first to their peer group for a sense of belonging and self worth. Since so much of a middle school student's time and energy is devoted to school-based activities, being positively connected at school is extremely important. Parental support is essential to help student's life demands with an understanding of the society's values. With that comes greater freedom and greater responsibility.

Developmental Period: Middle School 12 to 13 years old

Developmental Areas: Learning Basic & Applied Academics

Outcome: Middle school students are connected to school.

Action Strategy: Support student leadership (student council, Peer Assistance, Club Live and WEB, middle school orientation, transition and leadership program.

Growth Indicator: Number of participants in school leadership programs.

Outcome: Middle school students are exposed to post secondary education.

Action Strategy: Support Solano County Educational Consortium (Cal-SOAP) serving VUSD and TUSD with College and Career opportunities.

Growth Indicator: Number of participants at college fairs.

Action Strategy: Promote higher education partnerships with community, including educational fieldtrips.

Growth Indicator: Number of college community information presentations.

Growth Indicator: Number of college fieldtrips.

Inputs from Systems: Resources

Education

Local Schools

Solano Community College

Employment

Vacaville Chamber of Commerce, Business Constituents

Community Based Organizations

Vacaville AWARE Coalition

Vacaville Youth Roundtable

Solano County Library

Vacaville Boys and Girls Club

Vacaville PAL





Developmental Period: Middle School 12 to 13 years old

Developmental Area: Working – Career Technical Education/Experience

Outcome: Volunteer opportunities are available for middle school students.

Action Strategy: Support career technical education classes and presentations to provide career awareness information.

Indicator of Growth: Number of youth in career technical education classes.

Action Strategy: Youth are present, stakeholders and volunteering on youth serving organizations.

Indicator of Growth: Number of youth volunteering in youth serving organizations.

Action Strategy: Leadership activities are available at schools.

Indicator of Growth: Number of leadership activities & volunteer opportunities.

Outcome: Career opportunities are available for middle school students.

Action Strategy: Support local businesses that provide job shadowing in Vacaville.

Indicator of Growth: Number of local businesses and organizations offering job shadowing opportunities.

Indicator of Growth: Number of youth who are job shadowing.

Inputs from Systems: Resources

Education

Local Schools

Employment

Vacaville Chamber of Commerce

Community Based Organizations

Business Constituents



Developmental Period: Middle School 12 to 13 years old

Developmental Area: Thriving – Physical Health

Outcome: Comprehensive physical and health educational opportunities exist at schools.

Action Strategy: Ensure professional development around physical and health education for school staff.

Indicator of Growth: Number of professional education events.

Outcome: Middle School students understand the importance of daily physical activity.

Action Strategy: Monitor minimum PE requirements are met at school sites.

Indicator of Growth: Increase in the number of students in the “Healthy Zone” as reported in the CDE-Physical Fitness testing results.

Action Strategy: Provide physical health information to parents at Vacaville PAL, afterschool programs and parent programs.

Indicator of Growth: Number of informational materials disseminated.

Inputs from Systems: Resources

Child Welfare

Parents

Education

Local Schools

Health and Human Services

Solano County Health and Social Services

Employment

Vacaville Chamber of Commerce

Community Based Organizations

Vacaville PAL

Vacaville Community Services Department

Vacaville Family Resource Center

YTOT

Vacaville AWARE Coalition

Developmental Period: Middle School 12 to 13 years old

Developmental Area: Connecting – Social and Emotional Well-Being

Outcome: Middle school students have positive role models/mentors.

Action Strategy: Provide skill building leadership and mentoring opportunities in school and community.

Indicator of Growth Number of students leaders.

Action Strategy: Support youth serving organizations.

Indicator of Growth: Number of youth involved in youth related organizations such as Vacaville Boys & Girls Club, Vacaville PAL & REACH.

Outcome: Counseling services are available to middle school students.

Action Strategy: Continued support of counseling and intervention services available to youth on school campuses.

Indicator of Growth: Number of students receiving counseling services at the schools.

Outcome: Parents have access to parenting education classes.

Action Strategy: Continue to provide Parent Project classes.

Indicator of Growth: Number of Parent Project classes and participants.

Inputs from Systems: Resources

Education:

Local Schools

Health and Human Services

Solano County Health and Social Services

Employment

Vacaville Chamber of Commerce

Community Based Organizations

Vacaville AWARE Coalition

Vacaville Boys & Girls Club

Boy and Girl Scouts of America

4-H Clubs

Vacaville REACH Youth Coalition

Vacaville PAL



Developmental Period: Middle School 12 to 13 years old

Developmental Area: Leading – Civic and Community Engagement

Outcome: Middle school students have volunteer or community involvement opportunities.

Action Strategy: Engage youth in community service learning projects.

Indicator of Growth: Number of REACH Youth Coalition community service learning projects.

Action Strategy: Engage community-based organizations to offer volunteer opportunities for youth.

Indicator of Growth: Number of youth participants in Vacaville REACH Youth Coalition.

