

From a Time of Risk to a Time of Opportunity

This is Afterschool



The hours after the last school bell rings and before parents typically return home from work is a time of endless opportunities and potential for young people. It can be a time of learning and growth, when kids explore new topics in fields like science, technology, engineering, and math; discover new interests; and develop their communication, teamwork, and leadership skills alongside supportive mentors. It can also be a time of risk, as an October 2019 report by Fight Crime: Invest in Kids, a membership organization of more than 5,000 police chiefs, sheriffs, prosecutors, and other law enforcement leaders, found.



9 in 10 adults agree that afterschool programs are important to their community

Although juvenile crime has dramatically decreased in the past decade, *From Risk to Opportunity: Afterschool Programs Keep Kids Safe When Juvenile Crime Peaks* determined that nationally, the hours between 2 p.m. and 6 p.m. are the peak time for juvenile crime.¹

In the U.S., for every 1 young person in an afterschool program that inspires learning, provides enriching activities, and keeps them safe, there are 2 more who are waiting to get in. Public support for afterschool is high, with 9 in 10 adults agreeing that afterschool programs are important to their community, but there are not enough programs today to meet the needs of all children and families. The new Fight Crime: Invest in Kids data is further evidence of the need to do more to help ensure that all youth are able to take advantage of the benefits and supports that afterschool programs provide.

Juvenile Crime in Colorado

Analyzing data obtained from the Federal Bureau of Investigation's Uniform Crime Reporting database, Fight Crime: Invest in Kids' report, *From Risk to Opportunity: Afterschool Programs Keep Kids Safe When Juvenile Crime Peaks*, determined that 10 a.m. to 2 p.m. is the peak time for juvenile crime in Colorado during school days, with 32% of crimes occurring during this time period. However, it is worthwhile to note that the 2 p.m. to 6 p.m. window has the second highest peak, with more than 1 in 4 juvenile crimes occurring during this time (26%). It is also important to note that in some instances, law enforcement agencies may code a criminal activity as noon or midnight if the exact time of the offense is unknown or unclear. Looking at the hourly crime rate breakdown in Colorado, noon has the highest recorded offenses at 9%.

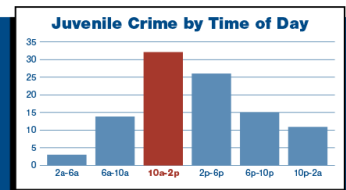
In Colorado, 71% of parents agree that afterschool programs help to give parents peace of mind about their children when they are at work and 55% agree that afterschool programs help to keep kids safe and out of trouble. Yet, for every student in an afterschool program, 2 more would participate if a program were available.

With 256,263 students in Colorado waiting to get into an afterschool program, increased investment in afterschool programs is needed.

The Prime Time for Juvenile Crime in Colorado

Quality Afterschool Programs:

- 🔍 Reduce Crime
- 📖 Boost Academics
- 👍 Improve Behavior
- ❤️ Lead to Healthier Habits
- 💰 Save Money



#AfterschoolFightsCrime

FightCrime

FIGHT CRIME: INVEST IN KIDS
COUNCIL FOR LAW ENFORCEMENT

Program Spotlight

Evolution Youth Services | Denver, CO

Dave Stokes had been working in the mental health field when he developed the idea for Evolution Youth Services. At the time, he was working with adults in Brazilian Jiu Jitsu and noticed young people with a lot of potential for change and development, but very little outlet for their anger and aggression; he recognized Jiu Jitsu as a channel for building that connection with youth and helping them cope with their emotions. Stokes worked for two years to build relationships with the Colorado Department of Human Services (CDHS), Denver County probation and Diversion offices, and in 2016, Evolution Youth Services opened as a program for juvenile justice-involved youth to receive trauma-informed intervention through Brazilian Jiu Jitsu. Program participants are referred, either by the probation office, CDHS, or the Juvenile Services Unit, or Northwest Denver police officers. For two to three nights a week, youth attend classes that seamlessly blend therapy and physical activity together in a way that makes the services more approachable for youth.

Each class begins with a check-in, where youth explore the different emotions in their lives; the class then warms up and instruction begins. Jiu Jitsu is a grappling-based martial arts form, and can often put participants in uncomfortable positions, both physically and emotionally. Stokes and his instructors take this time to teach the youth how to understand the emotions they are experiencing and how to deal with those emotions in real time. Through mindfulness and honest conversations, youth develop the social and emotional skills they need to navigate the world. As one prevention social worker reflects, “This program not only plays a tremendous role in helping youth recover from trauma to reclaim power and confidence in their lives, it also helps to instill discipline and self-regulation for youth that have been labeled ‘unreachable’ and ‘out of control.’”



Photo Source: Evolution Youth Services

While the main programming for juvenile justice-involved youth is housed in their gym, Evolution Youth Services also provides a school-based afterschool program for kids attending Denver Public Schools, which has similar impacts on youth behavior and demeanor. The program is able to help disengaged youth make smart choices, empowering kids with the knowledge and self-control which helps them successfully navigate the pressures they may be facing in their lives.

Source

¹ Fight Crime: Invest in Kids. (2019). *From Risk to Opportunity: Afterschool Programs Keep Kids Safe When Juvenile Crime Peaks*. Retrieved from www.strongnation.org/articles/930-from-risk-to-opportunity-afterschool-programs-keep-kids-safe



Afterschool Alliance

afterschoolalliance.org

The Afterschool Alliance is working to ensure that all children and youth have access to quality afterschool programs. Learn more at: www.afterschoolalliance.org