



Youth Empowerment Solutions (YES)

<http://yes.sph.umich.edu>

YES Programs

YES for Peaceful Communities (2004 – 2009): The pilot YES program in Flint, Michigan which facilitated the development of the current YES curriculum.

Genesee County After School Study (2010 – 2016): The second iteration of the YES for Peaceful Communities pilot curriculum, YES for Positive Youth Development, was tested as the intervention for the Genesee County After School Study in partnership with Flint Community Schools and the Genesee County Intermediate School District.

YES and the Michigan Youth Violence Prevention Center (2010 – 2015): The YES curriculum was adopted as one of the six MI-YVPC interventions and was implemented in partnership with Church Without Walls in Flint, Michigan.

Adaptations for STRYVE (2013-2015): Striving to Reduce Youth Violence Everywhere (STRYVE) is a national youth violence prevention initiative led by the Centers for Disease Control and Prevention. Four cities that are part of the STRYVE program (Houston, TX, Boston, MA, Salinas, CA and Portland, OR), implemented YES as a component of their community-level violence prevention strategy.

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What is YES?

YES is an evidence-based program that empowers youth to make positive changes in their communities and to work with adults who support their efforts. The goals of the YES program are to: 1) provide youth with opportunities for meaningful involvement in preventing youth violence and creating community change; 2) enhance the ability of adults to support youth in an empowerment framework; and 3) change the social and physical environment to reduce and prevent violence (especially youth violence).

YES includes three essential elements:

1. Youth empowerment activities;
2. Training for adult staff and volunteers;
3. Community development projects that youth design and implement with support from adults.

Youth empowerment activities include workshops for program planning, budgeting, implementation, and evaluation; opportunities to engage peers in community change efforts; developing ethnic identity and pride; and working with adults to achieve these goals.

YES helps youth develop the skills they need to assess their community, and it gives them decision-making power in developing and implementing community change projects. Participating in empowering activities can help youth avoid risky behaviors and develop into productive healthy adults.

Selected Publications:

Reischl, T. M., Zimmerman, M. A., Morrel-Samuels, S., Franzen, S. P., Faulk, M., Eisman, A. B., & Roberts, E. (2011). Youth Empowerment Solutions for Violence Prevention. *Adolescent Medicine: State of the Art Reviews*, 22, 581-600.

Zimmerman, M. A., Stewart, S. E., Morrel-Samuels, S., Franzen, S., & Reischl, T. M. (2011). Youth Empowerment Solutions for Peaceful Communities: Combining theory and practice in a community-level violence prevention curriculum. *Health Promotion Practice*, 12(3), 425-439.

Franzen, S., Morrel-Samuels, S., Reischl, T., & Zimmerman, M. (2009). Using process evaluation to strengthen intergenerational partnerships in the Youth Empowerment Solutions program. *Journal of Intervention and Prevention in the Community*, 37(4), 289-301.

The YES Curriculum, along with an adaptation guide and an evaluation guide, are available for download on the YES website.

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Michigan Youth Violence Prevention Center



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