

## Organization Overview

Name	Trails Youth Initiatives, Inc.
Genome	Youth Development

## Program Overview

Program Name	Four Seasons, Four Years, For Life
Program Type	Direct Service
Beneficiary Type	Individuals
Budget	\$791,852 USD

## Description

The Four Seasons, Four Years, For Life programme supports youth through experiential learning, skill development, high school credits, bursaries and mentorship. Our mission is to challenge and equip vulnerable youth to become contributing members of the community. Through our programme, at-risk youth are setting and reaching new goals - goals that include graduating from high school, enrolling in post-secondary education and obtaining meaningful employment.

## Program Logistics

Location: Canada: Ontario

## Key Demographics

**Core Beneficiary Group:** Vulnerable youth, ages 12-16 from at-risk neighbourhoods in Toronto who face barriers including low income, recent immigrant families, low physical and mental health and lack of family support.

<b>Age</b>		
K-12 (5-18 years old)		100%
<b>Sex</b>		
Male		50%
Female		50%

## Additional Characteristics

Low-Income or Economically Disadvantaged	100%
Racialized Communities	90%
Single / Lone Parents	70%
People with Mental Health Condition(s)	45%
Newcomers, Immigrants, and/or Refugees	20%

## Mission Measurement Insight

Trails Youth Initiative is working with high need populations including low-income youth and racialized communities. They have a high efficacy rate and also have all their participants complete surveys (summer and weekend programming). To ensure high quality surveys, they should make sure that their evaluation tools are directly aligned with the outcome criteria (positive identity, positive connections, interpersonal skills). They also have a higher cost per outcome than the benchmark, which may be explained by higher dosage (~240 hours per participant).

## Outcomes

### Primary Outcome: Social and Emotional Skills

This outcome is satisfied if an individual has achieved all of the following within the past year:

- Achieved a positive identity / behaviour including self-awareness, emotion and behaviour management and self-confidence
- Achieved positive connections including connections with peers, adults and community
- Developed interpersonal skills including communication and collaboration skills, problem-solving and conflict resolution skills, leadership skills and cultural sensitivity skills

## Self-Reported Data

<b>100%</b> <b>Efficacy Rate</b> % beneficiaries achieving a positive outcome	<b>116</b> <b>Program Reach</b> # of beneficiaries served	<b>116</b> <b>Actual Outcomes</b> Total # of beneficiaries achieving a positive outcome	<b>\$6,826</b> <b>Cost per Outcome</b> Budget / Actual Outcomes
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## Level of Data Reported

Level 1	RCT or quasi-experimental
<b>Level 2</b>	<b>Pre-post or cross-sectional</b>
Level 3	Point-in-time study
Level 4	Performance metrics /stats
Level 5	Anecdotal evidence

Trails uses a number of evaluation tools to calculate the program's efficacy, including: student-based program evaluations twice per year, facilitator observations and conversations with participants, a culminating project completed by the graduating cohort in which they reflect on and communicate their growth from the time of the start of the program, anecdotal evidence from parents, community members, peers, teachers, staff, etc., report on each session that qualitatively tracks growth of participants and their abilities to self-regulate and effectively use social and emotional skills, alumni testimonials, and thank you letters to funders.

## Genomic Analysis

### Most Emphasized Activities ("Genes") in this Program

1. Cultivate collaboration/teamwork skills
2. Cultivate leadership/mentorship skills
3. Cultivate ability to understand / work with multiple perspectives
4. Promote positive behaviour / behavioural decisions
5. Provide tools to monitor/track youth behaviour

## Program Intensity

<b>Dosage</b>	<b>Frequency</b>	<b>Duration</b>
Not provided	2-11 times every year	3 years or more

Participants come for two weeks in the summer and one weekend (Friday evening - Sunday midday) a month from October to May. They stay in the programme for four years, with an optional additional 5th and 6th year.

## Sector Benchmark Data

<b>Program Name</b>	<b>Efficacy Rate</b>	<b>Cost Per Outcome</b>
Four Seasons, Four Years, For Life	100%	\$6,826
Impact Genome Benchmark* for this Outcome	82%	\$1,931

\* The average Efficacy Rate and Cost Per Outcome of all programs in the Impact Genome database that target this same outcome.