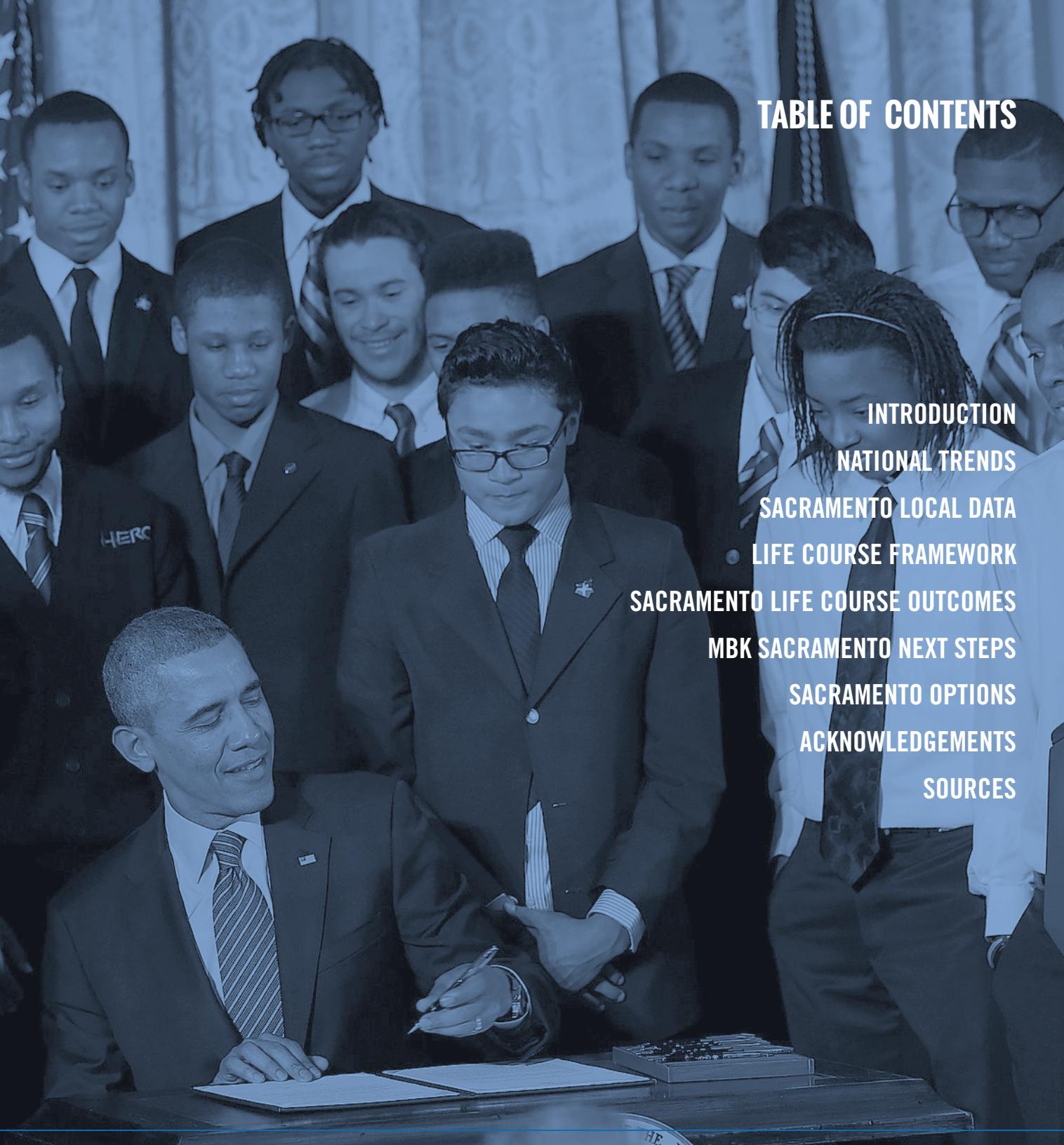




# MAKING MY BROTHER'S KEEPER REAL IN SACRAMENTO

A COMMUNITY OPTIONS GUIDE



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## INTRODUCTION

In February 2014, President Obama established the My Brother’s Keeper Task Force to increase the opportunities for boys and young men of color.<sup>1</sup> Despite our country’s many advances over the past 50 years, our boys and young men of color (BMoC) are behind on many favorable outcomes such as high school graduation and gainful employment. Unfortunately, BMoC are the leaders in many unfavorable outcomes such as living in poverty, imprisonment, and victims of murder.<sup>2</sup> As a result, the following milestones were recommended by the My Brother’s Keeper Task Force to help expand the life chances and opportunities for BMoC<sup>3,4</sup>:

### MILESTONES

- Entering school cognitively, physically, socially and emotionally ready to learn
- Reading at grade level by third grade
- Graduating from high school ready for college and career
- Completing postsecondary education or training
- Successfully entering the workforce
- Reducing violence and providing a second chance

### MY BROTHER’S KEEPER SACRAMENTO

To better understand the challenges that boys and young men of color face in Sacramento, and to

assess the opportunities available to them, the Sacramento community engaged in multiple research and data collection processes. Sacramento’s “Office of the Mayor,” Sierra Health Foundation, and Sacramento City Unified School District (SCUSD) have taken the lead role in driving the regional My Brother’s Keeper (MBK) effort. This collective Sacramento effort has focused on engaging a wide range of stakeholders. In February 2015, the Sacramento Leadership Action Summit brought together members of the public sector, community-based organizations, academic experts, and young people to design the meeting process and develop an action plan. In March, the second meeting included a broader set of constituents and was open to community members who worked with BMoC in the Sacramento region. In May, the Sacramento Local Action Report was released and the concluding meeting will be held in September 2015. This gathering will serve as the platform for community leaders, youth, and policymakers to review the current landscape of opportunity programming in the Sacramento area, make recommendations to strengthen systems of support, and to discuss future areas of focus for BMoC.<sup>5</sup>

### SACRAMENTO MBK TIMELINE

February	March	April - May	June - August	September
Sacramento designs meeting process and develops MBK action plan.	Sacramento invites over 50 representing agencies, community leaders and young people to a MBK Local Action Summit	Sacramento Facilitates Community Planning Meetings. MBK Local action Report Released.	MBK Planning Committee is engaged to organize September Sacramento MBK Community Convening	Sacramento convenes community leaders and young people to develop the Sacramento MBK Community Convening

“ For boys and men of color, race and gender intersect with what are known as “social determinants” to create particularly dismal outcomes. This social determinants framework helps us understand how social, cultural, political, environmental, and economic institutions and policies have interacted with existing inequities in wealth, employment, and educational opportunity to reproduce unjust conditions and outcomes for boys and men of color across generations. At the same time, this framework points to key institutional and policy “pressure points” for social transformation and systemic change.<sup>6</sup> ”



## NATIONAL TRENDS

Black women make up the largest share of unmarried mothers among US-born and foreign-born mothers, followed by Hispanic women.<sup>7</sup> In 2010, 78% of US-born black mothers were unmarried compared to 58% of Hispanic mothers.<sup>8</sup> As a result, many BMoC are raised in single-parent homes.

In 2010, 6.1 million Hispanic children were living in poverty in the United States, the highest among ethnic or racial groups.<sup>9</sup> In addition, of those Hispanic children living in single mother households (57.3%) and living in households with an unemployed parent (43.5%) contributed to higher poverty rates.<sup>10</sup> However, of Hispanic children living in households with a college-educated parent, only 8.7% lived in poverty in 2010.<sup>11</sup> Although more Hispanic children are living in poverty than other racial or ethnic groups, 39.1% of Black children live in poverty compared to 35% of Hispanic children, and 12.4% of White children in the United States.<sup>12</sup> The national poverty rate was 15.1% during this same period of time.<sup>13</sup>

Recently, educational data from the National Assessment of Educational Progress indicated that more than 50% of fourth graders from ethnic and racial groups scored below reading proficiency levels in 2013.<sup>14</sup> Specifically, 83% of Black students, 81% of Hispanic students, and 78% of American Indian and Native Alaskan students scored below proficiency, compared to 66% of White students.<sup>15</sup>

A recent survey by the Pew Research Center showed significant differences by race and ethnicity in college completion among young people 25 to 29 years old. According to the 2010 survey, 53% of Asians and 39% of Whites in this age group had completed college, compared to 19% of Blacks and 13% Hispanics within this same age group.<sup>16</sup> The trend of racial and ethnic difference among college attainment rates has remained steady since 1988.<sup>17</sup> When considering gender and graduation rates, in 2010 males comprised roughly 45% of the college graduates for White, Asian, and Hispanic groups; however, for black college graduates only 37% were males.<sup>18</sup>

Homicide is the leading cause of death for Black males ages 10-24, and it is one of the leading causes of death among American Indian and Alaskan Natives, and Hispanic males within the same age group.<sup>19</sup> In addition, Black and Hispanic males are disproportionately imprisoned compared to White males.<sup>20</sup> For example, in 2010, Black and Hispanic males accounted for 5.8% and 32.8% of California's total population, respectively; however, Black males represented 29% of the total prison population for males, while Hispanic males represented 40.3%.<sup>21</sup>

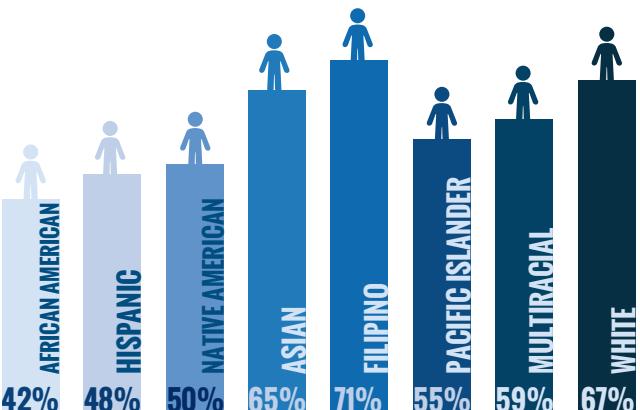


**Poverty affects child development not only by disrupting family life but also by increasing the probability of adverse experiences at school and in the community. For example, poor BMoC are more likely than their White peers to have contact with the criminal justice system. They are less likely to advance to higher education, and they are more often trapped in a lifelong pattern of unemployment or underemployment. Over time, this cycle of adversity has consequences for the stability of their marriages that, in turn, diminishes their ability to invest in their offspring. They experience poor health and lower life expectancy. Ultimately, they become invisible as they disengage from participation in civic life**<sup>22</sup>

