



**What is Project 180?**

**KCSOS Project 180  
July 2010—June 2011 Final Report**

Project 180 is a county-wide gang prevention and intervention program. The Kern County Superintendent of Schools (KCSOS) is one of six core partners participating in this effort; others include:

- ◆ **Ebony Counseling**
- ◆ **Garden Pathways**
- ◆ **Stay Focused**
- ◆ **Stop the Violence**
- ◆ **New Life Recovery & Training Center**

**KCSOS PROJECT 180  
EVALUATION  
OUTCOMES AT A GLANCE**

- KCSOS provided six (6) Evidence-based trainings (target = 1)
- Increased the number of targeted students who say they have one or more caring adult relationships in school by 83% (target = 5%)
- Increased academic achievement by 80% (target = 5%)
- Reduced Truancy for KCSOS Project 180 referred students by 55% (target = 5%)
- Referred 94% of KCSOS Project 180 parents to Parent Education classes (target = 30%)

This report presents evaluation findings from data collected during the service period beginning July 1, 2010 and ending June 30, 2011. The local evaluation focuses on services provided by the Kern County Superintendent of Schools (KCSOS) Project 180 prevention specialists.

**EVALUATION FOCUS**

The **evaluation scope of work** for the 12 -month project period contains the following **anticipated outcomes**:

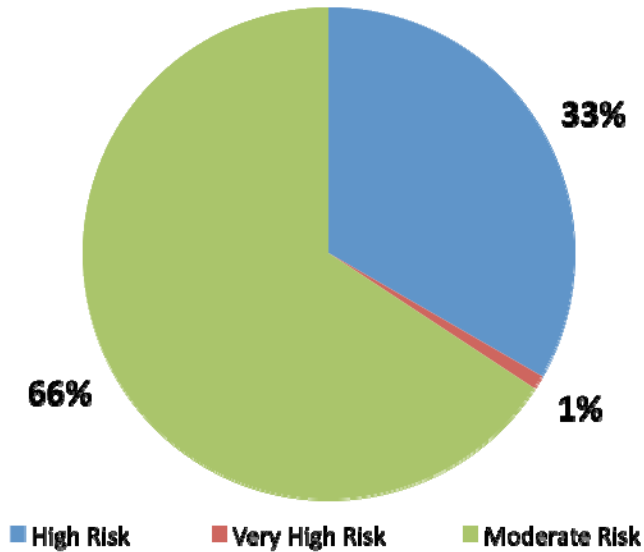
- ◆ KCSOS Project 180 shall provide a minimum of twenty-five (25) students from KCSOS operated Community Schools with appropriate support services identified as areas of need through the YLS-CMI assessment.
- ◆ Provide one (1) evidence base training to build capacity of school-based and community based programs.
- ◆ Increase identified Resiliency Indicators by 5% after completing prevention/intervention services.
  - ◆ Increase percentage of youth who report having a relationship with a caring adult at school by 5%.
  - ◆ Increase percentage of youth who agree that they have opportunities for meaningful involvement at school by 5%.
- ◆ Increase parent/guardian knowledge level of specific ways to help change negative behavior in children as discussed in Parent Project sessions by 10%.
- ◆ Increase parent/guardian knowledge level of the warning signs of youth involvement in gangs due to their participation in Parent Project sessions by 10%.
- ◆ Improve grades and attendance, reduce behavioral disturbance referrals or lower office referrals by 5%.
- ◆ Provide regular opportunities for KCSOS Project 180 referred students to be connected to youth development programs.

This report presents the progress made towards achieving each of these anticipated outcomes.

# CHARACTERISTICS OF YOUTH SERVED

By the end of the twelve-month project period, KCSOS Project 180 staff had receive 300 referrals and served a total of 108 youth (see pie chart below).

