

3

6

It's about  
**time**  
for quality  
afterschool

**APOST**

ALLEGHENY PARTNERS FOR  
OUT-OF-SCHOOL TIME

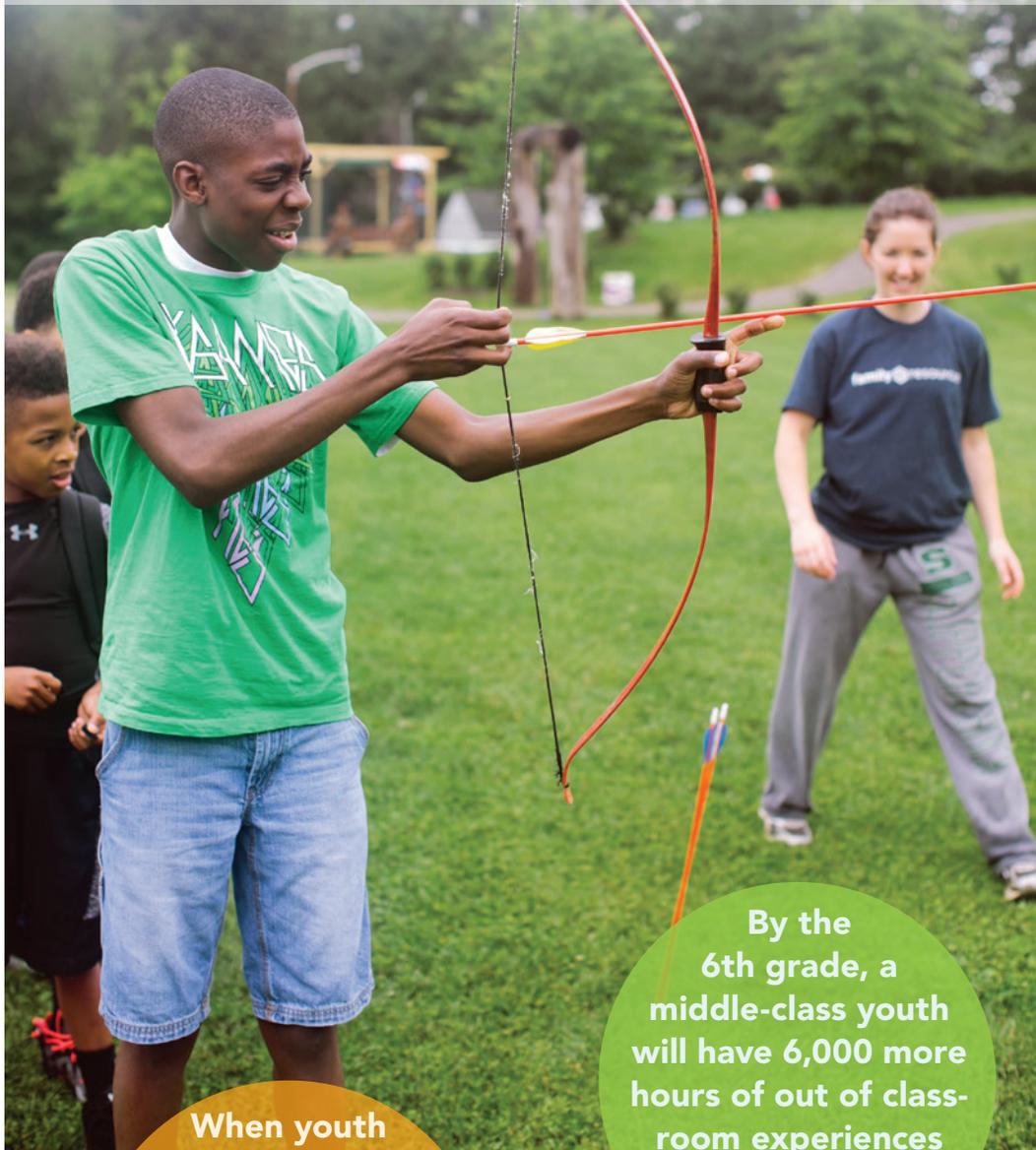
# Quality Afterschool Programs Make a Difference

Quality out-of-school time (OST) programs inspire and promote learning and increase positive youth development by providing opportunities for youth to develop autonomy and leadership skills, build caring relationships with peers and adults, and participate in interest-driven activities. High quality OST helps youth succeed and strive to reach their fullest potential.

High quality programs have six key practices in common:

- Foster positive relationships between participants and staff
- Build positive relationships among program participants
- Offer a blend of academic and developmental skill-building activities
- Promote high levels of student engagement
- Maintain an orientation toward mastery of knowledge and skills and
- Provide appropriate levels of structure as well as opportunities for autonomy and choice (Eccles & Gootman, 2002)

Students spend 80% of their time outside of the classroom during the year, yet not all students have the same access to out-of-school time learning opportunities. By the 6th grade, a middle-class youth will have 6,000 more hours of out of the classroom experiences than a youth in poverty, with 3,060 hours missed in afterschool and 1,080 hours missed in summer learning<sup>1</sup>.



When youth do not have opportunities to attend high-quality OST programs, the gap widens and missed learning is the end result.

By the 6th grade, a middle-class youth will have 6,000 more hours of out of classroom experiences than a youth in poverty.



