



## **Evidence-Based Foundations of Community Benefit Projects**

### **Youth Development and Resiliency Research**

“Youth who made a successful adaptation in adulthood despite adversity relied on sources of support within their family and community that increased their competencies and self-efficacy, decreased the number of stressful life events they subsequently encountered and opened up new opportunities for them.”

*Resilience and Recovery: Findings from the Kauai Longitudinal Study*  
Emmy Werner, 2005

### **Helper Therapy Principle**

“In the process of helping another member, the helper gains an increased sense of self-efficacy, making the relationship mutually beneficial. Members in a self-help/mutual-aid group found that being in both helper and helpee roles correlated positively with their psychological wellbeing and perceived benefit of the group. Such members had a greater sense of well-being and a more favorable opinion of the group than members who were helpees only.”

*The Helper Therapy Principle*  
Frank Riessmann, 1965

### **Civic Justice Corps Model**

“Community service acts as a restorative practice that repairs harm caused by persons under criminal justice supervision to victims and communities and provides a tangible public benefit;”

*A Civic Justice Corps: Community Service as Means of Re-integration*  
Gordon Bazemore and David Karp, 2006

### **Positive Youth Justice**

“The assumed relationship between civic engagement and youth development can be linked to the social capital perspective (Putnam, 2000; Winter, 2003)...For youth, who often feel the effects of social exclusion, social capital can be as simple as a positive relationship or affiliation with neighborhood and community associations. “

*Positive Youth Justice: Framing Justice Interventions Using the Concepts of Positive Youth Development*  
Gordon Bazemore, Jeffrey Butts, Aundra Saa Meroe, 2010

### **Experiential Learning**

“Learning is the process whereby knowledge is created through the transformation of experience”

*Experiential Learning: Experience as the Source of Learning and Development*  
David A. Kolb, 1984.

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