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Community Program Resource Guide of Activities for Youth

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Community Program Resource Guide

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Abstract

Youth Alliance serves 81% of clients who are economically disadvantaged in the community of Hollister, with 75% identifying as Hispanic, and 70% of participants between the ages of 6-17. The problem to address is the community's lack of youth social support. The project is a Program Resource Guide for the clients of Youth Alliance. This project will address the issues of parents being unable to find accurate start dates, prices, and any financial assistance. An expected outcome of community collaboration around providing activities for youth is a decrease in crime, drug, and violence rates within the youth population. The project has met its expected outcome by making it less difficult for parents to seek sports and activities for their youth. The parents could find mostly all the information they needed in one place. The next step Youth Alliance should take is to continue to update the Community Resource Guide for the families they serve. Youth Alliance should also consider sharing the guide out more into the community to lessen the problem of other families not having access to information on keeping their youth in extra-curricular activities.

Keywords: *Resource, Sports, Youth, Youth Alliance, Community of Hollister*

Agency & Communities Served

Youth Alliance (YA) is a 501(c)(3) nonprofit organization located in Hollister, Gilroy, & Morgan Hill California. The mission of Youth Alliance “is to provide innovative and culturally relevant services that strengthen and enrich youth, families, and the community” (Youth Alliance, 2023, para. 5). The vision of Youth Alliance is “to empower youth as leaders who contribute to the social and economic betterment of their community” (Youth Alliance, 2023, para. 6). They provide many services such as after-school programs that offer a safe space where youth can engage with others, and receive tutoring with homework. Youth Alliance also has community outreach to connect the youth with opportunities and resources for leadership. They also offer youth and family support services with counseling, groups, family support, and guidance.

The population mostly served at Youth Alliance is the Hispanic community, with 81% of clients who are economically disadvantaged. “All of Youth Alliance’s efforts are embedded within a broader *La Cultura Cura* and community empowerment philosophy in response to the high poverty, rural locality, and migrant parent and youth population” (Youth Alliance, 2023, para. 2). Most of the youth's parents are Spanish speakers, and readers only. As a result of that there is a huge disadvantage for these families because of the lack of knowledge of using the internet to search for these resources, and also the language barriers.

Problem Model Background and Literature Review

Figure 1 below is the problem model explaining why a Community Resource Guide is needed. The purpose of the guide is to solve the main problem of a lack of social support for the youth. Contributing factors to this problem are barriers to knowledge, parents’ work, and lack of

money. Youth lacking social support can lead to consequences of drug abuse, crime, and violence with the youth.

Figure 1: Problem Model

Contributing Factors	Problem	Consequences
Barriers to knowledge	Youth lack social support	Drug Abuse
Parents work		Crime
Lack of money		Violence

Problem Statement

Youth Lack Social Support

Youth in Hollister, California lack social support with parents, and in the community. Parents are supposed to provide functional and emotional support for the child but this can also be critiqued. Some parent involvement may not benefit the child as some parents may be unhappy with the child’s performance which causes a negative impact and anxiety for the child. Young athletes and their relationships with coaches and parents have different outcomes. The athletes seem to do better with coaches than their parents. A study published in *Psychology of Sport and Exercise* suggests that, “[A]thletes’ relationship quality with the coach can more strongly influence the various dimensions of the physical self than their relationship quality with the parent” (Jowett and Cramer, 2010, para. 4). This can be an issue that happens because of the trauma the youth has with past experiences with parents, or parents misunderstanding their child.

The lack of support leads the youth to just run the streets learning bad habits such as drug use, crime, and violence. They become a nuisance in the community because they lack social support starting from home. Social support highlights the mental health issues that can be caused by the lack of social support from parents, and the community. Per the article *Social Support and Family Functioning during Adolescence*

Among 12 to 16-year-olds, the prevalence of mental disorders was 19%, with a gradual increase over the past 30 years in China . Adolescent mental health is also related to the well-being of their families and even society, therefore, it is necessary to explore the protective and risk factors of mental health among adolescents. (Yu et al., 2022, para. 3)

Contributing Factors

Lack of Money

Parents are the primary influence on their youth's physical behaviors. The article *Health Education & Behavior* came to a conclusion of four categories of social support identifications. It was found that they fell in tangible, and intangible mechanisms. This is how they explained it:

Tangible social support is divided into two categories: instrumental—purchasing equipment/payment of fees and transportation—and conditional—doing activity with and watching/supervision. Intangible social support is divided into the two categories of motivational— encouragement and praise—and informational—discussing benefits of. (Beets, 2010, para.1).

Payments of fees, and transportation can be an issue for some families including time is a burden on families.