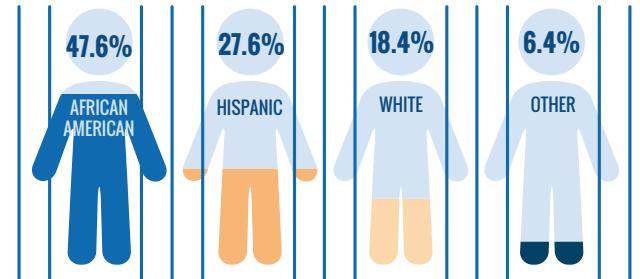
## LOCAL SACRAMENTO DATA<sup>23</sup>

### THIRD GRADE READING LITERACY, 2014-15

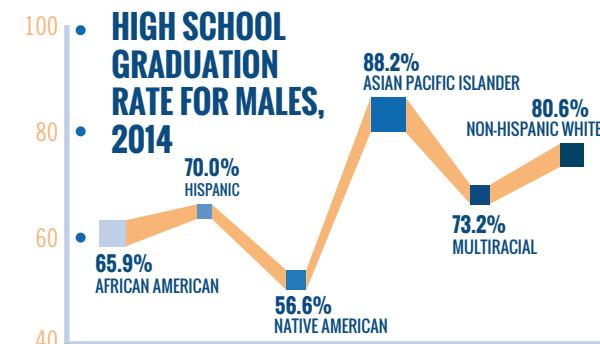
% Scoring near, at, or above proficient on reading literacy portion of CAASPP ELA test



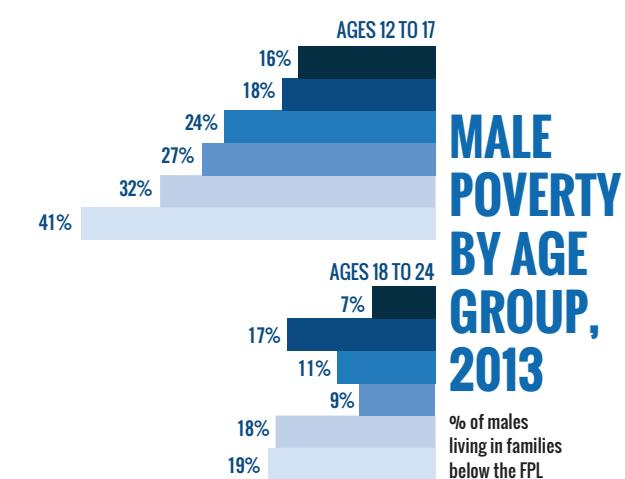
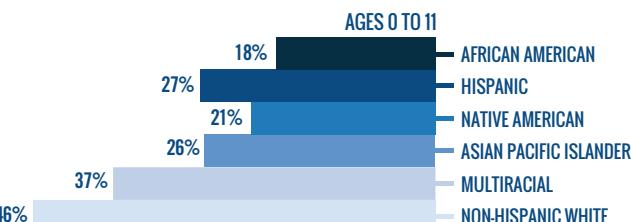
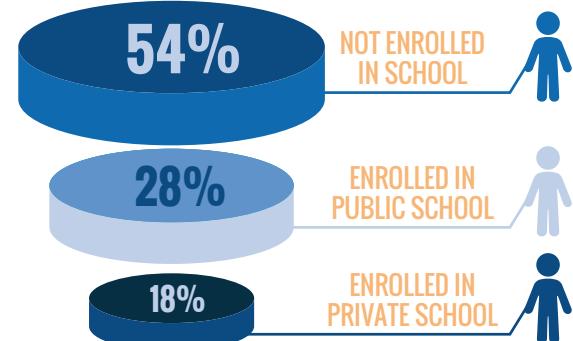
### PERCENTAGE OF JUVENILE FELONY ARRESTS BY RACE, 2014



### TEEN BIRTH RATE, 2013



### 3 AND 4 YEAR OLDS ENROLLED IN PRESCHOOL SACRAMENTO COUNTY 2011<sup>24</sup>





## LIFE COURSE FRAMEWORK

When considering recommendations to help BMoC expand their life chances and opportunities, it is essential to consider the varying stages of development across the life span; thus the life course framework is extremely important. Life course theory (LCT) is a conceptual framework that helps explain health and disease patterns – particularly health disparities – across populations and over time. Instead of focusing on differences in health patterns one disease or condition at a time, LCT points to broad social, economic and environmental factors as underlying causes of persistent inequalities in health for a wide range of diseases and conditions across population groups.

**While weakened social bonds can lead people on a trajectory to antisocial and criminal behavior; there are key turning or transition points along the life course (e.g., employment, marriage and parenthood) that re-establish social bonds and promote prosocial behavior.<sup>25,26</sup>**

LCT is population focused, and firmly rooted in social determinants and social equity models. Though not often explicitly stated, LCT is also community (or “place”)

focused, since social, economic and environmental patterns are closely linked to community and neighborhood settings.

A summary of the key life course concepts include the following:

- **Today's experiences and exposures influence tomorrow's health. (Timeline)**
- **Health trajectories are particularly affected during critical or sensitive periods. (Timing)**
- **The broader community environment–biologic, physical, and social –strongly affects the capacity to be healthy. (Environment)**
- **While genetic make-up offers both protective and risk factors for disease conditions, inequality in health reflects more than genetics and personal choice. (Equity)**
- **Interactive processes – The development of health over a lifetime is an interactive process, combining genes, environments and behaviors.**
- **Lifelong development/lifelong intervention – Throughout life and at all stages, even for those whose trajectories seem limited, risk factors can be reduced and protective factors enhanced, to improve current and subsequent health and well-being.**

To create viable opportunities that lead to life transforming outcomes, it is essential to include meaningful consideration to age appropriate interventions and preventative measures, contextual factors such as family structure or community violence, and evaluative measures to ensure appropriate progress toward meeting established milestones. The focus is to create appropriate opportunities for BMoC in Sacramento that will match the My Brother's Keeper milestones. All options have been captured under four domains within each Life Course age range: Education, Healthy Development (physical/health, cognitive, social/emotional, and mental health), Safety, and Family Support.

### EDUCATION

High quality education is crucial to meeting the recommended milestones. Early childhood education and literacy programs are particularly important to accomplishing the first two milestones: entering school ready to learn and reading at grade level by third grade.<sup>26</sup> Furthermore, these milestones serve as a basis for the subsequent milestones. It is essential that children are reading at grade level by third grade because an important transition from learning to read, to, reading to learn occurs at the end of third grade. Research has shown that boys of color entering fourth grade who are not reading at grade level are less likely to achieve grade level reading proficiency, and are more likely to drop out of school.<sup>27</sup> Furthermore, the ability to read

and write proficiently is connected to school outcomes and future opportunities across the lifespan.<sup>28</sup>

With regards to high school graduation rates, Black and Hispanic males graduate at significantly lower rates than White males. In 2012, a national review of the four-year graduation rate for Black and Hispanic males was 52% and 58%, respectively, compared with 78% for White males.<sup>29</sup> When considering high school graduation rate data for Asian American males, unfortunately, aggregated data hide serious disparities among subpopulations. For example, Asian/Pacific Islander data often obscure adverse outcomes for “Pacific Islander and Southeast Asian males (e.g., Hmong, Lao-tian, Cambodian, Vietnamese) who have academic experiences and outcomes on par with those of other underserved men of color.”<sup>30</sup>





## LIFE COURSE FRAMEWORK

### HEALTHY DEVELOPMENT

From birth to age five is a vital time for human development. According to research, by age three a child's brain has grown to about 80% of its adult size; thus any developmental disparities during this early period are more likely to continue and become pervasive over time.<sup>31</sup> Addressing early childhood development in a comprehensive and holistic manner is important to ensure lifelong success. Access to and utilization of affordable healthcare options for families is essential to healthy development across the lifespan, beginning with prenatal care. Furthermore, access to resources that promote and support positive social, emotion and mental health development are also vital across the life course.

### SAFETY

Access to a safe environment is fundamental to meeting all milestones. High rates of crime and violence threaten the safety and security of BMoC. They are often exposed to excessive trauma living in impoverished and high crime areas, and have little access to resources and opportunities outside of their communities. In addition, early encounters with law enforcement tend to limit opportunities later in life. Second chance

opportunities are vital to helping BMoC achieve success in school, work and life.

There continues to be a persistent stereotype that young BMoC, especially African American or Hispanic, are characteristically more violent and more likely to engage in criminal behavior and gang activity than their White counterparts.<sup>33</sup> This stereotype is born from centuries of legally imposed discrimination coupled with current implicit bias and structural racism; it permits society to view differential treatment of young men and boys of color by schools, law enforcement entities, and the criminal justice system as legitimate and to ignore its obligation to remedy these abuses.<sup>34</sup>

Although there are a number of causes of violence surrounding BMoC, research has shown that structural racism and concentrated disadvantages are chief components that perpetuate violence within many communities where BMoC live.<sup>35</sup> Neighborhoods of concentrated disadvantage are defined by high levels of poverty, exclusion from well-paying jobs, and other indicators of distress.<sup>36</sup> This type of violence is not physical violence, but can be revealed through "systematic policies that foster disinvestment, by practices that remove jobs from communities, by historical federal

and banking practices that denied bank loans to low income communities...and by taxation policy that robs communities of the tax revenue for basic services."<sup>37</sup> In addition, other examples of structural racism and systematic disadvantage for BMoC include the increased police presence in disadvantaged communities which can create a militarized living space, a significant difference in the manner by which BMoC are treated by law enforcement and courts, and BMoC being incarcerated at considerably higher rates than White youth.<sup>38</sup> Furthermore, research on the connection between violence, race and ethnicity, and concentrated disadvantage has shown that individuals living in neighborhoods of concentrated disadvantage are "more likely to experience violence and to be victims of violence."<sup>39</sup>

### FAMILY SUPPORT

Ensuring parents have access to necessary resources and support services are a vital component to the success of a child. In addition, it is essential to consider a two-generation approach when developing interventions for BMoC.

