

At Chrysalis, we understand what's going on in the lives of girls in our community – particularly adolescent girls. This is why we created the Chrysalis After-School program in 1998, an opportunity that has helped nearly 9,000 girls grow intellectually and acquire confidence to handle challenges and reach their goals.

Chrysalis has invested over \$3 million in Chrysalis After-School since its inception. The program is provided at no charge to participants and works to ensure girls' success in social, emotional, and academic development. Program leaders are trained and individually coached to deliver a curriculum including healthy behaviors, personal safety, financial literacy, academics, career exploration (especially science, technology, engineering, and math), volunteerism, and leadership.

**CHRYSLIS AFTER-SCHOOL PROGRAM SITES AND NONPROFIT PARTNERS**  
**2019 - 2020**

**HIGH SCHOOL/PARTNER**

**GirlPower Peer Mentors (Multiple High Schools)** – MercyOne Des Moines Medical Center

**MIDDLE SCHOOL/PARTNER**

**Bondurant (2)** – Iowa State University Extension

**Brody** – Brody PTO

**Callanan** – Callanan PTA

**Carlisle** – Carlisle PTO

**Goodrell** – Young Women's Resource Center

**Harding** – Highland Park Community Development Association

**Hiatt** – United Community Services

**Holy Family** – Holy Family Inner City Youth Foundation

**Hoyt** – DSM Schools SUCCESS Program

**Indianola** – WeLIFT Community Outreach

**McCombs** – Blank Park Zoo

**Merrill** – Merrill PTA

**SE Polk Junior High** – Altoona Campus

**Spring Creek (SE Polk)** – Altoona Campus

**Urbandale** – Community! Youth Concepts

**Weeks** – Girls Rock! Des Moines

**Woodside (Saydel)** – Community! Youth Concepts

**ELEMENTARY SCHOOL/PARTNER**

**Anderson** – Iowa State University Extension

**Hartford Upper Elementary (Carlisle)** – Carlisle PTO

**Hillside (2)** – WDM Community Schools Foundation

**Holy Family** – Holy Family Inner City Youth Foundation

**Karen Acres (Urbandale)** – Rotary Club of Northwest Des Moines

**King** – Community! Youth Concepts

**Lovejoy** – Mercy College of Health Sciences

**Perkins** – Soil and Water Conservation Society

Each program is led through collaboration between school-based and a community non-profit organization staff. This strategy maximizes opportunities for connectedness to students and families, links to school-day learning, and best practices in youth development (social, ethical, emotional, physical, and cognitive concepts). Because girls are involved in program design and implementation, we show them they are heard and valued. Girls see their own potential, build confidence, and develop leadership skills. As a result, school attendance and performance improves, girls are healthier and more confident, and they have positive hopes for the future.

Program evaluations document the remarkable results of Chrysalis After-School, as girls report\*: *increased intent to finish high school, improved ability to resist peer pressure, more willingness to take responsibility for their actions, and greater understanding that working hard today will make life a success in the future (at a much higher rate than other Iowa girls).*

*\*as compared to the Iowa Youth Survey and Gallup Student Poll*