

Evidence Based Studies



Arise Life-Management Skills Program Five Year Summary (Formerly Titles the "Secrets of Success Program")

"Secrets of Success Program" data from entry to exit interviews have been collected at six different time periods, from 2,122 learners from January, 1997 – June 2001. Data was drawn from several program sites including alternative schools and facilities under the Florida Department of Juvenile Justice.

Since 1997 participants in the SOS program have included African-American, Hispanic and White non- Hispanic learners whose ages range from 13-18 years.

Evaluation data over a five year period show significant improvement in knowledge of issues included in the program content: violence reduction, goal setting, anger management, drugs and alcohol avoidance. Based on results found in six evaluation reports covering the five year period from 1997 – 2001, the data show that the overall test scores improved significantly after program completion. The test data show that test scores improved significantly among learners of all ethnic groups for each of the six time periods examined. The data also indicated that both females and male learners significantly improved their attitudinal scores after program completion.

Department of Sociology, Coral Gables Florida
View complete study at www.ARISElife-skills.org

Focus Groups Responses

500 Role Models Middle School: The program helped with building self – esteem, academic skills, self-confidence, attitude and communication skills.

West Little River Elementary School: The students had a chance to talk about topics. They thought the older students related to them and their problems and the lessons were fun. They particularly liked the lessons on dangers of drugs and guns and what to do when a stranger approaches.

Facilities in Washington DC (after school programs, community based organizations): The youth spoke about how they learned to get along better with their peers and feel good about themselves. They recognized the importance of a positive attitude.

Florida Department of Juvenile Justice facilities: The youth will think before they act, use self- talk to control anger, I don't need to be aggressive to get things done and I will use better decision making skills to make better choices.

Focus groups conducted by: Marjorie Montague, PhD,
Educational Research Services, Inc

(Professor at University of Miami – Department of Education)

Evidence Based Studies

Arise Foundation State of Florida Title IV Community Service Project (May 2004)

Results indicated that the project had a very positive impact on middle and high school students served. Additionally, the project was viewed very favorable by the students' teachers and parents as well as the elementary school children who participated.

- Discipline referrals of the middle school youth declined somewhat while the high school students declined substantially
- On the average, students at the two sites attended school at least 90% of the time
- Students report card grades averaged 3.2 (B) in English and 2.8 (C-) in math.
- All students scored at least 75% on all chapter quizzes
 - Self-esteem – 90% of the students met mastery
 - Networking, Jobs and Money – 100% met mastery
 - Anger Management – 99% met mastery
 - Substance Abuse and Guns – 100% met mastery
 - Violence and Conflict – 95% met mastery

Marjorie Montague, PhD,
Educational Research Services, Inc

(Professor at University of Miami – Department of Education)

Arise Life- Management Skills Final Report (2005-06)

Submitted to the Office of Juvenile Justice and Delinquency Prevention

ARISE provided Life – Management Skills instructor training, program materials, and program monitoring to juvenile justice staff at 43 juvenile justice facilities throughout the State of Florida from June 1, 2005 – May 31, 2006.

The program met its goals.

- Trained 166 Florida Department of Juvenile Justice Staff as certified ARISE Life-Management Skills Instructors.
- Between 95%-98% felt the ARISE training was beneficial
- Between 90-95% of the youth felt the program was beneficial and would help them when they leave the facility
- Nearly all of the youth met the learning criterion (75% or better on chapter quizzes and assessments)
- The vast majority of instructors trained expresses satisfaction with the program and felt it had a positive impact on youth and staff at the facilities
- 100% of the youth received Life – Skills Instruction 1-5 times a week

Marjorie Montague, PhD,
Educational Research Services, Inc

(Professor at University of Miami – Department of Education)

"ARISE groups have helped me with my low self-image. I learned how to make better and more positive decisions. I have also learned how to confront my problems in a more positive way."

-Learner

"ARISE has definitely helped me with my anger problems by focusing on my strong points and eliminating my weaknesses. Now I can handle negative situations without blowing up"

- Learner

"I just wanted to take a moment to congratulate you and your remarkable series of ARISE Life-Management Skills. For many years your highly integrated tool has served children of all ages in our community to have the best chance for success as they grow. Your products and staff trainings are creative and targeted and therefore, very useful in the challenge that we all share when working to improve life for young people. I know you are sharing this wonderful program with others around the country. If I can be useful at any time to help inspire others to review and adopt the ARISE Foundation's programs, I would be pleased to do so."

- Harve Mogul, *President & CEO, United Way of Miami Dade County*

Dear Susan & Edmund,

Michael Holthouse a Houston business leader, entrepreneur and philanthropist has chosen to dedicate his life to middle school inner city youth. His passion is empowering our middle school youth to gain the life skills necessary to become healthy and contributing members of society. To fulfill his dream of creating a program to meet this need, he embarked on a research journey and hired a Rice University MBA student to find the "Cadillac" of all Life Skills curricula. That led us to your wonderful program! After we met in Houston, we were even more convinced that you were the perfect partners to help us infuse all our after school activities with your life skills curricula. Through this partnership, we believe we will now help eliminate prevention based programs and begin to all focus on OPPORTUNITIES based learning for our youth.

