CHAUTAUQUA STRIDERS

2017-2018 Annual Report

...dedicated to the mentoring and guidance of youth through education, advocacy, and athletics.
To Our Community Partners:

Chautauqua Striders experienced a great amount of change and growth in 2017 to 2018. Besides welcoming a new executive director, Striders strengthened its programming and re-aligned its organizational structure to better meet the needs of the greater Chautauqua County community.

Striders continued investing in great people to operate our programs. The organizational structure of Striders was updated to meet new requests from our partner school districts as well as new challenges with families and students. We continue to be a key participant in 21st Century support delivery. And Striders has expanded its reach in the North County with opportunities at a variety of districts from Ripley to Silver Creek.

Throughout 2018 we diligently started a strategic planning process. We expect to deliver a three-year strategic plan prior to our financial year-end on June 30, 2019. Additionally, we have made connections with a variety of complementary programs via the Chautauqua County Education Coalition, Jamestown Community College, Jamestown Public Schools, and Dunkirk City Schools.

Financially Striders Board and Management team focused on making sure the organization had a strong financial year during the 2017 to 2018 budget year. Chautauqua Striders has used this focus to springboard into balanced financials for 2018 to 2019. The Striders Board and Management team remain diligent regarding financial matters. The Management team continues to search for appropriate funding avenues and new fee-for-service prospects.

Chautauqua Striders is positively poised to continue making a difference in the lives of students from Kindergarten to 12th Grade.

We thank all of our funders, contributors, stakeholders, patrons, and program participants for a remarkable year. And we look forward to another fantastic year in 2018 to 2019!

Sincerely,

John Zabrodsky
Board President
Chautauqua Striders, Inc.
South County Academic Programs

Main Site

Chautauqua Striders Main Site offers tutoring services to youth in grades K-12. Students have opportunities to work in small groups or 1-to-1 with a tutor. During tutoring sessions, students may work on homework, build study skills, and prepare for upcoming exams. Additional services offered include SAT and STEM Workshops.

SAFARI

SAFARI, which stands for Students Attaining Future Aspirations, Respect, and Inspiration, is a tutoring program at Jamestown High School. This program serves students who are at risk of dropping out of school or are failing to meet graduation requirements. Tutors assist students with developing academic goals and enable them to realize their potential to excel by offering individualized academic support.

After School Sites

In collaboration with Jamestown Public Schools, the Jamestown Area YMCA, the YWCA of Jamestown, and the Winifred Crawford Dilbert Boys & Girls Club of Jamestown, Chautauqua Striders offers tutoring and academic enrichment activities to students at all Jamestown Elementary and Middle Schools and at the Boys & Girls Club. Small group interventions build upon the school day curriculum, assist with comprehension of course material and help lead to academic success.
Our programming helps to improve academic success by helping students master course material, learn study skills, complete homework and stay on track to graduate.

Chautauqua Striders implements strategies that were identified by The National Dropout Prevention Center as essential in effectively reducing the dropout rate of high school students.

These include:

*Providing tutoring that focuses on academics and the specific needs of the students served

*Collaborating with schools and community resources

*Offering differentiated instruction to students to accommodate a variety of learning styles
### Academic Programs

#### .....impacting our future!

<table>
<thead>
<tr>
<th>Site</th>
<th># of Students Served</th>
<th># of Tutoring Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>WCB Boys &amp; Girls Club of Jamestown</td>
<td>301</td>
<td>2,389</td>
</tr>
<tr>
<td>Bush</td>
<td>45</td>
<td>1,869</td>
</tr>
<tr>
<td>Fletcher</td>
<td>86</td>
<td>1,896</td>
</tr>
<tr>
<td>Jefferson</td>
<td>69</td>
<td>1,758</td>
</tr>
<tr>
<td>Lincoln</td>
<td>24</td>
<td>838</td>
</tr>
<tr>
<td>Love</td>
<td>72</td>
<td>2,008</td>
</tr>
<tr>
<td>Main Site Tutoring</td>
<td>134</td>
<td>2,438</td>
</tr>
<tr>
<td>Persell</td>
<td>18</td>
<td>573</td>
</tr>
<tr>
<td>Ring</td>
<td>53</td>
<td>2,183</td>
</tr>
<tr>
<td>SAFARI</td>
<td>163</td>
<td>7,918</td>
</tr>
<tr>
<td>SAT Workshop</td>
<td>10</td>
<td>55</td>
</tr>
<tr>
<td>STEM Camp</td>
<td>26</td>
<td>123</td>
</tr>
<tr>
<td>Washington</td>
<td>29</td>
<td>688</td>
</tr>
</tbody>
</table>

#### Ethnicity

- African-American: 19%
- American-Indian: 1%
- Asian: 11%
- Hispanic: 12%
- Other/Unknown: 1%
- White/Caucasian: 56%

#### Gender

- Male: 52%
- Female: 48%

#### Age

- 5-8 years: 33%
- 9-13 years: 40%
- 14-18 years: 25%
- 19-21 years: 1%
- Other/Unknown: 1%
.....our accomplishments!

