

# **KRUNK Movement**

## **Center of Life – Hazelwood**

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# Center of Life



Center of Life at the Keystone Church in Hazelwood is a 501(c(3)) faith-based, community empowerment organization.

Mission: to provide families and youth the life-skills, education, training and resources necessary to be strong and to make their communities strong. Our focus is addressing physical and mental health issues.

Programs: KRUNK, COL Jazz, Fusion, and COL Basketball.

# COL Programs



- **KRUNK**

Kreating Realistic Urban New-school Knowledge, “Is a student-led music and health initiative that utilizes rap and dance to communicate positive messages about health to teens and pre-teens.”

- **COL Jazz**

A student-led Jazz band that integrates contemporary and standard songs with the history and rich tradition of jazz.



- **COL Basketball**

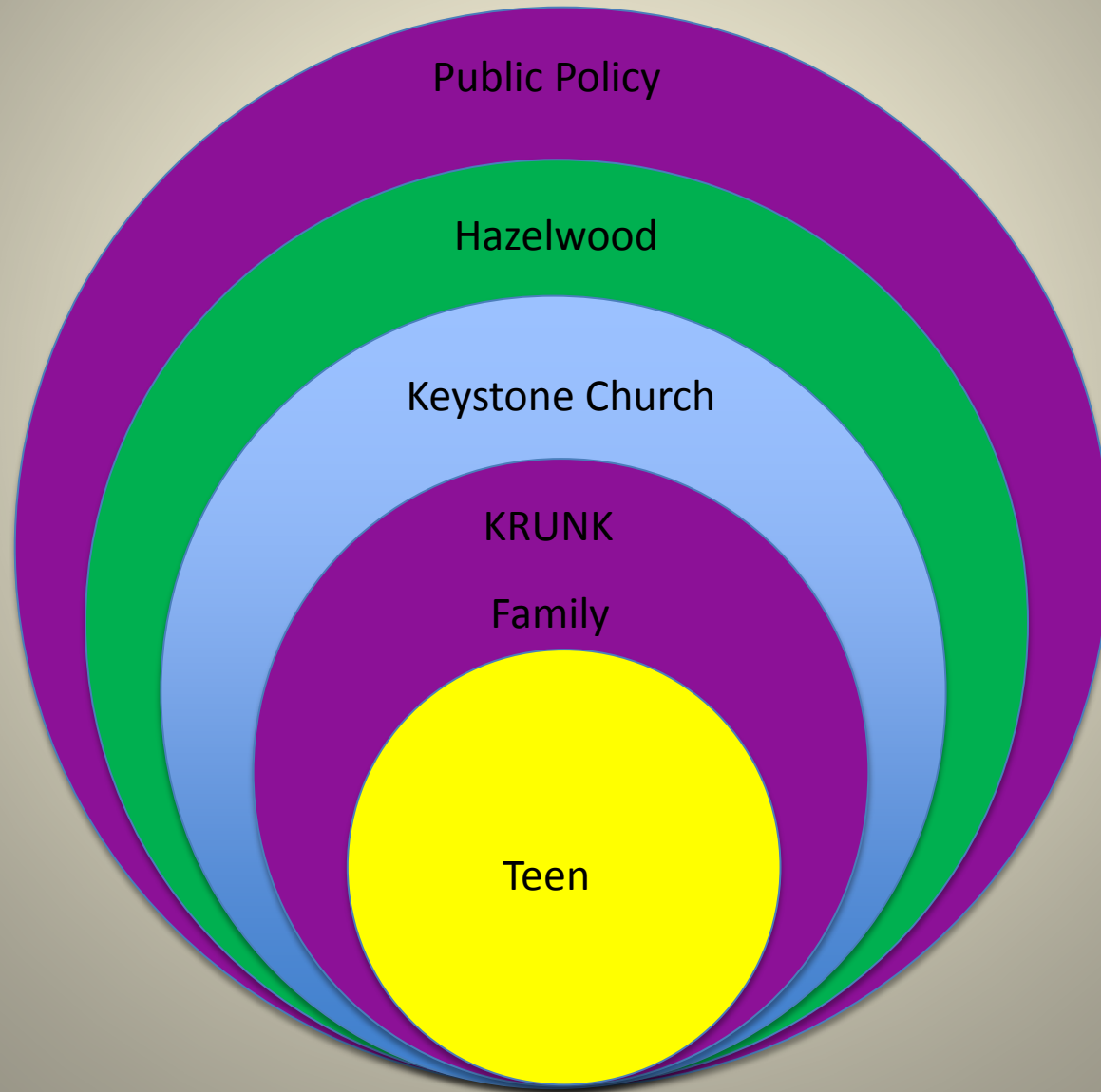
An adult-led community basketball league that emphasizes peer cooperation, parental involvement, discipline, and respect.

- **Fusion**

Parent and child tutoring program that simultaneously tutors / educates youth and empowers parents to take greater, active role in supporting their children.



