

YMCA YOUTH & FAMILY SERVICES ANNUAL REPORT — FY20



As a service and social change organization, YMCA YFS links practice with transformation. We apply our expertise, collective knowledge, and resources to support our clients and improve the systems that will impact the next generation. Further, we believe that a focus on increasing quality relationships among our clients can replace expensive programs and services and benefit clients long after our services end.

This past year simultaneously challenged and reaffirmed our work in unexpected ways. The combined crises of a global pandemic and racial injustice reveal what under-resourced individuals face every day—uncertainty, chronic stress, and most importantly, resilience. We increase resilience in the face of adversity by eliminating everyday stressors and providing stable supports to encourage the healing process.

COMMITMENT TO EQUITY

We maintain our commitment to actively fight against the inequities that disproportionately impact Black, Indigenous, and People of Color (BIPOC) communities.

In order to do this, we know we need to start within. Under the leadership of our Justice, Equity, Diversity, and Inclusion committee, we are taking steps to become actively anti-racist, educating ourselves on important cultural concepts, and engaging in continuous education and research to improve our workplace culture through an intersectional lens of justice, equity, diversity, and inclusion.

Human dignity and empathy are paramount – always – and we hope you will join us on this journey of self-reflection and march toward justice.

COVID-19 RESPONSE

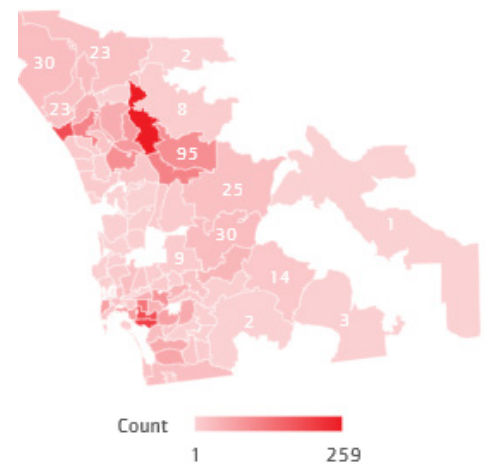
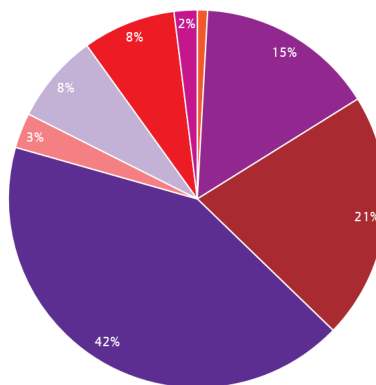
In response to unprecedented community needs, we pivoted our programs to continue essential services while protecting the safety of our staff and clients.

We quickly switched to tele-therapy to provide access to critical mental health services in the face of heightened anxiety and uncertainty. We turned our drop-in centers into mobile supply units to deliver food and hygiene supplies to youth and families. We transitioned to virtual case management and workshops so our clients stayed connected while physically distant. We provided housing to maintain physical safety for youth during this public health emergency.

The combination of meeting basic needs and maintaining social connection increased resilience for mental and emotional well-being at a time when our community needed it most.

YFS DIRECTLY IMPACTED 3,166 INDIVIDUALS through programming during the 2019–2020 fiscal year. An additional 8,825 were served as family members, event attendees, and community partners.

YFS operates county-wide. The most served zip code was 92026 (n=259). A total of 42% of program participants were between the ages of 18–24 and 14% identified as LGBTQ+.



Count 1 259

● 0-5 years
 ● 12-17 years
 ● 25-29 years
 ● 55-64 years
● 6-11 years
 ● 18-24 years
 ● 30-54 years
 ● 65+ years

PROGRAM HIGHLIGHTS

Fifty years of working with youth and families in San Diego County have taught us that no single solution leads to a thriving, successful, and healthy existence. What is required is a continuum of interrelated supports that build on one another to meet the unique needs of each individual and family.

First, access to basic needs removes barriers and relieves the exhaustion that comes from constantly living in scarcity. Similarly, services to address mental health quiet the uproar in an over-stressed brain that may keep us from achieving our goals and connecting with others. With these needs met, we can shift our focus from merely surviving to tackling more complex tasks, such as setting and meeting academic goals, building economic stability and mobility, and developing and maintaining the relationships that we can call on daily and in moments of crisis.