"Two-generation policies reflect strong research findings that the well-being of

parents is a crucial ingredient in children's social-emotional, physical, and economic well-being. And at the same time, parents' ability to succeed in school and the workplace is substantially affected by how well their children are doing."<sup>40</sup> Although the needs of parents and the needs of children may differ, effective interventions, services, and policies will integrate the needs of the whole family to create solutions that lead to long-term results.

Furthermore, this domain is particularly relevant because the parental reference is likely to shift across the life course captured in this document. Thus, this section will refer to the parents of BMoC ages 0-11; whereas the section on 12-17 year olds will include resources for teen parents as well as parents of youth ages 12-17. The section for 18-25 year olds will address BMoC as parents.

**“According to the Centers for Disease Control and Prevention, African American males aged ten- to twenty-four-years are the victims of murder at a rate almost nineteen times that of their non-Hispanic White American peers, and Hispanic/Latino American males in this age group are six times more likely to be victimized than their non-Hispanic White Americans counterparts<sup>32</sup>”**



## SACRAMENTO LIFE COURSE OUTCOMES

### THE LIFE COURSE FRAMEWORK:

- Earlier life outcomes affect later life outcomes
- There are sensitive developmental periods for intervention
- There is a need for interventions across the life course, not just early interventions.
- Community and neighborhood settings matter
- All interventions must be done at the same time

Age Range	Age Range	Age Range
0-11	12-17 years	18-24
Positive Outcomes	Positive Outcomes	Positive Outcomes
Positive Birth Outcomes Access and utilization of quality health care Comprehensive early childhood education Two generation approach to interventions	High School Graduation College Enrollment Career Preparation Access and utilization of quality health care Prosocial relationships with adults and peers Opportunities to experience self-efficacy and build life skills	College Graduation Stable Housing Stable Full-Time Employment Access and utilization of quality health care





## MBK SACRAMENTO NEXT STEPS

### STEP 1: IDENTIFY A LEADERSHIP ORGANIZATION

—Among the different stakeholders and advisors at the planning table (including local government, academic experts, non-profit service providers, youth and families, and advocacy groups), it is crucial to define a specific group that takes responsibility for moving the work forward. Deciding on the leadership entity and locus of responsibility depends greatly on local context. Emerging lessons from other MBK cities indicate that initiatives in which government authentically engages with community organizations in robust partnerships suggest a strong likelihood of success. In some cases, the community organization may be the lead and in other cases it may be a strong partner. If the initiative is anchored by a mayor, mayors should seek the help of entities outside of city hall to ensure sustained focus and impact beyond their tenure.

The leadership organization carries out core functions of the initiative and drives implementation. In addition, this organization works to ensure accountability. Members regularly work with systems leaders to ensure progress toward implementation of relevant aspects of the plan. They determine how the data collection and policy review will be translated into implementation, by prioritizing actions and helping to keep all of the different groups involved on task. Furthermore, they are responsible for setting up the tools that are needed to

keep the different pieces (data tracking, monitoring and evaluation, etc.) functioning and working in sync. They also have the authority for determining how to most effectively carry out tasks and hand off tasks among groups.

### STEP 2: BROADEN CONSTITUENCIES

—Building on efforts already undertaken to establish a broad team to conduct the policy review, securing additional organizations and individuals to shape, support, and help implement the action plan increases reach and capacity. Operating at scale will require a coordinated, collaborative approach, expanding on and aligning with activities already underway that are making important gains with boys and men of color. Potential stakeholders include those advancing quality programmatic efforts contributing to the identified milestones, engaging in high-impact policy reform, and participating in effective cross-system collaboration to improve services and systems. In addition, identifying any local activities or individuals connected to national networks can add capacity to implement the action plan.

Identifying how each stakeholder is best suited to contribute to a particular milestone can be a useful approach. Shared accountability systems and processes will allow participants to see individual stakeholder contributions, performance measures, progress to date, and important lessons learned.

### STEP 3: ESTABLISH INFRASTRUCTURE

—Data collection and analysis, communications, policy, resource development, and outreach and engagement are all necessary for a successful initiative in Sacramento. The action plan should consider how these capacities will be built or leveraged. The capacity for each of these domains of expertise will likely not be held by any one entity. In some cases, multiple organizations will have overlapping or shared expertise. The goal is to assemble a broad set of stakeholders with the collective resources and expertise to achieve success, and determine roles and responsibilities through a transparent process.

As part of this infrastructure, the partners should develop a blueprint for how various actions will be funded, including plans to use or redirect existing resources and/or obtain new public or private-sector commitments. The blueprint should specify areas where additional commitments, investments, or partnerships with national networks or initiatives could help the community achieve its goals regarding outcomes for boys and men of color.

### STEP 4: TARGET AND CONCENTRATE RESOURCES

—A review of the data will have revealed

key information about the populations and places in greatest need. To achieve equitable outcomes, Sacramento must target and concentrate resources accordingly. One approach is to focus on areas within Sacramento with the highest concentration of vulnerable populations of boys and men of color, based on the milestones and recommended actions identified. Another approach is to focus on subpopulations within the boys and men of color group who are particularly vulnerable, such as large immigrant populations or teenaged boys in the foster care system.

Where relevant, Sacramento's action plan should highlight information from the data collection undertaken earlier in the process. Depending on how efforts are being targeted, this would include breakdowns of indicators by specific geographic area or subpopulations (including age, race, national origin, gender, and individuals in households where languages other than English are spoken). Other important elements include relevant information on crime, education, barriers to employment, existing regional economic growth efforts and industries, areas of commercial blight and/or environmental concern, private economic activity, transportation options and mobility, and/or other characteristics related to connectivity and public safety.

Sacramento's action plan should articulate how supports will be customized for the most vulnerable in each subgroup or place. These customized supports will depend on the relevant agencies and partner or-



## MBK SACRAMENTO NEXT STEPS

ganizations aligning policy and programs and focusing resources per community or per population in collaboration with other members of Sacramento's MBK initiative.

### STEP 5: DEVELOP AN IMPLEMENTATION STRATEGY

—To ensure positive change occurs for boys and men of color, it is important to establish timelines for tasks, targeted outcomes to work toward, and incremental benchmarks along the way. Ongoing monitoring and annual review can help keep the action plan on track. Benchmarking allows all constituencies and the community to see progress, holds key stakeholders accountable for their roles, and makes adjustments to the action plan as necessary. While there are many indicators and metrics associated with the milestones that can fulfill this purpose, the best to use are those that are publicly available, can be tracked locally and regionally, and connect to root cause issues affecting boys and men of color.

Step 6: Write and disseminate the plan—A compelling and concisely written action plan specifies the commitments of all involved and the outcomes being pursued. Stakeholders should be able to reference it easily and know which components they are responsible for. Plans should include the initiative's vision, milestones, organizational chart, infrastructure plan, and implementation strategy.

In addition, to ensure coherence in the overarching narrative, the plan should:

- address synergies and potential conflicts among identified goals, and make connections among different policy areas, as well;
- articulate a rationale for setting priorities among different goals and activities, and if necessary, address the timing of implementation of specific goals and activities;
- address activities of partners and non-partners that would have an effect on activities or success; and
- articulate the extent to which the plan will contribute to or benefit from broader regional economic development, livability, revitalization, or population-specific efforts.

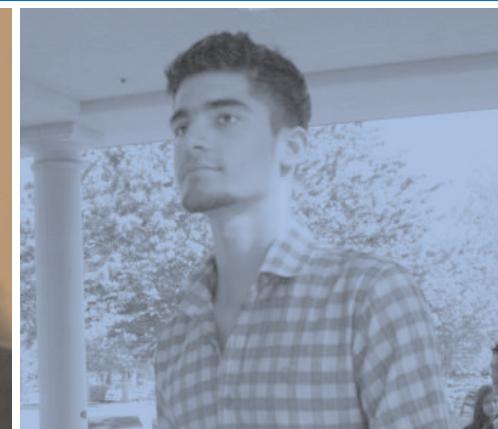
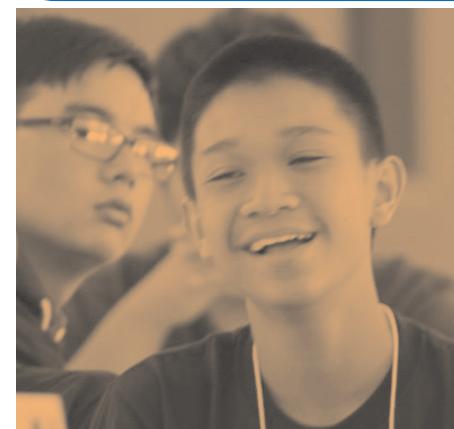
The process of writing the plan should serve as an opportunity to engage the broader community. Sharing a draft version with constituents and incorporating suggestions into the final document can strengthen the plan and build support. After the plan is finalized, it will be publicly launched and disseminated widely. The plan can be used as an ongoing tool to engage the community in improving outcomes for boys and men of color.

**“**The life course theory must be incorporated into existing programs to broaden their focus and impact on health disparities. Investment in direct service delivery, inter-agency collaboration, and community leadership development. This approach can address social inequities, promote advocacy and cross sector engagement.<sup>41</sup> **”**

### Intended Purpose of the Sacramento Options Section

The overall plan for this document is to provide Sacramento community stakeholders with an “options document” to help develop the plan and course of action for continued the Sacramento MBK efforts. In the following section you will find three age groups for boys and young men of color in Sacramento. These interventions are further divided into domains such as education or safety to help ensure the planned interventions are connected to anticipated outcomes as outlined in the My Brother’s Keeper milestones.

The options listed in the document are a result of an internet and literature review of programs in the Sacramento area. This is not an exhaustive list of community options and there are many organizations that do incredible work in our community.





## SACRAMENTO OPTIONS

### Life Course Age Group: 0-11 Options

**Milestone:** Entering school cognitively, physically, socially and emotionally ready to learn • Reading at grade level by third grade

**Advocacy Groups:** Sacramento Housing and Redevelopment Agency, Stand Up, Black Parallel School Board, School Readiness Department (SCOE), Steering Committee on Reduction of African American Child Deaths, Sacramento Area Congregations Together (ACT), Sacramento NAACP The California Executives' Alliance to Expand Opportunities for Boys and Men of Color, California Black Health Network

### EDUCATION

#### Early Childhood Education

**Child Action Inc.** promotes the healthy growth and development of children and families living in Sacramento County. Services include child-care resources and referrals, child care subsidy assistance, recruitment and training of child care professionals, and parent education and support.

