

Alternatives, Inc Turns 50!



Governing Principles

Alternatives fosters a creative, innovative, fun, energetic, respectful, loving, highly functioning work environment, infused with respectful relationships, interdependence, quality of work and clarity of work. We use the following principles to guide our behavior and the choices we make:

- Service
- Harmony
- Competency
- Commitment
- Interdependence



Alternatives
Leader in Innovative Youth Development

www.altinc.org



Our Mission

Inspiring young people to realize their inherent potential as valued members of the community and inspire adults to recognize this same potential.

Our Vision

Healthy, principled, and creative young people valued as members of the community

Alternatives, Inc Impact Report

Fiscal Year 2022-2023 



14

adults received financial education on budgeting, saving, and emergency planning with Langley Federal Credit Union

1,322

Early childhood children received lessons in Al's Pals



1,774

Healthy Community Action Team children served

Kids N Grief

Family engagement webinar on talking to children about grief

Supported and Recruited Newport News International World Changers



at Hispanic Heritage event

470

Newport News students served at Back to School Impact 2022



338

cans of food collected and donated for York County Community

124

HCS elementary students received

Spooktacular

In partnership with Newport News Parks and Recreation **183** books distributed at community event

25

CBN Youth Enrichment Program



100+

children engaged in interactive activities

MINDFULNESS

9



Hampton Commissioners trained in relationship development

Mental Health Event Shatter the Silence



122 Attendees

24

Early Childhood Al's Pals practitioners trained



1,030

Community Engagement Recipients



16

Hampton City High School students received training in mindfulness

26

Hopeful Hampton Ambassador teens hosted gun violence community event

Mayor's Book Swap

275

Books Distributed

Gun Violence Prevention

50

Adults conducted a Town Hall focus group addressing mental health and gun violence

13

Adults received a 2-hour introduction to mindfulness and agency services

Committed to Our Newport News Community Fun Day



61

families received Social and Emotional learning material

Alternatives, Inc History



Alternatives, Inc., founded in 1973, is a nationally recognized youth development nonprofit. Everything we do is designed to build the specific assets that support young people as they grow into creative, compassionate and responsible adults.

We annually impact approximately 3,700 children and young people on the Virginia Peninsula. Rather than a center based program, Alternatives embeds high quality programs into child care centers and afterschool programs in neighborhoods, schools, and community settings. In addition all program activities have secondary benefits that are aligned with increasing critical thinking skills, pre-literacy skills, and the intrinsic motivation of children to academically succeed. Using a variety of programs and activities, Alternatives inspires young people to discover their spark and achieve their inherent potential.



Ragen Johnson
Executive Director

"As a young person in Alternatives programs, it was rewarding. Now, I am serving the Virginia Peninsula as Alternatives Executive Director. We have done impactful work in our communities these past 50 years and will continue to impact children, youth, and families in meaningful ways."

For more information about our programs contact us at (757) 838-2330

Program Description

Al's Pals: A Pre-k to 3rd grade program which emphasizes managing feelings, brainstorming, problem-solving, friendship skills and making safe and healthy choices. This capacity building program trains teachers and teaching assistants in the program. (Provided in Hampton and Newport News)

HCAAT: Healthy Community Action Team focuses on ensuring equity in preschools and centers on best practices of physical activity, nutrition, mindfulness, and oral health. This program helps early childhood centers to align with best practices and provides them with technical support and resources for centers and families served. (Provided in Hampton and Newport News)

Preschool Enrichment: This program uses interactive activities and focuses on nutrition, mindfulness, and movement, and managing emotions to strengthen the skills of children and their parents. (Provided in Hampton and Newport News)

Elementary Enrichment: This program implemented and provided a variety of tools and creativity activities to help students identify, address and channel their negative emotions to produce a more positive outcome. Participants were given the opportunity to openly discuss their emotions and feelings, especially negative ones without judgement and feeling blamed. (Provided in Hampton ONLY)

21st Century: A 21st Century afterschool program for middle school students in Hampton and Newport News with sites located at Hunter B. Andrews, Florence Crittenden, Homer L. Hines, Collis P. Huntington, and Mary L. Passage middle school which provides snack, recreation, mindfulness, academic tutoring in Math and English, enrichment opportunities (such as art, music, dance, and sport science) field trips, and Family engagement activities. The focus of 21st Century is to build resilient, well-rounded youth by emphasizing relationship-building and relationship skills, enhancing self-awareness, improving self-management, expanding social awareness, and encouraging responsibility and responsible decision making. (Provided in Hampton and Newport News)

Youth Leadership Academy: YLA is a community-based program in York County and Poquoson that develops leadership skills in middle school youth. The program focuses on the core leadership competencies of: self-confidence, interpersonal intelligence, decision making, goal setting, creativity, and civic engagement. (Provided in Yorktown ONLY)

Hampton Youth Commission: A student advocacy group for the City of Hampton with activities that include providing mini grant funding to 6 community-based youth led projects that met the goals of Hampton's Youth Master Plan; presented a "Safe Space Forum" as a mental health discussion for teens; presented a "Human Trafficking Awareness Forum" designed to increase awareness and the dangers of human trafficking. Alternatives partnering with the City of Hampton helps promote youth civic engagement, youth/adult partnerships and skill building to address issues relevant to Hampton's youth. (Provided in Hampton ONLY)

Relate: Relationship Education Leading Adolescents Towards Empowerment is a program that educates students about teen dating violence awareness. (Provided in Hampton ONLY)

World Changers/International World Changers: A program comprised of City of Hampton Middle and High School Students and Newport News Hispanic students, respectively, interested in youth advocacy, implementing change in schools and communities, and voicing concerns regarding current issues. Their purpose is to inspire youth to speak their minds, share their opinions, and become a voice to the voiceless! (Provided in Hampton and Newport News)

Community and Families/Webinars: Alternatives provides free community engagement webinars for citizens of Hampton.