Inputs from Systems: Resources

Education

Local Schools Student Council and Clubs

Child Welfare

Parents

Health and Human Services

Sierra Health Foundation

Employment

Vacaville Chamber of Commerce

Community Based Organizations

Vacaville REACH Youth Coalition





High School 14 to 18 years old

A healthy high school youth is a teen committed to academic and social responsibility that develops a sense of personal integrity and appropriate moral behavior. A healthy youth is exploring vocational and career opportunities and is gaining autonomy in their relationship with their parents. A key developmental area for high school youth is achievement of their self-identity, their own sense of purpose and worth. Without a positive sense of self, youth are without a sense of initiative and direction and may engage in risk taking behavior.

A healthy high school youth is focusing on completing high school academic requirements and graduating from high school. They are moving from high school to college, vocational training, military or a career. Community connectedness is important.

During this developmental period, youth are often confronted with a heightened awareness of the physiological, psychological and sociological elements of human sexuality. Clarifying sexual values and giving youth accurate information is essential for the development of critical thinking and decision making skills as they address issues of body image, dating and relationships.

Over the course of childhood, youth learn and develop skills of self-management and personal control. The development of autonomy occurs during adolescence, when youth start to separate from the family and grow towards greater independence. Adult love, support and involvement are critical assets as the youth seek their own identity. Providing safe situations for youth to develop socially is important. These should include opportunities for learning outside the classroom, particularly involving volunteer service to others and/or internships. Volunteering and career technical education provides youth with the vocational competency they need for future work and promotes a connection to the community.

Developmental Period: High School 14 to 18 years old

Developmental Area: Learning – Basic and Applied Academics

Outcome: All students receive high school diploma or equivalent high school completion (GED).

Action Strategy: Identify gaps in services.

Indicator of Growth: California exit exam scores.

Indicator of Growth: Percent of students graduating from High School.

Indicator of Growth: Number of students receiving GED certificate.

Outcome: All students are prepared for post secondary education and/or employment.

Action Strategy: Provide programs that mentor and support academic success.

Indicator of Growth: Percent of college and community college acceptances.

Indicator of Growth: Number of career education classes for high school students.

Inputs from Systems: Resources

Education

Local Schools

Juvenile Justice

Juvenile Hall

Community Based Organizations

Cal-Soap

Chamber of Commerce

Solano County Library, Vacaville



Developmental Period: High School 14 to 18 years old

Developmental Area: Working – Career Technical Education/Experiences

Outcome: High school students have opportunities to explore careers.

Action Strategy: Promote career internships.

Indicator of Growth: Number of youth in internship positions.

Action Strategy: Promote opportunities for job shadowing.

Indicator of Growth: Number of agencies that provide job shadowing.

Indicator of Growth: Number of youth engaged in job shadowing.

Outcome: High school students have volunteer opportunities.

Action Strategy: Youth are present, stakeholders and volunteering on youth serving organizations.

Indicator of Growth: Number of youth volunteering in youth serving organizations.

Outcome: Career technical education classes are available for high school students.

Action Strategy: Promote career technical education classes.

Indicator of Growth: Number of career technical education classes.

Action Strategy: Develop employment workshop to teach about employment application process.

Indicator of Growth: Number of youth participating in workshop.

Inputs from Systems: Resources

Education

Local Schools

Solano County Educational Consortium

Employment

Vacaville Chamber of Commerce

Business Constituents

Community Based Organizations

Solano County Library, Vacaville

Solano Community College



Developmental Period: High School 14 to 18 years old

Developmental Area: Thriving – Physical Health

Outcome: Youth are engaged in sporting activities.

Action Strategy: Promote youth involvement in sports.

Indicator of Growth: Percent of youth engaged in sports.

Outcome: Youth act responsibly in school and in the community.

Action Strategy: Provide ATOD prevention programs through AWARE and other community resources.

Indicator of Growth: Rates of ATOD decline as indicated on the California Healthy Kids Survey.

Outcome: Adequate park space is available as identified in the Vacaville General Plan.

Action Strategy: Promote adequate recreational park space.

Indicator of Growth: The ratio of parks to people is consistent with City of Vacaville General Plan.

Inputs from Systems: Resources

Education:

Local Schools

Community Based Organizations

Vacaville AWARE Coalition

City of Vacaville Planning and Parks Department

Health groups

Faith based organizations





Developmental Period: High School 14 to 18 years old

Developmental Area: Connecting – Social and Emotional Well-Being

Outcome: Youth have awareness of available mental health/counseling and social services.

Action Strategy: Develop ATOD prevention and health information cards.

Indicator of Growth: Number of health information cards distributed.

Outcome: Youth have opportunities for positive adult mentoring.

Action Strategy: Youth are encouraged to participate in Youth Roundtable, REACH and AWARE.

Indicator of Growth: Number of youth who participate in Youth Roundtable, REACH and AWARE.

Outcome: Youth have opportunities for positive peer mentoring.

Action Strategy: Continue to advocate for Link Crew and Youth Taking on Tobacco (YTOT) programs.

Indicator of Growth: Number of youth participating in Link Crew and YTOT.

