

Montgomery County Recreation

Out of School Time Report

MAY 2022





➤ Soccer4Change (OST Program)

Introduction

While children and youth spend a good portion of their time in school, even more time is spent outside of school.¹

How young people spend that time is critically important to their safety, health, and development. Unsupervised afterschool time increases opportunities for young people to engage in risky behaviors, such as substance use, unsafe sexual activity, and becoming victims or perpetrators of violence.² Out of SchoolTime (OST) activities for children and youth include: structured activities that take place before and afterschool, summer school, and extracurricular activities.³ Participation in high quality OST activities can provide youth with safety, supervision and structure;⁴ help reduce health disparities;⁴ increase attendance and on-time grade promotion,³ build social and emotional skills,⁴ support student achievement;^{3,4} and help narrow achievement gaps, when provided as part of other comprehensive initiatives.³

Montgomery County Recreation provides these essential benefits to thousands of our county's children, teens, and young adults who participate in our OST programming each year!

At Montgomery County Recreation, our mission is to provide high quality, diverse, and accessible programs, services, and facilities that enhance the quality of life for all ages, cultures, and abilities. Among the many populations we serve, we have a strong focus on improving the lives of young people in our community. We work to ensure young people are healthy, productive, and connected during OST by providing opportunities, programs, and services that emphasize health and wellness, youth leadership and social equity, workforce development, and connection to caring adults. Our OST programs provide academic support, recreational opportunities, skill-building, and socialization in safe and supervised environments. This report highlights Montgomery County Recreation's OST work from 2018 to early 2022.⁵

AT MONTGOMERY COUNTY RECREATION,

We make a difference
FOR CHILDREN, TEENS,
AND YOUNG ADULTS.

We make a difference
FOR FAMILIES.

We make a difference
IN OUR COMMUNITY.

A NOTE ABOUT COVID-19

Like so many organizations, our programs were deeply affected by the COVID-19 pandemic. Despite the challenges, we were able to offer essential programming in FY21 and maintain a strong sense of community. While we have not yet reached pre-COVID capacity in FY22 due to safety limitations, demand for programs that improve quality of life and reconnect youth are high, and we expect to return to pre-pandemic levels in FY23.

Our accomplishments

DURING THE PANDEMIC IN FY21

WE *reached*

2,868
children and teens
with

8,664 hours
of comprehensive summer
and fall programming.

WE *hired*

131 young adults
to serve in our
Covid Corps, providing

22,000 hours
of meaningful work,
benefiting **25** government
agencies and nonprofits
organizations at **73** locations.

Our Covid Corps workers accomplished a lot:

- Visited 434 business in Wheaton to provide education on COVID-19 regulations for DHHS
- Created a map showing all of the benches in the county for Empowering the Ages
- Spoke with 206 people about transportation services
- Moved 220 e-scooters for DOT
- Updated documents to meet ADA compliance fo OHR
- And much more!

“

This has been a God-send for us; we don't know what we would've done without their help.

- DHHS Employee,
talking about
Covid Corps

Coats and Clinics ↗

Through a partnership with Maryland Legal Aid more than 500 residents received a free, new winter coat and had access to free COVID-19 vaccines.

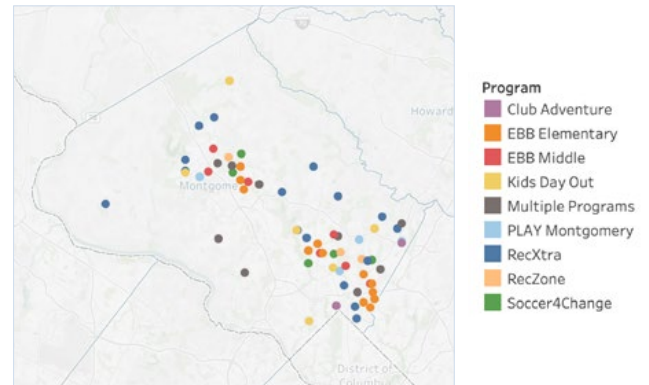


AT-A-GLANCE OUR OUT OF SCHOOL TIME WORK

100+

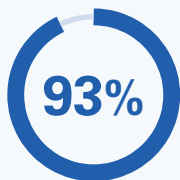
county locations

offering Montgomery County
Recreation OST programs⁶

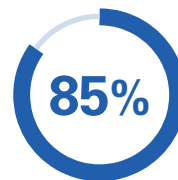


16,075

*Average number of children and teens
enrolled in comprehensive
Youth Development Programs*



