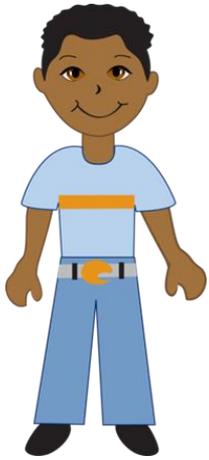


BACK TO THE FUTURE: A JOURNEY OF 40 YEARS OF SERVICE



2017 ANNUAL REPORT
YMCA YOUTH & FAMILY SERVICES





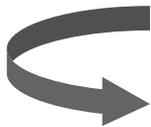
WE GUIDE CHILDREN THROUGH THEIR CHILDHOOD

Ray* began his YMCA-YFS journey when he was 9 years old. During 3rd grade his mother passed away from cancer and his teachers began noticing a change in his behavior. He began seeing a therapist with the **Linkages to Learning** program. He even had the opportunity to attend a week of Linkages to Learning **outdoor adventure camp**.

As Illustrated by Ray's Journey, YMCA Youth & Family Services (YMCA-YFS) journeys with young people throughout their childhood and adolescence, helping them to navigate into positive adulthood. This year, we had the privilege of reflecting on the YMCA-YFS legacy of impact in the lives of young people. **For over 40 years**, YMCA Youth & Family Services (initially, YMCA Bethesda Youth Service and YMCA Silver Spring Youth Services) has served the most vulnerable within Montgomery County. This annual report is a journey that reflects on the past, celebrates the present, and **dreams big for the future of our community!**



In high school Ray participated in YMCA-YFS's **Youth & Government** program where he faced his fear of public speaking. With fond memories of summer camp from years before, Ray began volunteering at the **YMCA-YFS rock climbing wall** one Friday a month.



After Graduating from high school Ray began attending Montgomery College to earn his Associates degree in political science before transferring to the University of Maryland, Baltimore County. Ray was also hired as a group leader at a **YMCA-YFS community center** and now gives back to young kids from his community that need a little extra help with their homework.



“Ray’s” childhood illustrates how a young person’s Y story doesn’t end with a one time experience. The Y is there for a lifelong journey.

WHERE IT ALL STARTED: THE 70s

Listening Post begins

1970

1980

1990

2000

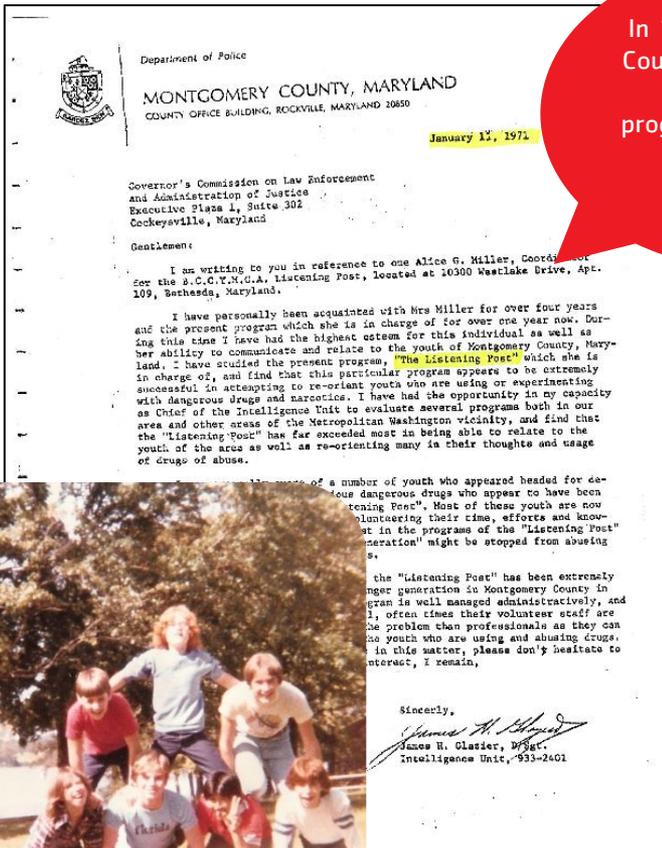
2010

THE FUTURE

1970s

In the early 1970s, YMCA-YFS's predecessor, **YMCA Bethesda Youth Services** created a program called "**The Listening Post**" where youth who were using or experimenting with dangerous drugs and narcotics received counseling and support from Y staff.