**YLS/CMI Baseline Risk Level at Intake (n = 108)**

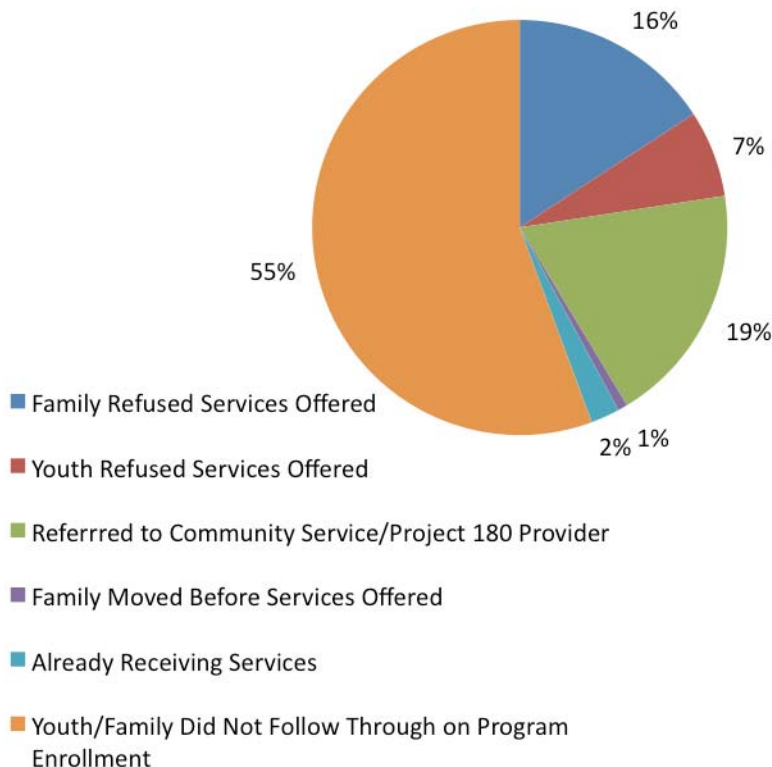


Through KCSOS, two gang prevention specialists work directly with youth who already have gang involvement or are at high risk of becoming gang involved. Referrals into the program are made through a variety of sources, including probation officers, partnering agencies, and even by self-referral. In addition to linking participants to educational services, prevention specialists connect them to mentoring, social skills training, vocational education, after-school enrichment, and community outreach projects. Services are not limited to the youth as the prevention specialists also work with the family, and link parents to programs that will assist them in parenting their high risk child(ren).

## Strategies for Helping Youth

KCSOS Project 180 staff received 133 youth referrals that were not served due to reasons listed in the chart and key below (see pie chart below).

**Disposition of Referrals For Youth Not Enrolled in KCSOS Project 180 Program (n = 133)**

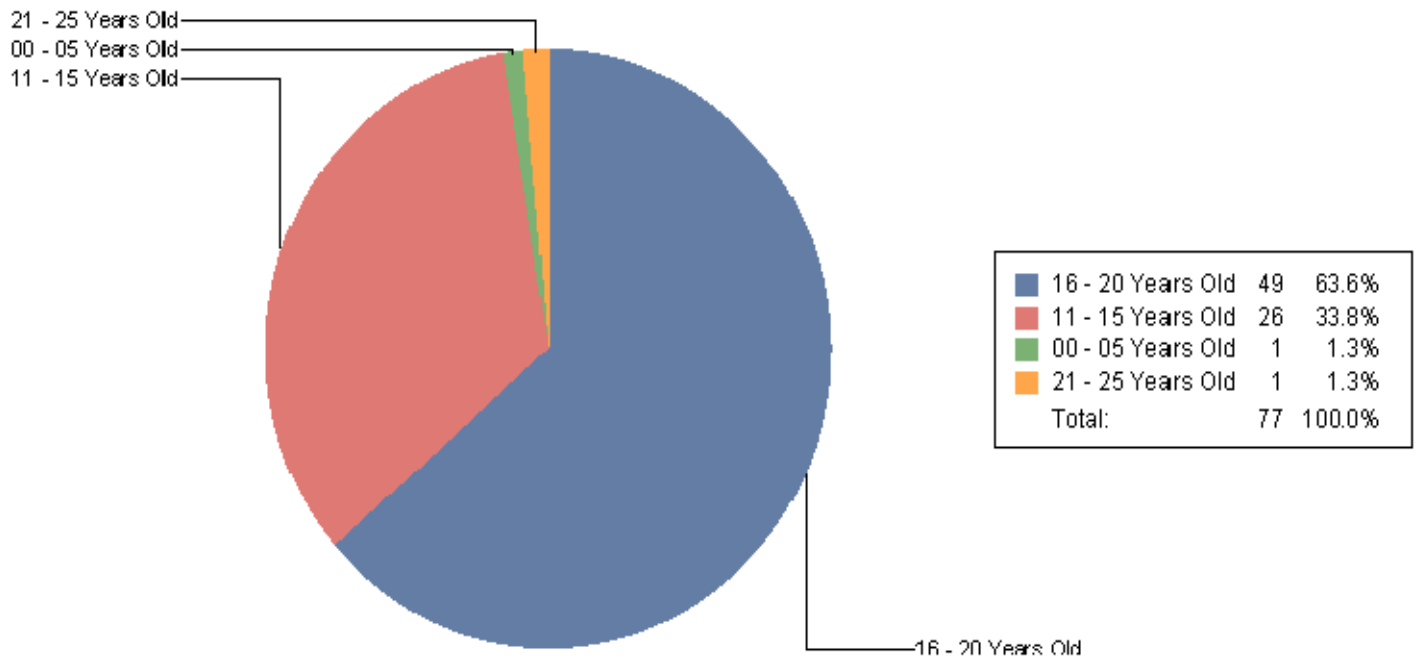


When youth are referred to KCSOS Project 180, services and referrals are based on individual need. In addition to documenting the referral source that brought them to KCSOS Project 180, participants are assessed with the **Youth Level of Service/Case Management Inventory (YLS/CMI)**.