#### Children's Receiving Home of Sacramento Trauma Informed Care

**Preschool** provides a variety of therapeutic and early intervention services for young children ages 3-6 with a history of trauma.

**Crocker Art Museum** targets hard to reach families, the Early Childhood Initiative, promotes the importance of play through art-based, family centered experiences and classes at the museum.

**Early Head Start Home Based Services (SCOE)** provides services to pregnant women and children ages birth to 36 months old and their families. Services include: fun activities to promote child growth and development; individualized education plan; health, nutrition, and developmental screenings; parenting skills support; services and support for children with disabilities; referrals and access to resource staff; prenatal and

postpartum information for pregnant moms; and preschool readiness activities.

**Preschool Bridging Model** provides direct services to over 400 family child care providers and child care centers located in all 12 school districts in Sacramento County.

#### Sacramento County Office of Education (SCOE)

**(SCOE)** provides technical assistance, curriculum and instructional support, staff development, legal and financial advice, and oversight to Sacramento County school districts. The administer a number of programs that promote a strong early learning community to support children, families, and providers by enhancing quality and developing systems for continuous improvement through education, innovation, and collaboration.

**Sacramento County** office of Education PBM Plus provides kindergarten transition facilitation for children and their families by working closely with child care providers and elementary schools.

**SETA (Sacramento Employment and Training Agency) Head Start** provides childcare services, health (including medical and dental), nutrition, and safe

environment support for children and their families.

#### Schools (K-12)

Sacramento County Charter Schools  
Twin Rivers Unified School District (K-12)  
San Juan Unified School District (K-12)  
Sacramento City Unified School District (K-12)  
Robla School District (K-6)  
Natomas Unified School District (K-12)

#### Literacy Programs

The Sacramento Library provides literacy programs and resources to children and their families in addition to offering homework help, SAT and ACT classes, online tutoring and Internet connectivity.

**Reading Partners Sacramento** provides one-on-one reading instruction to elementary school students reading below grade level to help them succeed in school and in life.

**Sacramento Reads (Greater Sacramento United Way)** is a campaign to have every third grader reading on grade level by the end of third grade.

#### Afterschool programming

The 4th R offers year-round childcare for kindergarten through 6th grade children providing child development and recre-

ation activities.

**Boys and Girls Club of Greater Sacramento** provides afterschool academics, literacy, summer learning loss and enrichment programs.

**Center for Fathers and Family** provides a network of programs and services that lead to family growth, enrichment and empowerment. Youth services include the MASTERS after school program. The Parent Center offers Fatherhood Support, Anger Management, and Co-Parenting Classes.

**People Reaching Out** provides afterschool, summer, and community programs through the science of positive youth development and best practices research.

**Roberts Family Development Center** provides positive education and afterschool programming, academic assistance, enrichment and recreation for students of the North Sacramento Community.

**Sacramento START** provides after school program services on school campuses where 50% or more of the children receive free or reduced lunch. This includes homework and tutoring

assistance, literacy, and enrichment/recreation.

#### Sacramento Chinese Community Service Center

**Service Center** assists new immigrants, refugees and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation by providing educational, vocational, human services and health programs. This includes working with children and youth at school sites and in the community.

**Sacramento Food Bank and Family Services (Youth Education Department)** provides a safe, educational environment for children to explore technology, reading, communication and life skills.

**Youth Education** serves children ages 1-18 through their After School Academy, Computer Clubhouse and Playcare Academy.

#### Tutoring/ Academic Support

**Center for Fathers and Family** provides a network of programs and services that lead to family growth, enrichment and empowerment. Youth services include the MASTERS after school program. The Parent Center offers Fatherhood Support, Anger Management, and Co-Parenting Classes.

CONTINUED...



## SACRAMENTO OPTIONS

### Life Course Age Group: 0-11 Options Continued

EDUCATION	HEALTHY DEVELOPMENT
<p><b>City Year Sacramento</b> offers tutoring and mentorship at Sacramento area schools to at-risk students with the highest risk of dropping out. City Year Corp Members work closely with teachers, other corps members and parents to help students succeed in school.</p> <p><b>Roberts Family Development Center</b> provides positive education and afterschool programming, academic assistance, enrichment and recreation for students of the North Sacramento Community.</p> <p><b>Sacramento Chinese Community Service Center</b> assists new immigrants, refugees and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation by providing educational, vocational, human services and health programs. This includes working with children and youth at school sites and in the community.</p> <p><b>Target Excellence</b> provides research-based educational after-school tutoring programs, college and career readiness services.</p>	<p><b>Physical/Health</b></p> <p><b>Sacramento Covered</b> provides education and assistance enrolling all uninsured consumers with health insurance and other public benefit programs in Sacramento County.</p> <p><b>SETA (Sacramento Employment and Training Agency) Head Start and Early Head Start</b> provide childcare services, health (including medical and dental), nutrition, and safe environment support for children and their families.</p> <p><b>Covered California</b> is California's health insurance exchange, where individuals, families and small businesses can find affordable, quality health insurance.</p> <p><b>Sacramento Native American Health Center</b> provides adult medicine, pediatrics, mental health services, laboratory services, comprehensive dental care for children and adults, substance abuse services, nutrition and diabetes care, and home visitation services.</p> <p><b>Sacramento CARES</b> provides research, education and community awareness and assistance to people living with HIV and AIDS.</p> <p><b>Sacramento County Department of Human Assistance</b> administers various federal, state, and local government programs designed to provide temporary cash aid, food assistance, and health insurance for eligible low-income Sac-</p>
	<p>ramento County residents. This includes Medi-cal, CalFresh, CalLearn , foster care and veteran services.</p> <p><b>Sacramento County Health and Human Services (DHHS)</b> delivers health, social, and mental health services to the Sacramento community by directing resources toward creative strategies and programs which prevent problems, improve well-being, and increase access to services for individuals and families.</p> <p><b>Social/Emotional</b></p> <p><b>City of Sacramento Public School Mentoring Program</b> provides release time, up to 40 hours of paid leave annually, for City employees who participate in approved youth mentoring programs in public schools operating within the city.</p> <p><b>Big Brothers Big Sisters of Greater Sacramento</b> provides community based and school based one on one relationship mentoring.</p> <p><b>100 Black Men of Sacramento</b> offers structured mentoring, tutoring, and cultural enrichment programs and college scholarships.</p> <p><b>4 Your Epiphany</b> provides leadership development, and business strategies for young men of color.</p> <p><b>Junior Achievement of Sacramento</b> partners with the business community, educators and volunteers to inspire young people by teaching financial</p>
	<p>literacy, entrepreneurship and workforce readiness to students in grades K-12.</p> <p><b>Alpha Phi Alpha (Zeta Beta Lambda Chapter) Alpha Academy</b> provides mentoring, develops leaders, and promotes brotherhood and academic excellence through service and advocacy.</p> <p><b>Sacramento Boy Scouts</b> provide programs that build character, trains scouts in the responsibilities of citizenship participation, while developing personal fitness.</p> <p><b>Mental Health</b></p> <p><b>Project SOARS - Sacramento County Office of Education (SCOE)</b> provides free and voluntary comprehensive services for children who may be at risk for a potential developmental delay and/or disability for families who have children from infancy through age five in Sacramento County.</p> <p><b>Sacramento Children's Home</b> offers a wide range of residential and community-based programs to systematically address family issues and break the generational cycle of child abuse and neglect. They offer a community-based counseling program that serves children youth and their families.</p> <p><b>Hmong Women's Heritage Association</b> provides youth and family empowerment programs and provides Health and Peer Partner Programs to address the barriers to physical and mental health wellness.</p>
	<p>Asian Pacific Community Counseling, Inc. provides outpatient mental health services, prevention programs for youth, parenting programs and suicide prevention outreach programs.</p> <p><b>Wind Youth Services</b> provides homeless and at-risk youth between the ages of 12 and 24 with basic safety net and survival services and a safe place to stay.</p> <p><b>Sacramento County Health and Human Services (DHHS)</b> delivers health, social, and mental health services to the Sacramento community by directing resources toward creative strategies and programs which prevent problems, improve well-being, and increase access to services for individuals and families.</p> <p><b>Turning Point Community Programs</b> provides integrated, cost-effective mental health services, employment and housing for adults, children and their families that promote recovery, independence and self-sufficiency.</p>



## SACRAMENTO OPTIONS

### Life Course Age Group: 0-11 Options Continued

#### FAMILY SUPPORT

##### Skills Training and Support

**2-1-1 Sacramento** is a one-stop source of information for people looking for community services and resources, especially for those who need essential services, such as food, shelter, counseling, employment assistance, and services for children.

**First 5 Sacramento** focuses on funding several programs that benefit Sacramento County children prenatal to age five and their families. Programming includes health, nutrition and physical activity, quality early care and education, and school readiness programming.

**California Hispanic Resource Council** provides assistance with immigration processing-family visa petitions, status adjustment, citizenship, and other immigration matters.

**Child Abuse Prevention Council** provides services, training, advocacy dedicated to protecting children and building healthy families.

**Child Action Inc.** promotes the healthy growth and development of children and families living in Sacramento County. Services include child-care resources and referrals, child care subsidy assistance, recruitment and training of child care professionals, and parent education and support.

**Asian Resources** provides youth and adult employment services, parent train-

ing youth programming, and programs for refugees.

##### Child Abuse Prevention Council

provides services, training, advocacy dedicated to protecting children and building healthy families.

**Center for Fathers and Family** provides a network of programs and services that lead to family growth, enrichment and empowerment. Youth services include the MASTERS after school program. The Parent Center offers Fatherhood Support, Anger Management, and Co-Parenting Classes.

**Center for Community Health and Well Being, Inc.** provides prenatal and gynecological care through The Birthing Project Clinic as well as comprehensive risk reduction/leadership programs targeted towards both male and female youth.

**Black Mothers United (Center for Community Health and Well Being)** provide education, resources and support to pregnant African-American women residing in Sacramento County in order to help ensure a smooth and safe pregnancy, and a healthy baby.

**Healthy Empowered Families Program (WellSpace Health)** provides important information, support, and home visitation services to pregnant African American women.

**Family Resource Centers** offer parent-

ing home visitation, crisis intervention, school readiness, parenting workshops referrals to community organizations.

