

Expanded Learning: A Vehicle for Prevention, and So Much More

California's Expanded Learning programs are a vehicle to promote prevention, and positive health and wellness outcomes for families, schools, and communities.

Expanded Learning Programs create the conditions necessary for young people to thrive.

California has set a clear vision of Expanded Learning program quality¹ describing learning settings and experiences the recent Science of Learning and Development (SoLD)² has found to result in:

- Academic success
- Civic and community engagement,
- Workforce and career readiness, and
- Emotional well-being.

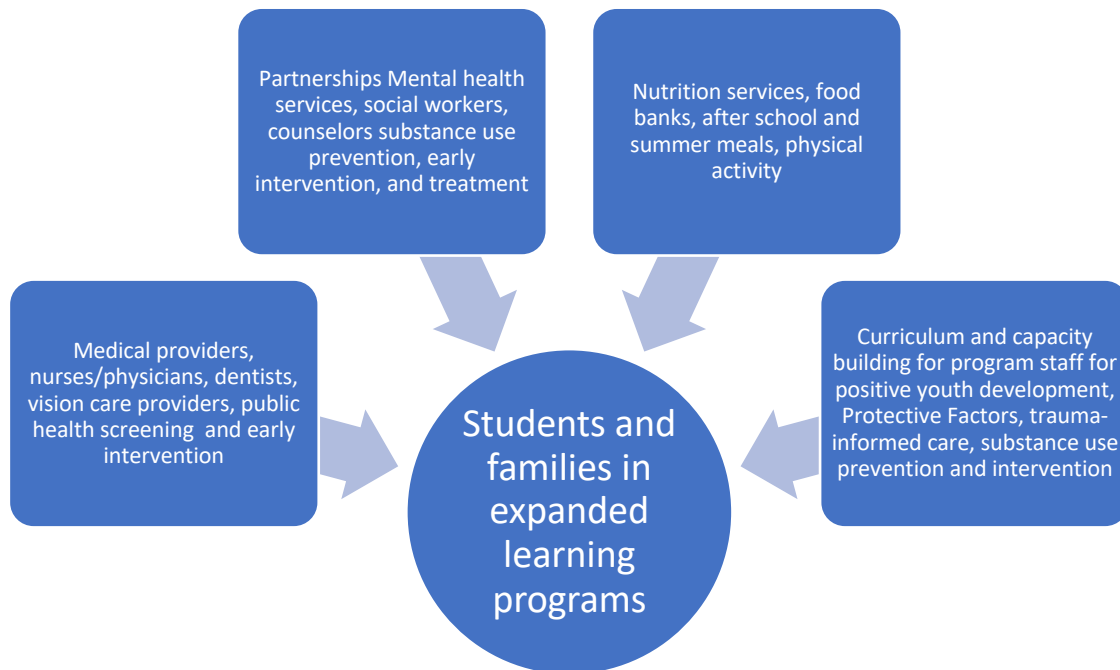
California has the largest system of Expanded Learning Programs in the Nation!

California's over 4,500 Expanded Learning Programs:

- Serve nearly 900,000 of California's youth most in need annually, including over 120,000 during the summer at over 1,300 sites.
- Serve over 1,000 middle school programs and approximately 400 high school programs.
- Are well-positioned as connection points for families, schools, and communities.
- Promote Healthy Choices and Behavior and address food security by serving a healthy snack or meal daily, and Summer Meals at Summer Program sites.

The Opportunity: Partnerships with Expanded Learning for Prevention and Whole Child Health

Building on Expanded Learning's strong foundation in resiliency, Positive Youth Development, Social Emotional Learning and promotion of healthy choices and behaviors the California AfterSchool Network (CAN) seeks to address significant community need by connecting students and families to:



¹ The Quality Standards for Expanded Learning describe high-quality programs as “Safe and Supportive,” facilitating “Skill Building” and “Healthy Choices and Behaviors” through “Active and Engaged Learning” that surfaces “Youth Voice and Leadership” in an environment (Diversity, Access, and Equity) that is equitable and accessible to all. Access the Quality Standards at <https://www.cde.ca.gov/ls/ex/>.

² The Science of Learning and Development (SoLD) integrates findings from diverse areas of research from neuroscience to human development. Learn more <https://www.air.org/resource/science-learning-and-development-afterschool-systems-and-settings>

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Expanded Learning Programs Create Protective Factors and are a Prevention Vehicle

California's Expanded Learning programs:

- Serve populations most at-risk for substance use, including opioid use, disorders,
- Exist in areas most impacted by the opioid epidemic in California,
- Can positively impact children and families impacted by substance use and misuse, and
- Can mitigate the negative impacts of substance use on children and families, including prevention of opioid overdose deaths.

Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health

- "Investments in programs that promote positive youth development address risk factors for adolescent and young adult substance abuse and support the development of protective factors for adolescent and young adult substance use."
- The report describes effective universal prevention programs including school-based programs that "promote social and emotional competencies to reduce stress, express emotion appropriately, and resist negative social influences. Because they focus on the entire population, **universal interventions tend to have the greatest overall impact** on substance misuse and related harms relative to interventions focused on individuals alone."

The Promise of Adolescence: Realizing Opportunity for All Youth

- This new report released by the National Academies of Sciences, Engineering and Medicine surfaces changes in brain structure that happen in adolescence and create unique opportunities for positive, life-shaping development, and for recovery from past adversity.
- The report recommends multi-sectoral investments to building the capacity of education, health, and child welfare systems to apply knowledge of healthy adolescent development to promote the types of positive adult relationships that result in positive outcomes for adolescents during a time of increased risk-taking.

Expanded Learning Programs Can Do So Much More to Support Healing, Health, and Wellness

The California AfterSchool Network is creating a statewide strategic plan to promote prevention, and positive health and wellness outcomes for families, schools, and communities.

This planning effort will focus on a multi-sector effort to promote whole child health and wellness, leveraging California's 4,500 Expanded Learning Programs as a vehicle for these outcomes.

- By August 2020, CAN will create a statewide strategic plan to leverage California's Expanded Learning Programs as Centers of Whole Child Health.³
- We will not do this alone. The plan will be informed by a geographically and professionally diverse, multi-sector strategic planning coalition.

WE ARE LOOKING FOR PARTNERS!

Want to get involved or learn more? Save the date for **December 18, 2019** and contact Heather Williams, Program Director of Policy and Outreach for the California AfterSchool Network at hwilliams@afterschoolnetwork.org.



³ This project is currently leveraging funding from several grants (including a grant from Youth Opioid Response California) to help support the development of the statewide strategic plan, however at this time there are no funds identified for implementation efforts.