Youth sport participation typically requires expenditures of time and money, which pose a relatively larger burden on less affluent families . Less affluent families may struggle providing transport to practices and games due to less flexible work schedules and having less access to a means of transportation. The reinforcing value of possible future benefits of sport participation, like securing an athletic scholarship, may also vary by a family's socioeconomic status (Kroshus et al., 2021, para. 6).

A barrier for these children is that they have restricted access to any sports or activities offered

in their neighborhood. Instead they have safety concerns that affect their access to even play areas. Parents of low income households can not afford the high priced sports and also face other barriers. According to the journal of *Socioeconomic status and parent perceptions about the costs and benefits of youth sport* “The family’s physical and social environment may also contribute to how costs and benefits of youth sport are prioritized” (Kroshus et al., 2021, para. 7)

Parents Work

The article *Children of Working Parents* presented data that “Approximately one of every four Hispanic children lives in a female-headed family; more than 44 percent have working mothers” (Hayes & Kamerman, 1983, p.4). Parental involvement is needed for developing and using skills that support their child’s learning in everyday aspects such as being involved with education and integrating and coordinating in community programs that help the child enhance their experiences. For low income single parents it is difficult for them to manage being fully present with their children because of work “researchers have documented that children are more likely to spend time without parental supervision at younger ages if their parents are working, which may in turn harm the children’s performance in school and increase their participation in risky behaviors” (Heinrich, 2014, p. 124). When they are not as present, it affects the child enormously in education, behavior problems, and the likelihood for dropping out of school. Supporting their children in participating with sports was difficult with time, and scheduling. Most of these parents were unable to participate because they also had to work multiple jobs to maintain bills.

Barriers to Knowledge

Parents have expressed the difficulty in accessing sports because of the lack of space, or lack of communication from the sports they are interested in. Most parents Youth Alliance serve have

the first language of Spanish, so this makes it a barrier when communicating and receiving needed information on sports. “Barriers to using sports and recreation can take many forms, and may be related to ability, gender, culture, socioeconomic circumstance, facility-related factors, communication, or environment” (Harrington et al., 2017, para. 3). The lack of community engagement leads to the lack of information of sports programs that are available in the community. When there is no community engagement these families who already have a language barrier tend to not pursue finding recreation opportunities for their youth. Per the journal of *Preventing Chronic Disease*

Parents reported challenges in finding complete information about opportunities for children’s physical activity. During the focus groups, parents said that there is no central repository for learning about children’s activities and that they have to rely on word of mouth. Parents suggested maintaining up-to-date electronic resources with listings of physical activity programs and publicizing opportunities in local newspapers and guides. Parents also recommended improving families’ abilities to communicate with one another through social media (eg, Facebook groups, email Listservs) (Finkelstein et al., 2017, para. 27).

Consequences

Drug Abuse

Individuals, groups, schools, and communities are areas of risk factors that rise for youth drug abuse. There are many risk factors that include abuse, neglect, and drug abuse. This tends to focus more on poor families with single parents. Fergusson and Woodward reported that “9-year-old children with peer relationship problems showed higher possibilities for externalizing problems such as criminal behavior, substance abuse, and suicidal behavior, although there was no observed increase in the risk for depression or anxiety disorder”

(Finkelstein et al., 2017, para. 2). Factors stemming from family, school, individual, and the community have an impact on drug abuse among those children. This can be an example of why youth in the community tend to be caught up in drugs, or crimes because of the lack of support. Drugs are being sold at school so the youth have access to this from their inner circle. In 2020, a student was arrested for providing pills to students. “Following an investigation, police arrested a San Benito High School student accused of selling narcotics to local juveniles, some of whom were hospitalized after ingesting the drugs” (South Valley, 2020, para. 1). This is an ongoing trend of drug abuse and sales at school. There has been an increase of new trends over the years that youth get attracted to. Some new drug use are vaping, fentanyl, and drugs that have containers that are cartoonish.

Trends in substance use of U.S. youth reflect changing trends and attitudes along with newer drugs of abuse. Specifically, the club and recreational drugs of abuse that have increased attraction for youth may reflect a new and emerging trend in the study of drug use patterns (Banken, 2004, para. 16).

This is why after-school programs and a program resource guide can provide parents with all the information they need to assist their child instead of giving up. Having extracurricular activities can aid in keeping students away from falling into drugs or violence as some of their peers.

