



**ALIVE
& FREE**

THE PRESCRIPTION TO
END VIOLENCE AND CHANGE LIVES

2013: A YEAR OF TRANSFORMATION

**ALIVE
& FREE**

OMEGA BOYS CLUB

**ALIVE
& FREE**

TRAINING INSTITUTE

**ALIVE
& FREE**

CONSORTIUM

**ALIVE
& FREE**

STREET SOLDIERS RADIO

OUR VISION

Alive & Free is a life-changing program that helps young people steer clear of violence and stay out of prison in the Bay Area and around the world. Young people who have learned the Alive & Free prescription have a new set of life skills to make choices that help them go to college, succeed in life and give back to their communities.

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A WELCOME LETTER FROM DR. MARSHALL

DEAR ALIVE & FREE COMMUNITY:

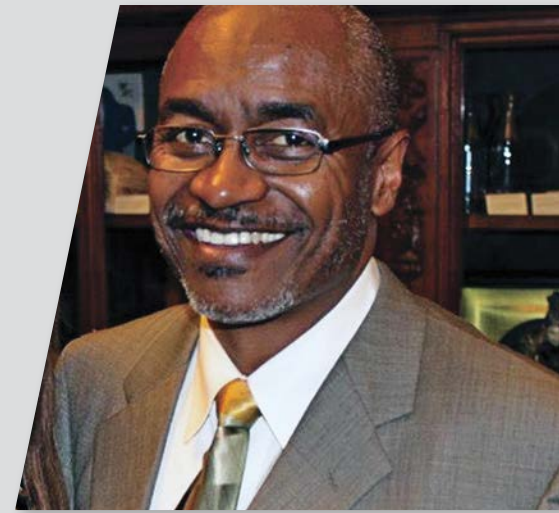
2013 was a year of intentional and successful transformation, and I'm so proud of what we accomplished together. Our rebrand to Alive & Free enabled us to let more people know about the critical services we provide to young people without losing the essence and identity of The Omega Boys Club. This was an enormous change for our organization, but a change for the better.

We continued to expand our work around the Bay Area, collaborating and creating partnerships in Berkeley, Fairfield and Richmond. Our Berkeley school adoption program in particular has already helped to reduce suspension rates and gave us the opportunity to train leaders like city Mayor Tom Bates and Superintendent Donald Evans to implement the Alive & Free Prescription for violence.

On top of our transformations and growth, 2013 was filled with milestones and highlights including our trip to Botswana, our second successful gun buy-back, and most importantly the continued success of our students and alumni.

As our first year under the Alive & Free banner, 2014 has brought great promise and excitement.

We continue to expand our local and national partnerships including new collaborations with Camden Churches Organized for People (a PICO affiliate), one of our new partners in Camden, New Jersey. We're very excited to work with them, spreading the Alive & Free Prescription to end violence to the young people of Camden.



This year will culminate in our 5th annual national Alive & Free Conference which will be hosted by our consortium affiliates in Pasadena. We're expecting over 1,200 young people, teachers and youth advocates to attend the gathering.

Together, we are changing the lives of our communities' most prized possessions — our young people. We know that young people who stay alive and free are able to follow their dreams, achieve great things and give back to their communities. Thank you for believing in that vision and being a part of it.

—Joseph E. Marshall, Jr., Ph.D.
Executive Director

To find out how you can help keep young people Alive & Free, contact:

Iris J. Fluellen, Development Director
415-826-8624 • ifluellen@StayAliveAndFree.org
For general information: www.StayAliveAndFree.org

A LETTER FROM ADRIENNE RILEY



From working with City of Oakland CETA Youth Programs to counseling at Laney College, my whole career has revolved around mentoring young people. Through this work I've realized that for our young people to be successful they must have a connection with someone that believes in them — Alive & Free fosters that connection.

Many students start at Alive & Free with a narrow vision for their future, with few hopes and dreams. Alive & Free's holistic approach opens their eyes and lets them see the world in a more positive light.

