

## Program locations

Central YMCA  
40 W. Long St.  
Columbus, OH 43215  
224-1142

Southwest Community Center  
3500 First Ave.  
Urbancrest, OH 43123  
539-1770

Whitehall City Schools  
4375 Kae Ave.  
Columbus, OH 43213  
417-5000, ext. 2871

Truancy Intervention Center  
St. John Mini Convention Center  
640 S. Ohio Ave.  
Columbus, OH 43205  
257-1316

For more information about  
the Positive Alternative Learning  
for Students program,  
please contact **Don Heard** at  
**573-3615.**

responsibility caring honesty respect



www.ymcacolumbus.org



YMCA of Central Ohio

Our mission: To serve the whole community through programs  
expressing Judeo-Christian principles that build a healthy spirit, mind and body.



Rev: 10/06



YMCA of Central Ohio

**PALS**  
Positive Alternative  
Learning for Students

An alternative to suspension  
for 6th through 12th graders

# What is PALS?

The YMCA of Central Ohio's Positive Alternative Learning for Students program serves as a structured and supervised environment for 6th to 12th grade students who have been suspended from school. Students who are on 3, 5, and 10 day suspensions are referred to PALS by local public school systems, juvenile courts, departments of human services, and parents. Students in the program are held accountable for their actions by participating in educational programming and behavior modification sessions, rather than treating their suspension as a vacation.

In the classroom with the students is a state-certified teacher, case manager, and staff assistant. There is also a mental health expert available to consult with the students.

The purpose of the PALS program is to provide youth with a positive change in attitude and a better outlook on the future. Program staff challenge youth to take responsibility for their actions and to help them set goals for their future.

## A positive change

The one-on-one communication between student and staff has a remarkable effect on the students, encouraging them to talk about their problems.

In the PALS program, students are encouraged to communicate and share problems in their lives. The staff to youth ratio ranges from 1:5 to 1:10. This ratio allows more student-to-teacher interaction than in a traditional classroom where the staff-to-youth ratio is often 1:25.

PALS staff also conduct home follow-up visits on an as-needed basis. Staff and the student's family members talk about the student's progress and may recommend resources that can help the student succeed.

# PALS is...

- Individual & group counseling.
- Daily academic curriculum.
- Intensive behavior supervision in a zero-tolerance environment.
- An environment that promotes caring, honesty, respect, and responsibility.
- Positive reinforcement from adults who follow through and monitor progress.



## Community benefits

Our community benefits from the YMCA PALS program. Youth are kept off the streets during a suspension period. They are provided the opportunity to continue their academics in a supportive environment. Students interact with trained staff who help them improve their attitude and behavior.

Youth who participate in this program learn how to rebuild their lives and become active citizens in the community. Through discipline, accountability, and hard work, the YMCA PALS program motivates youth to become responsible young adults.