Crime

Crime has always been around, but Sheriff Taylor of Hollister states that per data of incidents “[S]ince January, there’s been one homicide, 14 robberies, 33 assaults with a deadly weapon, 15 drive-by shootings, 34 calls for brandishing a weapon, 87 fights, 13 calls for gang activity, two calls for service for victims of gunshot wounds and 18 cases where firearms were recovered” (Luna, 2022, para. 3). After-school programs have the potential to reduce youth

crime and also adult crime later on in life. A survey conducted by Opinion Research Corporation for Fight Crime: Invest in Kids California shows after-school programs in 12 high-risk California communities found that, “among kids participating in the programs, vandalism and stealing dropped by two-thirds, violent acts and carrying a concealed weapon fell by more than half, and arrests were cut in half. School discipline, detention, suspensions and expulsions dropped by a third” (Fight Crime Invest in Kids, 2015, para. 3). The impact of these programs helps the youth stay out of the streets and yet gain knowledge in many topics of life to grow. Another good point is the importance of these after-school programs and receiving necessary funding. It explains how programs save the youth from criminal activity. If these programs are a help then having these youth join after-school sports or activities can also prevent crime rates.

Sports and social issues for youth incorporate positive impacts on the “at risk” youth development because it helps structure their lives on values and goals. Sportsmanship teaches youth to be consistent and lead. “In promoting mutual respect and tolerance, sports teaches important social and interpersonal skills. Using sports to help people, especially youth, has proven to be an effective tool in keeping them from falling into a cycle of anti-social behaviour, violence, crime and drug use” (Mengting, 2018, para. 1). Sports assist in the improvement of positive development while youth gain fellowship with their team. Teach the youth self-control, and obedience to authority, and they will be surrounded by positive adult role models.

Violence

Social and emotional development from early childhood to adolescence is a factor as to why some youth tend to turn to violence because it is learned from at home first hand. “This means that violent youths who have violent parents are far more likely to have modeled their behavior on their parents' behavior -- to have learned violent behavior from them -- than simply to have

inherited it from them” (Office of the Surgeon General et al., 2001, para 8). Violence is learned throughout life, and that is all some youth know because of the lack of social support. This relates to the issues that arise with some of the youth YA serves today. Not having proper interactions with others has become a nuisance not only at home but in their community.

Project Description and Implementation Process

Project Proposal

Community Resource Guide

I planned to create a Community Resource Guide to help parents get their children engaged in after school activities. I will first develop an excel spreadsheet of sports activities by calling all locations in San Benito County that may offer sports, and activities in the community. I will research program websites on age limits, dates of services, and prices to be able to add this information in the Community Resource guide. Also I will search for any scholarships available that can help those who may not be able to afford extracurricular activity costs. Included in the proposal is to collaborate with Hollister recreation, and YMCA to discuss ideas. I conducted a survey in which I received eighteen responses with the experiences of Youth Alliance's staff who reside in Hollister on what works best for them in searching for activities/sports, and languages preferred. My capstone project will serve all departments of Youth Alliance, uplifting youth social support including the community they serve. It will consist of a resource guide for the community to be able to find all the information needed in one place such as, sport or activity name, address, fundraisers, scholarships, prices of program, what ages, direct contact numbers of the program, direct websites, and registration information. This is why the Community Resource guide will aid in giving proper resources to keep the youth busy and make the search easier for parents/caregivers to find.

Project Justification & Benefits

The primary goal in creating a Community Resource Guide is to support the youth with the lack of social support within the community of San Benito. This will benefit the children and youth in the community to have a safe place to hang out while being supervised. It will ease the communication barriers for Spanish-speaking families Youth Alliance (YA) serves as it will be available in English and Spanish. Another benefit is that involvement in community activities teaches the youth to contribute to the community, to engage in healthy friendships, and learn to respect the community. It gives the youth a sense of being a part of something positive so they don't continue to lack social support. Sports and activities can benefit the youth in many ways such as being therapeutic, also counteracting self-isolation, the youth gain a positive sense of oneself, and they get to meet new peers. This will make the process easier for parents to have all information in one location to see what activity or sport works best for their children and their budget. Youth need to be more involved in activities within the community. So they can learn respectful values and gain friendships outside of their inner circle that may be part of the bad behavior they continue to show.

Expected Outcomes & Assessment Plan

I will work with Youth Alliance's social media staff, Elias. I will ask for his assistance on how I can incorporate a program on the Community Resource Guide that will tally up how many times the guide has been viewed. Then I will create another design survey asking staff from YA if the Community Resource Guide has benefited them and their clients, or if it has not done much. The expected outcome is that at least 10 of the parents YA serves will receive information on available sports in Hollister.