While most of society treats youth violence exclusively as a law enforcement issue, Dr. Marshall is leading the Alive & Free movement to eradicate youth violence by teaching youth and entire communities that youth violence is a preventable and treatable disease.

Through the weekly Leadership Academy program, young adults from the Bay Area participate (through the lens of the Alive & Free Prescription) in English, math and financial literacy curricula — all critical life skills. With the support and encouragement of these principles, students realize that they have the power to actualize their goals and the strength to persevere through the obstacles they may face.

Student testimonials of realization and transformation are what make Alive & Free special. I presented some of these youth stories to a Student Success class at Laney College. The students were so attentive — you could hear a pin drop. They couldn't believe that young people like them were going through similar challenges and were still striving for their dreams. This goes to show that the voices of young people are Alive & Free's most powerful asset.

From our successful rebrand to expanding our networks, 2013 marked a year of refreshing transformation for Alive & Free. I hope you'll join in my excitement as together we continue to uplift the voices of young people and help them envision and achieve a positive, healthy future. Thanks for being a part of the Alive & Free community.

—Adrienne Riley
Board President

SUPPORTER PROFILE: ONE FAMILY'S STORY



Over a decade ago, my family took our son for his first year at Morehouse College. Standing in the registrar's office, I watched as several students faced the fact they didn't have enough money to pay their fees and tuition. It was clear that neither the school nor the students had a solution.

I was greatly troubled by their dilemma. These were smart kids, doing the right things to pursue a good education and work towards their futures. Yet, they didn't have the resources necessary to cover the huge cost of a college education. I wondered how many of them might be forced to work several jobs to make ends meet, or even worse to drop out of college due to lack of funds.

That's when my daughter Kristine and I created the Last Mile Foundation to support the college aspirations of young students from inner city backgrounds. We specifically help students who need a

little extra support beyond whatever aid they receive to pursue their college dreams.

We joined forces with Alive & Free. Young people in Alive & Free gain the confidence and skills they need to thrive in college and in life. For many of them, this program is the one place they can transcend the barriers and become leaders in their communities. My family knew that the scholarship support the Last Mile Foundation could provide would be well-used by the young people at Alive & Free.

Since 2002, we've raised \$365,000 to support 184 college students. Our biggest effort is the annual golf tournament where the community helps raise money while hearing stories from the scholarship recipients their donations support. Each year, my family loves reading the scholarship essays. One, in particular, that stands out in my memory was of a young man who had