Outcome: Youth have access to positive social media.

Action Strategy: Raise awareness of creative outlets for high school youth and post health information on REACH and AWARE Facebook pages.

Indicator of Growth: Active Facebook accounts.

Outcome: Youth have access to fine arts.

Action Strategy: Support community photo/art contests and exhibits.

Indicator of Growth: Number of community photo/art contest and exhibits.

Inputs from Systems: Resources

Education

Local Schools

Community Based Organizations

Vacaville AWARE Coalition

Vacaville REACH Youth Coalition

Boy and Girl Scouts of America

Vacaville PAL

Faith-based Organizations

Developmental Period: High School 14 to 18 years old

Developmental Area: Leading – Civic and Community Engagement

Outcome: Youth are stakeholders in the community.

Action Strategy: Develop City Council Shadow opportunities.

Indicator of Growth: Participation in Youth Action Team and City Council Shadow program.

Outcome: Youth are active in leadership roles and responsibilities.

Action Strategy: Engage youth in Vacaville Youth Roundtable.

Indicator of Growth: Number of youth participating in Vacaville Youth Roundtable.

Inputs from Systems: Resources

Education

Local Schools

Community Based Organizations

Solano County Library, Vacaville

Vacaville AWARE Coalition

Vacaville Youth Roundtable

Vacaville City Council





POST HIGH SCHOOL 19 to 24 YEARS OLD

The young adult developmental period encompasses post- high school, ages 19 to 24, which is critical to a continued healthy development. This age range is composed of 8.3% of Vacaville’s overall population, a percentage higher when compared to Solano County and the State of California, 7.4% (2010 US Census Report). The numbers of males and females in this age range are almost identical, 8.4 and 8.0 percent respectively. This snap shot falls short of representing the diversity in culture, interests, hobbies, careers, and aspirations of the young adults in Vacaville.

These young adults have a myriad of decisions to make during this developmental period that affect their family, career, health, and work life. While many teens see high school as a chore, the reality is that high school is the last frontier to cross before the responsibility of adulthood takes center stage. How life and career begin to shape is determined by what decisions are made after high school.

During this developmental age, the parents, teachers, and counselors that typically guide them and become a safety net if they falter, may no longer be present. If those role models were absent, then they have a more difficult time in succeeding. The young adults that did not complete high school, were in foster care, or were a part of the juvenile justice system have additional barriers to transitioning into adulthood.

At this time, young adults begin to make decisions about continuing higher education, going to a trade school, or entering the job market. In addition, young adults take inventory about their place in the world and community and about their maturing relationships. The steps our community takes to ensure young adults develop to their potential are essential for Vacaville to prosper. One of those steps involves creating a Youth Master Plan that will capture indicators of growth for this age group.

Developmental Period: Young Adults 19 to 24 years old

Developmental Area: Learning -Basic and Applied Academics

Outcome: Young adults have access to higher education or career pathway with skills to learn and are motivated to excel.

Action Strategy: Promote college transfers to UC/State Schools through use of Career Centers.

Indicator of Growth: Transfer rate from Solano Community College.

Action Strategy: Offer community college financial aid workshops.

Indicator of Growth: Number of college financial aid workshops.

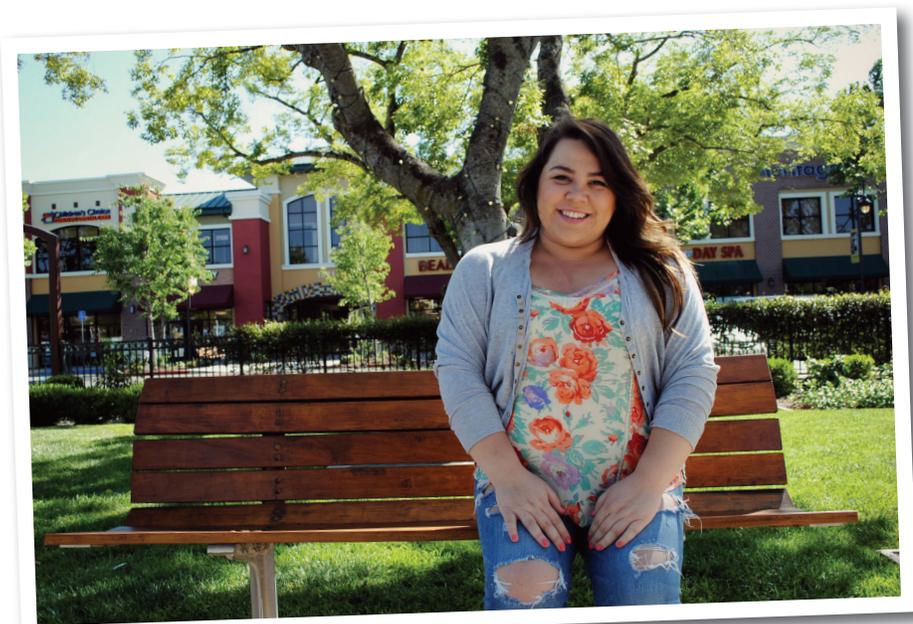
Inputs from Systems: Resources

Education

- Local Schools
- Solano Community College
- Cal-SOAP – UC Berkeley
- UC Davis
- CSU-Sacramento
- Trade schools
- U.S. Military

Community Based Organizations

- Solano County Library, Vacaville





Developmental Period: Young Adults 19 to 24 years old

Developmental Area: Working - Career Technical Education/Experience

Outcome: Young adults living in the community are employed.

