

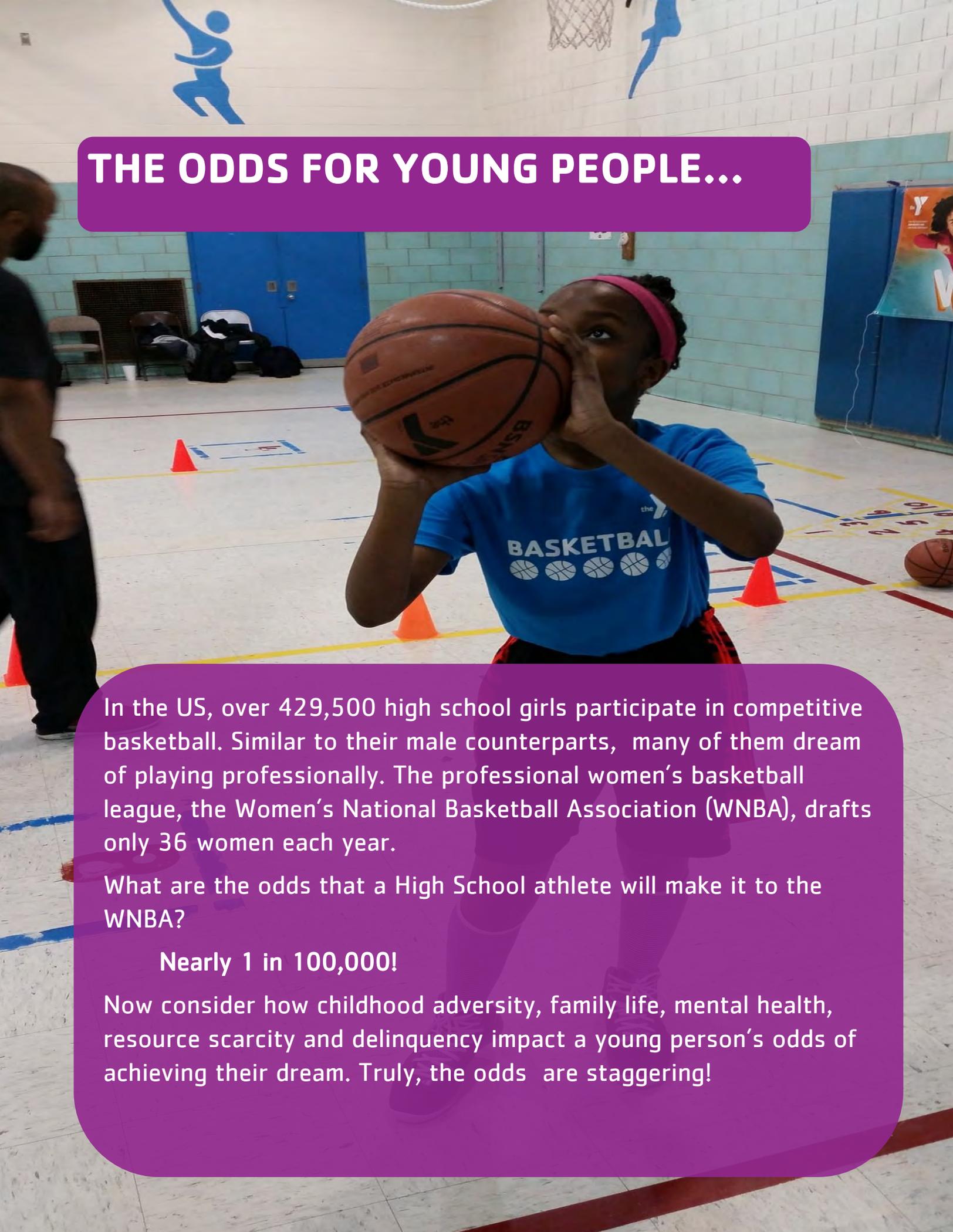


# CHANGING THE ODDS

## 2016 Annual Report

YMCA YOUTH & FAMILY SERVICES



A young girl with a pink headband is in a gymnasium, holding a basketball with both hands. She is wearing a blue t-shirt with the word 'BASKETBALL' and a logo. The gymnasium has a white floor with yellow and blue lines, and blue walls with a basketball hoop and backboard visible in the background. There are orange cones on the floor. A purple banner is overlaid on the top of the image.