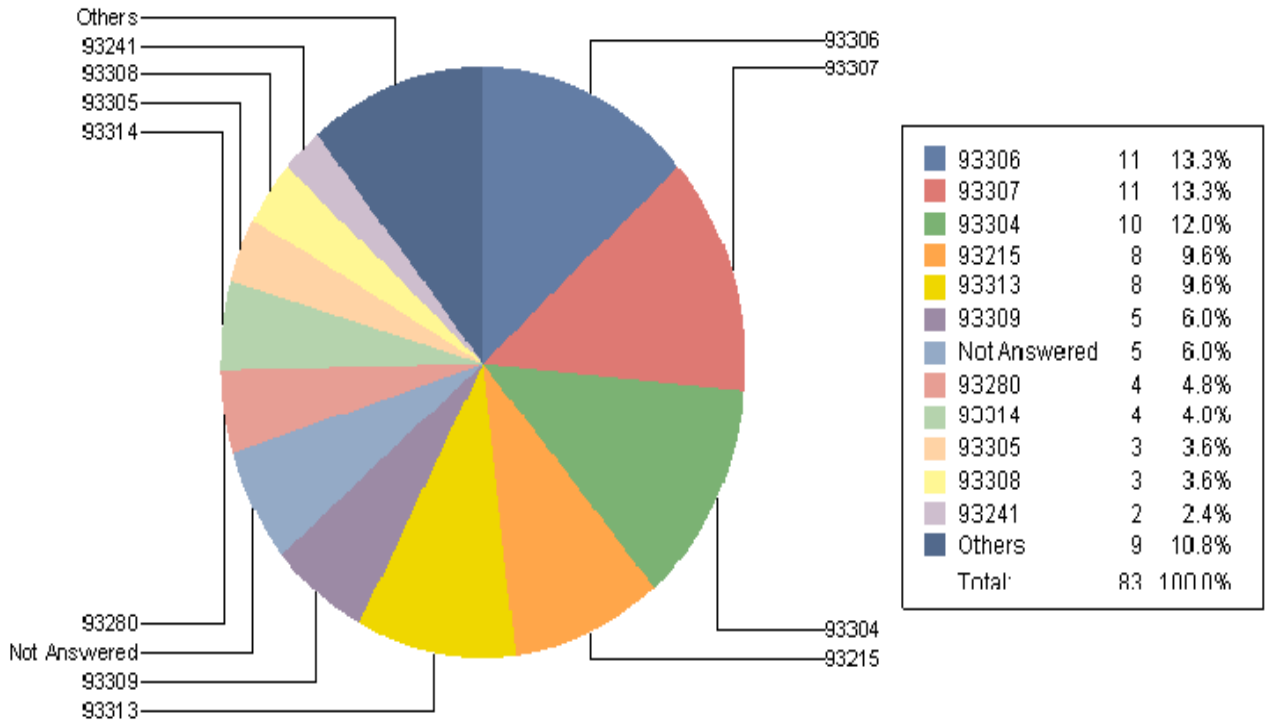
The YLS/CMI helps the prevention specialists determine the participant's level of need and helps guide the services to which they will be linked. The YLS/CMI gauges risks, needs, and strengths in eight domains: 6

- (1) **prior and current offenses or adjudications,**
- (2) **family circumstances and parenting,**
- (3) **education/employment,**
- (4) **peer relations,**
- (5) **substance abuse,**
- (6) **leisure/recreation,**
- (7) **personality and behavior, and**
- (8) **attitudes/orientation**

The overwhelming majority of youth served by KCSOS Project 180 were males (88%). Most youth were between 16 to 20 years old (see pie chart below).



The majority of youth who were referred to KCSOS Project 180 and assessed resided in Bakersfield, (61.6%, n=55), while eight youth were from Delano, four youth were from Wasco, and another two were from Lamont; others youths (n=9) were referred from areas of Arvin, Shafter, and Taft. Some of the referrals did not list a home address and we were unable to make contact with the family.