Action Strategy: Monitor and promote local job listings.

Indicator of Growth: Unemployment rates for this demographic.

Inputs from Systems: Resources

Employment

- Workforce Investment Board
- Employment Development Department
- Vacaville Chamber of Commerce
- Vacaville Human Resources
- Unions – Carpenters, Pipe Fitters, Plumbers
- North Bay Regional Medical Center
- Genentech
- Sutter Hospital
- Kaiser Permanent
- Travis Air Force Base s
- Marianni Fruit & Nut Co
- Solano Economic Development

Education

- Solano Community College
- Local School’s Career Technical Education
- Vacaville Adult School
- Trade Schools – Blake Austin College
- Brandman University

Juvenile Justice

- Vacaville Police Department: Volunteer Program, Cadet/Intern Program, MSW Intern Program

Developmental Period: Young Adult 19 to 24 years old

Developmental Area: Thriving - Physical Health and Connecting - Social and Emotional Well-being

Outcome: Young adults are engaged and act responsibly in the community.

Action Strategy: Promote local community events using social media.

Indicator of Growth: Enrollment in local events.

Indicator of Growth: Hits on website.

Indicator of Growth: Health indicators for group such as obesity, smoking rates, binge drinking.

Inputs from Systems: Resources

Education

Solano Community College

Local Schools

Link Crew

Health & Human Services

Solano County Public Health

Community Based Organizations:

Youth Taking on Tobacco

City of Vacaville

Health Clubs

Fun Run Fundraiser

Service Clubs

Vacaville Chamber of Commerce

Salvation Army – KROC Center





Developmental Period: Young Adults 19 to 24 years old

Developmental Area: Leading - Civic and Community Engagement

Outcome: Young adults are productive members of the community.

Action Strategy: Develop a voting awareness campaign.

Indicator of Growth: Number of young adults registered to vote.

Outcome: Young adults are contributing members of committees and commissions.

Action Strategy: Promote opportunities for community involvement/ volunteerism through use of social media.

Indicator of Growth: Assessment of participation of young adults in community based programs.

Inputs from Systems: Resources

Education

- Solano Community College
- Local Schools (Key Clubs, Link Crew, Student Councils, leadership and government classes)

Juvenile Justice

- Vacaville Police Department

Community Based Organizations

- Service clubs - 20/30 Club
- Faith-based Organizations
- Vacaville Chamber of Commerce
- Solano County – Register of Voters
- City of Vacaville – Website, Facebook
- Department of Motor Vehicles
- Society of the Prevention of Cruelty to Animals
- Contra Costa and Solano Food Bank

Appendix A

Development Areas

Learning - Basic and Applied Academics

Developmental Period: Pre-Natal to 5 years old

Outcome: Children are cared for and nurtured by family members or primary caregiver.

Action Strategy: Parenting classes, child development information and resource availability are made highly visible throughout the community to parents and caregivers.

Indicator of Growth: Number of parents and caregivers taking advantage of library and other community services classes.

Outcome: Children attend pre-school and participate in community early learning programs.

Action Strategy: Children 0-5 are engaged in affordable high quality childcare and preschool and early learning activities and programs with transition/ articulation meetings between preschool staff and Kindergarten staff.

Indicator of Growth: Number of children who access pre-school and early learning activities.

Outcome: Children enter Kindergarten ready to learn.

Action Strategy: All students have access to 0-5 school readiness activities and Pre K Academy.

Indicators of Growth: Number of students enrolled in Transitional Kindergarten.

Developmental Period: Elementary School 6 to 11 years old

Outcome: All children attain or exceed grade-level proficiency as measured by district and state assessments.

Action Strategy: All children has access to a coherent, rigorous and relevant standards based instructional program.

Indicators of Growth: District and State assessments.

Outcome: All families have a commitment to learning and children are motivated to excel.

Action Strategy: A minimum of two parenting classes (i.e. Parent Project Jr.) are held annually.

Indicator of Growth: Number of Parent Project classes offered by the Vacaville Police Department annually.

Indicator of Growth: Number of parents/adults enrolled in Parent Project classes annually.

Learning - Basic and Applied Academics cont'

Developmental Period: Elementary School 6 to 11 years old cont'

Outcome: All children have opportunities for diverse applications of skills and competencies.

Action Strategy: All school site plans include assessment, prevention, and intervention programs to serve specific recurring student issues including social, emotional and physical issues.

Indicator of Growth: Learning support systems delivered at each site level (i.e. Response to Intervention, student study teams and counselors).

