



WORKING TOGETHER TO END VIOLENCE

Violence in our communities can be eliminated – if we work together.

Through The Y's Alive & Free Program: Youth and Young Adults are empowered to prevent and recover from violence and pursue their true potential.

Street Outreach Workers connect youth and young adults impacted by violence to positive support systems and relevant services.

Community Partners receive Alive & Free trainings that help them strengthen their critical roles as part of the solution.

JOIN US

The Y is committed to strengthening community through youth development, healthy living and social responsibility. Since 1999, Alive & Free (formerly known as Street Soldiers) has helped youth to prevent and recover from violence, to pursue their potential through healthy choices and to contribute to the well-being of our community.

To Donate, Volunteer or For More Information, Contact:

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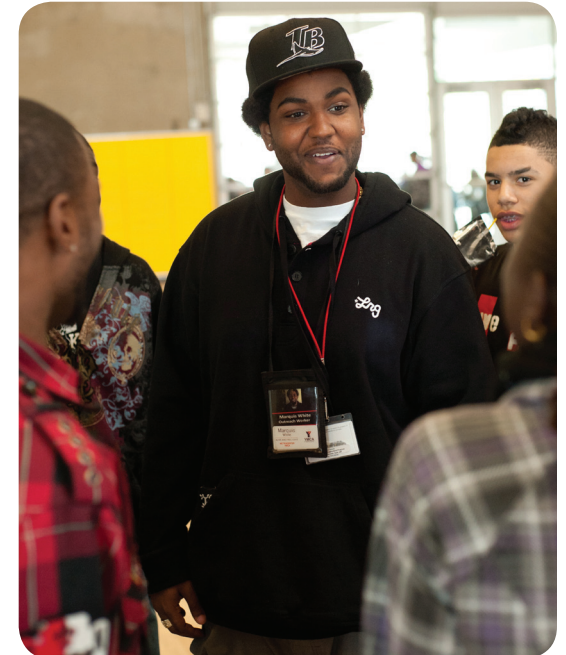
METROCENTER YMCA
909 Fourth Avenue, Seattle, WA 98104
W metrocenterymca.org

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.



BUILDING SAFE COMMUNITIES TOGETHER

Alive & Free
METROCENTER YMCA



THE ALIVE & FREE MOVEMENT™

Recognizing and treating violence as a public health issue is central to the Alive & Free Movement™, an international effort to equip youth and young adults to replace high-risk behavior with positive life skills – and to promote community involvement in eradicating the disease of violence.

“Without Alive & Free, I would probably not be alive. If I was, I would definitely not be free. I was lost and misguided, but these ideas have changed me. I’ve got big plans for my life.”

Durrea D., 21
Alive & Free Participant

THE ALIVE & FREE PRESCRIPTION™

The Alive & Free Prescription™ was developed and refined by Dr. Joseph Marshall, co-founder and Executive Director of Omega Boys Club/Street Soldiers in San Francisco, and is a nationally recognized methodology that works to change beliefs, attitudes, values and actions that promote violence.

TRANSFORMING LIVES

Alive & Free is currently serving youth and young adults in Seattle, Renton, Burien, Auburn, Federal Way and areas of unincorporated King County including White Center and Skyway. Alive & Free has received funding through the State of Washington’s Department of Social and Health Services/Juvenile Rehabilitation Justice Administration, the U.S. Department of Labor and the City of Seattle’s Seattle Youth Violence Prevention Initiative (SYVPI).

- Since 1999, Alive & Free staff has served 8,000 Seattle-area youth and have trained 600 community partners.
- In the past year, 83% of youth engaged through Alive & Free Street Outreach returned to school and 92% of youth involved in the justice system did not re-offend.
- Alive & Free reduces risk factors and significantly increases protective factors for ALL participants, demonstrated in the City of Seattle’s Reinvesting in Youth Promising Programs Evaluation.

SERVICES ROOTED IN COMMUNITY

Supporting Highest-Risk Youth

Outreach Workers provide court advocacy, in-reach and life skills groups to youth who are involved in the Juvenile Justice system. Outreach Workers serve as a bridge to the services that most effectively support youth in their transition back into the community.

Informing Youth In The Community

Alive & Free staff lead life skills groups and classes for young people in a variety of community-based settings, including community centers, teen centers, juvenile detention facilities, alternative schools and faith-based organizations.

Reaching Youth in School

Seattle Public School students learn the Alive & Free Prescription™ and how to apply it in their lives. With guidance from trained facilitators in a semester-long course, they learn to recognize and eliminate the “germs” and risk factors that lead to violence and develop and share presentations about the impact of violence in their own lives and communities.

Fostering Community Collaboration

The Y builds a web of community support around each youth participating in Alive & Free. We partner with numerous youth-serving organizations to train staff in implementing effective violence prevention strategies.