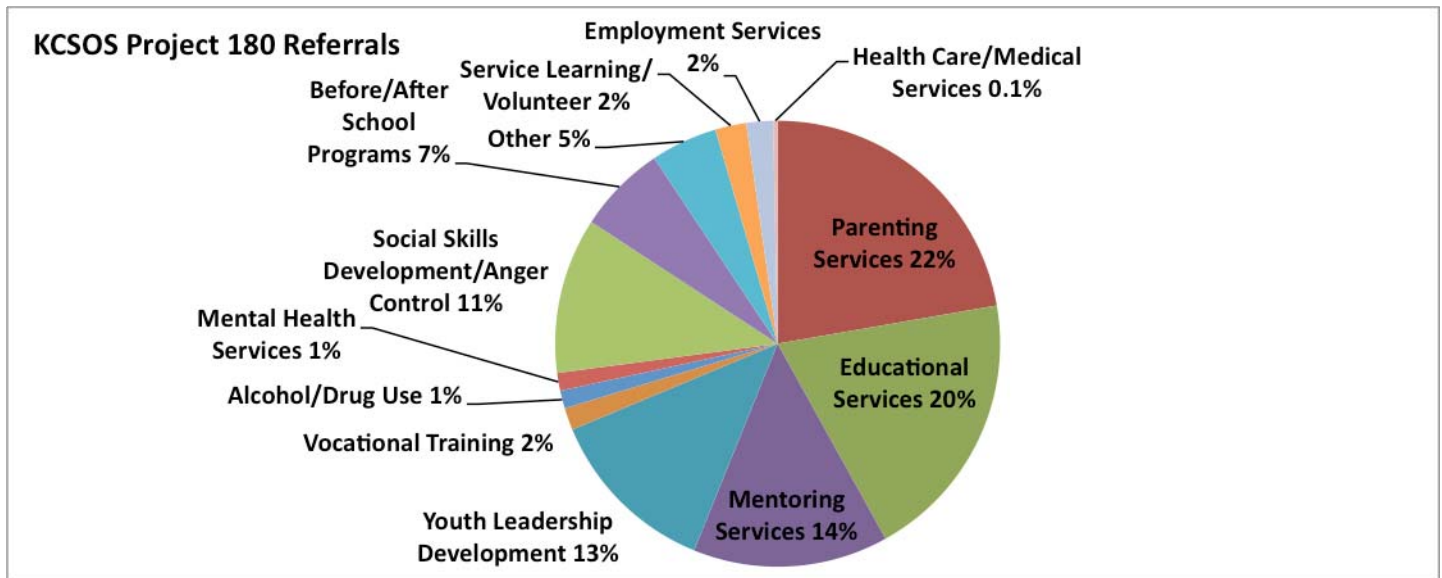


# OUTCOMES

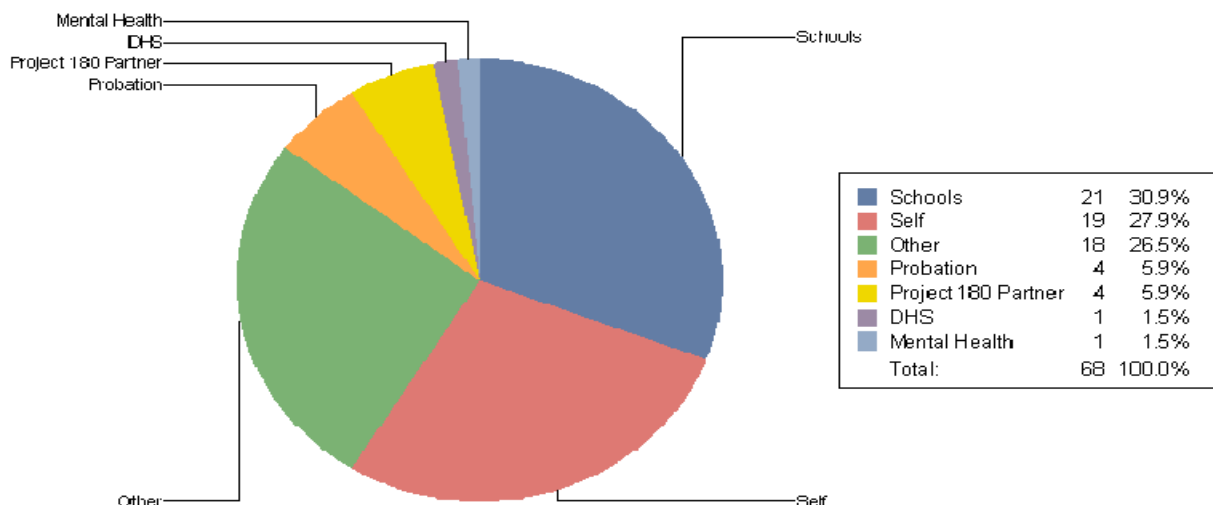
This section of the report summarizes outcomes by objective.

**Objective: KCSOS Project 180 shall provide a minimum of twenty-five (25) students from KCSOS operated Community Schools with appropriate support services identified as areas of need through the YLS-CMI assessment**

As indicated previously, KCSOS Project 180 staff assessed a total of 108 youth using the YLS-CMI. Of those, 58 students attending a KCSOS operated Community School received case management services during the funding year. Youth were most commonly referred to Educational Services such as the Grizzly Youth Academy (see pie chart below). Many youth were referred to more than one support service.



Aside from gathering data on youth who were assessed with the YLS-CMI, KCSOS Project 180 staff recorded information about the referral source in ETO. ETO data indicate that 108 youth were referred to KCSOS Project 180, although not all were assessed using the YLS-CMI. Among those referred to Project 180, most were referred by schools (30.9%). Referrals to KCSOS Project 180 came from various sources, including: Self referral (n=19), Kern County Probation (n=4), other Project 180 Partners (n=4), Department of Human Services (n=1), and other sources not indicated (n=19).