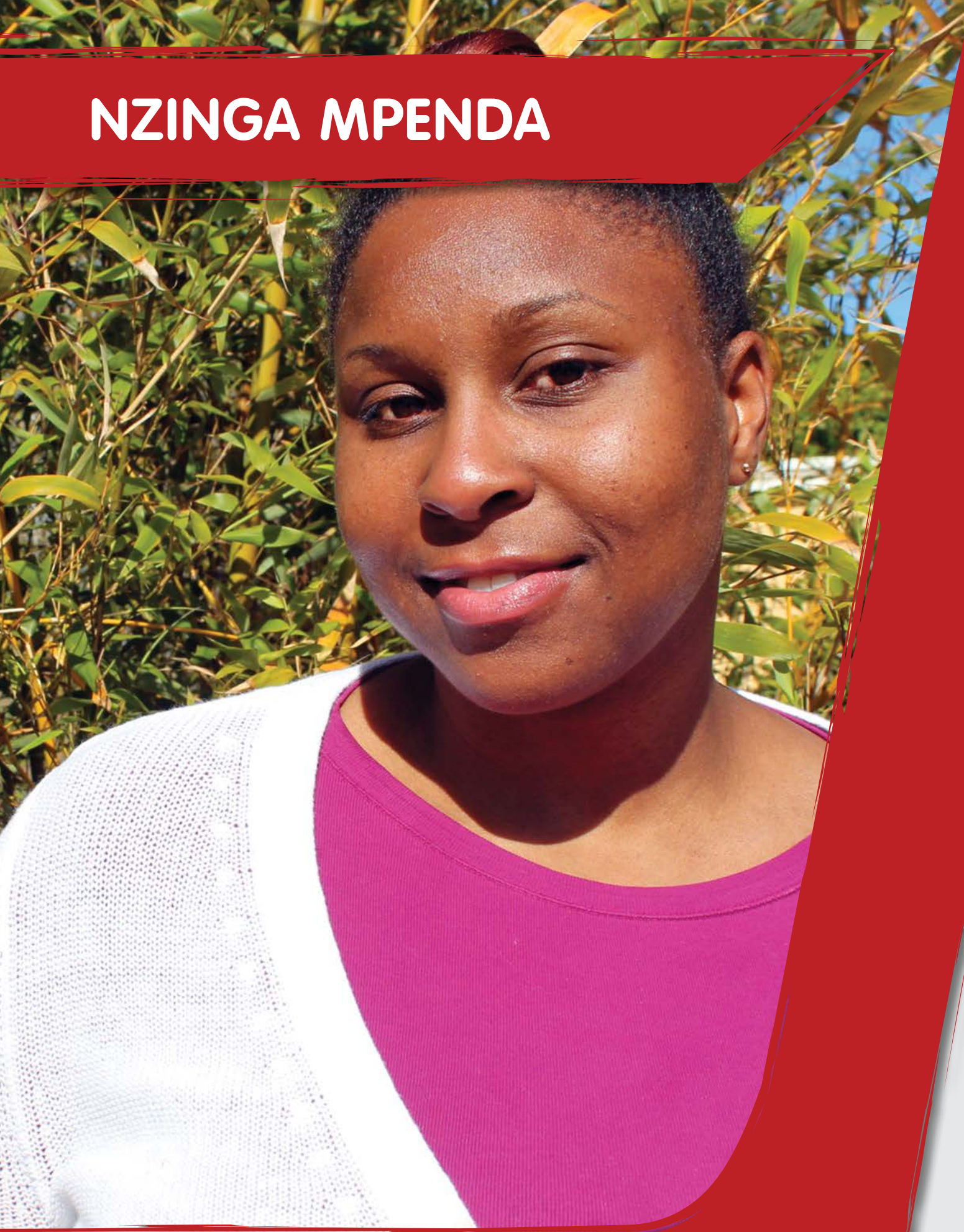
been born in prison. Though he faced many challenges, Alive & Free gave him a safe place to learn to be a strong, confident person and become the man he is today. He went on to study at The University of Memphis where he says, he wouldn't have made it without the support of our scholarship and Alive & Free.

It is for young people like him, that I am proud to be a supporter and a fundraiser for Alive & Free. I believe it is our life's purpose to help change the world and be an example that others can learn from. My work with Alive & Free helps me achieve that purpose.

—Arnold Grisham
Alive & Free supporter



NZINGA MPENDA



JUST TURN RIGHT AND KEEP STRAIGHT

Growing up, I always felt out of place. I went to a high school outside of my neighborhood and rarely interacted with the kids who lived around me. Where I lived, hanging out on the street corners was popular — so I had few role models to look up to. While I was in school, I felt lost and always questioned if I was doing the right thing.

My aunt convinced me to begin the Alive & Free program despite my reservations — I was an introvert who wasn't used to interacting with so many kids from my community. I gave it a shot, and by the third week, I was hooked. I realized this was a place where I fit in.

The mentors and staff encouraged me to follow my dreams — I didn't have to be someone who hung out on the street corner. They reassured me that my life was mine to plan and that I had the power to follow a path that would lead me to college — I just had to turn right and keep straight.

I especially connected with Dr. Margaret Norris. Unlike most of my teachers at school, she always took the time to listen, and to challenge me to re-evaluate my life. As a young, professional black woman, she was a critical model for me — someone who looked like me and was successful.

Not only did Alive & Free help me through the challenges of getting into college, but they also helped me stay there.