By achieving my expected outcome I will attend a parent meeting and share out the Community Resource Program Guide. I will be able to share the guide and show the parents how to access it. After reviewing the guide with the parents I will be able to ask their thoughts on how they feel about the guide. With their opinion I will be able to see if there is neede adjustments or if all is ready to be shared out to a broader range of families in the community.

Implementation Process

The first step was to research any and all activities that are available in Hollister. I used google to search to find contact information, pricing, registration, times of activities, and if unavailable I called to get more information. One task was to meet with my mentor, Lorena, by March 9. I wanted to be able to incorporate my mentor Lorena's input to see what would work best in finishing the guide. I went over the design survey I created using the input I received from the other Youth Alliance staff. I was to transform the spreadsheet from English into Spanish because most of the population served at Youth Alliance are fluent Spanish speakers. Once all information was on the excel spreadsheet I converted the spreadsheet into a I worked one-on-one with Lorena to proofread the wording on the excel spreadsheet so that it is up to par with Youth Alliance's professional communication standard. Following a review and approval from Lorena, I proceeded on to figure out how to keep track of how many times the guide was viewed. I reached out to Youth Alliance's social media staff member, Elias, on what I need to do to keep track of usage. My next step was to share the community resource guide to YA staff, and on social media reach out to the community Youth Alliance serves. I also reached out to Elias to share a link on Youth Alliance's webpage and social media. I planned to incorporate another survey to gather outcomes and thoughts of the final design from YA Staff.

Project Results

The outcome of my project was that the Community Resource Guide was beneficial to many families that Youth Alliance Serves. Many of the Spanish speaking families expressed how difficult it was for them to find detailed information on available activities for their youth in the community. Families now have more access to activities they were unaware that Hollister had available. The most important measure was the response from the parents who have opened the guide and say they will continue to use it as long as it is available. The parents who viewed the Community Resource Guide have stated they Community Resource Guide was very informative because it is very difficult to find any information all in one location. It saves time from their busy day to just click and find all the resources needed in one place.

A better outcome and a clearer understanding of the Community Resource Guide could have been implemented. It was time consuming, and I didn't receive the actual feedback I would have like before hand to fix any issues having more time from my mentor may have helped with this. Also believe that having a better plan in place and more time to do such a huge project I would have received the proper feedback on time. The Guide achieved out reach to the parents helping them in understanding that there are many sports and activities available in our community. It opened more doors for the community including the activity program. Additionally, it helped the sporting programs with receiving new youth and funding.

Conclusion & Recommendations

My conclusion regarding the contributing factor of the barriers to knowledge is that not having all the accurate information with easier access can detour families from seeking activities for their youth. They assume that the price would be out of their budget and are unaware there are programs that offer payment plans, and discounts. With that outcome, the consequence is that

youth lack social support because they see the parents also lacking community support. Through addressing the knowledge gap, youth will gain more community interaction to enrich their leadership skills for the betterment of their community.

I recommend that Youth Alliance continue to share out the Community Resource Guide outside of their population served. This will not only help families with keeping their youth active but also it will teach the youth how to be proactive and social in their community. It will be a community collaboration with advertisement of the sports and by Youth Alliance. I recommend YA keep up with all updates of the programs so that families will receive the accurate intended information. My advice for future interns is to experience working with other programs Youth Alliance offers such as the GANAs program. I encourage Youth Alliance to incorporate more Health and Human Service opportunities for interns and allowing interns to experience meetings that happen with all staff.

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Appendix A

Project Implementation Plan

Task	Timeline	Supporting Staff	Material/Services Needed	Deliverables/Completed Project
Researching the activities available	April 1, 2023	Lorena Villagomez Program Manager	Google search, Excel spreadsheet, Name of activities, payments, location, registration, contact numbers	List of activities and details regarding how to participate
Meet with Mentor	March 9, 2023	Lorena Villagomez Program Manager	Ideas for what I will do next to move on to next step	Guidance and more information on what I should implement for the need of the program.
Staff survey	March 9, 2023	YA Staff, Lorena	Surveys	Staff survey
Finalize spreadsheet into Eng/Spanish, check wording	March 16, 2023	Lorena	Will need to translate info. Mentor reviews wording.	Finalized Spreadsheet
Review/ Approval to proceed	March 16	Lorena	I will fix any suggestions from Mentor	Okay to move forward
Figure out how to track times guide was used.	March 16, 2023	Lorena, YA media Staff	Meet with our Social Media(SM) Tech.	Plan for tracking use
Share out guide on social media, community, and within YA Staff	March 15, 2023	YA media Staff	SM Tech.	Guide distribution
Conduct another survey on outcomes within YA Staff	April 7, 2023	Lorena, YA Staff	Survey	Outcomes of survey