**Objective: Provide one (1) Evidence-based training to build capacity of school-based and community-based programs.**

KCSOS Project 180 hosted the following Evidence-based trainings during the twelve month period:

<u>Training</u>	<u>Dates</u>	<u>Number of Attendees</u>
Aggression Replacement Training	July 26-27, 2010	30
Parent Project Facilitators Training	August 2-6, 2010	59
Suicide Prevention	January 4-5, 2011	100
Motivation Interviewing/ YLS/CMI Training (Project 180 Meeting)	February 4, 2011	18
Aggression Replacement Training (Booster)	March 2, 2011	21
Forward Thinking Interactive Journaling	June 28-29, 2011	21

KCSOS Project 180 hosted the following additional trainings during the twelve month period:

<u>Training</u>	<u>Dates</u>	<u>Number of Attendees</u>
Peer Conflict Mediation Staff Training (Part 1)	September 21, 2010	19
Youth Programs Overview	September 22, 2010	111
Peer Conflict Mediation Training - JH (Part 2)	October 13-14, 2010	39
Peer Conflict Mediation Training - HS (Part 2)	November 9-10, 2010	48
Gang Prevention/ Intervention Training	January 28, 2011	100+
Leaders in Life Youth Conference	March 16, 2011	1600+
Youth Programs Overview	March 23, 2011	69
Parent Coaching Clinic	April 9, 2011	40
Juvenile Delinquency Prevention Training	May 20, 2011	50
Parents On a Mission Training	June 17-18, 2011	10

**Objective: Increase identified Resiliency Indicators by 5% after completing prevention/ intervention services.**

This measure was assessed using a student survey designed to measure protective factors (e.g., presence of a caring adult, sense of self-efficacy, and sense of future). Students indicated whether they *agreed* or *disagreed* with statements (or were unsure about the statement) on the survey.

To date, a total of 108 middle/high school students have completed a pretest and 23 have completed a posttest. Of these, 20 students have a matching pretest and posttest. Since change can only be assessed for those students with a matching pretest/posttest survey, results reported here are limited to only these 20 students. Given the small sample size, results cannot be generalized to the rest of the KCSOS Project 180 student population, and should be interpreted with caution.

- **Relationship with a caring adult in school increased by 83%.**
- **Opportunities for meaningful school involvement increased by 43 %.**

**Objectives: Increase parent/guardian knowledge level of specific ways to help change negative behavior in children as discussed in Parent Project sessions by 10%.**

This measure was assessed using a Parent survey. The survey captured information regarding their child's behaviors and attitudes at home and school. Parents described their children's behavior using a scale of 1 to 5 where 1 = *never* and 5 = *always*. All items assessed showed change in the desired direction. KCSOS Project 180 prevention specialists asked parents to complete a pretest at the time the youth was assessed using the YLS-CMI. Parents are then asked to complete a posttest survey upon completion of the program.

In all, a total of 114 parents were enrolled in Parenting Classes and completed a pretest. Of those, 42 parents had a matching pretest and posttest survey. The analysis included here is based on the 42 matching pretest and posttest surveys.

- **Negative behaviors of youth observed by parents decreased by 26%.**

**Objectives: Increase parent/guardian knowledge level of warning signs of youth involvement in gangs due to their participation in Parent Project sessions by 10%.**

