

# YMCA CRS ANNUAL REPORT

2019-2020 YEAR-END REPORT  
YMCA CHILDCARE RESOURCE SERVICE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA CRS strengthens families and child care professionals so all children and youth reach their fullest potential. Our commitment to providing comprehensive support to families and child care providers builds a thriving community, and 2020 brought that to life in unexpected and important ways.

The simultaneous crises of a global pandemic and racial injustice reveal what under-resourced members of our community face every day—uncertainty, chronic stress, and most importantly, resilience. When our community comes together to support everyone's well-being, we can face the most challenging times and emerge stronger.

## COMMITMENT TO EQUITY

YMCA CRS actively works to end the disparities and systemic oppression that impact our Black, Indigenous, and People of Color (BIPOC) staff, child care providers, children, and families. We know that issues of poverty and adversity stem from systemic racism, and we must tear down the barriers that have historically disenfranchised people of color.

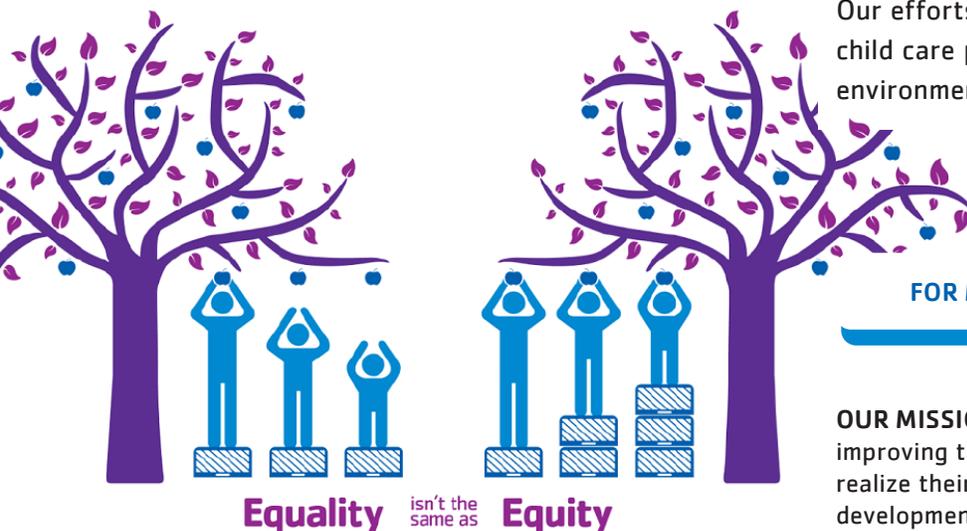
We are dedicated to supporting all individuals and maintaining a culturally relevant and reflective workforce that partners with the community. We use a trauma-informed process to ensure that all children can thrive.

## COVID-19 RESPONSE

In response to unprecedented needs among families and child care providers, we quickly adjusted our programs to continue essential services while following public health guidelines.

We mobilized community partnerships and legislative action to secure emergency vouchers that help essential workers with children pay for child care and stabilize income for child care providers. Simultaneously, we supported access to basic needs by helping families pay for child care and food and distributing hygiene supplies at no cost to child care providers.

Our efforts aimed to reduce stress among families and child care providers so they can continue to foster environments that contribute to child well-being.



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**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.

# PROGRAM HIGHLIGHTS + PROTECTIVE FACTORS

When individuals increase their Protective Factors, they build skills that limit adversity and prevent harm. We design our work with the specific intention of increasing these assets among individuals, families, and child care providers and are proud to share how we've helped increase the following Protective Factors for so many in San Diego.

**TOTAL INDIVIDUALS IMPACTED: 79,171**  
**ADULTS (18+): 54,727 YOUTH (0-17): 24,444**



## CONCRETE SUPPORT IN TIMES OF NEED:

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

**Families served: 38,702, Providers served: 4,390**

- Vouchers to cover the cost of child care for eligible families, including essential workers and at-risk families throughout COVID-19
- Mini-grants to help families pay for food and child care during COVID-19
- Financial assistance and hygiene supplies for child care providers during COVID-19
- Referrals to child care that best fits a family's needs
- Child care navigation and vouchers for children in foster care
- Business support for child care providers, including a resource library, and no-cost First Aid and CPR certification
- Issued more than \$62 million in vouchers to financially support 2,210 unduplicated child care provider businesses



## SOCIAL-EMOTIONAL COMPETENCE OF CHILDREN:

Family and child interactions that help children develop the ability to communicate, recognize and regulate their emotions and establish and maintain relationships.