1: ExpandedED Schools. The 6000 Hour Learning Gap, New York, NY, 2013.

# People Make the Difference

Quality OST programs start with knowledgeable, dedicated people. Professional development that improves the skills of youth practitioners is a key strategy for building program quality. APOST offers professional development workshops to youth-serving organizations, as well as professional development opportunities through community partnerships.

- Professional development is associated with positive social and cognitive outcomes for youth<sup>2</sup>
- When staff and providers have the skillset and tools that are advanced through professional development opportunities, youth benefit by improving school performance and social and emotional development<sup>3</sup>
- 585 adults who work with youth participated in APOST learning opportunities this past year to improve their skills. This demonstrates their desire to continuously improve their impact on youth and learning best practices.

2: National Institute of Child Health and Human Development, 2001; Westat & Policy Studies Associates, 2001

3: Afterschool Alliance. Afterschool Fosters Success in School. Washington D.C., 2008.



“ Having safe and nurturing spaces for children and youth that allow them to discover more about who they are and will be is what saved me when I ventured into the Boys & Girls Club. It’s what will allow us to save others like me by ensuring and expanding quality out of school/after school time programming!”

— PA State Representative Jake Wheatley



Professional development is associated with positive social and cognitive outcomes for youth.

“The OST space is different. There is no focus on preparation for standardized tests, so professional development for OST instructors is different. Kids can still be inspired through OST and gain the resources to build connections to content and materials they may not have access to, and it all starts with professional development.

When there are quality OST instructors, kids gain experiences through activities, instructions, content, and interactions that will help them be more successful in life.”

— Patrick Dowd, Allies for Children Executive Director

“Each and every [professional development] opportunity throughout the years has inspired me in some manner to continue to strive for excellence in myself, in my staff team, and in the youth we serve.”

— Leah O'Reilly, Youth Programs Director,  
Human Services Center Corporation





## APOST Works for Access to Quality Out-of-School Time for Youth

Allegheny Partners for Out-of-School Time (APOST) is a partnership of funders, intermediaries, and providers dedicated to increasing quality and access of out-of-school time programming for children and youth in our region. Formed in 2009, APOST is an initiative of the United Way of Southwestern Pennsylvania. The ultimate goal of APOST is to build a quality out-of-school time (OST) network that will contribute to the healthy, successful development of young people as they progress through their school years, graduate, and enter adulthood.

Currently 28% of youth in Allegheny County participate in an afterschool program compared to 17% statewide (an 11 point difference). However, the demand is for more afterschool programs in Allegheny County because 70% of parents are unable to send their children to an afterschool program because of the lack of supply.

In 2014, 18% of children were unsupervised after-school for an average of 2.94 hours per week. On average, children spend 6.91 hours and 3.49 days per week in an afterschool program. In Allegheny County, 86% of parents support public funding for OST because parents understand the benefits that OST brings to their child's life.

**In Allegheny County, 70% of parents are unable to send their children to an afterschool program because of the lack of supply.**



## APOST Quality Campaign

In Allegheny County, APOST is creating a united network to increase the accessibility of **quality** OST programs. The APOST Quality Campaign includes the following members who have completed the Quality Self-Assessment and are committed to continuous quality improvement.

*As of September 2015, there are 35 APOST Quality Campaign Members.*

Art Expression, Inc.

The Bible Center Maker's Clubhouse

Big Brothers Big Sisters of Greater Pittsburgh

Boys & Girls Club of Western Pennsylvania

Boy Scouts of America –  
Laurel Highlands Council

Brashear Association

Center of Life

Center that CARES

Communities in Schools of  
Pittsburgh-Allegheny County

The Consortium for Public Education

Girl Scouts of Western Pennsylvania

Higher Achievement

Hilltop YMCA /Y-Creator Space

His Place Community Center

Homewood Children's Village

Human Services Center Corporation

Investing Now

Mattress Factory

Melting Pot Ministries

MUSA

Neighborhood Learning Alliance

Ozanam

The Pittsburgh Project

Project Destiny

Propel Schools

Providence Family Support Center

Ruth's Place

Sarah Heinz House

Saturday Light Brigade

School 2 Career

South Hills Interfaith Ministries

YouthWorks, A Program of Goodwill  
of Southwestern Pennsylvania

Youth Enrichment Services (YES)

YouthPlaces

YWCA Greater Pittsburgh



## Here's how you can make a difference.

**Join the movement to increase quality opportunities for youth. Become an Activator today!**

- Share success stories from Quality Out-of-School Programs
- Encourage programs to become quality campaign members
- Advocate with your colleagues and constituents to support access to quality out-of-school programs

**86%**  
of Allegheny County residents would support public funding for afterschool.



**Afterschool and summer programs keep kids safe, inspire learning and help working families. Activate your network to meet the needs of Allegheny County families.**

**APOST**  
ALLEGHENY PARTNERS FOR  
OUT-OF-SCHOOL TIME

Mila Yochum, Director  
1250 Penn Ave. ■ PO Box 735 ■ Pittsburgh, PA 15230  
Email: [apost@uwac.org](mailto:apost@uwac.org) ■ Phone: 412-456-6876



APOST



@apostpgh

[afterschoolpgh.org](http://afterschoolpgh.org)