



# FAIRFIELD POLICE ACTIVITIES LEAGUE THEORY OF CHANGE

## Need

- Of the 9 Bay Area counties, Solano County has the largest share of disconnected youth. 10% of Fairfield youth are not enrolled in school or working.
- 2 out of every 5 Solano County youth are overweight or obese, with 25% of Fairfield/Suisun 9th graders being obese.
- Up to 86% of the student populations from schools within walking distance of the center qualify for free or reduced lunch.
- Across the nine counties in the region, Solano County has the highest share of residents living in low-resource neighborhoods, with 64% of Fairfield residents living in low-resource neighborhoods.
- Nationally, juvenile crime triples during the 3-6 pm window.
- Only 8% of local 11th graders report feeling strongly connected to school or having opportunities for meaningful participation. Only 20% of 9th graders report experiencing high expectations.

## Target Population

Racially and ethnically diverse young people from predominately low-income households within Fairfield, Suisun, and Travis who are placed at disproportionate risk of becoming disconnected from school, community, and family or underserved by traditional services and programs.

Fairfield PAL serves Fairfield, Suisun, and Travis teens and their families.

## Approach to Impact

PAL uses traditional recreational programming (**fun and choice based**) as a gateway to engage teens in programming and activities that support the development of the social and emotional skills required to develop a positive self-identity and become productive and active members of our community.

These programs—which are organized, structured, evidence-based and adult facilitated—provide excellent opportunities for teens to develop and grow to become fully functioning adults. Participation in these activities is associated with autonomy and identity development, positive social relationships, learning conflict resolution, academic success, mental health, civic engagement and improved physical health. **At PAL, recreational programs become the beginning of social, emotional and wellness skill building and development to help teens thrive.**

Our work affects the lives of the people we serve in these six domains:

*The critical hook to link students to development services and workshops*



## Program Phases



Engagement / Recreation Programming



Establishing Emotional and Physical Safety



Relationship Building



Meaningful Participation



Skill Building



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## Participant Outcomes

### Short Term Outcomes

Increases in:

- Amount of time spent in supervised, pro-social activities, especially among underserved / disconnected teens
- Youth perceptions of their own physical and emotional safety
- Opportunities and access to consistent pro social recreational programming, positive examples and good information
- Health and wellness prosocial choices / increases in healthy nutrition practices and hydration, awareness of sleep or exercise effects on the body and stress management
- Interpersonal skills among participating teens (assets / interpersonal skills)
- Youth's positive beliefs about their own future
- Improved bonding with members of the community; particularly those in local law enforcement

### Long-Term Outcomes

- Increases in endorsement and use of prosocial norms on a consistent basis.
- Larger community members improve their perception and belief in the promise of our young people.
- Decrease in rates of school and community disconnection among youth and young adults in our community.
- Increased ability to consistently and effectively utilized executive functioning skills and social and emotional competency; even during more stressful situations.

## Impacts

Youth from diverse and underserved neighborhoods will be more connected to the larger Fairfield community and possess the social and emotional skills necessary to actively engage and thrive in their family, life, and career choices.

- Global perceptions of youth and their ability to make positive contributions will improve and/or increase within the Fairfield community.
- Increased interpersonal skills and ability to identify and manage emotions effectively.
- Increased sense of positive identity and self-efficacy.
- Increased exposure, understanding, and use of prosocial norms.
- Increased youth report of positive value / recognition by adults / larger community.
- Increased feeling of safety in their physical environment.
- Increased feelings of psychological safety in their environment.
- Increased positive beliefs about own future.
- Increased opportunities for prosocial involvement in community