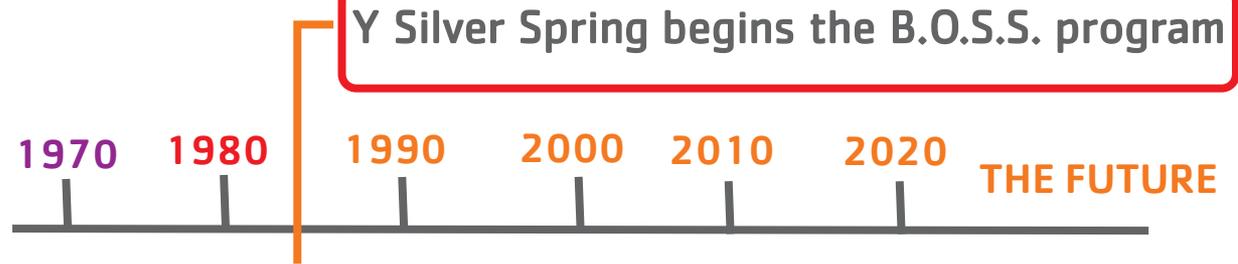
In 1971 Montgomery County extended their support of our program, the Listening Post



"So that became my dream: a place that would be so much more than just a hotline where teens could call for help with concerns. It would be, as one teenager said, a place where you can come, a place where you are always wanted just because you are you." Well, why not? I already knew the name for this dream: the **Listening Post**. And the wonderful thing about dreams is that they are often contagious. When I shared this dream with our local YMCA board of directors they were skeptical but interested."

-Former Y staff and author, Alice G. Miller, PhD

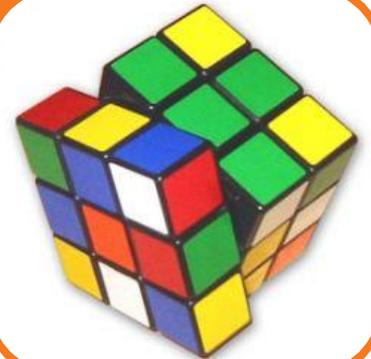
BLAST FROM THE PAST: THE 80s



Norman Green (Retired) supports youth climbers

1980s

In the 1980s, YMCA-YFS's predecessor, **YMCA Silver Spring Youth Services** pioneered support for families of children with **learning disabilities (LD)**. At this time there were very little resources, knowledge and support for the public about LD. Through the Y's program, **Building on Strengths and Skills (BOSS)** the Y led the way by providing social skills groups within the school system for children with LD as well as support groups for the parents.



BACK IN THE
DAY: THE
90s



1990s

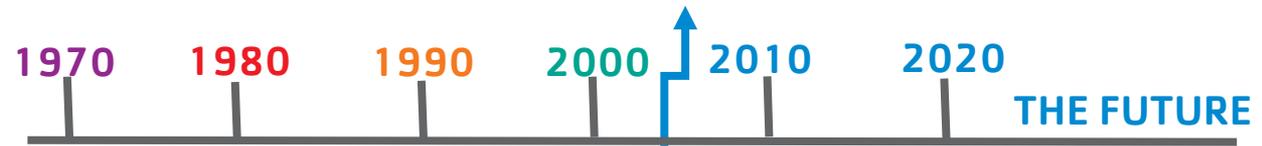
During the 1990s the **Carroll Avenue Quebec Terrace (CAQT) Community Center** laid the fundamental building blocks of a legacy that continues to this day. In response to the crime and gang activity, CAQT provided **ESOL classes, teen mother support groups, and homework help** for kids in the neighborhood. CAQT's **Youth Employment, Training and Internship Program (YETI)** provided training on resume writing, interviewing skills, completing applications, office etiquette and basic typing skills for teens in the community.



Barbara Ott (Retired Executive Director) and Janice Williams (Senior VP of programs) enjoy a community celebration at CAQT

THE 21st CENTURY: EARLY 2000s

Linkages to Learning begins



Youth take on new challenges through white water rafting adventures

Early 2000s—The Great Merger

In the Fall of 2004, the YMCA of Metropolitan Washington created the **YMCA Youth & Family Services** branch by merging YMCA Silver Spring Youth Services and YMCA Bethesda Youth Services. This created streamlined services from programs within their traditional branches. YMCA-YFS became a stand alone social services branch of the **YMCA of Metropolitan Washington**, solely focused on providing social services to the most vulnerable within Montgomery County. In the early 2000s YMCA-YFS began its county partnership of providing **mental health and case management services** to in need families within Title 1 schools through the **Linkages to Learning** program .

RECENT HISTORY: THE LAST FEW YEARS



- ✓ Wraparound
- ✓ IFPS
- ✓ HOC (2 Sites)

Our operating budget increased by 180% from 2.5 million to 4.5 million over the last 5 years! This growth has helped us to serve more families!