Action Strategy: Every student is given multiple opportunities during the school year to experience enrichment curriculum, projects, or programs including career exploration, science, history and service learning.

Indicator of Growth: Number of age appropriate enrichment opportunities.

Outcome: All children have access to after school programs or care.

Action Strategy: Updated information on after-school programs and caretakers is available at all school sites.

Growth Indicator: 100% of school sites have after school and caregiver information.

Developmental Period: Middle School 12 to 13 years old

Outcome: Middle school students are connected to school.

Action Strategy: Support student leadership (student council, Peer Assistance, Club Live and WEB, middle school orientation, transition and leadership program.

Growth Indicator: Number of participants in school leadership programs.

Outcome: Middle school students are exposed to post secondary education.

Action Strategy: Support Solano County Educational Consortium (Cal-SOAP) serving VUSD and TUSD with College and Career opportunities.

Growth Indicator: Number of participants at college fairs.

Action Strategy: Promote higher education partnerships with community, including educational fieldtrips.

Growth Indicator: Number of college community information presentations.

Growth Indicator: Number of college fieldtrips.

Learning - Basic and Applied Academics cont'

Developmental Period: High School 14 to 18 years old

Outcome: All students receive high school diploma or equivalent high school completion (GED).

Action Strategy: Identify gaps in services.

Indicator of Growth: California exit exam scores.

Indicator of Growth: Percent of students graduating from High School.

Indicator of Growth: Number of students receiving GED certificate.

Outcome: All students are prepared for post secondary education and/or employment.

Action Strategy: Provide programs that mentor and support academic success.

Indicator of Growth: Percent of college and community college acceptances.

Indicator of Growth: Number of career education classes for high school students.

Developmental Period: Young Adults 19 to 24 years old

Outcome: Young adults have access to higher education or career pathway with skills to learn and are motivated to excel.

Action Strategy: Promote college transfers to UC/State Schools through use of Career Centers.

Indicator of Growth: Transfer rate from Solano Community College.

Action Strategy: Offer community college financial aid workshops.

Indicator of Growth: Number of college financial aid workshops.



Learning - Basic and Applied Academics cont'

Inputs from Systems/Resources

Education:

- Local Schools
- Solano County Library, Vacaville
- Solano Community College
- UC Berkeley Cal-SOAP
- UC Berkeley
- UC Davis,
- CSU- Sacramento
- Trade Schools
- U.S. Military
- Latino Family Literacy
- Project Solano County

Employment

- Vacaville Chamber of Commerce
- Business Constituents
- Military

Juvenile Justice

- Juvenile Hall
- Vacaville Police Department

Health and Human Services:

- Solano County Mental Health

Community Based Organizations:

- Vacaville AWARE Coalition
- Boy and Girl Scouts
- City of Vacaville
- English Learners Community Connection (ELCC)
- Faith Based organizations
- Family Resource Center
- Kaiser Permanente
- After school programs
- Vacaville Boys and Girls Club
- Vacaville Community Services
- Vacaville Public Education Foundation
- Vacaville Youth Roundtable

Working - Career Technical Education/Experience

Developmental Period: Pre-natal to 5 years old

Outcome: All children have an awareness that adults work.

Action Strategy: Encourage development of career learning centers at preschools.

Indicator of Growth: Career learning centers exist.

Outcome: All children begin to develop a sense of responsibility.

Action Strategy: Include small jobs and responsibilities for children within family management and school systems. Encourage verbal incentives.

Indicator of Growth: Parents and teachers report degree of student's responsibility through parent and teacher surveys.

Developmental Period: Elementary School 6 to 11 years old

Outcome: All children develop a work ethic.

Action Strategy: Engage parents in community services activities.

Indicator of Growth: Attendance of families at volunteer events.

Action Strategy: Promote community service and/or service learning projects in the community.

Indicator of Growth: Service learning projects exist at schools.

Developmental Period: Middle School 12 to 13 years old

Outcome: Volunteer opportunities are available for middle school students.

Action Strategy: Support career technical education classes and presentations to provide career awareness information.

Indicator of Growth: Number of youth in career technical education classes.

Action Strategy: Youth are present, stakeholders and volunteering on youth serving organizations.

Indicator of Growth: Number of youth volunteering in youth serving organizations.

Action Strategy: Leadership activities are available at schools.

Indicator of Growth: Number of leadership activities & volunteer opportunities.

Working - Career Technical Education/Experience

Developmental Period: Middle School 12 to 13 years old cont'

Outcome: Career opportunities are available for middle school students.

Action Strategy: Support local businesses that provide job shadowing in Vacaville.

Indicator of Growth: Number of local businesses and organizations offering job shadowing opportunities.

Indicator of Growth: Number of youth who are job shadowing.

Developmental Period: High School 14 to 18 years old

Outcome: High school students have opportunities to explore careers.

Action Strategy: Promote career internships.

Indicator of Growth: Number of youth in internship positions.

Action Strategy: Promote opportunities for job shadowing.

Indicator of Growth: Number of agencies that provide job shadowing.