##### Family Resource Centers

North Sacramento Family Resource Center  
Valley High Family Resource Center  
WellSpace Health  
River Oak Family Resource Center  
Family Support Collaborative (FSC)

**Sacramento Works Job Center and Training Center System** partners with local nonprofit organizations to provide resources and services to employers and job seekers in Sacramento County.

##### Sacramento Works Job Center and Training Centers

Asian Resources, Inc. Training Center  
Center for Employment & Training Center  
Crossroads Diversified Services Inc. Training Center  
Franklin Job Center  
Greater Sacramento Urban League Training Center  
Hillsdale Job Center  
La Familia Counseling Center Inc. Training Center  
Mark Sanders Job Center  
Sac City Unified School District Training Center

**G.O.A.L.S. (Greater Options and Assistance for Lifelong Success) For Women** works to improve the health, well-being and self-sufficiency of underserved women of color and their families by providing culturally sensitive mental

health counseling, mentoring and empowerment services.

**Asian Pacific Community Counseling, Inc.** provides outpatient mental health services, prevention programs for youth, parenting programs, and suicide prevention outreach programs.

##### Re-entry Programs

Sacramento County Office of Education (SCOE) Adult Re-entry Program is specifically designed for men and women re-entering the community from state prison. The program sites located throughout the region offer education, substance abuse, vocational services, and housing.

**Sacramento County Office of Probation** operates Juvenile Hall as well as juvenile and adult commitment and monitoring facilities in Sacramento County. Probation works with law enforcement, education, community organizations and residents of Sacramento County to reduce crime and provide rehabilitation services for probationers.

**Volunteers of America Sacramento Re-Entry Program** provides adult males transitioning from incarceration to civilian life. The emphasis during each client's 90 day stay is to decrease recidivism by increasing their job skills, independence, connecting them to community resources, recovery, and education.

##### Single Parent Resources

Center for Fathers and Family provides

a network of programs and services that lead to family growth, enrichment and empowerment. Youth services include the MASTERS after school program. The Parent Center offers Fatherhood Support, Anger Management, and Co-Parenting Classes.

**Family Resource Centers** offer parenting home visitation, crisis intervention, school readiness, parenting workshops referrals to community organizations.

Family Resource Centers  
North Sacramento Family Resource Center  
Valley High Family Resource Center  
WellSpace Health  
River Oak Family Resource Center  
Family Support Collaborative (FSC)

**Sacramento County Black Infant Health (BIH) Program** provides services to African-American women for the purpose of reducing the disproportionate rate of African-American infant mortality in the Sacramento community.

**Precious Ones Infant Mortality Project (Center of Praise Ministries)** provides pregnant women and teens with a caring mentor who will offer guidance and support.



## SACRAMENTO OPTIONS

### Life Course Age Group: 0-11 Options Continued

#### SAFETY

##### **Domestic Violence Support**

**Weave** provides domestic violence and sexual assault services for domestic violence survivors and their families.

**My Sister's House** seeks to eliminate domestic violence in the Asian and Pacific Islander community through family education, and by increasing the self-determination of Asian and Pacific Islander women.

**Saint John's Program for Real Change** provides housing and support to homeless women and children to break the cycle of poverty and dependence.

##### **Sacramento Children's Home Crisis**

**Nursery** is a family-strengthening program where parents can bring their children, newborn through age five for emergency child care or overnight care during stressful or difficult times.

##### **Community Outreach**

**Cops and Clergy Program (Sacramento Police Department)** unites members of the faith-based community with the Sacramento Police Department to foster relationships, build community trust, and reduce gang violence through outreach and intervention.

**Wind Youth Services** provides homeless and at-risk youth between the ages of 12 and 24 with basic safety net and survival services and a safe place to stay.

**Always Knocking, Inc.** provides at-risk and incarcerated male youth resources, educational tools, social skill development, and employment and training assistance.

**Volunteers of America** works to prevent and end homelessness through a range of support services including eviction prevention, emergency services, and permanent affordable housing.

**Salvation Army** provides services to men, women, children and families including food distribution, disaster relief, rehabilitation centers, anti-human trafficking efforts, and children's programs.

**Sacramento Loaves & Fishes** provides survival services to the homeless; including, daily lunch time meal, breakfast for women and children, day shelter, school for homeless children, mental health counseling, jail visitation, and volunteer opportunities.

**Sacramento Food Bank and Family Services** assists those in need and helps move them toward self-sufficiency and financial independence by providing essential services and adult, youth and parent education programs.



## SACRAMENTO OPTIONS

### Life Course Age Group: 12-17 Options

**Milestone:** Graduating from high school ready for college and career • Completing postsecondary education or training • Reducing violence and providing opportunities for a second chance  
**Advocacy Groups:** Mayor's Gang Prevention Task Force, Sacramento Housing and Redevelopment Agency, The California Executives' Alliance to Expand Opportunities for Boys and Men of Color, Stand Up, Black Parallel School Board, School Readiness Department (SCOE), California Coalition for Youth Sacramento Area Congregations Together (ACT), Sacramento NAACP, Juvenile Delinquency Prevention Commission, Sacramento Minority Youth Violence Prevention (SMYVP) Initiative, California Black Health Network

## EDUCATION

### High School Graduation

Sacramento County Office of Education  
Sacramento County Charter Schools  
Twin Rivers Unified School District (K-12)  
San Juan Unified School District (K-12)  
Sacramento City Unified School District (K-12)  
Natomas Unified School District (K-12)

### College/Career Preparation

**AVID Program (Sacramento County Office of Education)** is a proven college-readiness system that is designed to increase the number of students who enroll and persist in postsecondary education.

**City Year Sacramento** offers tutoring and mentorship at Sacramento Area schools to at-risk students with the highest risk of dropping out. City Year Corp Members work closely with teachers, other corps members and parents to help students succeed in school.

**College Track Sacramento** recruits students from underserved communities and works continuously with them from the summer before 9th grade through college graduation.

**Greater Sacramento Urban League** provides G.E.D preparation, workforce development, and vocational training for

youth and adults.

**Improve Your Tomorrow Foundation** provides tutoring, college services, and mentoring. Job Corps is a no-cost education and career technical training program that helps young people ages 16 through 24 improve the quality of their lives through career technical and academic training.

**Sacramento Police Department Police Cadet Program** is designed for individuals ages 14 to 20 interested in a law enforcement career.

**Sacramento Regional Conservation Corps (SRCC)** provides education and workforce training programs for young adults 18 – 25 years of age.

**Sacramento Works Job Center and Training Center System (SETA)** partners with local nonprofit organizations to provide resources and services to employers and job seekers in Sacramento County.

Sacramento Works Job Centers and Training Centers  
Asian Resources, Inc. Training Center  
Center for Employment & Training Center  
Crossroads Diversified Services Inc. Training Center

Franklin Job Center  
Greater Sacramento Urban League Training Center  
Hillsdale Job Center  
La Familia Counseling Center Inc. Training Center  
Mark Sanders Job Center  
Sac City Unified School District Training Center

**Target Excellence** provides research-based educational after-school tutoring programs, and college and career readiness services.

**United College Action Network (U-CAN)** provides leadership, college resources, college fairs and other assistance to students who wish to gain enrollment in a four-year HBCU (Historically Black College or University).

### Afterschool programming

The 4th R offers year-round childcare for kindergarten through 6th grade children providing child development and recreation activities.

**Boys and Girls Club of Greater Sacramento** provides afterschool academics, literacy, summer learning loss and enrichment programs.

**Center for Fathers and Family** provides

a network of programs and services that lead to family growth, enrichment and empowerment. Youth services include the MASTERS after school program. The Parent Center offers Fatherhood Support, Anger Management, and Co-Parenting Classes.

**People Reaching Out** provides afterschool, summer, and community programs through the science of positive youth development and best practices research.

**Roberts Family Development Center** provides positive education and afterschool programming, academic assistance, enrichment and recreation for students of the North Sacramento Community.

**Sacramento Chinese Community Service Center** assists new immigrants, refugees and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation by providing educational, vocational, human services and health programs. This includes working with children and youth at school sites and in the community.

**Sacramento Food Bank and Family Services (Youth Education)** provides

a safe, educational environment for children to explore technology, reading, communication and life skills. Youth Education serves children ages 1-18 through their After School Academy, Computer Clubhouse and Playcare Academy.

**Sacramento START** provides after school program services on school campuses where 50% or more of the children receive free or reduced lunch. This includes homework and tutoring assistance, literacy, and enrichment/recreation.

### Tutoring/ Academic Support

**Center for Fathers and Family** provides a network of programs and services that lead to family growth, enrichment and empowerment. Youth services include the MASTERS after school program. The Parent Center offers Fatherhood Support, Anger Management, and Co-Parenting Classes.

**City Year Sacramento** offers tutoring and mentorship at Sacramento Area schools to at-risk students with the highest risk of dropping out. City Year Corp Members work closely with teachers, other corps members and parents to help students succeed in school.

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## SACRAMENTO OPTIONS

### Life Course Age Group: 12-17 Options Continued

#### EDUCATION

**Criminal Justice Academy** is a four-year high school program structured as a "school within a school." The intent of the Academy's courses is to prepare students for both college and career.

**Improve Your Tomorrow Foundation** provides tutoring, college services, and mentoring.

**Reading Partners** is a volunteer based one-on-one tutoring model located in low-income schools.

**Roberts Family Development Center** provides positive education and afterschool programming, academic assistance, enrichment and recreation for students of the North Sacramento Community.

**Sacramento Chinese Community Service Center** assists new immigrants, refugees and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation by providing educational, vocational, human services and health programs. This includes working with children and youth at school sites and in the community.

**Target Excellence** provides research-based educational after-school tutoring programs, college and career readiness services.

**Sacramento Library** provides literacy

programs, homework help, SAT and ACT classes, online tutoring and internet connectivity.

#### Leadership Development

California Coalition for Youth is a statewide membership of youth, youth advocates and allies, and youth-serving non-profit organizations that advocate for public policies, programs, and services that respect, empower, and protect the rights of all youth.

**Junior Achievement of Sacramento** partners with the business community, educators and volunteers to inspire young people by teaching financial literacy, entrepreneurship and workforce readiness to students in grades K-12.