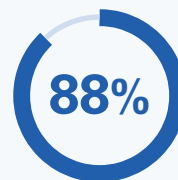
Elementary
school participants
who reported
learning new things
in OST programs



Middle school
participants who
reported *feeling a
sense of belonging*
after OST programs



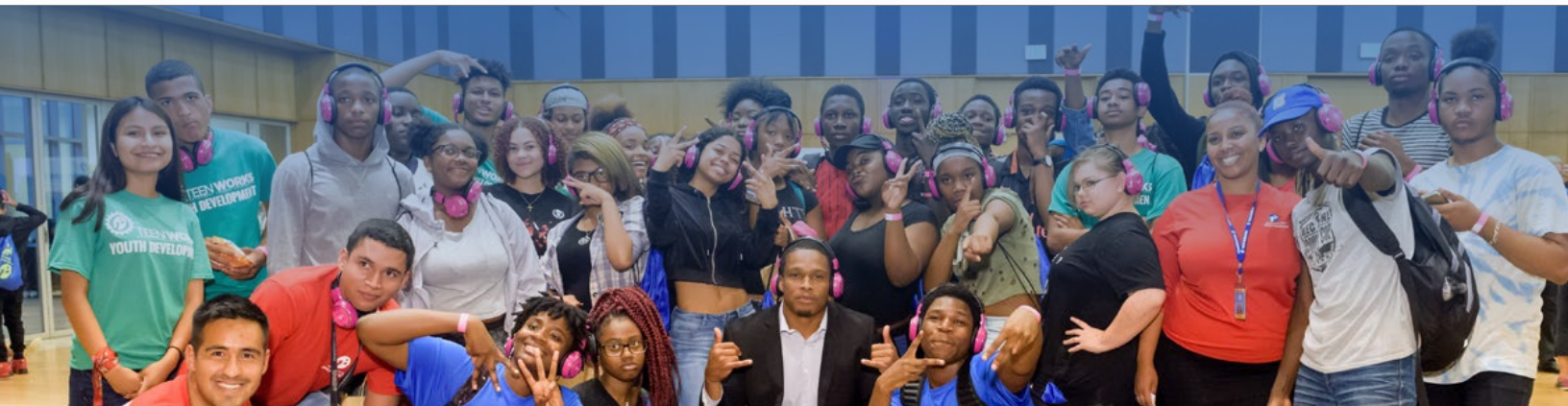
Elementary school
participants who
reported *feeling safe*
in OST programs



Parents who
reported that their
elementary school
*child's enthusiasm to
attend school increased*

1,801

*Young people employed
by Montgomery County Recreation in 2019*



We make a difference

FOR CHILDREN, TEENS, AND YOUNG ADULTS

Positive outcomes in youth are associated with best practices in OST programs, such as focused and intentional programming, positive relationships with staff, active learning, combining academics with social skill building, and partnerships with families, schools, and the community.⁷ Montgomery Recreation works to ensure these best practices in our programs and provide an intentionally-designed continuum of programs to best meet the developmental needs of elementary, middle, and high school students, as well as young adults.

Our Out of School Time programs help children make gains in academic performance, school engagement, and social and emotional learning, as seen in our Excel Beyond the Bell (EBB) programming for elementary and middle school students. EBB programming is offered in collaboration with the Montgomery County Collaboration Council for Children, Youth and Families; Action in Montgomery; and Montgomery County Public Schools. These comprehensive afterschool programs provide both academic and recreational enrichment opportunities. As of 2022, Excel Beyond the Bell Elementary is currently offered at 12 schools and Excel Beyond the Bell Middle is offered at 8. Recent analyses of the EBB programs showed the positive impacts of the program on participants.^{8,9}

*Montgomery County
Recreation*
OST PROGRAMS

Club Adventure

Club Friday

Excel Beyond
the Bell

Futsal

Kids Day Out

RecXtra

RecZone

Soccer4Change

TeenWorks
Youth Workforce
Development

And our many
summer camps!

