


2017

Rutland City Public School At Risk Youth Mentorship

Michael J. Marallo

University of Vermont Larner College of Medicine

Follow this and additional works at: <https://scholarworks.uvm.edu/fmclerk>

 Part of the [Early Childhood Education Commons](#), [Educational Methods Commons](#), [Medical Education Commons](#), [Primary Care Commons](#), and the [Special Education and Teaching Commons](#)

Recommended Citation

Marallo, Michael J., "Rutland City Public School At Risk Youth Mentorship" (2017). *Family Medicine Clerkship Student Projects*. 271.
<https://scholarworks.uvm.edu/fmclerk/271>

This Book is brought to you for free and open access by the Larner College of Medicine at ScholarWorks @ UVM. It has been accepted for inclusion in Family Medicine Clerkship Student Projects by an authorized administrator of ScholarWorks @ UVM. For more information, please contact donna.omalley@uvm.edu.

Rutland City Public School At Risk Youth Mentorship

**An extracurricular program created to
facilitate healthy activity and lifestyle
choices**

Family Medicine Clerkship, Rotation 2, 2017

Michael Marallo

Project coordination with:

Mary Moran, Superintendent, Rutland City Public Schools

Nicole Carter, Principal, Rutland Middle/High School Allen street Campus



The Family Medicine
clerkship at



The University of Vermont
LARNER COLLEGE OF MEDICINE

Working in conjunction
with the faculty of



**Rutland City
Public Schools**

Mentorship Need

Allen Street Campus Mission Statement:

The Allen Street Campus is a therapeutic school environment designed to provide students the structure and support they need to be successful in school, at home, and in the community. Policies, rules and procedures are designed to provide therapeutic interventions and small group academics so that students will be empowered to take control of their lives. ¹

Project Purpose and Mission

This program's purpose is to address the unique challenges of students with multiple psychosocial risk factors (as determined by comparison to the ACE questionnaire) through mentorship, health and life skills education, and by guiding the development of positive coping skills. Activities will allow for self-expression outside of the classroom in a safe environment. Focus will be placed on assisting paraeducators and teachers with meeting goals that are appropriate for each individual student.



Cost and Impact on Rutland County Community

Rutland County Arrest Statistics²

- 11.0% of all violent crime and 40.0% of forcible rape arrests in 2012 were juveniles.
- 8.2% of all property crime, 11.1% of all motor vehicle theft, and 100.0% of all arson arrests in 2012 were juveniles.
- 22.2% of vandalism, 33.3% of other non-specified sex offenses, and 7.5% of all drug abuse arrests were juveniles.

Rutland Regional Medical Center: Community Health Needs Assessment. Prioritized Community Health Needs³

Mental health and substance abuse services for youth:

- Improve resource utilization
- Expand and enhance services

Health behaviors:

- Provide life skills for youth to support healthy choices
- Improve physical activity levels of adults and youth through access, education and support
- Public and private recreation opportunities need to be available for all ages and abilities

Community Perspective: Interview Conclusions*

Mary Moran, Superintendent, RCPS- The Allen Street Campus is composed of the students with the greatest socioeconomic and psychosocial risk factors. Available resources are limited for this subset of the academic community and they are in the highest need of support.

Nicole Carter, Principal, Allen Street Campus- The classroom, after school, and summer programs for the students are sometimes the only safe and stable environments available to certain students. Utilizing this time to reach out to, and to teach basic life skills to these students could be crucial.

Emily Burlett, Teacher, Allen Street Campus-The middle school aged classrooms have the highest risk of potential initiation of illicit substance use. Maturity, understanding and capability at this developmental stage, and access in this age range pose specific risks that require special attention.

*Note: These are brief interview summaries, not direct quotes from interviewees



Methodology

- I. Develop meaningful relationships with the Allen Street Campus students involved with the program and explore their interests.
 - Rutland Intermediate School hosts an end of school year field day Monday, June 19th. This day will be utilized to develop rapport with students, participate in activities, and survey their interests via the My Favorite Things worksheet created by Education World.⁴
- II. Incorporate activities already in place within the extracurricular program (fishing, hiking, basketball, organized athletics) as well as implement age appropriate martial arts.
 - Increasing physical activity and implementing adolescent martial arts programs will teach students self-discipline and facilitate focus during other educational activities.
- III. Create educational sessions that address the unique needs of the students in a manner that maintains their focus.
 - Teaching methods studied by the Child Development Institute⁵ and found to be effective with ADHD and cognitively impulsive children will be integrated into both classroom time and during physical activity. Focus will be placed on their self-reported interests.



Results and Response

This program is being created to be implemented longitudinally, assisting paraeducators, teachers, and staff with extracurricular programs for high risk students in the Rutland City Public School system. As such, it will begin with the Allen Street Campus students on their end of school year field trip, scheduled June 19th. It will continue throughout the Allen Street Campus voluntary summer program, and into the after-school program of the 2017-2018 school year with the assistance of other community members. Program results and response will be determined at a later date.



Evaluation of Effectiveness and Limitations

Given the longitudinal nature of this project evaluation of effectiveness and limitations will be completed in a number of ways:

- I. Attendance: The after school and summer programs of the Allen Street Campus are voluntary.
 - Tracking attendance over time will be a quantitative way to gauge student interest and participation.
- II. Engagement: How engaged are the students when they are present? Are they interested in the topics being discussed? What activities are fun for the students, yet still present opportunities to teach crucial life skills?
 - Asking the students directly what they are and are not enjoying each day will help mold the activities and topics to student interest.
- III. Qualitative observation: The teachers and supportive faculty that work with these students daily are constantly evaluating their progress socially, emotionally, and academically.
 - Using these faculty members as a resource to gauge student progress and activity effectiveness will be a constant process, evolving the program to student needs each day they participate.



Future Project Recommendations

The Rutland City public school system continues to face challenges similar to those seen throughout the country, but a certain subset of the population continues to have particular needs that are not met. The current opioid crisis, childhood neglect and abuse, and socioeconomic disadvantage continue to be community problems that lack the resources required to be adequately addressed. Evaluating the evolving community needs via the Rutland Regional Community Health Needs Assessment and addressing them, continuing program work with Rutland City Public Schools at risk youth population, expanding on this project, and working with the Medication Assisted Therapy program to address the opioid crisis are suggestions for future projects.



References

¹About Us [Internet]. Rutland (VT): Rutland City Public Schools, Allen Street Campus; c2017 [cited 2017 June 5]. Available from: <http://allenstreet.rutlandcitypublicschools.org/about/>

²Puzzanchera, C. and Kang, W. Office of Juvenile Justice and Delinquency Prevention: Easy Access to FBI Arrest Statistics 1994-2012 [Internet]. Washington (DC): US Department of Justice; c2014 [cited 2017 June 5]. Available from: <http://www.ojjdp.gov/ojstatbb/ezaucr/>

³Rutland Regional Medical Center. Community Health Needs Assessment: 2015-2017. Rutland (VT): Community Health Centers of the Rutland Region; c2015. 14 p.

⁴My Favorite Things [Internet]. Colchester (CT): Education World Lesson Plans; c2016 [cited 2017 June 5]. Available from: http://www.educationworld.com/a_curr/back-to-school-student-survey-questionnaire.shtml

⁵In the Classroom: Ideas and Strategies for Kids with ADD and Learning Disabilities [Internet]. Orange (CA): Child Development Institute; c2015 [cited 2017 June 5]. Available from: https://childdevelopmentinfo.com/learning/learning_disabilities/teacher/#.WUB-N-vyupp