**Men's Leadership Academy (Sacramento City Unified School District)** focuses on bringing together teachers, students, parents and community businesses and partners to provide the encouragement needed for these teens to complete high school and enroll in college.

**Sacramento District Attorney's Youth Academy** provides youth the opportunity to learn about the criminal justice system, hear from criminal justice partners, and engage in open communication between law enforcement and youth concerning issues that affect youth today.

**United College Action Network (U-CAN)** provides leadership, college resources,

college fairs and other assistance to students who wish to gain enrollment in a four-year HBCU (Historically Black College or University).

**Way Up Sacramento** supports strategies for increased access to healthy foods, increased health system access for elementary school students, an improved community environment that supports the health of all students, and support for safe and healthy neighborhoods.

**Young Entrepreneurs Academy (Sacramento Black Chamber of Commerce)** provides scholarships, mentoring, and training for youth who can develop the economic capacities to succeed in creating and maintaining their own wealth.

**Youth Development Network** provides youth leadership and facilitation training to potential youth leaders through a balance of programs and hands on opportunities.



## SACRAMENTO OPTIONS

### Life Course Age Group: 12-17 Options Continued

#### HEALTHY DEVELOPMENT

##### Physical/Health

**Cares Community Health** is a community health center providing preventive care, routine checkups, immunizations and management of acute and chronic illnesses. They have been the leader in the community in the fight against HIV/AIDS and offer array of comprehensive services.

**Sacramento Covered** provides education and assistance enrolling all uninsured consumers with health insurance and other public benefit programs in Sacramento County.

**Covered California** is California's health insurance exchange, where individuals, families and small businesses can find affordable, quality health insurance.

**Sacramento County Department of Human Assistance** administers various federal, state, and local government programs designed to provide temporary cash aid, food assistance, and health insurance for eligible low-income Sacramento County residents. This includes Medi-cal, CalFresh, CalLearn , foster care and veteran services.

**Sacramento County Health and Human Services (DHHS)** delivers health, social, and mental health services to the Sacramento community by directing resources toward creative strategies and programs which prevent problems, improve well-being, and increase access to services for individuals and families.

##### Sacramento Native American Health Center

**Freedom Bound Center/Sol Collective** provides adult medicine, pediatrics, mental health services, laboratory services, comprehensive dental care for children and adults, substance abuse services, nutrition and diabetes care, and home visitation services.

##### Social/Emotional

**4 Your Epiphany** provides leadership development, and business strategies for young men of color.

**100 Black Men of Sacramento** offers structured mentoring, tutoring, and cultural enrichment programs and college scholarships.

**Alpha Phi Alpha (Zeta Beta Lambda Chapter) Alpha Academy** provides mentoring, develops leaders, and promotes brotherhood and academic excellence through service and advocacy.

**Big Brothers Big Sisters of Greater Sacramento** provides community based and school based one on one relationship mentoring.

**Boys and Girls Club of Greater Sacramento** provides afterschool academics, literacy, summer learning loss, and enrichment programs.

**City of Sacramento Public School Mentoring Program** provides release time, up to 40 hours of paid leave annually, for City employees who participate in approved youth mentoring programs in

public schools operating within the city.

**The HUB** is part of the California Endowment's Building Healthy Communities Initiative. The HUB provides funding to programs to improve employment opportunities, education, housing, neighborhood safety, unhealthy environmental conditions and access to healthy foods. Improve Your Tomorrow Foundation-provides tutoring, college services, and mentoring.

**Junior Achievement of Sacramento** partners with the business community, educators and volunteers to inspire young people by teaching financial literacy, entrepreneurship and workforce readiness to students in grades K-12.

**Sacramento Boy Scouts** provide programs that build character, trains scouts in the responsibilities of citizenship participation, while developing personal fitness.

**Sacramento Summer Night Lights Program (Mack Road Partnership)** a multi-sector collaborative summer initiative focused on crime reduction through community engagement.

**Sacramento Valley Teen Challenge** offers an array of community outreach programs, and 12 to 18 month-long

residential discipleship centers for men and women life-controlling problems, 18 years of age and over.

**Greater Sacramento Urban League** provides G.E.D preparation, workforce development, and vocational training for youth and adults.

**Sacramento County Office of Education (SCOE)** provides adult re-entry programs that are specifically designed for men and women re-entering the community from state prison. The program sites located throughout the region offer education, substance abuse, vocational services, and housing.

**Sacramento County Office of Probation** operates Juvenile Hall as well as juvenile commitment and monitoring facilities in Sacramento County. Probation works with law enforcement, education, community organizations and residents of Sacramento County to reduce crime and provide rehabilitation services for probationers.

**Sacramento Violence Intervention Program (SVIP)** is a hospital-based peer violence intervention program that promotes positive alternatives to violence, and coordinate wrap-around services for youth and their families by providing information, referrals, and intensive follow-up services.

**Stanford Youth Solutions' Juvenile Justice and Crime Prevention Program**

**(JCP)** program provides a Restorative Justice Model that focuses on community protection, victim restoration, offender accountability and competency.

**The Vibe Foundation** offers Sacramento high school students a career center and urban youth lounge where teen-members acquire academic and vocational skills, engage in service learning opportunities. Wind Youth Services provides homeless and at-risk youth between the ages of 12 and 24 with basic safety net and survival services and a safe place to stay.

##### Mental Health

**Another Choice, Another Chance** provides an array of educational, prevention, intervention and treatment programs and services to youth ages 12-24 who suffer from mental health disorders and/or are involved with alcohol and drugs.

**Children's Receiving Home of Sacramento** is committed to positively impacting the lives of children, youth, and families affected by abuse, neglect, behavioral health issues, and trauma in California by offering shelter services and a myriad of other programs and services.

**La Familia Counseling Center, Inc. (La Familia)** provides multicultural counseling, outreach and support services to low income, at-risk youth and families in Sacramento County.

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## SACRAMENTO OPTIONS

### Life Course Age Group: 12-17 Options Continued

HEALTHY DEVELOPMENT	FAMILY SUPPORT		
<p><b>Mexican American Addiction Program (MAAP)</b> aims to improve the health and well being of the Latino community and the residents of Sacramento through the provision of services aimed at alleviating the effects of substance abuse, lack of health services and other social needs that impact the community.</p> <p><b>River Oaks Counseling Center</b> provide mental health and behavioral to children, youth and families. Services are provided in our centers, schools, community settings and in the home.</p>	<p><b>Skills Training and Support</b></p> <p><b>2-1-1 Sacramento</b> is a one-stop source of information for people looking for community services and resources, especially for those who need essential services, such as food, shelter, counseling, employment assistance, and services for children.</p> <p><b>Asian Pacific Community Counseling, Inc.</b> provides outpatient mental health services, prevention programs for youth, parenting programs, and suicide prevention outreach programs.</p> <p><b>Asian Resources (ARI)</b> provides a wide spectrum of social services to the low-income and limited English speaking youth, immigrant and refugee communities in Sacramento. They assist job seekers throughout the Sacramento region at all points along the employment continuum.</p> <p><b>California Hispanic Resource Council</b> provides assistance with immigration processing-family visa petitions, status adjustment, citizenship, and other immigration matters.</p> <p><b>Center for Community Health and Well Being, Inc.</b> provides prenatal and gynecological care through The Birthing Project Clinic as well as comprehensive risk reduction/leadership programs targeted towards female youth.</p> <p><b>Child Abuse Prevention Council</b> provides services, training, advocacy</p>	<p>dedicated to protecting children and building healthy families.</p> <p><b>Child Action Inc.</b> promotes the healthy growth and development of children and families living in Sacramento County. Services include child-care resources and referrals, child care subsidy assistance, recruitment and training of child care professionals, and parent education and support.</p> <p><b>Children's Receiving Home of Sacramento</b> is committed to positively impacting the lives of children, youth, and families affected by abuse, neglect, behavioral health issues, and trauma in California by offering shelter services and a myriad of other programs and services.</p> <p><b>Family Resource Centers</b> offer parenting home visitation, crisis intervention, school readiness, parenting workshops referrals to community organizations.</p> <p><b>Family Resource Centers</b> North Sacramento Family Resource Center Valley High Family Resource Center WellSpace Health River Oak Family Resource Center Family Support Collaborative (FSC)</p> <p><b>G.O.A.L.S. (Greater Options and Assistance for Lifelong Success) For Women</b> works to improve the health, well-being and self-sufficiency of underserved women of color and their families by providing culturally sensitive mental health counseling, mentoring and</p>	<p>empowerment services.</p> <p><b>Lao Family Community Development, Inc.</b> provides asset development, financial education, employment services, and family support to immigrants, refugees, asylees, and low-income U.S. nationals.</p> <p><b>Liberty Towers Church</b> provides a myriad of community based programs and services for youth and adults.</p> <p><b>Iu-Mien Community Services</b> supports and develops healthy Iu-Mien families and communities through culturally responsive programs and services.</p> <p><b>Sacramento Chinese Community Service Center</b> assists new immigrants, refugees and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation by providing educational, vocational, human services and health programs. This includes working with children and youth at school sites and in the community.</p> <p><b>Sacramento Works Job Center and Training Center System (SETA)</b> partners with local nonprofit organizations to provide resources and services to employers and job seekers in Sacramento County.</p> <p><b>Sacramento Works Job Centers and Training Centers</b> Asian Resources, Inc. Training Center Center for Employment &amp; Training Center Crossroads Diversified Services Inc.</p>

