



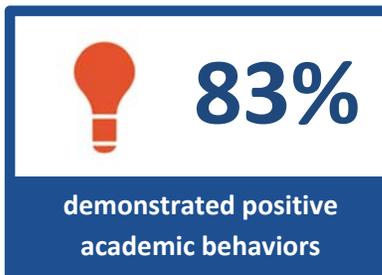
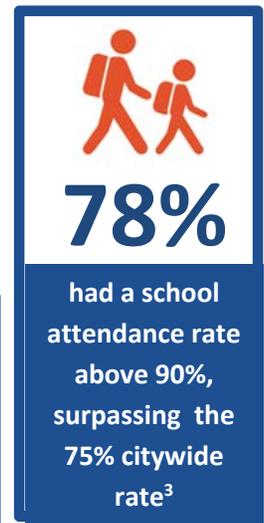
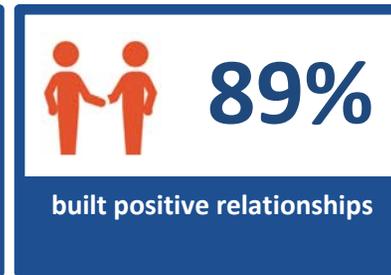
## OUR 2016-2017 RESULTS

**3,600** elementary and middle school students **+** **331** staff **across** **24** programs 

### OUR AFTERSCHOOL PROGRAMS:

#### Harnessing the Power of Community to Promote Growth and Learning

For over 35 years, Good Shepherd Services has provided afterschool programs for youth and families across New York City. Today, Good Shepherd is one of the largest providers of afterschools in the city, serving over 3,000 elementary and middle school students at 24 programs located in Brooklyn and the Bronx. Our programs share a commitment to providing safe, engaging and inclusive afterschool communities, rich in developmental opportunities that help youth to identify their unique talents and empower them with a sense of belonging, skill mastery and leadership. City funders and foundations have consistently highlighted our programs for their innovative and effective practices.



“Early in school, I was struggling. But afterschool was the main reason that helped me get over the hump.”  
—Afterschool participant

## OUR MODEL

The Good Shepherd afterschool model aims to create learning environments that provide a sense of safety and opportunities to forge positive relationships, participate in planning and decision-making, and develop a sense of purpose. Our strength-based and evidence-informed Youth and Family Development and trauma-informed approach helps participants to build on existing competencies while gaining the developmental skills necessary for academic success. In addition to fostering “hard” skills among young people, Good Shepherd afterschool programs cultivate personal and social assets – such as developing positive relationships and leadership skills- that have been associated in research with long-term outcomes of academic performance and employability. The core components of the model are:

- ✓ **Balanced and rich array of daily activities:** Our programs offer a wide range of activities in group settings that present opportunities for community-building, learning, and growth. Activities help youth explore and grow in the areas of Academics, Family Engagement, and Youth Development by promoting leadership and youth voice, Physical Activity through sports and fitness and Enrichment through visual and performing arts.
- ✓ **Research-based practices with proven effectiveness:** Recognizing the power of healthy communities in the lives of youth, Good Shepherd grounds its afterschool model of practice and training in the evidence-informed Social Group Work Methodology. Young people live and thrive in communities of peers, family, school, and neighborhood. Social Group Work is rooted in the inherent value and strength of youth and families, and their unique contribution to the group. Within an emotionally safe environment, staff foster shared leadership among group members, engaging young people in group problem-solving around conflict and imparting techniques to strengthen their ability to help each other. The high quality implementation of these practices across all programs is supported by robust, centralized performance management, professional development, and administrative capacities.
- ✓ **Strong community partnerships with providers of specialized services and universities:** To further enhance our effectiveness across programs, Good Shepherd has entered into a long-term community-research partnership with Dr. Elise Cappella from the New York University (NYU) Steinhardt School of Culture, Education and Human Development.

For more information on Good Shepherd Services, visit our website at <https://goodshepherds.org/>. For questions about the content of this report, please email Stephanie Mui, Senior Program Analyst, at [Stephanie\\_Mui@goodshepherds.org](mailto:Stephanie_Mui@goodshepherds.org)

## WHAT WE PROVIDE:



## How we use Circle of Courage to foster community:

To strengthen our practice, we have embedded the guiding principles of the Circle of Courage – a Native American philosophy of youth development – into our afterschool programming in order to create an engaging culture with shared purpose. By participating in groups, youth develop skills related to the four Circle of Courage tenets:

- **Belonging** by establishing trusting connections and forming positive relationships with other group members;
- **Independence** by building self-control and responsibility, and taking on leadership roles within the group;
- **Mastery** by solving problems, meeting goals, and learning skills related to arts, sports, literacy and STEM; and
- **Generosity** by showing respect and concern for others while helping and supporting other group members