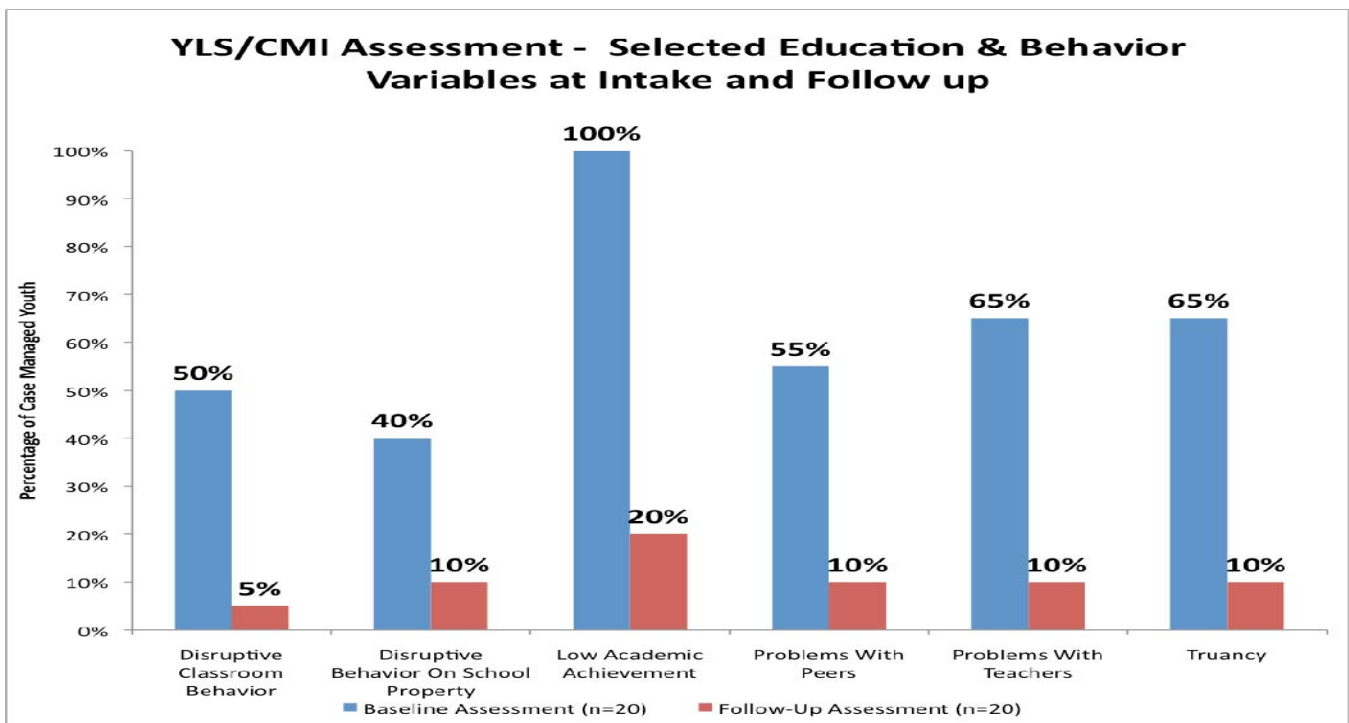
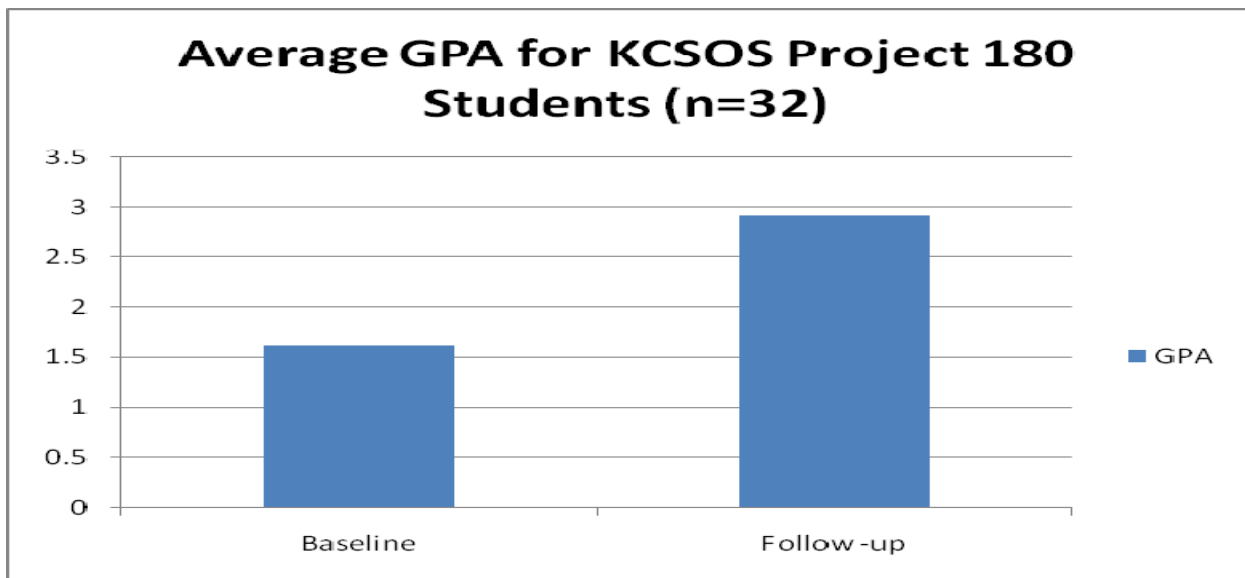
On the parent survey, parents were asked to identify three warning signs that would alert them of possible gang involvement on part of their children. Parent reported knowledge of gang involvement warning signs **increased by 37%** after completing the Parent Project classes.

**Objectives: Refer 30% of KCSOS Project 180 families to Parent Education Classes.**

A total of 114 parents were referred to Parent Education classes, Parent Project and Parents On a Mission. As mentioned previously, a total of 108 were assessed with the YLS-CMI, resulting in **94.5% of parents being referred.**

**Objective: Improve grades and attendance, reduce behavioral disturbance referrals or lower office referrals by 5%.**

This measure was evaluated using student transcripts, report cards, and the YLS/CMI assessment Pre/Post. Overall the student's GPA increased from 1.61 at baseline to 2.92 at follow-up (61% increase in GPA). Because some students entered the program late in the reporting period for this report, the post information is not available as they are still in the program.



