



As a nonprofit operating countywide, YMCA YFS is in a unique position to strengthen our entire community.

YFS served 95 unique ZIP codes in San Diego County through its Youth & Family Services Department. The most-served ZIP code in FY 19-20 was 92026 (Escondido).

IN 2019-2020,  
YMCA YFS DIRECTLY  
IMPACTED THE LIVES OF

# 3,166 INDIVIDUALS.



An additional 8,800+ lives were impacted through indirect services provided by YFS. In the face of a public health emergency, YMCA YFS acted quickly working with youth and families when they need us most.



*\*Note that numbers reflect a degree of duplication as participants may be involved in multiple programs.*

## IDENTIFIED COMMUNITY NEEDS:

- Food and financial assistance
- Child care
- Help with distance learning
- Maintaining home harmony and healthy relationships
- Managing stress and depression
- Emotional support



## COMMUNICATION TO THOSE WE WORK WITH

262 Posts  
8,155 Engagements

For more information contact:  
[kesquivel@ymca.org](mailto:kesquivel@ymca.org)

## CREATIVE PROGRAM ADJUSTMENTS

In response to identified needs, we have adjusted our programs to continue essential services in alignment with public health guidelines. When we provide access to basic needs and help process emotions in this difficult time, we buffer individuals from stress and increase resilience. Data reflect activity from March 16 – September 30, 2020.

### INCREASING CONNECTION DURING PHYSICAL DISTANCING

**3,472** Distance support groups, workshops, and case management sessions to refer youth to resources, ensure continuity of services, and foster connection over the phone and online.

**486** Online social events, including book clubs and drawing groups to maintain social connection and give youth valuable information for processing this situation and staying safe.

### CONCRETE SUPPORT IN TIMES OF NEED

**235** Youth facing housing instability received emergency housing support in the form of hotel vouchers or rent/deposit assistance.

**429** Mobile outreach events and touchpoints to relieve stress and give youth access to hard-to-find basic needs and hygiene items.

**\$111,000+** In emergency funds distributed to caregivers in our Kinship program and connecting them to resources so they can keep children in their care.

### INCREASING RESILIENCE FOR MENTAL AND EMOTIONAL WELL-BEING

**3,272** Affordable phone or virtual sessions to maintain and increase access to mental health services to combat stress, anxiety, and uncertainty.



Virtual services that maintain harmony at home while families face increased demands on their time and resources.



Virtual staff support groups to maintain connection and help staff work with families through this crisis.

#### OUR MISSION:

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.