Indicator of Growth: Number of youth engaged in job shadowing.

Outcome: High school students have volunteer opportunities.

Action Strategy: Youth are present, stakeholders and volunteering on youth serving organizations.

Indicator of Growth: Number of youth volunteering in youth serving organizations.

Outcome: Career technical education classes are available for high school students.

Action Strategy: Promote career technical education classes.

Indicator of Growth: Number of career technical education classes.

Action Strategy: Develop employment workshop to teach about employment application process.

Indicator of Growth: Number of youth participating in workshop.

Working - Career Technical Education/Experience cont'

Developmental Period: Young Adults 19 to 24 years old

Outcome: Young adults living in the community are employed.

Action Strategy: Monitor and promote local job listings.

Indicator of Growth: Unemployment rates for this demographic.

Inputs from Systems/Resources:

Education

Bradman University,
Vacaville Preschool Programs
Community Preschool Programs
Learning Support Services
Solano Community College
Trade Schools
Vacaville Adult School
Local Schools
Solano County Educational Consortium
Career Technical Education

Employment

Vacaville Human Resources
Employment Development Department
Genentech
Kaiser Permanente
Marianni Fruit & Nut Co
North Bay Regional Medical Center
Solano Economic Development
Sutter Hospital
Travis Air Force Base

Employment cont'

Unions
Plumbers
Vacaville Chamber of Commerce and
Business Constituents
Workforce Investment Board

Community Based Organizations

Boy and Girl Scouts of America
Chamber of Commerce
Vacaville Community Services
Kid Fest
Vacaville PAL
Faith-based Organizations
Local businesses
Service Clubs
Solano Community College
Solano County Library, Vacaville
Vacaville Boys and Girls Club
Vacaville Police Department
Vacaville Public Education Fund
Children and Family Services

Juvenile Justice

Vacaville Police Department: Volunteer
Program, Cadet/Intern Program, MSW
Intern Program

Thriving - Physical Health

Developmental Period: Pre-natal to 5 years old

Outcome: All children are fully immunized.

Action Strategy: Promote for comprehensive health insurance and access to comprehensive health services.

Indicator of Growth: Monitor immunization data from Solano County.

Action Strategy: All children receive early and comprehensive screening.

Indicator of Growth: Increase in Well Baby Checks.

Outcome: Parents and caregivers know the appropriate physical, emotional, behavioral and developmental milestones expected for their children.

Action Strategy: Provide information to parents and caregivers.

Indicator of Growth: Number of information packets distributed.

Outcome: Parents and caregivers provide healthy food options on a daily basis.

Action Strategy: Support pre-school nutrition education through Healthy Start programs.

Indicator of Growth: Parent/Teacher Surveys report consumption of healthy food options.

Outcome: Parents and caregivers provide vigorous physical activity on a daily basis.

Action Strategy: Support physical activity programs as listed in the Vacaville Events Guide.

Indicator of Growth: BMI data.

Thriving - Physical Health cont'

Developmental Period: Elementary School 6 to 11 years old

Outcome: All children have access to daily physical activity at developmentally appropriate levels and PE standards as established by the California Department of Education.

Action Strategy: Monitor minimum PE requirements are met at school sites.

Indicator of Growth: Principals report that master schedules include requisite time for P.E.

Indicator of Growth: Increase in the number of students in the “Healthy Zone” as reported in the CDE – Physical Fitness testing results.

Action Strategy: Promote information about the benefits of daily activity.

Indicator of Growth: PE curriculum encourages regular physical activity outside of school to all PE and Adaptive PE students.

Outcome: All children have access to healthy food options at school.

Action Strategy: Schools adhere to average or above average State and Federal food standards.

Indicator of Growth: School cafeterias have healthy, fresh, food product options.

Outcome: Parents have the resources to address their children’s medical needs.

Action Strategy: Provide resource referral and guidance to families including insurance coverage options.

Indicator of Growth: Number of available resources.

Developmental Period: Middle School 12 to 13 years old

Outcome: Comprehensive physical and health educational opportunities exist at schools.

Action Strategy: Ensure professional development around physical and health education for school staff.

Indicator of Growth: Number of professional education events.

Thriving - Physical Health cont'

Developmental Period: Middle School 12 to 13 years old cont'

Outcome: Middle School students understand the importance of daily physical activity.

Action Strategy: Monitor minimum PE requirements are met at school sites.

Indicator of Growth: Increase in the number of students in the “Healthy Zone” as reported in the CDE-Physical Fitness testing results.

Action Strategy: Provide physical health information to parents at Vacaville PAL, afterschool programs, parent programs and mental health counseling.

Indicator of Growth: Number of informational materials disseminated.

Developmental Period: High School 14 to 18 years old

Outcome: Youth are engaged in sporting activities.

Action Strategy: Promote youth involvement in sports.

Indicator of Growth: Percent of youth engaged in sports.

Outcome: Youth act responsibly in school and in the community.

Action Strategy: Provide ATOD prevention programs through AWARE and other community resources.

