



Providing Hope. Improving Lives. Strengthening Community.

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about Teen Resource Activity Center

In 1999, after a community-driven needs assessment made it clear that youth in the City of Poughkeepsie needed a safe space for recreation and afterschool enrichment, Family Services formed the Teen Resource Activity Center (TRAC). Now entering its 16th year, the program incorporates sports, dance, employment training, and healthy living workshops to help Poughkeepsie youth achieve greater success in school, work and life.

Under the careful guidance of adult staff and volunteers, TRAC provides supervision and invaluable mentoring to Poughkeepsie youth every day. Youth come after school to participate in the TRAC Panthers Basketball team, to participate in the baseball team, to get help with homework, and to relax with friends. The Center serves as a support system for local teens, many of whom would be “on the street” or at home left to care for themselves.

fast facts

who

Each year, TRAC **serves over 100 teens** (6th-12th grades), with approximately 42 youth attending each day. The majority of youth served are African American (88%) and male (73%). Nearly all live in the City of Poughkeepsie and attend Poughkeepsie Middle (35%) and High Schools (65%).

what

TRAC is a **free drop-in afterschool program** in Poughkeepsie for teens that is **open at night and serves dinner**.

when

Academic year: Monday - Thursday, 3:30-8:30 PM

Summer: Every weekday for 8 weeks

where

The Family Partnership Center, located within walking distance to home for 89% youth served.

why

Teens in Poughkeepsie need a supervised space to go after school, especially during the hours of 3-6pm which are the known to be peak hours for juvenile crime and experimentation with drugs, alcohol, cigarettes, and sex. They need a place where they are supported by caring adults in order to feel safe, have access to food, and engage in pro-social recreational activities.



2016 TRAC Panthers ready for competition (top) and TRAC employee assisting youth with academics (bottom).

The adolescents we work with come from some of poorest areas in Poughkeepsie, with poverty levels at 34.8%—well above the 14.5% national average.¹ Many come from households with limited nutritious food, as one in four households in the City of Poughkeepsie experience “food insecurity,” and 11% experience actual hunger.² Furthermore, Poughkeepsie has a high violent crime rate of 10.37 per 1,000 residents.³ These rates of poverty, hunger, and crime point to a continuing and critical need for a program in which underserved youth can access opportunities to pursue their interests, eat healthy food, and be in a safe place to socialize and learn.

1 Council on Children and Families - ccf.ny.gov/files/6913/8271/7800/Dutchess.pdf

2 Poughkeepsie Plenty Community Food Assessment - www.newpaltz.edu/crreo/discussion_brief_11.pdf

3 FBI - www.fbi.gov/about-us/cjis/ucr/crime-in-the-u.s/2012/crime-in-the-u.s.-2012/tables/8tabledata/dec/pdf/table-8-state-cuts/table_8_offenses_known_to_law_enforcement_by_new_york_by_city_2012.xls

Through TRAC, youth develop self-confidence, connect with positive role models, and develop a healthy lifestyle. TRAC provides opportunities for teens to develop skills in order to achieve long-term success, both socially, emotionally, and economically. **TRAC activities include:**

Physical activity — Each day, participants engage in either basketball or baseball practice, with approximately 45 youth engaging in formal competitions.

Work readiness training — During the Summer Youth Employment Program, 20 youth learn work readiness skills and secure job placements over the course of 8 weeks.

Healthy living workshops — Each year, TRAC collaborates with other organizations, such as Cornell Cooperative Extension and Bridgeway Federal Credit Union, to provide workshops on nutrition, financial literacy, and STD and teen pregnancy prevention.

A Nutritious Meal—served each day with our partner Dutchess Outreach

Homework Assistance—With the assistance of local colleges, Tutors are at hand through interns and fieldwork students.

Spotlight: Daquez's story



"TRAC has become my second home for the last 4-5 years, it has allowed me to grow as a person and make life long connections both with the kids and the adults. He said, "This place gives you hope and a place to go for help with college, work and just life, I'm so thankful because they gave me the opportunity to become a well rounded person and gave me so much and **they will always be with me in my mind and my heart.**"

Daquez started attending TRAC at the age of 14, mainly because it was the place to go in Poughkeepsie. He then stayed in the program for four full years, taking advantage of both the afterschool drop-in hours, participating on the Step team (his favorite aspect of TRAC), as well as participating in the summer youth employment program. He is now 18 years old, and credits TRAC for helping him enter his first year of college. He plans to enter the business management field of the entertainment industry.

When asked what he would tell other kids about the program, Daquez says, "This is the place to become part of your community...**it's full of life and love**, and when your feeling lost or feel like your going down the wrong path, **TRAC will be there for you no matter what!**"



TRAC Coach Phil with Youth at the Center (above) and Youth Development Specialist Alysia (Left).

"TRAC is my family."