Not only did Alive & Free help me through the challenges of getting into college, but they also helped me stay there. It was a tough transition and there were times when I thought I wouldn't make it. But I didn't want to give up on the people at Alive & Free who had invested so much into me, so I surrounded myself with positive people who kept me on my path.

After graduating from Shaw University in 2008, I came back to the Bay Area to do work in education and social services. Now I work for a nonprofit in Alameda County that provides housing to the homeless, and like Dr. Norris, I'm pursuing a doctorate in education at St. Mary's College. I still keep in close contact with my class at Alive & Free, some of the younger students and staff. They're my family, too.

—Nzinga Mpenda, Alive & Free alumna

DAVID GONZALEZ



IT'S NEVER TOO LATE FOR YOUR DREAMS

In high school, I didn't think that college was a possibility for me. I hung around people who didn't care about me and did bad things. I often skipped classes and wasn't involved in school. It got to a point where I was homeless and members of my own family told me that I wouldn't amount to anything.

I was already a second semester senior at Richmond High when Mr. Akins visited my school and encouraged me to apply for college. I remember racing around the gym to find him after he finished his presentation — I had to talk to him. He helped me realize that it wasn't too late for me, and that I still had a chance to go to college.

Through him, I became involved with Alive & Free — they became my family, and for the first time, I knew people really cared about me. They taught me how to handle stress, to think critically and plan for my future. Staff like Mr. Akins, Ms. Estell and Jack opened my eyes, and helped me deal with my emotional stress and supported me.

I was behind on the application process, and my choices for schools were limited due to my immigration status. But none of that mattered, Alive & Free had given me the mentality that I was going to go to college, and nothing was going to stop me.

Alive & Free had given me the mentality that I was going to go to college, and nothing was going to stop me.

It's been a tough road, but the emotional support and scholarships from Alive & Free helped make my dream possible. I'm now at San Jose State University studying engineering and I hope to pursue aerospace engineering or open my own business in the future. I've also become more involved in my school and my community. For example, I've done outreach for the "Bring Them Home" campaign, which builds awareness about undocumented immigrants by helping

organize press conferences and marches. I'm also the co-chair of Students Advocates for Higher Education (SAHE), a support group for undocumented high school and college students.

I want to spread all the knowledge I've gained from Alive & Free and my own experiences, so that someday I might inspire another young person to pursue their dreams. If there's one thing I've learned from this program, it's that challenges will come and try to break you down, but there will always be people behind you and you'll find a way. The opportunity is there, you just have to take it.

—David Gonzalez, Alive & Free Collegian, San Jose State University, freshman

JOBIE WILLIAMS



LEARNING TO USE MY VOICE

Growing up, it was difficult for me to communicate my feelings. When I was sad, I didn't know what to say. When I was angry, I would act out.

In 7th grade I was diagnosed with Asperger syndrome, which is a form of autism. After that I was shuffled between different special needs programs. But they were unable to address my needs for emotional and behavioral support.

When I started high school Mr. Akins introduced my family to Alive & Free. Finally, I found a place to give me the social tools I needed to be self-sufficient. I learned to speak for myself and to verbalize my emotions rather than act out and be violent. All the new skills I learned from Dr. Marshall and the staff were even more important than what I learned in school because they helped me solve my real-life problems. These mentors also took the time to listen to me and make me feel comfortable with myself. Because of this, my mother likes to say that Alive & Free saved my life.

Alive & Free also helped me see myself in college. We took field trips to different campuses and I even got to sit in on a lecture to feel what it would be like to learn in a university. With the help and support of Dr. Marshall and Alive & Free, I was able to apply to college and was accepted at California State University — East Bay. I discovered a passion for nature, so, I've been studying environmental science with the hope that I can continue environmental conservation work when I graduate.