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## SACRAMENTO OPTIONS

### Life Course Age Group: 12-17 Options Continued

FAMILY SUPPORT	SAFETY
<p><b>Child Abuse Prevention Council</b> provides services, training, advocacy dedicated to protecting children and building healthy families.</p> <p><b>Resources for Teen Parents</b></p> <p><b>Center for Community Health and Well Being, Inc.</b> provides prenatal and gynecological care through The Birthing Project Clinic as well as comprehensive risk reduction/leadership programs targeted towards both male and female youth.</p> <p><b>Center for Fathers and Family</b> provides a network of programs and services that lead to family growth, enrichment and empowerment. Youth services include the MASTERS after school program. The Parent Center offers Fatherhood Support, Anger Management, and Co-Parenting Classes.</p> <p><b>Family Resource Centers</b> offer parenting home visitation, crisis intervention, school readiness, parenting workshops referrals to community organizations.</p> <p><u>Family Resource Centers</u></p> <ul style="list-style-type: none"><li>North Sacramento Family Resource Center</li><li>Valley High Family Resource Center</li><li>WellSpace Health</li><li>River Oak Family Resource Center</li><li>Family Support Collaborative (FSC)</li></ul>	<p><b>Domestic Violence Support</b></p> <p><b>My Sister's House</b> seeks to eliminate domestic violence in the Asian and Pacific Islander community through family education, and by increasing the self-determination of Asian and Pacific Islander women.</p> <p><b>Sacramento Children's Home</b> offers a wide range of residential and community-based programs to systematically address family issues and break the generational cycle of child abuse and neglect. They offer a community-based counseling program that serves children youth and their families.</p> <p><b>Saint John's Program for Real Change</b> provides housing and support to homeless women and children to break the cycle of poverty and dependence. Weave provides domestic violence and sexual assault services for domestic violence survivors and their families.</p> <p><b>Community Outreach</b></p> <p><b>Always Knocking, Inc.</b> provides at-risk and incarcerated male youth resources, educational tools, social skill development, and employment and training assistance.</p> <p><b>Cops and Clergy Program (Sacramento Police Department)</b> unites members of the faith-based community with the Sacramento Police Department to foster relationships, build community trust, and reduce gang violence through outreach and intervention.</p>



## SACRAMENTO OPTIONS

### Life Course Age Group: 18-24 Options

**Milestone:** Completing postsecondary education or training • Successfully entering the workforce • Reducing violence and providing a second chance

**Advocacy Groups:** Mayor's Gang Prevention Task Force, Sacramento Housing and Redevelopment Agency, The California Executives' Alliance to Expand Opportunities for Boys and Men of Color, School Readiness Department (SCOE), Capitol Sacramento, California Coalition for Youth, Sacramento Area Congregations Together (ACT), Sacramento NAACP, Sacramento Steps Forward, Juvenile Delinquency Prevention Commission, Sacramento Minority Youth Violence Prevention (SMYVP) Initiative, California Black Health Network

### EDUCATION

#### High school graduation or equivalent/GED Schools (K-12)

Sacramento County Charter Schools  
Twin Rivers Unified School District (K-12)  
San Juan Unified School District (K-12)  
Sacramento City Unified School District (K-12)  
Natomas Unified School District (K-12)

**Sacramento Works Job Center and Training Center System (SETA)** partners with local nonprofit organizations to provide resources and services to employers and job seekers in Sacramento County.

[Sacramento Works Job Centers and Training Centers](#)  
Asian Resources, Inc. Training Center  
Center for Employment & Training Center  
Crossroads Diversified Services Inc. Training Center  
Franklin Job Center  
Greater Sacramento Urban League Training Center  
Hillsdale Job Center  
La Familia Counseling Center Inc. Training Center  
Mark Sanders Job Center  
Sac City Unified School District Training Center

#### College entry/graduation

Sacramento State University  
Los Rios Community College District

#### College/Career Preparation

**AVID Program (Sacramento County Office of Education)** is a proven college-readiness system that is designed to increase the number of students who enroll and persist in postsecondary education.

**City Year Sacramento** offers tutoring and mentorship at Sacramento Area schools to at-risk students with the highest risk of dropping out. City Year Corp Members work closely with teachers, other corps members and parents to help students succeed in school.

**College Crew (Sacramento Hispanic Chamber of Commerce)** introduces college students to the world of business in the Sacramento region, connecting students to internship and volunteer opportunities to help lead them to future employment.

**Greater Sacramento Urban League** provides G.E.D preparation, workforce development, and vocational training for youth and adults.

**Job Corps** is a no-cost education and career technical training program that helps young people ages 16 through 24 improve the quality of their lives through career technical and academic training.

**Jumpstart 21 (JS21)**, an initiative of the Sacramento Asian Chamber of Commerce, connects locally educated and disadvantaged STEM (Science, Technology, Engineering and Math) graduates to local employment and resources.

**Sacramento Chinese Community Service Center** assists new immigrants, refugees and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation by providing educational, vocational, human services and health programs. This includes working with children and youth at school sites and in the community.

**Sacramento Police Department Police Cadet Program** is designed for individuals ages 14 to 20 interested in a law enforcement career.

**Sacramento Regional Conservation Corps (SRCC)** provides education and workforce training programs for young adults 18 – 25 years of age.

**Sacramento Works Job Center and Training Center System (SETA)** partners with local nonprofit organizations to provide resources and services to employers and job seekers in Sacramento County.

#### [Sacramento Works Job Centers and Training Centers](#)

Asian Resources, Inc. Training Center  
Center for Employment & Training Center  
Crossroads Diversified Services Inc. Training Center  
Franklin Job Center  
Greater Sacramento Urban League Training Center  
Hillsdale Job Center  
La Familia Counseling Center Inc. Training Center  
Mark Sanders Job Center  
Sac City Unified School District Training Center

**United College Action Network (U-CAN)** provides leadership, college resources, college fairs and other assistance to students who wish to gain enrollment in a four-year HBCU (Historically Black College or University).



## SACRAMENTO OPTIONS

### Life Course Age Group: 18-24 Options Continued

#### HEALTHY DEVELOPMENT

##### Physical/Health

**Cares Community Health** is a community health center providing preventive care, routine checkups, immunizations and management of acute and chronic illnesses. They have been the leader in the community in the fight against HIV/AIDS and offer array of comprehensive services.

**Center for Community Health and Well Being, Inc.** provides prenatal and gynecological care through The Birthing Project Clinic as well as comprehensive risk reduction/leadership programs targeted towards both male and female youth.

**Covered California** is California's health insurance exchange, where individuals, families and small businesses can find affordable, quality health insurance.

**Sacramento Native American Health Center** provides adult medicine, pediatrics, mental health services, laboratory services, comprehensive dental care for children and adults, substance abuse services, nutrition and diabetes care, and home visitation services.

**Sacramento County Department of Human Assistance** administers various federal, state, and local government programs designed to provide temporary cash aid, food assistance, and health insurance for eligible low-income Sacramento County residents. This includes Medi-cal, CalFresh, CalLearn , foster

care and veteran services.

**Sacramento County Health and Human Services (DHHS)** delivers health, social, and mental health services to the Sacramento community by directing resources toward creative strategies and programs which prevent problems, improve well-being, and increase access to services for individuals and families.

**Sacramento Covered** provides education and assistance enrolling all uninsured consumers with health insurance and other public benefit programs in Sacramento County.Turning Point Community Programs provides integrated, cost-effective mental health services, employment and housing for adults, children and their families that promote recovery, independence and self-sufficiency.

##### Social/Emotional

**4 Your Epiphany** provides leadership development, and business strategies for young men of color.

**100 Black Men of Sacramento** offers structured mentoring, tutoring, and cultural enrichment programs and college scholarships.

**Alpha Phi Alpha (Zeta Beta Lambda Chapter) Alpha Academy** provides mentoring, develops leaders, and promotes brotherhood and academic excellence through service and advocacy.

**Big Brothers Big Sisters of Greater**

**Sacramento** provides community based and school based one on one relationship mentoring.

**Boys and Girls Club of Greater Sacramento** provides afterschool academics, literacy, summer learning loss, and enrichment programs.

**City of Sacramento Public School Mentoring Program** provides release time, up to 40 hours of paid leave annually, for City employees who participate in approved youth mentoring programs in public schools operating within the city.

**Freedom Bound Center/Sol Collective** - encourages and trains young people to become civically engaged around political and cultural issues.

**Greater Sacramento Urban League** provides G.E.D preparation, workforce development, and vocational training for youth and adults.

**The HUB** is part of the California Endowment's Building Healthy Communities Initiative. The HUB provides funding to programs to improve employment opportunities, education, housing, neighborhood safety, unhealthy environmental conditions and access to healthy foods.

**Junior Achievement of Sacramento** partners with the business community, educators and volunteers to inspire young people by teaching financial literacy, entrepreneurship and workforce readiness to students in grades K-12.

**Sacramento County Office of Education (SCOE)** provides adult re-entry programs that are specifically designed for men and women re-entering the community from state prison. The program sites located throughout the region offer education, substance abuse, vocational services, and housing.

**Sacramento County Office of Probation** operates Juvenile Hall as well as juvenile commitment and monitoring facilities in Sacramento County. Probation works with law enforcement, education, community organizations and residents of Sacramento County to reduce crime and provide rehabilitation services for probationers.

**Sacramento Summer Night Lights Program (Mack Road Partnership)** a multi-sector collaborative summer initiative focused on crime reduction through community engagement.

**Sacramento Valley Teen Challenge** offers an array of community outreach programs, and 12 to 18 month-long residential discipleship centers for men and women life-controlling problems, 18 years of age and over.

**Stanford Youth Solutions' Juvenile Justice and Crime Prevention Program (JJCP)** program provides a Restorative Justice Model that focuses on community protection, victim restoration, offender accountability and competency.

**The Vibe Foundation** offers Sacramento high school students a career center and urban youth lounge where teen-members acquire academic and vocational skills, engage in service learning opportunities.

**Sacramento Violence Intervention Program (SVIP)** is a hospital-based peer violence intervention program that promotes positive alternatives to violence, and coordinate wrap-around services for youth and their families by providing information, referrals, and intensive follow-up services.

**Wind Youth Services** provides homeless and at-risk youth between the ages of 12 and 24 with basic safety net and survival services and a safe place to stay.

##### Mental Health

**Another Choice, Another Chance** provides an array of educational, prevention, intervention and treatment programs and services to youth ages 12-24 who suffer from mental health disorders and/or are involved with alcohol and drugs.

**La Familia Counseling Center, Inc. (La Familia)** provides multicultural counseling, outreach and support services to low income, at-risk youth and families in Sacramento County.

**Mexican American Addiction Program (MAAP)** aims to improve the health and well being of the Latino community and the residents of Sacramento through the

CONTINUED...