## THE ODDS FOR YOUNG PEOPLE...

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!**

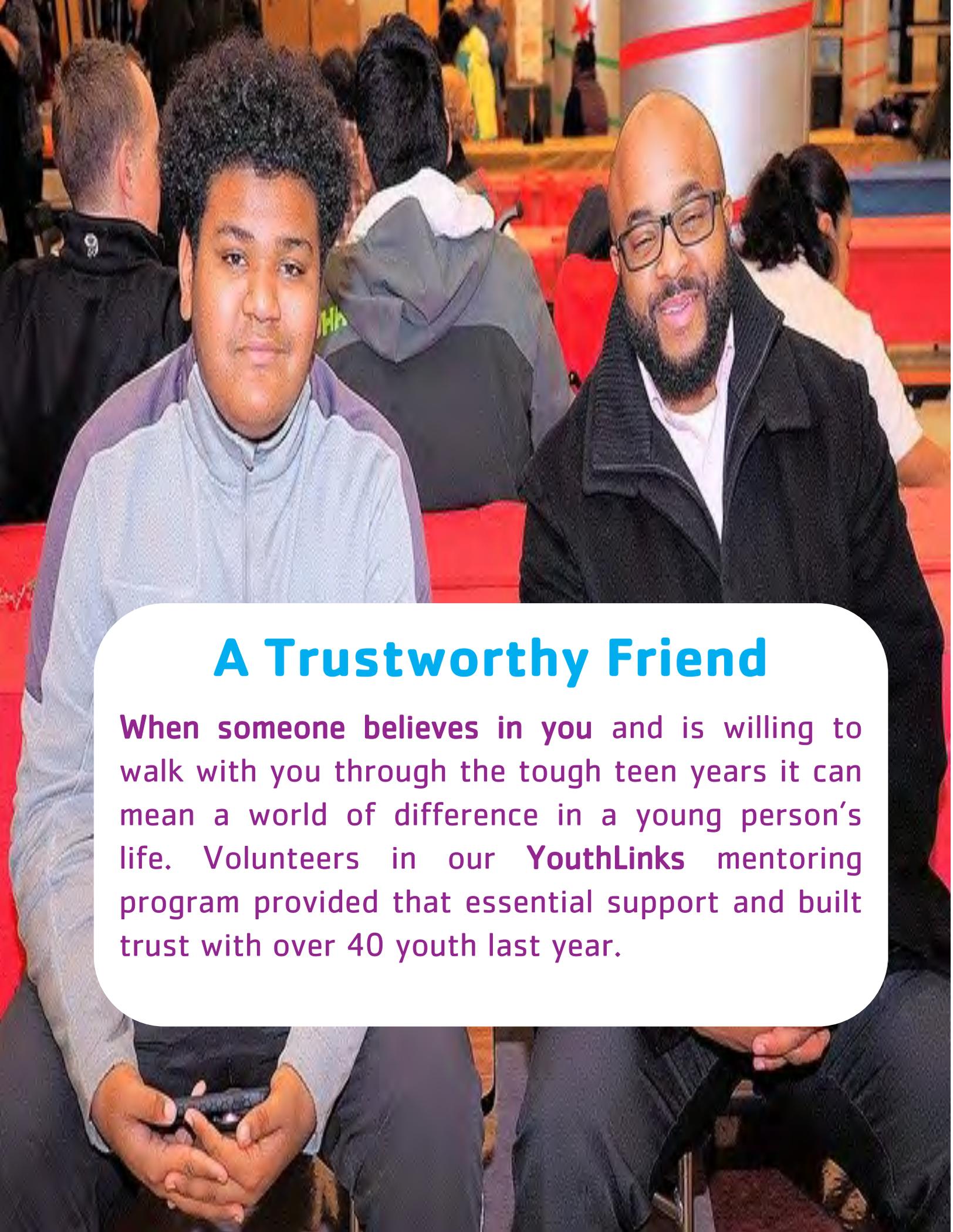
Now consider how childhood adversity, family life, mental health, resource scarcity and delinquency impact a young person's odds of achieving their dream. Truly, the odds are staggering!



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 young man with dark curly hair, wearing a light blue and purple jacket, sits on the left. He is looking directly at the camera with a neutral expression. To his right, a man with a beard and glasses, wearing a black jacket, sits on a red bench. He is smiling slightly and looking towards the camera. The background shows other people in a community setting with red seating and a silver pillar with a red stripe.

## 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

## Strengthening Communities



## 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

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