24,736 tutoring sessions to 959 students!

- 77% of students from main site maintained a passing grade or improved grades in academic subjects
- 92% of students assessed maintained or increased in the areas of self-management, self-initiative, academic behavior and/or basic skills
- 90% of students who received tutoring at our Main Site earned passing grades on their Regents exams
- 98% of students who actively participated in SAFARI programming passed their Regents exams.

Of the total number of students surveyed....

- 94% reported that they were satisfied with the help they received
- 90% reported that they would recommend Striders to a friend.
- 86% reported that they felt more confident academically as a result of receiving help from Striders

Having Striders helped my daughter’s confidence during Regents prep and resulted in a pleasing test score.

The environment is nice to be in, the people are nice and supportive.

My daughter enjoys coming to Striders and has gained self-confidence in her classroom. Even teachers have noticed the improvement in her schoolwork.

www.chautauquastriders.org
Chautauqua Striders Mentoring Program provides students in grades 2-12 with a caring adult to offer support, guidance and encouragement. Based on the type of mentoring match, mentors and mentees spend a minimum of 2 to 4 hours together each month setting goals, exploring the community, having lunch at school, collaborating to complete a project, or preparing for life after high school. The overall goal of the program is to guide mentees along a path of positive social, emotional, and academic development which ultimately leads to graduation from high school.

**Match Types:**

- **School Based** - Mentors and Mentees meet on a weekly basis in the school setting during a lunch or free period.

- **Community Based** - Matches spend time together on evenings and weekends engaging in community related activities.

- **Project-Based** - Mentors and Mentees meet on a weekly basis for 1 ½ hours after school and have time together as a group as well as in one-on-one pairs to engage in activities and projects. In 2017-18 Striders partnered with St. Luke’s Episcopal Church and the Jamestown Jackals Basketball team to provide fun and meaningful mentoring experiences.

**Match Breakdown:**

Working in collaboration with school staff, outside agencies, and families, Mentoring Coordinators work to create effective and long-lasting matches. They partner with counselors, teachers, and families from the Jamestown, Bemus Point, Southwestern and Falconer school districts to obtain referrals for students who would benefit from the program.

During the 2017-2018 program year, Mentoring Coordinators achieved the following:

- 84 youth matched with a mentor
- 24 Elementary/Middle School Matches
- 36 High School Matches
- 24 Project-Based Mentoring Matches
- Volunteer mentor hours spent with youth: 1,133
- Average length of active matches: 22.5 months

**Mentees:**

- 53% Female
- 47% Male

**Ethnicity:**

- White 70%
- Hispanic or Latino 13%
- African-American 12%
- Other 5%
mentoring makes a difference!

Program Outcomes:

In order to assess the impact of mentoring, program staff administer pre- and post-evaluations to youth participants and their families during the school year. The Hemingway Scale of Connectedness and the Strengths and Difficulties Questionnaire provide an overall picture of social, emotional, and behavioral changes youth participants display during their time in the program.

Completed by the youth, the Hemingway subscales measure positive connections to important adolescent worlds. The four major worlds include connectedness to school (school and teachers), family (parents and siblings), friends and self. The chart below represents the number of elementary and middle school mentees who improved or maintained their connections within each subscale.

![Hemingway Scale of Connectedness Outcomes](chart1.png)

- **Hemingway Scale of Connectedness Outcomes**
  - Self-Management Skills
  - Self-Esteem
  - Connection to Friends
  - Connection to Teachers
  - Connection to School
  - Connection to Siblings
  - Connection to parents

![SDQ Outcomes](chart2.png)

- **SDQ Outcomes**
  - Pro-Social Behavior
  - Peer Problems
  - Hyperactivity
  - Conduct Problems
  - Emotional Symptoms
Mentoring

…..mentoring works!

Our mentors said.....
“...I’ve developed a wonderful relationship with this sweet girl.”
“I feel that I am making a difference in the future of a youth.”
“It feels good to be a positive influence on a child.”
“I've had the priceless opportunity to enter a different world. I’m honored to be [her] mentor.”
“I feel it is a very effective means to get to know a young person and impact them in a positive way.”