***F**inally, I found a place to give me the social tools I needed to be self-sufficient. I learned to speak for myself and to verbalize my emotions rather than act out and be violent.*

My little sister is in Alive & Free now, and I'm excited to see how she grows as she makes her way through high school. She will learn skills that she can't learn at school — and I know that will change her life, just like it changed mine.

—Jobie Williams, Alive & Free Collegian, California State University, East Bay, sophomore

BOTSWANA



FROM THE U.S. TO BOTSWANA — KEEPING OUR YOUNG PEOPLE ALIVE & FREE

I felt blessed and honored when I was invited to Botswana to participate in a speaker series around empowering youth to lead positive lives. For five days I worked with a group of young men at The Ikago Center, a government-funded rehabilitation center for juvenile offenders, just 50 kilometers from the capital of Gaborone. They were between the ages of 14 and 18, and incarcerated for serious offenses: burglary, theft, rape and murder. They truly needed Alive & Free.

The prescription we used back home was easily applied — there was not much of a difference between the U.S. and Botswana when it came to the challenges youth face. Peer pressure, unemployment and a lack of education were some of the main issues the young men named.

One young man especially impressed me. He was the youngest of the group, but the most forthcoming and eager to share his story. He told me he stole because his friend told him to. We found out that nearly everyone in the group had committed their crimes with the assistance of a friend. Before being incarcerated, this young man had studied the bible, so, he would give a lot of advice to the older boys in the group — he was so inspiring. We had many meaningful discussions around morality, and in the end we all agreed that true friends and loved ones would never lead us to danger — one of Alive & Free's Rules for Living.

The farewell ceremony came far too quickly and it was very touching. The boys even made me a gift — a hand-welded, wrought iron barbeque grill! I thought to myself, "We really did something here with these kids; they've already accomplished so much."

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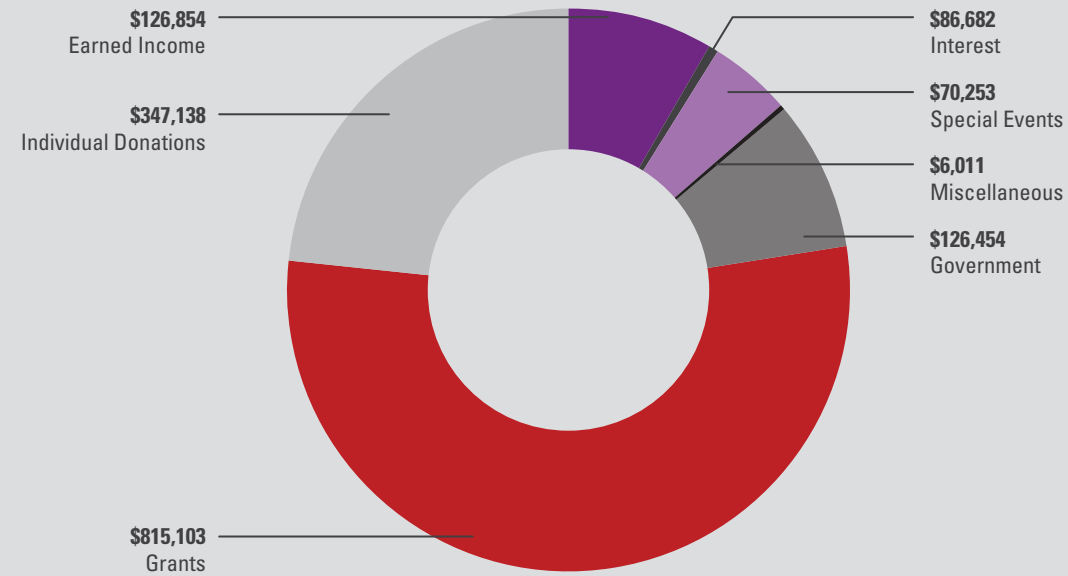
It was hard to say goodbye, but I know that this was just the beginning. We've begun work to launch a satellite program in Botswana, where we can work with more young people and train the adults as well.

They've already sent their official invitation requesting my return. Botswana is a part of me now and a part of Alive & Free.