# Socioecological Model



# Needs Assessment

- COL staff and student conversations and ?s
- Understanding our role at COL and KRUNK
- Project ideas and timeline / feedback from COL
- Project proposal

# Proposal: Comprehensive Media Inventory

- **Rationale:** COL has publicity and media material that are not immediately accessible or accounted for. An organized inventory can minimize the need to start new media projects or make accidental duplicates.
- **Components**
  - Inventory of:
    - Video, audio, and image archive
    - Flyers, brochures, and similar material
    - Curricula from past jazz and KRUNK programs



# Evaluation packet

- **Rationale-** A standardized evaluation tool can help COL organize, prioritize, and visualize data obtained from various COL programs. This data can then be used in future projects and publicity material as COL staff sees fit.
- **Components**
  - Surveys (pre/post)
  - Logic Model/Evaluation Matrix
  - Guided interview questions
  - Staff assessment
  - User guide

# KRUNK Movement Logic Model

**Situation:** Center of Life Church is a 501(0(3)) faith-based, community empowerment organization. Our mission is to provide families and youth with the life-skills, education, training and resources necessary to be strong, and to make their communities strong. Our focus is addressing prevalent physical and mental health issues. The vision is to see families empowered, equipped to revitalize their own communities and make promote sustainable impacts. The KRUNK (Kreating Realistic Urban New-school Knowledge) Movement is designed as a production company. Its purpose is to teach youth how to start and run a small business that is developed from their own talents and abilities and to instill within them a work ethic that will prepare them for both the workforce and post high school education.

Inputs	Outputs		Outcomes – Impact		
	<i>Activities</i>	<i>Participation</i>	<i>Short</i>	<i>Medium</i>	<i>Long</i>
<p>Funders and Partnerships</p> <p><u>Staff time and experience</u>                      Executive Director                      Program Coordinator                      Director of Finance and Development                      Technical Coordinator                      Dance Leader                      Rap Technician</p> <p><u>Materials</u>                      Elements of hip-hop curriculum by Dr. James Peterson, Cables, Amps, Bass amps, Food, Snacks, Blank cds, Keyboards, Drum pads, Mics, and Computers</p> <p><u>Space</u>                      COL church</p>	<p>-Research fields of business, audio engineering, music/creative writers, studio technicians and stage crew</p> <p>-Teach the basic elements of hip-hop</p> <p>-Train youth in the areas of music production, writing/rap, dance, audio engineering and visual arts</p> <p><b>-Teach youth to market their gifts, talents and abilities</b></p> <p>-Work during each weekly meeting to create a project logo, produce a PSA and a film music video</p> <p>-Oversee dance and/or music rehearsals to strengthen performance and collaboration skills</p>	<p>-Hazelwood middle and high school students</p>	<p>-Learned the elements of hip-hop, which include math, science &amp; technology, the arts and literature</p> <p>-Learned the areas of music production, writing/rap, dance, audio engineering and visual arts.</p> <p><b>-Increased their confidence by identifying their talents and abilities</b></p> <p>-Learned peer leadership</p> <p>-Youth were motivated by the final performance</p> <p>-Increased community-wide knowledge about the KRUNK Movement</p> <p>- 100% of youth applied to college</p>	<p><b>-Youth develop their talents and abilities</b></p> <p>-Youth participate in a final performance at the end of the program that incorporates their peers</p> <p>-90% of youth enrolled in college</p>	<p>Increased work ethic for study and future employment</p> <p>Improved school performance among those who participated in the KRUNK Movement</p> <p>-85% of youth remained in college</p>
	<p>-Invite local businesses to donate by distributing PSA and promotional materials</p> <p>-Develop educational and promotional shows about physical and mental health</p>	<p>-Community members (parents, caregivers, local business and community organizations)</p>	<p>-Learned about the importance of physical and mental health</p>	<p>-Increased community-wide awareness about the importance of improving physical and mental health in Hazelwood</p>	<p>- Hazelwood community members are empowered and equipped to revitalize their own communities</p>



# Mental and Physical Health

- **Rationale:** A modular mental and physical health program can help to fulfill one of COLs goals of integrating health education into KRUNK programs.
- **Components**
  - Planned Parenthood workshop
  - Dental health presentation
  - Mental health info session + Q&A
  - Health Resource guide

# Healthy People 2020

## Health Related Quality of Life and Wellbeing

- Discussed how physical, mental and emotional health impacts daily life

## Oral Health

- Increased awareness of importance of dental hygiene to overall health
- Increased acceptance of preventative use (daily brushing and flossing)

## *Supportive role, drawing the connection between KRUNK and Healthy People 2020 objectives*

### Adolescent Health

- Interaction within an out of school program
- Connection with an adult

### Social determinants of health

- Safe environment
- Educational programming
- Community-based programming
- Job opportunities

### Physical activity

# Additional Contributions

- Additional Contributions
  - Tabling for COL at the Hazelwood Heritage weekend and bike trail ribbon-cutting
  - Produced flyers and other material as needed
  - Providing connection to CMU → sounding board for future tech-savvy health initiatives

# Reflection

- Broader role of COL: safety, support, community, and fun.
- Teens respond strongly to being heard vs. not being heard.
- Teens continued to create some degree of order in most circumstances when organization was lacking.
- Teens are ideally poised to counsel and coach younger kids.
- Communication is key.

# Recommendations

- Improve communication between staff
- Assign single point person for interns and volunteers
- Convey expectations to KRUNK members with greater transparency, i.e. what they are expected to accomplish, deadlines, etc.
- Implement summer camp evaluation system (if applicable) and curriculum before the beginning of camp.

# Recommendations (cont.)

- Encourage suggestions from veteran KRUNK members by creating a supportive and intentional time and space. Incorporate the suggestions given by KRUNK and follow up with their progress.