

***Power To Change* Program Evaluation Mini-Report**

This report presents the results from the second outcome and process evaluation of *The Power to Change* program sponsored by the Abraham Low Institute. The Institute partnered with Urban Networks Associates to conduct the evaluation.

The Power to Change program was created to empower at-risk youth to become healthy and productive members of society by enabling them to develop the ability to manage thoughts, impulses and emotions and to increase self-control and self-respect. The program consists of 12-24 highly structured self-help group sessions held weekly during an academic semester. All group meetings include four components: sharing an example, commenting on the example with the program “tools”, use of pro-social language, and readings. *The Power to Change* program staff provides the program through 1) direct service or 2) by training local school facilitators to implement the program.

Many positive changes were noted by students and school staff participating in the program. Students reported that *since being in the group their in-school suspensions has decreased*. Students said that *the program helped them think twice about being violent*. Teachers reported that *the group was beneficial, because some students have noticeably changed their behavior*. School administrators appeared to be pleased with the program; one commented that *she liked that the number of referrals coming to her office because of bad behavior has decreased, and she enjoyed the professionalism of Low staff and communications with the Institute*.

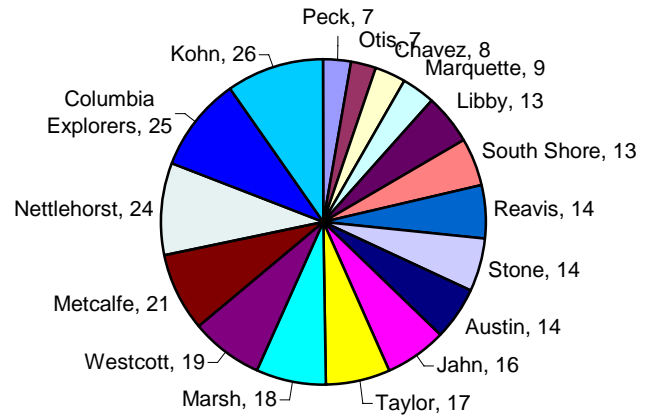
Youth Accomplishments

- **Participating youth were able to significantly increase their emotional intelligence by regulating their emotions and using emotions positively to solve problems.**
- **Participating youth were able to significantly increase their ability to control their impulses and act in responsible and considerate way towards others.**
- **Participating youth were able to significantly decrease their verbal and relational aggression towards others. Also, a decrease trend was observed in their physical aggression towards others.**
- **Participating youth enjoyed the program, felt comfortable attending the groups and connected with the group facilitator(s).**
- **Participating youth felt the skills and knowledge gained in the program were useful for their everyday life.**

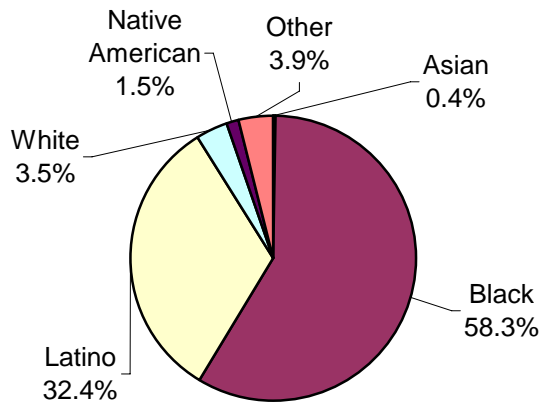
School and Youth Partners

Through a partnership with Communities in Schools this year The Power to Change Program was successfully implemented at 17 Chicago Public Schools. This included 2 high schools and 15 elementary schools. A total of **268** youth participated in the program.

of Participants per School



Participant Race/Ethnicity



Participants were:

- 54% female
- 9-17 years of age with an average age of 13
- Grades 5th-12th with a focus on 7th and 8th graders
- Diverse population with a focus on African American & Latino youth

Letter from a Student

To Whom It May Concern:

*I would like to thank everyone who donated the Timberland supplies it meant so much to me and our group that you and this group has helped us succeed in this challenge. It has helped us well. I can say and I learned how to control my inner and outer voice and actions thank you again for believing in us and helping us *The Power to Change* graduates with our new ways of life. I thank you for everything it really touched me.*