In the US, over 429,500 high school girls participate in competitive basketball. Similar to their male counterparts, many of them dream of playing professionally. The professional women’s basketball league, the Women’s National Basketball Association (WNBA), drafts only 36 women each year.

What are the odds that a High School athlete will make it to the WNBA?

Nearly 1 in 100,000!

Now consider how childhood adversity, family life, mental health, resource scarcity and delinquency impact a young person’s odds of achieving their dream. Truly, the odds are staggering!
YMCA Youth & Family Services specializes in serving individuals who face overwhelming circumstances and helping them change their odds.

The Y helps youth navigate hardship and builds resiliency to help young people transition into adulthood. So whether our youth want to be a basketball star or a mathematician, YFS helps them aim high to reach their full potential to affect the odds of young people achieving their hopes and dreams.

Through mental health, mentoring, case management, wraparound and youth development services YFS works to change the trajectories of young people and their families through effective Positive Youth Development methods.
A Trustworthy Friend

When someone believes in you and is willing to walk with you through the tough teen years it can mean a world of difference in a young person’s life. Volunteers in our YouthLinks mentoring program provided that essential support and built trust with over 40 youth last year.
Healthy Families

Connecting Youth to the Support They Need

Of youth referred to Wraparound for 2016, 89.5% of youth who were connected with a YFS Care Coordinator did not run away or engage in delinquent behaviors.

"My relationship with my family improved with the guidance and resources made available to me. What a wonderful service to offer to dysfunctional families." - Parent of Wraparound youth participant

Restoring Smiles

Youth who participate in our YouthLinks program often express struggles engaging in positive relationships or coping with anger. After being matched with mentors, 9 out of 10 parents of children in the program reported that they felt their child was less angry because of the program.

"Well the first thing that I can say is that [the YFS staff ] were very welcoming with our family. [YFS staff individual] always looked for a way in which our family could feel comfortable and protected by the group. We are very happy to have had [her] with us.

[She] is a great youth worker and I give thanks to her and to all who helped with Sarah, now she's is just like the old Sarah I knew, thank you."

- Parent of young person receiving case management support
Because of care coordination services in Wraparound program, 88.8% of youth in the program remained out of acute psychiatric placement.

Peace of Mind

Our counseling services directly reached over 180 young people this year, helping them cope with past trauma, process current challenges, and plan a bright future of emotional and mental health.

Play Therapy

Family Counseling

1 on 1 Counseling

“Thank you, I am very happy with this program and I thank you because my daughter is like an entirely new person. Thank you to [YFS Staff] I love you all, you are all like family.”

- Parent of young person receiving YFS services
For the past 2 years, all 68 (100%) young people who received formal counseling from our Counseling Outreach Referral Empowerment program remained out of the juvenile justice system.

Unleashing Potential

98.5% of youth of the 30 youth working with Care Coordinators in the Wraparound program remained out of the juvenile justice system.
Looking Out For Our Neighbors

205 food baskets were given to families in our programs that needed food support over the holidays.

Over 600 children in our programs received a holiday gift thanks to generous individuals, businesses, and organizations in our community.

Changing the odds for school age youth in the Northwest Park, Carroll Avenue, Nob Hill, and Rosemary Hills communities

Last year, Youth & Family Services provided positive safe spaces for over 150 young people to find a sense of belonging. Oftentimes, parents of our young participants struggle with English. YFS offers several literacy programs for our young participants as well as their parents in adult English language classes.

With the hours of 3pm—6pm being the most risky time for teenagers, over 400 teenagers were able to stay out of trouble in YFS’s afterschool teen program, Community Connections Rec Zone at Albert Einstein High School.
This year Linkages to Learning strengthened their communities by partnering with community organizations to bring nutrition workshops, walking clubs, leadership workshops, English classes, ballet lessons, sewing classes, parenting workshops and so much more to their families!

In an effort to unify the community in December, Linkages to Learning at Rolling Terrace Elementary school hosted a CommUnity Dinner. Over 180 community members came out to share in the celebration of diversity through tasty food from around the world. It had been years since the school community had come together.

“This was the first time I felt I belonged somewhere, the first time I felt welcomed.”

-Linkages to Learning Parent
Community Partnerships

YMCA Youth & Family Services holds to the old adage that it takes a village to raise a child. So we partner with like-minded community strengthening organizations and generous and compassionate community individuals like you to combat the odds. Collectively, we partner with those who are served in our programs to help them combat the odds.

Changing the odds together

In 2016 together WE changed the odds for 3,200 people

Thank You!
Let’s continue to help youth and their families change the odds.
Big thanks also to local organizations that contributed gifts, food baskets, and their time and talents this year to meet the needs of our communities!

Board
Janet Chiu
Haig Ellian
Gaynelle Evans
Marcus Jones
Zachary Miller, Chair
Barbara Ott
Vanessa Pinto
Aimee Stern
Theresa Testoni

Leadership Circle
Arts & Humanities Council of Montgomery County
Bethesda Chevy Chase High School Crew team
Brent Realtor Team
Bullis School National Honor Society
Cedar Ridge Community Church
Cohn Reznick
Community Foundation for the National Capital Region – Montgomery County
D&R International
Darnestown Presbyterian Women
Deloitte
German School—Washington D.C.
Girl Scout Troop 519
Good Shepherd United Methodist Church
Healthcare Initiative Foundation
Heymann Realty
IMPAQ International
Interfaith Families Project

McLean Bible Church
Montgomery County Council
Montgomery County Executive
National Institute of Health Recreation and Welfare Association
New Hampshire Estates Elementary School PTA
Oak View Elementary School PTA
Seva Truck
Silver Spring Methodist Church
Town of Chevy Chase
Trawick Foundation
Tzu Chi Buddhist Foundation
Wood Acres Elementary School PTA
YMCA Silver Spring Board

Benefactor
Bed Bath & Beyond
Bowlmor
Investment Adviser Association
Lutheran Church of St. Andrew Michaels
Salem United Methodist Church
Takoma Sports Camps
Temple Shalom

Sustainer
Whole Foods
Global Children Center
Mission

The mission of the YMCA of Metropolitan Washington is to foster the spiritual, mental and physical development of individuals, families, and communities according to the ideals of inclusiveness, equality, and mutual respect for all.

Produced by YMCA Youth & Family Services
301-587-5700
ymcayfs@gmail.com

Visit us at http://yfs.ymcadc.org/