At YFS, we provide access to basic needs and help maintain resiliency through adversity. We emphasize warm, responsive interactions to reduce the stress brought on by under-resourced environments and provide space for developing new skills. With reduced stress, clients can increase trust in others, deepen engagement in services, and focus on setting and achieving long-term goals. We support individuals and families by:

MEETING BASIC NEEDS AND REMOVING BARRIERS TO SUCCESS

- **2,473** food items distributed at the Transition Age Youth (TAY) Drop In Center
- **98%** of housing participants transitioned to safe and sustainable housing
- **90%** of Independent Living Skills (ILS) youth could access the physical, mental, and dental health care they require
- **\$242,587** in emergency funds distributed for 327 Kinship providers' essential needs
- **92** hotel vouchers issued for 449 bed nights for transition age youth facing housing instability
- **78** rental/deposit assistance payments made for Transition Age Youth (TAY) to maintain housing stability
- **2,343** gateway supports provided through Street Outreach
- **96** supportive services provided to Connections 2020 participants to remove barriers to stability

TEACHING NEW SKILLS TO INCREASE PROTECTIVE FACTORS AND POSITIVE COPING SKILLS

- **88%** of youth in the Transitional Living Program (TLP) improved their emotion regulation, emotional self-awareness, and situational responsiveness
- **375** youth provided with case management, groups, psychoeducation, and therapeutic support
- **59%** of youth improved their mindfulness skills through Connections 2020

STRENGTHENING ECONOMIC STABILITY AND MOBILITY TO BUILD PATHWAYS TO SUCCESS

- **90%** of non-minor dependent youth in ILS maintained stable income for six consecutive months or more
- **88%** of non-minor dependent youth in ILS maintained stable income for 12 consecutive months or more
- **100%** of TLP participants engaged for at least six months showed an improvement in workforce readiness
- **17** youth participated in subsidized employment through Connections 2020
- **73%** of Urban Career Pathways youth interested in pursuing further education enrolled in an educational program

BUILDING SOCIAL NETWORKS TO INCREASE SOCIAL CAPITAL, POSITIVE IDENTITY FORMATION, AND ACCESS TO OPPORTUNITIES

- **333** Kinship support groups totaling 2,413 attendees
- **25** Average number of family connections made for each youth in foster care through Permanent Connections
- **100%** of youth in housing programs have established a permanent relationship with caring adults and peers
- **85%** of Urban Career Pathways participants increased their monthly income

INCREASING FAMILY COHESION AND PRESERVATION TO KEEP FAMILIES TOGETHER

- **94%** of Oz families increased their communication skills
- **86%** of Oz families reported an increase in family cohesion and decreased stress
- **5** youth in foster care achieved legal permanency (exited the foster care system) as a result of family finding and engagement
- **9,501** respite hours provided to Kinship caregivers
- **84%** of youth in TLP increased their ability to navigate conflict and increase foster family functioning



COVID EFFORTS BETWEEN MARCH 16 AND JUNE 30

INCREASING CONNECTION DURING PHYSICAL DISTANCING

1,789 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.

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

INCREASING RESILIENCE FOR MENTAL AND EMOTIONAL WELL-BEING

1,792 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.

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

CONCRETE SUPPORT IN TIMES OF NEED

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

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

\$65,000+ In emergency funds distributed to caregivers in our Kinship program connecting them to resources so they can keep children in their care.

“GRATEFUL FOR ALL MY COACHES DURING THIS PANDEMIC. I HAVE CONTINUED TO RECEIVE HELP AND EMOTIONAL SUPPORT BECAUSE OF THEM. THEY HELP ME TO NAVIGATE LIFE AS I AM ABOUT TO LEAVE SCHOOL AND LOOK FOR A JOB”
- PARTICIPANT

“I’M REALLY GRATEFUL WE AT LEAST HAVE HELP FROM YOU. THANK YOU FOR ALL YOU’VE DONE FOR US. IF IT WASN’T FOR YOU, WE WOULD HAVE NO ONE.” - TAY CLIENT

“I AM SO THANKFUL FOR THIS PROGRAM AS IT HAS HELPED ME RE-FIND MY PASSION ESPECIALLY DURING THE PANDEMIC. I HAVE BEEN INSPIRED BY WORKING WITH PROGRAM STAFF AND OTHER PARTICIPANTS.” - PARTICIPANT

“THE TAY PROGRAM PROVIDED EVERYTHING I NEEDED IN ORDER TO TRANSITION INTO MY NEW HOUSING, THEY ARE AMAZING!”
- TAY CLIENT



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.