**Objective: Provide regular opportunities for KCSOS Project 180 referred students to be connected to youth development programs.**

KCSOS staff hosted two (2) Youth Program Overviews during the twelve month period. Flyers, sign in sheets, and agendas were previously turned in with the September 2010 and March 2011 monthly reports from KCSOS.

<u>Training</u>	<u>Dates</u>	<u>Number of Attendees</u>
Youth Programs Overview	September 22, 2010	111
Leaders in Life Youth Conference	March 16, 2011	1600+
Youth Programs Overview	March 23, 2011	69

## **SUMMARY**

**At the end of the 2010-2011 twelve-month project period, KCSOS Project 180 met the goals and objectives for this reporting period. Even though the goals and objectives were met, the outcomes measures can be improved with better collection and inputting of data into the ETO system.**

**Some challenges for this reporting period were as follows: (1) the two KCSOS Prevention Specialists had to be funded from numerous grants due to budget cuts which limited the amount of time spent on KCSOS Project 180 services; (2) families not following through; (3) shortfalls in KCSOS clerical staff support;**

**KCSOS staff members have recognized these program challenges and have put in place the following practices in order to address these issues:**

- **Created a New Referral Form and improved the referral process to ensure that the program is addressing the goals of the program and to enhance the quality of services being delivered to KCSOS Project 180 referred students and families.**
- **Created a Parent/Student Agreement Form to strengthen retention and improve outcomes.**
- **Consolidated programs in the ETO data collection system in order to provide clear pre-post assessment protocols and maximize the number of matching pre-post students assessments.**
- **Standardized all Pre/Post Forms for all programs in order to improve consistency of Pre/Post data collection**
- **Partnered up with California State University Bakersfield (CSUB) Social Work Department to provide Masters in Social Work (MSW) Student Interns and KCSOS will provide .5 FTE support of a Program Facilitator to address Clerical staffing support issues.**
- **Created a peer review and MSW Supervisor feedback system approach to improve Case Management and data collection follow-up.**
- **Instituted a bi-monthly case management meeting to strengthen measurement of program outcomes.**
- **Created criteria for program dismissal to more accurately track the reasons why students are exited from the program.**

# KCSOS Project 180

## Two Case Studies

As part of the 2010-2011 Evaluation, two case studies were conducted.

### Mary's Story

Mary is a 16 year old student that was referred to KCSOS Project 180 by a counselor from the Kern High School District. Mary's mother had been desperately looking for intervention services to help her with her daughter's negative behavior. Mary's behavior had recently gotten worse in the past year. Her negative behavior included chronic truancy, running away, suspensions, substance abuse, and hanging out with negative peers (gang members). Mary was in danger of dropping out of school and not graduating from high school.

KCSOS Project 180 staff conducted an assessment using the YLS/CMI on October 25, 2011 to assess for risks and needs. The prevention specialist noted that Mary was at high risk (27) on the assessment for juvenile delinquency. Short term and long term goals were set to address the high risk areas. Mary was referred to the January 2011 class of the Grizzly Youth Academy in San Luis Obispo and the entire family was referred to the Parent Project.

Before shipping of to the Grizzly Youth Academy, Mary and her family completed the Parent Project class at a local High School. Mary completed the teen component curriculum of the Parent Project. Mary shipped out in January 2011 to the Grizzly Youth Academy.

Mary graduated from the Grizzly Youth Academy in June 2011. While at the Academy, Mary received her high school diploma and completed 65 hours of community service. Mary returned back to her hometown and is currently volunteering at the Bakersfield Ronald McDonald House and attending Kaplan College.

Here's Mary's story in her own words:

"When life deals a set of cards, throw away the cards you don't like, it is Then up to you to deal your own cards." My name is Mary M. This is the story of how Project 180 helped me change my game.

**"Project 180 helped  
me change my  
game."**

Growing up in a small town where drugs and gangs are all around made it hard for me not to fall into temptation. Mentally and emotionally weak it was easy to slip right through the cracks. Growing up I never really understood who I was. Sure my parents were around but they had their own problems. Dealing with a father that did nothing but put me down, I turned the affection of boys. I looked for that love that my father never gave me. Those boys where there for me when I needed them. I was introduced to the street life at the age of twelve.

Even though I was never really in the streets I knew the stuff that went on. It was like the family that I wish I had. By the age of thirteen I was becoming an alcoholic. It seemed that every year since that only got worse. I eventually turned to drugs. Drugs made me feel invincible. I felt like I could do anything in the world. They opened my eyes to the life and I love it. They seemed to have made all my problems disappear. Or so I thought. I lost the trust of my parents because of this addiction of mine not only to drugs, but to the "Crazy Life."