In 2017-2018, Chautauqua Striders’ Mentoring Program completed a National Quality Mentoring System self-assessment with guidance and support from Mentor New York. The NQMS establishes consistent quality standards among mentoring programs across the country, provides a meaningful indicator of quality for youth mentoring programs, and lends credibility to individual programs to attract resources and support. It also helps families and volunteers feel confident about participating in a mentoring program that meets national quality standards. The self-assessment culminated in the development of an Innovation and Improvement Plan and the awarding of the National Quality Mentoring System Member Badge from MENTOR: The National Mentoring Partnership.

Chautauqua Striders is an active member of the Western New York Mentoring Collective, a cohort of nine mentoring programs throughout the region with funding from the Ralph C. Wilson, Jr. Foundation and the First Niagara Foundation, in partnership with KeyBank. The WNY Mentoring Collective is an ambitious effort to expand and strengthen the field of mentorship programs across the region, ultimately connecting more children with mentors. The organizations collaborating in this initiative include: Big Brothers Big Sisters of Erie County, Buffalo Prep, Classroom Champions, Chautauqua Striders, Compeer, Edge Foundation, Hillside Work-Scholarship, Say Yes Buffalo, and Youth Mentoring Services of Niagara County.
Chautauqua Striders provided Life Skills Education to 202 K-12 students in the Jamestown Public Schools.

Small group sessions focused on enhancing social and emotional skills held during lunch or specials using an evidence-based curriculum called ARISE. Activities that focused on making grade-to-grade transitions easier were also provided.

Students and families were referred to outside community programs as needed.

Tech Academy/ JHS Life Skills Education

- A trained Life Skills Educator facilitated lessons for students in the Personalized Learning Program and the Alternative Education Program.
- Provided case management to students at Jamestown High School and Jamestown Tech Academy and supported families by doing home visits, providing referrals to community agencies, and mentoring students one on one.
- Worked with students on goal setting, applying and interviewing for jobs, and learning how to retain and keep employment.
- Instructed students on job skills and professionalism.
Bilingual Life Skills

Bilingual life skills educators collaborated with school officials to aid in case management, offer translation services, assist in family engagement, and help families in the community make connections in order to support Hispanic youth and increase their self-esteem.

Bilingual life skills sessions provided a comfortable, safe and accepting environment for English as a New Language (ENL) students to seek out while in school. Creating a positive environment for Hispanic students to express their cultural identity encourages them to attend school regularly and enhances their chances of graduation. Students were able to attend field trips to Jamestown Community College, Edinboro University, and Jamestown Business College.
The Strides for Success event was held May 15th, 2018 and gave over 150 High School students in the Jamestown and surrounding areas the opportunity to receive professional clothing free of charge, a free haircut and a free professional photo.

Jamestown Business College displayed the difference between formal professional dress and business casual to guide students in picking out their free professional clothing.

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**Strides for Success**

**Community Partners**

- Boys & Girls Club
- Fredonia State University
- Jamestown Community College
- Jamestown Business College
- Wegmans
- The United States Army
- Heritage Ministries
- Cummins Engine
- Community Helping Hands
- Chautauqua Works
- Old Navy
- Fenton Beauty Products

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[Image of shoes]

[Image of students getting haircuts]

[Image of clothing]
The purpose of our athletic programming is to encourage and promote participation and competition in the sport of track and field and long distance running by providing events and programs for athletes of all ages. From the Development Program that introduces athletes beginning at age five to track and field to the Athletic Club that keeps adults active, we provided unique opportunities to Chautauqua County.

Dagon Bryant won the 2000 M Steeplechase (17-18 Year Old Division) at the USATF Youth Outdoor Track & Field Championships held at the College of Brockport. He was the first Chautauqua Striders athlete to “bring home the gold” at a National Championship since 2003.
The purpose of Chautauqua Striders is to encourage and promote participation and competition in the sport of track and field by providing a program for athletes of all ages.

**Development Program**
The Development Program provides young athletes and their parents an introduction to the sport of track and field. Track & field is unique as it allows young athletes to choose if they want to sprint, hurdle, run, jump, vault, put, toss, or hurl. Some athletes might excel in one event while others enjoy the competition of many. Through participation athletes can learn basic athletic skills which can be applied to further athletic development.

**Track & Field Club**
Nationally competitive, this program is intended for athletes 13 and up who participate in USA Track and Field events as well as regional, national, and international meets. In addition to honing their physical skills, athletes are mentored by coaches who help them gain self-confidence and motivate them to realize their individual potential. Former athletes attest to the impact the track and field team has made in their lives because it taught them the value of hard work, discipline, and education.

**Athletic Club**
The mission of the Chautauqua Striders Athletic Club is to encourage and promote life-long fitness through running & walking. The program provides the road running community an opportunity to train and compete as a team. The Athletic Club provides programs to develop and support runners throughout the year.
Chautauqua Striders was awarded a grant from the Ralph C. Wilson, Jr. Legacy Fund at the Community Foundation for Greater Buffalo. Track and field is a sport for everyone. The grant will allow expanded opportunities for area youth to practice and compete in the sport of track and field. In 2019, we will offer camps for distance running, sprints & hurdles, jumps and throwing events.