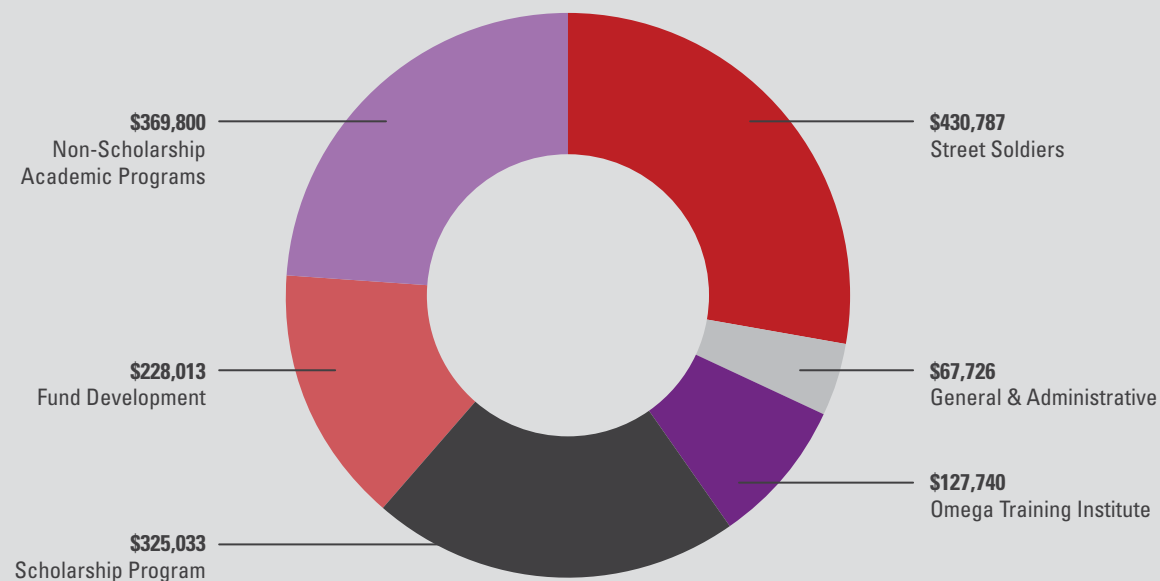
—Joseph E. Marshall, Jr., Ph.D.
Executive Director

FINANCIAL HIGHLIGHTS

2013 REVENUE AND SUPPORT | \$1,500,494



2013 EXPENSES | \$1,549,099



ASSETS

Net assets at beginning of year	\$2,416,126
Increase (decrease) in net assets	(\$48,605)
Net assets at end of year	\$2,367,522

2013: FACTS & FIGURES

MISSION

To keep young people alive and free, unharmed by violence and free from incarceration. To provide young people with opportunity and support to build positive lives for themselves and to move into contributing roles in society.

FACTS



OUTCOMES



BEST PRACTICES

Alive & Free is recognized by the Centers for Disease Control and Prevention, the Office of the Surgeon General (U.S.) and the Annie E. Casey Foundation.

The Alive & Free Prescription has been adopted by the City of San Francisco, replicated by the Cities of Richmond and Berkeley, and has been included in the City of Berkeley's 2020 Vision for Berkeley's Children and Youth.

PICO Lifelines to Healing, a faith-based coalition aimed at reducing gun violence and mass incarceration, has adopted the Alive & Free Prescription.

