

YMCA CHILDCARE RESOURCE SERVICE

ANNUAL REPORT 2020 – 2021



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 overcome 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.

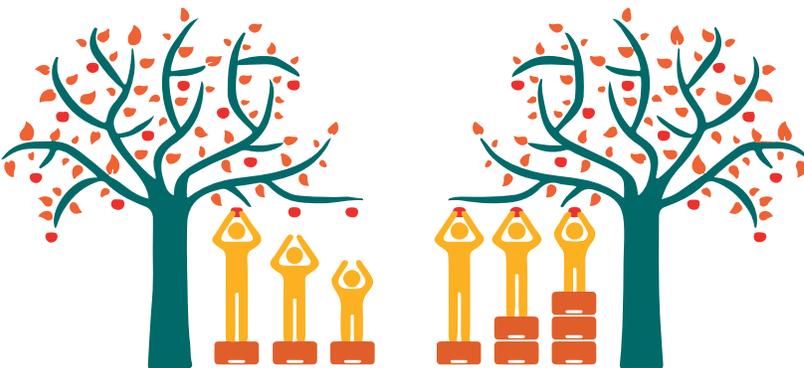
We are dedicated to supporting all individuals and maintaining a culturally relevant and reflective workforce that partners with the community. We use a trauma-informed process to ensure that all children can thrive.

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 which helped essential workers with children pay for child care and stabilized income for child care providers. Simultaneously, we supported families by providing basic necessities such as child care, food, and 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.



EQUALITY ≠ EQUITY



KIM MCDUGAL, MPH, MS (she, her, hers)
Vice President of Social Services
YMCA of San Diego County,
Childcare Resource Service

TO LEARN MORE, VISIT:

 www.ymcasd.org/crs  /YMCACRS  /ymcacr

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:

77,811

ADULTS (18+): 51,852 YOUTH (0-17): 25,959



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: 39,023, PROVIDERS SERVED: 4,336

- 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 CONNECTIONS:

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

FAMILIES SERVED: 567, PROVIDERS SERVED: 195

- 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



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.

CHILDREN SERVED: 996, FAMILIES SERVED: 115, PROVIDERS SERVED: 467

- Community cafes to support parents and caregivers in raising children during COVID-19
- YMCA CRS activity guide to building resilience during school closures and COVID-19
- Quality support for YMCA preschools
- Behavior support to help providers and families respond to challenging behaviors
- Respite and inclusion services for children and youth with developmental disabilities.



PARENTAL RESILIENCE:

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

FAMILIES SERVED: 1,925

- 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



KNOWLEDGE OF CHILD DEVELOPMENT:

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

FAMILIES SERVED: 11,271, PROVIDERS SERVED: 8,473

- 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

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