.....fast facts!

Chautauqua Striders offered the following programs and services during the 2017-2018 school year:

<table>
<thead>
<tr>
<th>Program / Event</th>
<th>2016-2017 Participation</th>
<th>2017-2018 Participation</th>
<th>% Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timed runners in High School Track &amp; XC Meets</td>
<td>9,234</td>
<td>10,555</td>
<td>14%</td>
</tr>
<tr>
<td>Timed finishers in Road Races</td>
<td>2,826</td>
<td>3,745</td>
<td>33%</td>
</tr>
<tr>
<td>UPMC Chautauqua Runner of the Year Series</td>
<td>389</td>
<td>426</td>
<td>10%</td>
</tr>
<tr>
<td>Athletic Club (Adults and Families)</td>
<td>94</td>
<td>103</td>
<td>10%</td>
</tr>
<tr>
<td>Track &amp; Field Club</td>
<td>10</td>
<td>16</td>
<td>60%</td>
</tr>
<tr>
<td>Development Program</td>
<td>56</td>
<td>69</td>
<td>23%</td>
</tr>
</tbody>
</table>

www.chautauquastriders.org
North County Programs

.....serving all of Chautauqua County!

North County After School Academic Support 2017-18

Tutoring
Academic Enrichment activities, homework assistance and tutoring were provided to students in grades K-8 in several North County locations. In collaboration with Chautauqua Opportunities, Chautauqua Striders offered tutoring in Brocton Central School District serving over 80 students in the Elementary and Middle School Afterschool Programs.

Small group tutoring was also provided to participants of the Boys and Girls Club of Northern Chautauqua County on a daily basis. Additional tutoring sessions were held in the evenings at Dunkirk Public Library for students who desired 1-to-1 sessions.

Chautauqua Striders partnered with Dunkirk Public Schools under the 21st Century Grant to offer academic mentoring in the Afterschool programs at Schools 3, 4, 5, 7 and the Middle School. Engaging, hands-on STEAM activities were facilitated with students throughout the year. Tutors also helped students build organizational and study skills, learn test-taking techniques, complete homework and build confidence and self-efficacy.

SAT Workshop
Chautauqua Striders provided a SAT Workshop in preparation for the Spring 2018 test date. Tutors provided small group instruction for the SAT Math and English sections. These instructional sessions occurred at the Brocton Ahira Library over an eight-week period and covered test taking strategies, assessment format, sample test questions, and practice for the writing portion of the SAT.
Life Skills Education

Utilizing the evidence-based Arise Life Skills curriculum specifically designed for emotional and social development, Striders educators provided small group sessions to Dunkirk Elementary and Middle School students. Topics covered include, but were not limited to: communication skills, friendship development, identifying and expressing feelings, and conflict resolution. Lessons allowed students the opportunity to practice and apply newly learned skills through art, music, writing and role-playing.

Strides 4 STEAM

Forty-three middle school girls from Brocton, Dunkirk, Forestville, Fredonia, Silver Creek, and Westfield participated in a year-long project based learning program featuring Science, Technology, Engineering, Arts, and Math. ENACTUS students from SUNY Fredonia presented topics throughout the STEAM program on cost and sales, marketing, product analysis, and presentation skills. This program was funded through the generous donations of the Community Foundation of Greater Buffalo, Northern Chautauqua Community Foundation, the Chautauqua County Education Coalition & National Grid.

Mentoring

The mentoring program was organized in collaboration with SUNY Fredonia. A SUNY Fredonia social work intern coordinated the mentoring program and arranged for ten mentoring matches. The mentors and mentees met at our Striders mentoring space on the second floor of our Dunkirk office location. Mentors came once a week to talk and engage in fun activities with their mentees.
Thank You!

A special Thank You to our major contributors:
Carnahan-Jackson Foundation
Chautauqua County Education Coalition/National Grid Grant
Chautauqua County Youth Bureau
Chautauqua Opportunities
Chautauqua Region Community Foundation
Community Foundation For Greater Buffalo/The Garmin Family Foundation
Cummins – Jamestown Engine Plant
First Niagara Foundation
Holmberg Foundation
Hultquist Foundation
Jamestown City School District
Jessie Smith Darrah Fund
Northern Chautauqua Community Foundation
Ralph C. Sheldon Foundation
Ralph C. Wilson Jr. Legacy Fund Grant
St. Luke’s Episcopal Church
The Lenna Foundation
United Way of Northern Chautauqua County
United Way of Southern Chautauqua County