BY THE NUMBERS

Alive & Free Scholarship Fund

Scholarship Funds Awarded: **\$325,033**
 Alive & Free Scholarship Fund Budget for 2013: **\$381,300**
 Collegians Receiving Omega Scholarship: **53**

Alive & Free Leadership Academy

Enrolled in College: **53**
 College Graduates: **8**



2013–2014 ALIVE & FREE COLLEGIANS

Colleges and Universities: 35 | Collegians: 53

Wayne Banks Morehouse College	David Gonzalez San Jose State University	Daniel Lindsey Clark Atlanta University
Zenaida Barr San Francisco State University	Andreanna Grant Cañada College	Alex S. Makell Community College Baltimore
Andrea Beasley Grambling State University	Charles Grant Fisk University	Jocelyn Marin-Gutierrez Cal State University, East Bay
Angel Beasley Grambling State University	Te'Reisha Graves Florida A&M Law School	Lourdes Matute City College of San Francisco
Khye Booker Morehouse College	Trinell Graves Contra Costa Community College	Trallonie McKinney Spelman College
Duane Breaux Humboldt State University	DeMondre Harrison Clark Atlanta University	LaShawn Moore Howard University
Evangela Brewster California State Polytechnic University, Pomona	Alexis Hill North Carolina A&T State University	Jhonae Mozeke Clark Atlanta University
Kanisha Burdeen California State University, East Bay	Elexus Hunter Clark Atlanta University	Thomas Pham University of California, Santa Cruz
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Lashanae Everette San Jose State University	Portia Kane-Abdullah University of California, Riverside	Brenda Rivas Hostos Community College
Latu Fanaika Berkeley City College	Patrice Kirk Berkeley City College	Gina Rivera City College of San Francisco
Leo Gi Skyline College	Cherelle Lewis Clark Atlanta University	Brittney Robinson Bowie State University

2013 ALIVE & FREE CONSORTIUM MEMBERS

American River College Sacramento, CA	Four Brothers El Sobrante, CA	Lifelines to Healing Berkeley, CA
Community-Based Training and Education Los Angeles, CA	For Youth By Youth (FYBY) East Palo Alto, CA	The Lucas Center Pleasant Hill, CA
D'Veal Family & Youth Services Pasadena, CA	Futures, Inc. Birmingham AL	Overcoming Gangs & Beyond San Diego, CA
Family First: A Call to Action, Koinonia House of Worship Omaha, NB	Dr. John Haller Johnston, IA	SAFE Organization, SAFE Healing Foundation Inc., and SAFE Inc. Baltimore, MD
	John Muir Elementary School San Francisco, CA	Teacher SUMMIT Program Ontario, Canada
		Alive & Free — South Africa Cape Town, South Africa
		Al Wooten Jr. Heritage Center Los Angeles, CA
		YMCA of Greater Seattle Seattle, WA
		YOUTHCAN Project and Youth Nonthaburi, Thailand

2013 ALIVE & FREE TRAINING INSTITUTE ATTENDEES

Participants Enrolled: 172 | Participant Completion (attended all three days): 135 | Completion Rate: 79%

American River College	City of Berkeley Public Health	Lifelines to Healing	San Francisco Organizing Project
Bayview Association for Youth	City of Dreams	Live In Peace	San Francisco Probation
Berkeley Alliance	City Team Ministries International	Old Skool Café	St. John the Evangelist Episcopal Church
Berkeley High School	Community Youth Center of SF (CYC)	Operation Ceasefire	St. Paul of the Shipwreck, and Archdiocese of San Francisco
Berkeley Youth Alternatives	D'Veal Family & Youth Services	Parole/Probation Reentry Program	Street Outreach
Berkeley Unified School District	Empowerment Yoga	PICO National	The Archdiocese of San Francisco
City of Berkeley—Career Group	Gateway High School	PICO/Lifelines	Thurgood Marshall Academy
City of Berkeley	Goodwill Industries of San Francisco	Project We Hope	Treasure Island—Job Corp
City of Berkeley—Office of the Mayor	John Muir School	RISE	
		San Francisco—Community Ambassadors	

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Mr. & Mrs. Albert Fraenkel in honor of "The Siesel Maibach Scholarship Fund"
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Sherry Gendelman in memory of Loren Reed
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Patricia Hachiya in honor of "The Siesel Maibach Scholarship Fund"
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Roselyn Swig in honor of "The Siesel Maibach Scholarship Fund"
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Linda Susan Thomas in memory of Ramsey Miller
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