Indicator of Growth: Rates of ATOD decline as indicated on the California Healthy Kids Survey.

Outcome: Adequate park space is available as identified in the Vacaville General Plan

Action Strategy: Promote adequate recreational park space.

Indicator of Growth: The ratio of parks to people is consistent with City of Vacaville General Plan.

Developmental Period: Young Adult 19 to 24 years old

Outcome: Young adults are engaged and act responsibly in the community.

Action Strategy: Promote local community events using social media.

Indicator of Growth: Enrollment in local events.

Indicator of Growth: Hits on website.

Indicator of Growth: Health indicators for group such as obesity, smoking rates, binge drinking.

Thriving - Physical Health cont'

Inputs from Systems/Resources:

Education:

- Local Schools
- After-school programs
- Solano Community College

Community Based Organizations:

- Boy and Girl Scouts of America
- Vacaville Community Services, After School Programs, PAL, Planning and Parks
- Faith-based Organizations
- Fun Run Fundraiser
- Health Clubs
- Local Sports Leagues
- Salvation Army – KROC Center
- Service Clubs
- Vacaville AWARE Coalition
- Vacaville Boys and Girls Club
- Vacaville Chamber of Commerce
- Vacaville Family Resource Center
- Youth Taking On Tobacco

Health and Human Services:

- SKIP Insurance Program
- Solano County Health and Social Services (Nutrition Education, Immunizations, Mental Health programs, Child Welfare Services)

Child Welfare

- Parents

Employment

- Vacaville Chamber of Commerce



Connecting - Social and Emotional Well-Being

Developmental Period: Pre-natal to 5 years old

Outcome: All children have a connection to a nurturing parent or caregiver.

Action Strategy: All prenatal parents have access to resources for raising healthy children.

Indicator of Growth: Fewer incidences of child abuse or neglect reported to Child Support Services.

Outcome: All Children have opportunities to socialize.

Action Strategy: Provide childcare resources, preschool and community events that target 0-5 year olds.

Indicator of Growth: Percent of 0-5 year old childcare, preschool and community events that target 0-5 year old.

Developmental Period: Elementary School 6-11 years

Outcome: All children act responsibly at school and in the community.

Action Strategy: Promote anti-bullying presentations through YTOT and other programs.

Indicator of Growth: Number of anti bullying presentations.

Action Strategy: Anti-bullying campaigns.

Indication of Growth: Number of anti-bullying campaigns REACH and AWARE participate in.

Outcome: Students have access to visual and performing arts programs.

Action Strategy: Promote visual and performing arts programs.

Indicator of Growth: Number of performing arts programs available in the community.

Connecting - Social and Emotional Well-Being cont'

Developmental Period: Middle School 12 to 13 years old

Outcome: Middle school students have positive role models/mentors.

Action Strategy: Provide skill building leadership and mentoring opportunities in school and community.

Indicator of Growth: Number of students leaders.

Action Strategy: Support youth serving organizations.

Indicator of Growth: Number of youth involved in youth related organizations such as Vacaville Boys & Girls Club, Vacaville PAL & REACH.

Outcome: Counseling services are available to middle school students.

Action Strategy: Continued support of counseling and intervention services available to youth on school campuses.

Indicator of Growth: Number of students receiving counseling services at the schools.

Outcome: Parents have access to parenting education classes.

Action Strategy: Continue to provide Parent Project classes.

Indicator of Growth: Number of Parent Project classes and participants.

Developmental Period: High School 14 to 18 years old

Outcome: Youth have awareness of available mental health/counseling and social services.

Action Strategy: Develop ATOD prevention and health information cards.

Indicator of Growth: Number of health information cards distributed.

Outcome: Youth have opportunities for positive adult mentoring.

Action Strategy: Youth are encouraged to participate in Youth Roundtable, REACH and AWARE.

Indicator of Growth: Number of youth who participate in Youth Roundtable, REACH and AWARE.

Connecting - Social and Emotional Well-Being cont'

Developmental Period: High School 14 to 18 years old cont'

Outcome: Youth have opportunities for positive peer mentoring.

Action Strategy: Continue to advocate for Link Crew and Youth Taking on Tobacco (YTOT) programs.

Indicator of Growth: Number of youth participating in Link Crew and YTOT.

Outcome: Youth have access to positive social media.

Action Strategy: Raise awareness of creative outlets for high school youth and post health information on REACH and AWARE Facebook pages.

Indicator of Growth: Active Facebook accounts.

Outcome: Youth have access to fine arts.

Action Strategy: Support community photo/art contests and exhibits.

Indicator of Growth: Number of community photo/art contest and exhibits.

Developmental Period: Young Adult 19 to 24 years old

Outcome: Young adults are engaged and act responsibly in the community.

Action Strategy: Promote local community events using social media.

Indicator of Growth: Enrollment in local events.

Indicator of Growth: Hits on website.

Indicator of Growth: Health indicators: obesity, smoking rates, binge drinking.