ELEMENTARY SCHOOL STUDENTS IN MONTGOMERY COUNTY RECREATION PROGRAMS HAVE POSITIVE GAINS IN ACADEMIC PERFORMANCE AND SCHOOL ATTENDANCE

Data from EBB third through fifth graders were compared to matched non-EBB participants.⁸
EBB participants outperformed their non-EBB peers in several areas:



Higher Reading Scores
on Spring MAP-R



Higher Math Scores
on Spring MAP-M

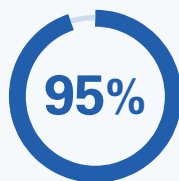
“ EBB has helped me with my reading, I now read better than before EBB.
 - EBB elementary school participant



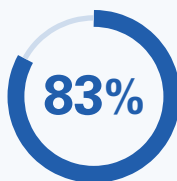
Higher school attendance rates

ELEMENTARY SCHOOL PARTICIPANTS HAVE POSITIVE GROWTH IN SOCIAL AND EMOTIONAL SKILLS

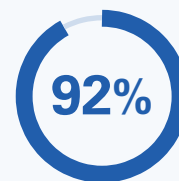
In end-of year surveys in 2019, program staff and teachers reported that EBB students were more likely to...



Listen to peers



Empathize with peers



Help peers succeed

“ It has helped me by making me feel part of group for once in my life.
 - EBB elementary school participant

“ It helped me to have more self confidence and to believe in myself to do what I dream of.
 - EBB elementary school participant



MIDDLE SCHOOL PARTICIPANTS IN MONTGOMERY RECREATION PROGRAMS MAKE ACADEMIC AND BEHAVIORAL GAINS

When compared to non-EBB participants in 8 Montgomery County Middle Schools, **students who participated in EBB⁹ generally had:**



Higher reading scores
on standardized tests
(MAP-R and PARCC ELA)



Higher math scores
on standardized tests
(MAP-M and PARCC Math)



**Higher marking
period averages**



**Better
attendance**



**Greater eligibility
for extracurricular
activities**



Academic gains were noted in historically underserved subgroups (African American, Hispanic/Latino, students receiving Free and Reduced Meals, and students with limited English Proficiency), although these were stronger for 6th and 7th graders than for 8th graders.

MIDDLE AND HIGH SCHOOL PARTICIPANTS IN OST PROGRAMS BUILD SOCIAL-EMOTIONAL SKILLS AND MORE

Other OST programs for middle schoolers and high schoolers include the following: RecXtra, RecZone, Soccer4Change, Futsal, Fashion Boot Camp, and Chill. These programs offer a variety of opportunities for recreation, socialization, skill-building, develop connections to caring adults, and the chance to engage in new experiences they might not normally have access to at their school or in their community.

“**Ever since I got here, I feel a lot more confident. I made a lot of new friends. And it’s been a really great experience for me.**
- *Fashion Boot Camp participant*

“**I learned a lot of things such as respect, discipline, and how to work as a team.**
- *Soccer4Change participant*

MIDDLE SCHOOLERS, HIGH SCHOOLERS, AND YOUNG ADULTS STAY CONNECTED IN OUR PROGRAMS

Many factors can influence whether youth complete their high school education, go on for advanced education, and/or join the workforce. These factors can include socioeconomic status, family stability, abuse, performance in school, school climate, school attendance rates, suspension, peer groups, and community connections.¹⁰ Recreation programs targeting high-risk youth can help youth acquire key skills and developmental assets needed for health development and connect them to caring adults.