I grew tired of hurting my mom and dad. I knew I needed help but had nowhere to turn to. There was a problem and I didn't know how or where to start. I signed up for Project 180. There I was shown how to communicate with my parents. Things where better but I knew I needed to get away for a while. I applied for Grizzly Youth Academy in San Luis Obispo.

Grizzly was my residence for five and a half months. Having people I didn't know screaming in my face I was scared. It made me feel what I felt when my dad screamed. Throughout the cycle I got help for my addiction and depression. I learned who I was. Grizzly thought me that no matter what you've been through you can always change. I changed. Now I have goals and dreams that I know I will achieve. I am seventeen years old and attending Kaplan College. I am in the Dental Assistant program. This, for me is a stepping stone to achieving my dream of becoming a Dentist.

With the help of Project 180 and Grizzly Youth Academy I was able to turn my negative lifestyle to a positive one. Going from drugs and gangs to college and dreams feels great. I was able to move forward without looking back. My name is Mary M. and I can say that with Project 180 as my backbone I definitely changed the cards I was dealt.

A quote from Mary's mother:

"We think the Project 180 program helped us a lot, it really made a change in our family. Thank you for offering your help".

## Joseph's Story

Joseph, a 16 year old student from West High School, was referred to Project 180 Prevention Specialist during his sophomore year in high school. At the time of the referral he was defiant towards his mother, behind 55 credits in school and had run away from home on numerous occasions. He was displaying signs of aggression, criminal activity and had numerous suspensions for truancy and poor behavior. Joseph was at risk for dropping out of school and had not received a single credit after attending school for one full year.

After receiving services from Project 180 and collaborative partners, a follow up call was made to Joseph's mother to see how he was doing and she replied, "He has become such a fine young man. We can actually sit down and have real conversations together without arguing. He is more considerate towards his siblings and values making contributions around the house." Before Project 180 and the Grizzly Youth Academy, Joseph was on the wrong path. All of that has changed according to Joseph and his mother.

Joseph reflected on how his relationship with his mother began to change when he applied for and was accepted to the Grizzly Youth Academy in San Luis Obispo, CA. When asked what he thought made the difference he replied, "I didn't realize how good I had it at home and Grizzly made me appreciate the little things in life such as watching T.V. , taking as long a shower as I wanted or listening to music. At Grizzly there was no T.V. or music to listen to and we had to be in and out of the shower in 2 minutes."

The Grizzly Youth Academy is a Charter High School, run by the California National Guard and chartered through the San Luis Obispo County Office of Education. The academy is a 5 ½ month residential program and structured as a "military boarding school" to promote an academic environment that helps develop leadership, cooperation, and academic skills, while improving self esteem, pride, and confidence.

Joseph's mother received numerous letters from her son while he was away at Grizzly. She could see the change happening from the correspondence and when she received his first school progress report in the mail, it was straight A's. "I cried when I saw his report card and his siblings were ecstatic!" After this she knew that he would return home a changed person, and she wanted to be ready for that change. So, she recalls, "When Project 180 offered me the opportunity to take Parent Project (parent skill building classes) to help me change, I jumped at the chance! The first thing I learned was how to re establish that foundation of love and affection. The Parent Project instructors at West High School were amazing and I couldn't wait to attend class each week." Parent Project is a 10 to 16-week parent training program designed specifically for parents of strong-willed or out-of-control adolescent children. The curriculum teaches concrete identification, prevention, and intervention strategies for the most destructive of adolescent behaviors (poor school attendance and performance, alcohol and other drug use, gangs, runaways, and violent teens).

**"I don't know where I would be right now without Project 180 or the Grizzly Youth Academy."**

After Joseph graduated from Grizzly Youth Academy with top honors he returned home and was eager to continue on the path of success. Since his return, he has participated in numerous community service events and recently completed an eight month internship with the Juvenile Diabetes Research Foundation (JDRF). Joseph received high praise from JDRF for his willingness to cooperate with staff and for his communication and organization skills. Cynthia, Branch Manager of JDRF, says, "Joseph is an asset to our organization and we are very fortunate to have him."

Joseph is entering his senior year in high school and has made up almost all 55 of the credits he was deficient. He will graduate from West High School in June 2012 and plans on attending junior college in the fall. His mother says, "Joseph has become more spiritual since his return from Grizzly. Before I could barely get him to attend church but now he rarely misses and when it is time to praise he is always right up front. Our family really appreciates Project 180 for their passion in working with my son, and we now have a positive outlook for his future."

When asking Joseph about Project 180 he commented, "When I first met Prevention Specialist Curtis I didn't want to have too much involvement with him or the program. But after I saw how dedicated he was to help me and my family I decided to make the commitment. I'm glad I did because I don't know where I would be right now without Project 180 or the Grizzly Youth Academy."

## **METHODOLOGY**

To protect these youth's and staff anonymity, a pseudonym is used in place of these youth's and staff's real name.