Inputs from Systems/Resources:

Education:

Local Schools

Community Based Organizations:

4-H Clubs

Art Leagues

Vacaville AWARE Coalition

Boy and Girl Scouts of America

Vacaville Community Services

Community Medical Center Prenatal Care

Cultural Diversity Fair

Faith-based organizations

Vacaville PAL

Community Based Organizations cont'

Vacaville REACH Youth Coalition

Service Clubs

Solano County Public Health Nursing

Vacaville Boys & Girls Club

Vacaville Youth Roundtable

Women Infant and Children (WIC)

Health and Human Services

Solano County Health and Social Services

Employment

Vacaville Chamber of Commerce

Leading - Civic and Community Engagement

Developmental Period: Pre-natal to 5 years old

Outcome: Family friendly events exist in the community.

Action Strategy: Support the continuation of family friendly events.

Indicator of Growth: Increased family attendance at community events.

Developmental Period: Elementary School 6 to 11 years old

Outcome: All children act responsibly in the community.

Action Strategy: Students are recognized for their positive accomplishments.

Indicator of Growth: Number of students recognized in school assemblies.

Outcome: All children have the opportunity to explore their community and make a difference by engaging in community efforts.

Action Strategy: Promote opportunities for positive adult role models.

Indicator of Growth: More adults involved in mentoring, coaching, advocating for youth.

Action Strategy: Develop resource guide for youth engagement.

Indicator of Growth: Resource guide for youth engagement is published and updated regularly.

Outcome: Students and families are involved in the community.

Action Strategy: Engage students and families in volunteer opportunities.

Indicator of Growth: Students and families are involved in community events.

Outcome: School staff is trained in Youth Development.

Action Strategy: Train school and appropriate city staff in youth development principles and models.

Indicator of Growth: Number of participants at youth development trainings and workshops.

Leading - Civic and Community Engagement cont'

Developmental Period: Middle School 12 to 13 years old

Outcome: Middle school students have volunteer or community involvement opportunities.

Action Strategy: Engage youth in community service learning projects.

Indicator of Growth: Number of REACH Youth Coalition community service learning projects.

Action Strategy: Engage community-based organizations to offer volunteer opportunities for youth.

Indicator of Growth: Number of youth participants in REACH Youth Coalition.

Developmental Period: High School 14 to 18 years old

Outcome: Youth are stakeholders in the community.

Action Strategy: Develop City Council Shadow opportunities.

Indicator of Growth: Participation in Youth Action Team and City Council Shadow program.

Outcome: Youth are active in leadership roles and responsibilities.

Action Strategy: Engage youth in Vacaville Youth Roundtable.

Indicator of Growth: Number of youth participating in Vacaville Youth Roundtable.

Developmental Period: Young Adults 19 to 24 years old

Outcome: Young adults are productive members of the community.

Action Strategy: Develop a voting awareness campaign.

Indicator of Growth: Number of young adults registered to vote.

Outcome: Young adults are contributing members of committees and commissions.

Action Strategy: Promote opportunities for community involvement/ volunteerism through use of social media.

Indicator of Growth: Assessment of participation of young adults in community based programs.

Leading - Civic and Community Engagement cont'

Developmental Period: Young Adults 19 to 24 years old cont'

Inputs from Systems: Resources:

Education:

- Local Schools
- Student Leadership

Community Based Organizations:

- Vacaville AWARE Coalition
- Vacaville PAL
- Vacaville Community Services
- Department of Motor Vehicles
- Faith-based Organizations
- Contra Costa and Solano Food Bank
- Local sports leagues
- Museums
- Vacaville REACH Youth Coalition
- Service clubs- 20/30 Club
- Solano County – Register of
- Solano County Library
- SPCA
- Vacaville Boys and Girls Club
- Mentoring programs
- Vacaville Chamber of Commerce
- Vacaville City Council
- Vacaville Museum
- Vacaville Youth Roundtable

Child Welfare

- Parents

Health and Human Services

- Sierra Health Foundation
- Vacaville Chamber of Commerce

Juvenile Justice

- Vacaville Police Department

Index of terms

AWARE.....	Advocating for Wellness, Adolescent Recovery & Education – Alcohol, Tobacco and Other Drugs (ATOD) Coalition
CMC Prenatal Care	Community Medical Center Prenatal Care
CRESS	Center for Cooperative Research and Extension Services for Schools
CSU.....	California State University
CSUS.....	California State University Sacramento
FIRST 5.....	California Children and Families Commission
FIRST.....	Family Investigative Response Services Team
FRC	Family Resource Center
Post High School	That time after high school
REACH.....	Vacaville REACH Youth Coalition
Stakeholder.....	A person or group that has an investment, share, or interest in something.
TAFB.....	Travis Air Force Base
TUFFE	Travis Unified Foundation for Education
TUSD	Travis Unified School District
Vacaville PAL.....	Police Activities League
VUSD.....	Vacaville Unified School District
WEB.....	Where Everyone Belongs
VYRT	Vacaville Youth Roundtable
YDN.....	Youth Development Network
YTOT.....	Youth Takin on Tobacco and more
SCOE	Solano County Office Education