Our programs provide skill development, reduce financial burden, and help create safe and stable environments. One example is our TeenWorks program. TeenWorks is a year-round volunteer and employment program for teens and young adults, including students age 15 and older as well as young adults 18 to 24 who have never been employed. This program combines positive youth development program elements with volunteer and employment experiences. Participants have supported special community events such as July 4th fireworks, worked with children in afterschool programs and summer camps as junior counselors, provided administrative support such as helping with event registrations, and supported individual participants with disabilities by serving as inclusion companions. Youth in TeenWorks also participate in job readiness training, skill-building workshops, and team-building activities. Teens are placed in public sector and non-profit jobs throughout the county. These meaningful work placements allow them to develop marketable skills.



126

Average number of TeenWorks **volunteers**/year, *providing* an average of

9,262

service hours/year*

* FY19-FY22. No volunteer programming in FY21. Includes partial data for FY22.

By the Numbers

125

Average number of teens **employees**/year, *providing* an average of

20,469

hours/year of meaningful work**

** FY19-FY21.

Will Flores got his first job through TeenWorks. ↗ After various opportunities for growth within the department, he is now continuing his career with the Montgomery County Fire Department. He will graduate the Academy on July 1st.





We make a difference

FOR FAMILIES

At Montgomery County Recreation, we work hard to make our programs accessible to those who are most in need.

Families face many challenges, and some families disproportionately so. Nation-wide, we know that low-income and minority youth participate in OST programs at lower rates.³ Barriers to program participation include program costs, transportation,^{3,11} and competing obligations for older adolescents, such as caring for siblings or employment.³ Our programming is designed to help overcome these barriers. Parents are able to experience peace-of-mind while at work, knowing that their children are engaged in safe, supportive, and enriching programming.



What our families say

“

I got to pay some of my debt while I was working and my kids were at EBB. Thank you so very much.

“

I like the community that the program has built where the families can communicate with their children better.

BREAKING DOWN BARRIERS AND CREATING OPPORTUNITIES FOR FAMILIES



COST

\$0

Cost to families for Youth Development programs

We offer free and low-cost OST programming. For example, EBB programs have no costs and are offered in schools with higher percentages of students in need.³ We also offer RecAssist, which provides financial assistance for Recreation programs for residents receiving public assistance.



FOOD INSECURITY

130,000+

meals served to OST participants so far in 2022

Food insecurity is a problem in Montgomery County, affecting an estimated 14% of children.¹² Ninety percent of 2017-2018 EBBE students received Free and Reduced Meals. All Montgomery County Recreation programs provide a healthy meal or snack.



TRANSPORTATION

4,541

After-school bus trips so far in 2022

All of our school-based programs provide transportation. Club Adventure has school bus drop-off to conveniently bring students to centers in their neighborhood for afterschool opportunities.



WORK SCHEDULES

6,386

Avg. number of children reached by school-closed programs/year

Working parents face challenges when school is closed. To meet their needs, we provide special programming during school closings. **Club Friday, Kids Day Out, Club Adventure, and summer programs** are offered at Recreation Centers through Montgomery County.



FAMILY ENGAGEMENT

8,600

Hours of family-provided community engagement (FY17-18)⁶

We encourage family engagement. One component of the EBBE program is family involvement, in which families commit to engage two hours per month in their child's school, community, or EBB program. Other programs encourage family participation during special programs and performances. These activities increase family's feelings of connection to their child's school and community.

“ They have helped us a lot because I don't always understand her homework but they help her with it at school during homework help days.
- Parent of OST participants

“ With the help of EBB, my children were able to do extra-curricular activities which otherwise will not do because it's expensive.
- Parent of OST participants



We make a difference

FOR OUR COMMUNITY

MONTGOMERY COUNTY RECREATION'S WORK PROVIDES ECONOMIC OPPORTUNITIES

It takes a village to do this work! We have built a network of individuals and organizations who help implement our programs. As a result, teachers, staff, and nonprofit service providers in Montgomery County benefit from the economic opportunities this work offers.

We are one of the *largest employers* of youth under the age of 24 in Montgomery County, with 1,801 youth employed in 2019.

We currently *contract with 229* individuals, nonprofits, and businesses that serve young people during OST programs.