**Families served: 1,265, Providers served: 380**

- Community cafes to support parents and caregivers in raising children during COVID-19
- YMCA CRS activity guide to build resilience during school closures and COVID-19
- Quality support for YMCA preschools
- Behavior support to help providers and families respond to challenging behaviors



## SOCIAL CONNECTIONS:

Positive relationships that provide emotional, informational, instrumental, and spiritual support.

**Families served: 500, Providers served: 226**

- 400+ Trainings to strengthen the early care and education workforce. Topics include: trauma-informed care, nutrition and physical activity, safety, high-quality interactions, curriculum development, and social-emotional well-being
- Peer networking for child care providers, including virtual support groups to help providers process challenges of providing care during COVID-19
- Access to Respite services and YMCA camp and membership scholarships to increase emotional well-being among families



## KNOWLEDGE OF CHILD DEVELOPMENT:

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

**Families served: 6,046, Providers served: 8,870**

- Behavior support to help providers and families respond to challenging behaviors and weather the anxieties of COVID-19 and racial injustice
- Professional development opportunities, trainings and capacity building for child care providers
- Guidance to help parents select the child care arrangement that best fits their needs
- Supporting child care providers along the quality improvement continuum
- Quality support for YMCA preschools



## PARENTAL RESILIENCE:

Managing stress and functioning well when faced with challenges, adversity and trauma.

**Families served: 1,940**

- Supportive parent cafes to help families navigate challenges of COVID-19 and systemic racism
- Guidance for home visitors and families to identify and choose quality care environments
- Respite opportunities so families are physically and emotionally available to care for children

**Numbers reflect a degree of duplication as a family or provider may be engaged in multiple YMCA CRS services.**

# OUR RESPONSE TO COVID-19

## ADVOCATING FOR FAMILY & PROVIDER NEEDS ACROSS SYSTEMS



Coordinating countywide taskforce to secure child care for essential workers and support child care provider businesses.



Successfully advocated for publicly funded emergency child care vouchers for essential workers in the region: \$5 million from State of California and \$10 million combined from the City and County of San Diego.



Elevating the needs and challenges child care providers face in running their business while adhering to new, rapidly changing public health guidelines.

"We would like to thank you for keeping us in business. We appreciate that you are able to process these [attendance] sheets in a timely manner."  
- Soleil Enrichment Academy

"Thank you, the pickup was so organized and efficient. I hope more providers will be able to receive much-needed supplies soon."  
- Lori Borne, Family Child Care Provider

**5,066**  
individuals  
received  
texts

## INCREASING RESILIENCY FOR MENTAL & EMOTIONAL WELL-BEING

**30** Virtual support groups in English and Spanish to help child care providers stay connected and adjust to running their business within the public health guidelines.

Online activities, support groups, and behavior consultations to help families manage increased demands on their time and finances.

**591** Virtual staff support groups, with **8** ongoing groups to maintain connection and help staff work with families through this crisis.

"This is a great help especially as a single parent working in the healthcare during these difficult times this program has really helped me & made me feel better & relieved knowing that my child is safe at a child care so I can continue to provide & serve community. I truly appreciate all this help, I hope we are still able to receive this assistance."  
- Kathy Espinoza, Parent

**185** email sent to  
**374,871** recipients

**5,913**  
individuals  
received  
recorded  
calls

## CONCRETE SUPPORT IN TIMES OF NEED

**2,245** Referrals to quickly connect essential workers to child care so they can continue to protect our community.

**1,523** Hygiene supply kits to help child care providers stay open and care for children, distributing an additional \$3.3 million to providers for supplies.

**1,868** Micro-grants processed to supply child care providers with cleaning supplies, groceries, staff wages, and families with utility bills, child care, groceries, and diapers.

"I would like to thank the YMCA for offering assistance for essential workers during this time of need. The last couple of months had been challenging for everyone while coping to changes on an everyday basis.

As schools closed suddenly and many daycares closing it was a difficult time trying to find someone to care for my children. I was grateful to find a daycare provider within my area that provides care during these difficult times and is flexible. I feel safe my children are attending a home whose safety guidelines are being followed. I feel grateful my children are safe while I attend work for long shifts.

The YMCA has made an impact on my family during this time and I would like to thank everyone who made this help possible." - Melissa Villegas, Parent