-Sara Speer Selber , *President, Prepared for Life, Houston Texas*



The ARISE curricula is an outstanding tool for at-risk kids that The Salvation Army works with on a daily basis. Our work with this population involves children who have moved from location to location, lived out of their cars, on the streets, and who have had to change schools frequently. These children have not been able to form relationships or establish roots because of the transient nature of their parent's lives. They have grown up with tremendous instability and it is reflected in their grades, and their feelings about themselves which translate many times into troubled youth who make wrong choices in life. They are some of the most vulnerable in our society because they do not have the opportunities so many others have and thus are often rejected and grow up with resentment, bitterness, and more often seek a group that will accept them. They can end up in gangs and eventually evolve into jail, or even death.

The Arise Life Skills materials are an invaluable tool for these children. Yet I would not forget those who grow up in supposedly good families, but still have not received the love and acceptance from their parents that is so necessary in formulating their self esteem. ARISE has risen to the occasion and provided a curricula that can reach and teach children of all ages and stages in their lives. There is inestimable value in the classes taught with the children being active participants throughout the class, which brings the lesson home and the principles learned. No more boring classes where they sit idly for an hour and try to stay awake listening to the teacher. There is excitement, and creative opportunities for them to use their God-given talents and to be validated for their ideas while learning the concepts that are so valuable to have the skills necessary to get through life.

In Salvation Army shelters, children might stay for only one night, yet because the ARISE lessons are made to stand on their own, the child can receive at least one complete life skill while in our shelter. These lessons were planned with all in mind and address the issues that challenge our children today. They give them the ability to cope, to build ego strength, to see value in themselves, and to escape the future that could lead to failure.

A critical component of this package involves the Master training and Group facilitator training provided by the ARISE staff. It ceases to be what it was born to be without the combination of both the training and the lessons. The lessons come alive, the children get involved and the principles are brought home in a way that has a lasting effect on a child's life. The difference between just looking at a lesson, and knowing how to bring it to life because of the training is the fundamental key to making this material so tremendously effective in reaching this special population.

In salvaging his own broken past, the dreams of a man and his wife, inspired by God, were fashioned into tools that have helped others to ARISE from the depression of hopelessness and come into the light of His sunshine through giving back what has been given to them.

May God abundantly bless the Benson's for their dedication, commitment and outreach to this vulnerable population and for tapping into the great potential that will reap great dividends for their future.

Most sincerely,

Carol Lang, MSW, LCSW
Divisional Social Services Director
The Salvation Army
Florida Divisional Headquarters



ARISE Life Skills – Thompson Academy

The ARISE Foundation recently took on a major challenge when it began work with Thompson Academy in Pembroke Pines, Florida. The Academy is a Moderate Risk residential program for youth who are committed to the Department of Juvenile Justice after being adjudicated delinquent. The program has a maximum capacity of 154 male youth. In recent years, the program has faced high staff turnover rates, successive management changes, and issues with staff morale. Despite these obstacles, the ARISE Foundation began working with Thompson Academy in 2009, providing ARISE Drop it at the Door trainings for staff and ARISE Life Skills groups for youths. Approximately 90 staff and 150 youths receiving ARISE programming over the course of the year.

Preliminary outcome measurement indicates that ARISE had a profound effect on Thompson Academy staff and youths. Prior to the ARISE Foundation's involvement at the facility, the program had historically performed poorly on annual quality assurance reviews conducted by the Florida Department of Juvenile Justice. This year's quality assurance outcomes were quite different. For the first time in its history, the program was awarded Deemed Status and a score of 86%, which was 15 percentage points higher than their previous year's score. Deemed Status is awarded to programs that achieve an overall performance rating of 80% or higher and meet additional criteria as outlined in DJJ policy. This drastic improvement is rather unprecedented in delinquency programming and is largely attributable to the involvement of the ARISE Foundation.

A comprehensive study of youth and staff outcomes is forthcoming. Initial results from follow-up interviews with youth illustrate the significant effect that ARISE Life Skills groups had upon the youth served at Thompson Academy. Of those interviewed to date:

- 100% are presently enrolled in school.
- The majority indicated that they were satisfied with their experiences in the ARISE Life Skills groups that were run at the program.
- To the question "What did you learn in the ARISE Life Skills groups that is still helpful for you now?" youth responded (selected excerpts):
 1. How to control my anger.
 2. Learned from therapist about life and being responsible and how to treat people.
 3. Taught me how to set boundaries.
 4. Think before you act.
 5. Just taught me to do better and make better choices and to think positive and make positive choices.
 6. Taught me to control anger.
 7. Don't escape from problems, learned a lot.