MONTGOMERY COUNTY RECREATION'S WORK DEEPENS COMMUNITY CONNECTIONS

Children engaged in our academic and recreational programs build academic skills, social and emotional skills, confidence, and friendships, while developing positive relationships with adult mentors.

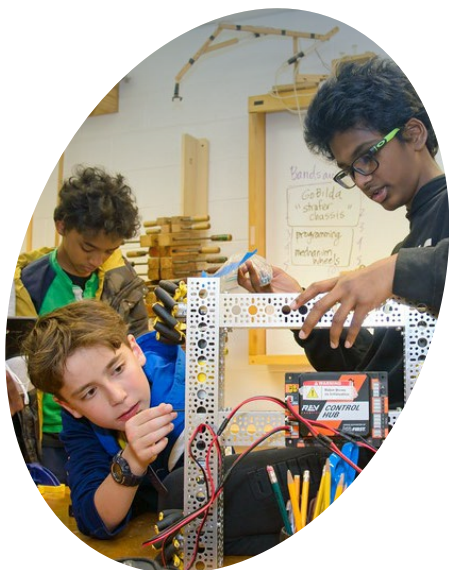
Teens and young adults involved in our programs stay connected to their communities through volunteer and employment opportunities while gaining valuable experience and skills. Community members and organizations benefit from the services provided by our youth volunteers and employees.

Families benefit from the programming and supports provided to their children. As part of our programming, families develop connections with their children's schools and their broader communities. Our programs provide the opportunity to connect children and families to needed services and opportunities.

MAKING CONNECTIONS, CHANGING LIVES

“ One of our afterschool service providers was doing vision testing as part of a hands-on science activity. They found that 6 participants seemed to have poor vision. We were able to connect these students to community resources for eye exams and they all got glasses.

While this occurrence, as shared by a Recreation Department team member, might seem like chance, impacts like these happen throughout our programming. Why? Because of our collective work with providers. We partner closely with community organizations and agencies to identify the root causes of barriers that children and family face. Then, we provide assistance and/or connect them to other community resources, such as dental and medical care, transportation assistance, jobs for students who are homeless, and winter coats and shoes. Montgomery County Recreation is here for our community!





End Notes

¹Wherry, J.H. (2004). The influence of home on school success. National Association of Elementary School Principals. Accessed <https://www.naesp.org/sites/default/files/resources/2/Principal/2004/S-Op6.pdf>

²McCombs, J., Whitaker, A., Yoo, P. (2017). The Value of Out-of-School Time Programs. Rand Corporation.

³Office of Legislative Oversight. (2016). Out of School Time and Children's Trusts

⁴Centers for Disease Control and Prevention. (2021). Out of School Time. Accessed <https://www.cdc.gov/healthyschools/ost.htm>

⁵Any data without a citation came directly from Montgomery County Recreation. Please note that when average enrollment numbers are reported, we have excluded 2021 data due to the impact of COVID-19 on programs. When 2022 enrollment numbers are reported, these represent preliminary mid-year enrollment. We fully anticipate higher enrollments in all programs by the end of the year.

⁶ActiveMontgomery and Montgomery County Public Schools. (2022) Community Use of Public Facilities.

⁷Office of Legislative Oversight (2015). Memorandum Report 2015-14, Excel Beyond the Bell: Montgomery County's After School Program.

⁸Office of Shared Accountability (2022). Examining the Impact of Excel Beyond The Bell's (EBB) Elementary Program: A snapshot of how the EBB Elementary program impacted students' school attendance and academic performance during the 2018-2019 school year.

⁹Office of Shared Accountability. (2020). Summary of Analysis on Academic Performance and School Engagement among Middle School Participants of the EBB Program in Comparison with Nonparticipants in 2018-19.

¹⁰Montgomery County Recreation. Gang Prevention Strategies to Reach and Connect Struggling Youth

¹¹Afterschool Alliance. (2020) Maryland After 3PM Core Findings. Accessed <http://afterschoolalliance.org/AA3PM/data/geo/Maryland/challenges>

¹²Excel Beyond the Bell Elementary: Leveraging the Power of Play 2017-2018

Credits

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