## SACRAMENTO OPTIONS

### Life Course Age Group: 18-24 Options Continued

HEALTHY DEVELOPMENT	FAMILY SUPPORT		
<p>provision of services aimed at alleviating the effects of substance abuse, lack of health services and other social needs that impact the community.</p> <p><b>River Oaks Counseling Center</b> provide mental health and behavioral to children, youth and families. Services are provided in our centers, schools, community settings and in the home.</p> <p><b>Civic Engagement</b> <b>City of Sacramento City Management Academy</b> provides participants an opportunity to learn how the City is managed and operated, discuss challenges facing the City of Sacramento and learn about strategies used to address them. Indivisible mobilizes the Black community around a shared agenda focused on eliminating the educational achievement gap, empowering individuals through wealth creation, and leveraging our political influence.</p> <p><b>MLK365</b> provides programs and value-based advertising campaigns to promote civic engagement, character development and social action. Annually, MLK365 brings Northern Californians together to honor the legacy of Martin Luther King Jr. and to continue the march for civil rights, social justice and human value.</p> <p><b>Sacramento Youth Commission</b> was established by the Sacramento City Council to serve as an advisory group to provide recommendations on youth related issues in the city of Sacramento.</p>	<p><b>Skills training and supports</b> <b>2-1-1 Sacramento</b> is a one-stop source of information for people looking for community services and resources, especially for those who need essential services, such as food, shelter, counseling, employment assistance, and services for children.</p> <p><b>Asian Pacific Community Counseling, Inc.</b> provides outpatient mental health services, prevention programs for youth, parenting programs, and suicide prevention outreach programs.</p> <p><b>Asian Resources (ARI)</b> provides a wide spectrum of social services to the low-income and limited English speaking youth, immigrant and refugee communities in Sacramento. They assist job seekers throughout the Sacramento region at all points along the employment continuum.</p> <p><b>California Hispanic Resource Council</b> provides assistance with immigration processing-family visa petitions, status adjustment, citizenship, and other immigration matters.</p> <p><b>Child Abuse Prevention Council</b> provides services, training, advocacy dedicated to protecting children and building healthy families.</p> <p><b>Family Resource Centers</b> offer parenting home visitation, crisis intervention, school readiness, parenting workshops referrals to community organizations.</p>	<p><b>Family Resource Centers</b> North Sacramento Family Resource Center Valley High Family Resource Center WellSpace Health River Oak Family Resource Center Family Support Collaborative (FSC)</p> <p><b>Lao Family Community Development, Inc.</b> provides asset development, financial education, employment services, and family support to immigrants, refugees, asylees, and low-income U.S. nationals.</p> <p><b>Liberty Towers Church</b> provides a myriad of community based programs and services for youth and adults.</p> <p><b>Sacramento Chinese Community Service Center</b> assists new immigrants, refugees and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation by providing educational, vocational, human services and health programs. This includes working with children and youth at school sites and in the community.</p> <p><b>Southeast Asia Resource Action Center (SEARAC)</b> advances the interests of Cambodian, Laotian, and Vietnamese Americans by empowering communities through advocacy, leadership development, and capacity building to create a socially just and equitable society.</p> <p><b>Parenting Programs</b> Asian Resources (ARI) provides a</p>	<p>wide spectrum of social services to the low-income and limited English speaking youth, immigrant and refugee communities in Sacramento. They assist job seekers throughout the Sacramento region at all points along the employment continuum.</p> <p><b>Child Abuse Prevention Council</b> provides services, training, advocacy dedicated to protecting children and building healthy families.</p> <p><b>Center for Fathers and Family</b> provides a network of programs and services that lead to family growth, enrichment and empowerment. Youth services include the MASTERS after school program. The Parent Center offers Fatherhood Support, Anger Management, and Co-Parenting Classes.</p> <p><b>Family Resource Centers</b> offer parenting home visitation, crisis intervention, school readiness, parenting workshops referrals to community organizations.</p> <p><b>Family Resource Centers</b> North Sacramento Family Resource Center Valley High Family Resource Center WellSpace Health River Oak Family Resource Center Family Support Collaborative (FSC)</p> <p><b>Resources for Teen Parents</b> <b>Family Resource Centers</b> offer parenting home visitation, crisis intervention, school readiness, parenting workshops referrals to community organizations.</p> <p><b>Family Resource Centers</b></p>



## SACRAMENTO OPTIONS

### Life Course Age Group: 18-24 Options Continued

#### SAFETY

##### **Community Outreach**

**Always Knocking, Inc.** provides at-risk and incarcerated male youth resources, educational tools, social skill development, and employment and training assistance.

**Cops and Clergy Program (Sacramento Police Department)** unites members of the faith-based community with the Sacramento Police Department to foster relationships, build community trust, and reduce gang violence through outreach and intervention.

**Francis House Center** provides direct assistance, mentoring and resource counseling for Sacramento's homeless community.

**Gang Awareness and Prevention** provides community awareness, gang prevention, mentoring, and re-entry services.

**Next Move** focuses on moving homeless individuals and adults with children to higher levels of self-sufficiency and self-reliance. Next Move has a primary focus on keeping families together in their Family Shelter, accepting two-parent families, single fathers, and sons over the age of 14.

**Sacramento Food Bank and Family Services** assists those in need and helps move them toward self-sufficiency and financial independence by providing essential services and adult, youth and

parent education programs.

**Sacramento Loaves & Fishes** provides survival services to the homeless; including, daily lunch time meal, breakfast for women and children, day shelter, school for homeless children, mental health counseling, jail visitation, and volunteer opportunities.

**Sacramento Violence Intervention Program (SVIP)** is a hospital-based peer violence intervention program that promotes positive alternatives to violence, and coordinate wrap-around services for youth and their families by providing information, referrals, and intensive follow-up services.

**Salvation Army** provides services to men, women, children and families including food distribution, disaster relief, rehabilitation centers, anti-human trafficking efforts, and children's programs.

**Volunteers of America** works to prevent and end homelessness through a range of support services including eviction prevention, emergency services, and permanent affordable housing.

**Wind Youth Services** provides homeless and at-risk youth between the ages of 12 and 24 with basic safety net and survival services and a safe place to stay.



## SACRAMENTO ADVOCACY OPTIONS

### ADVOCACY

#### Advocacy Groups:

**Black Parallel School Board** supports the educational growth and achievement of Black students by monitoring all educational activities and programs of the Sacramento City Unified School District to ensure that they are compatible with the needs of African American students.

**California Black Health Network** provides a structure for coordinated efforts to improve the health status of people of African American descent in California and eliminate health disparities through legislative, administrative and media advocacy.

**California Coalition for Youth** is a statewide membership of youth, youth advocates and allies, and youth-serving non-profit organizations that advocate for public policies, programs, and services that respect, empower, and protect the rights of all youth.

**California Executives' Alliance to Expand Opportunities for Boys and Men of Color** is a collaboration of CEOs from 20 California foundations dedicated to aligning their efforts, resources and influence to improve the lives of boys and men of color in California.

**Child Abuse Prevention Council** provides services, training, advocacy dedicated to protecting children and building healthy families.

**Child Action, Inc.** promotes the healthy growth and development of children and families living in Sacramento County. Services include child-care resource and referral, child care subsidies, recruitment and training of child care.

**First 5 Sacramento Commission** – is governed by a 7-member body committed to supporting the healthy development of children zero to age five, the empowerment of families and the strengthening of communities.

**Juvenile Delinquency Prevention Commission** coordinates the work of community agencies engaged in delinquency prevention programs and to initiate such programs to fill any unmet needs.

**Hmong Innovating Politics (HIP)** is a grassroots organization whose mission is to strengthen the political power of Hmong and disenfranchised communities through innovative civic engagement and strategic grassroots mobilization.

**Mayor's Gang Prevention Task Force** – was established by City of Sacramento Mayor Kevin Johnson to address gang-related issues facing the City of Sacramento. The purpose of the Mayor's Gang Prevention Task Force was to bring together community/faith-based organizations, neighborhood leaders, school officials, government and all stakeholders within the Sacramento community to address the spike in incidents related to youth and gang violence.

**Council of Asian Pacific Islanders Together for Advocacy and Leadership (CAPITAL) of Sacramento** is a council and forum of Asian and Pacific Islander organizations meeting in a spirit of unity, friendship and mutual support with a focus on the civic awareness and empowerment of Sacramento's Asian and Pacific Islander Americans.

**Sacramento County Office of Education School Readiness Department** promotes a strong early learning community to support children, families, and providers by enhancing quality and developing systems for continuous improvement through education, innovation, and collaboration.

**Sacramento Area Congregations Together (ACT)** is a multicultural, multi-faith grassroots organization that acts as a convener and catalyst for change, bringing together residents and representatives across sectors, as well as building partnerships with public agencies to develop and implement plans for positive change.

**Sacramento Housing and Redevelopment Agency (SHRA)** is a public developer of affordable housing for residential and commercial revitalization activities in designated neighborhoods throughout the City and County of Sacramento. Sacramento recently received a Promise Zone designation. As lead of the recently designated Promise Zone, SHRA will help

the city create a partnership between federal, state and local agencies to give local leaders proven tools to improve the quality of life in some of Sacramento's most vulnerable areas.

**Sacramento Minority Youth Violence Prevention Initiative (Health Education Council)** is focused on advocacy aimed at addressing violence as a public health issue and integrating public health and local community policing efforts in a coordinated violence prevention approach.

**Sacramento NAACP (The Sacramento Branch of the National Association for the Advancement of Colored People)** has as its mission to ensure the political, education, social and economic civil rights of all minority persons living in the city of Sacramento.

**Sacramento Steps Forward** works to end homelessness in the Sacramento region helping ensure that individuals and families experiencing homelessness have access to housing, employment, health, education, and other resources necessary for economic stability and an improved quality of life.

**STAND UP** is dedicated to ensuring every child has the opportunity to attend an excellent public school. Mission is to inform, empower and mobilize the community to advocate for and support public schools that attain high levels of academic achievement and college completion for all children.

**Steering Committee on Reduction of African American Child Deaths** is a community-driven body of dedicated individuals working together on an effort to reduce death rates among African American children by between 10 percent and 20 percent by 2020 in Sacramento County.

**United Way of Greater Sacramento** – Convenes and mobilizes local partners, businesses, community leaders, public officials, and community residents, to expand opportunities for people to succeed.

**Child Abuse Prevention Council** provides services, training, advocacy dedicated to protecting children and building healthy families.

**Child Action, Inc.** promotes the healthy growth and development of children and families living in Sacramento County. Services include child-care resource and referral, child care subsidies, recruitment and training of child care professionals, and parent education and support.



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# MAKING MY BROTHER'S KEEPER REAL IN SACRAMENTO

A COMMUNITY OPTIONS GUIDE