



**Theory of Change:** Programs that promote healthy family relationships and youth development and offer equitable access to supportive services improve learning, increase self-sufficiency and resilience, and reduce violence for disadvantaged youth and low-income families.

**Program Goal:** To support youth and low-income families through comprehensive, evidence-based prevention, intervention and skills-training programs that lead to positive personal and social outcomes.

All proposals submitted to the Foundation should adhere to one of the following strategies:

## STRATEGY A

### Positive Youth Development

**Target Population:** Youth from low-income families and under-resourced communities. PBF is particularly interested in supporting programs that engage homeless youth and those who are neither enrolled in school or participating in the labor market (“opportunity youth”)

#### Components

- Provides a safe space and holistic set of evidence-based, age-appropriate services
- Builds on youths’ strengths and interests and involves them in program development and implementation
- Motivates youth to participate
- Offers opportunities for skill-building (including conflict resolution, decision-making and problem-solving)
- Increases access to employment, education and/or health resources
- Provides real world activities that connect to broader communities

#### Evaluation Criteria

- Program enrollment, participation, retention and completion rates
- Demonstration of learning, behavior changes and skill development by participants
- Demonstration of social and emotional development
- Demonstration and youth-led change and impact in the organization or community
- Improved relationships with adults and peers
- Improved academic achievement, employability and/or health outcomes
- Increased self-awareness and self-confidence

## STRATEGY B

### Resilient Families

**Target Population:** Low-income families

#### Components

- Offers program that integrates parent education and child development and provides individual and family counseling
- Addresses the needs of family members individually and as a collective unit
- Involves families in decision-making and goal-setting processes so that services are individually-tailored and culturally-responsive
- Cultivates healthy attachment between caregivers and children
- Helps families identify social connections and community resources in areas such as health, job training and public benefits

#### Evaluation Criteria

- Program enrollment, participation, retention and completion rates
- Increased confidence in and understanding of child development and parenting skills
- Increased engagement of caregivers in their child’s education and family life
- Improved literacy, academic performance and behavior of children in school
- Improved physical and mental health outcomes for all family members
- Improved ability for clients to identify and increase social support networks and follow-through with service referrals
- Reduced incidence of child abuse, neglect and violence

## STRATEGY C

### Family Violence Prevention and Remediation

**Target Population:** Youth and families impacted by violence

#### Components

- Provides crisis intervention and peer and therapeutic counseling for individuals and groups
- Incorporates evidence-based prevention and intervention curricula
- Helps clients develop personalized safety and action plans
- Increases awareness of and provides information and referrals to additional supportive services (such as housing, health care, etc.)
- Offers practices that help clients remain engaged

#### Evaluation Criteria

- Program enrollment, participation, retention and completion rates
- Increased positive coping skills, knowledge of personal strengths and protective behaviors
- Increased understanding of the process to address perpetrated violence, including the healing process and the short- and long-term effects of violence, and decreased feelings of shame and responsibility
- Improved ability to make informed decisions and access appropriate resources