Within the last few years, YMCA-YFS has greatly expanded its services to meet emerging needs of the young people in our community. The **Wraparound** program provides young people and their families with a personal Care Coordinator that connects the young person to resources that will help them thrive and alleviate family tension. **Interagency Family Preservation Services (IFPS)** is a short term intensive service offering both case management and behavioral health 1 on 1 services. Through our recent partnership with the Montgomery County **Housing Opportunities Commission (HOC)** we are now serving 2 new communities and helping young people develop a life long love for learning and for positively contributing to their community. **Over 70 new families have been reached through these 3 programs!**



TODAY

YMCA-YFS continues its legacy as a trail blazer for youth development and social services. We are constantly adding innovative programs and services that meet the complex needs of young people and their families in today's world. In 2017, over **3,600 lives were impacted.**



The need for **male mentoring** and support for **boys of color** has become more and more evident. Three years ago YFS began concentrated efforts for mentoring boys of color through the **Full Circle Brotherhood** initiative, a partnership with the Latin American Youth Center (LAYC). Because of great need, this year we launched an additional male mentoring initiative through our **Youth Links** program, specifically for boys of color called **Inspiring Futures**. This critical mentoring program addresses the complexities of race in society and encourages cultural pride and self respect. **25 boys of color benefitted from these programs in 2017.**

"During the sessions, we used Child-Centered Play Therapy to help the client with these disruptive behavioral issues he was presenting at school. Shortly after he started in our services, the client's parents reported that the school no longer had concerns with his behavior. A little over half way through the total counseling sessions, the client's parents reported that the school had started to notice that the client is now able to calm himself down and regulate his emotions better than he did in the past." -YMCA-YFS Therapist from the Core Counseling Program

TODAY

Each year the **Horizons Outdoor Adventures** program challenges young people to dream big and do things they never thought they could ever achieve. YMCA-YFS uses **caving, rock climbing, high ropes courses, canoeing** and other outdoor adventures as a launching board to encourage youth to go beyond their fears and pursue new goals in all avenues of life. Over 91% of youth involved in the summer Horizons program gained **greater resiliency** and became better at **problem solving**.



579 young people and their families were able to **cope with traumatic experiences** in their life through the help of compassionate **therapists** from our **Linkages to Learning** and **Core** programs.

Nationally most after school programs serve elementary and middle school age youth. However, **Community Connections RecZone** continues to be an outlier focusing on providing after school services to the often forgotten but in much need, **high school age students**. Through lunch time and after school sports, enrichment field trips, leadership opportunities and nutritional health workshops **over 600 young adults** are **making positive choices** during the riskiest hours of the day, 3-6pm.

**A big thank you to our community who continue to support
and partner with YMCA Youth & Family Services to serve our
families!**

LEADERSHIP CIRCLE

Barbara Ott
Bullis School National Honor Society
Community Insurance Services
Cynthia Price
David Steiner
Heymann Realty
Hospice Caring Inc.
IMPAQ International

Ivy Vine Charities
John & Ginger Donohue
Karen Palazzo
Latasha Austin
Michael Evans
Patient First
Peter Edwards
Theresa Testoni

BENEFACTOR

Avalon Settlements
Cyndie R. Shadow
Erik McClain
Girl Scout Troop #0519

High Sierra Pools, Inc.
Josephine Olsen
Nick Olcott & Tim Westmoreland
Robert W. Lyford

ADDITIONAL COMMUNITY PARTNERS

Ashton United Methodist Church
Bethesda Chevy Chase High School Crew
Bethesda Presbyterian Church
Bowlmor
Cedar Ridge Community Church
Clifton Park Baptist Church
CohnReznick
Community Insurance Services
Darnestown Presbyterian Women
Deloitte
German School
Good Shepherd United Methodist Church
Grace Episcopal Church
Interfaith Families Project
Investment Adviser Association
JoAnn Leleck Elementary School Staff
Kokua Food
Liberty Grove United Methodist Church
Look Sharp Cleaner
Lutheran Church of St. Andrews Church
Manna Food
McLean School

Montgomery County Public Schools
Montgomery Knolls Elementary School Staff
Neighbors North Takoma Park
New Hampshire Elementary School PTA
New Hampshire Elementary School Staff
Oak View Elementary School PTA
Oak View Elementary School Staff
Olive Community Church
Salem United Methodist Church
Seva Truck
Pine Crest Elementary School Staff
Rossel Family
San Sebastian Family
Takoma Sports Camps
Town of Chevy Chase
Toys for Tots
Tzu Chi Foundation
United Methodist Cooperative
Wings of Joys Inc.
Wood Acres PTA
Woodvale Apartments
YMCA Silver Spring

**THE FUTURE:
THE Y AND YOU**



How will you get involved?

- Volunteer
- Donate
- Advocate

YMCA Youth & Family Services

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