

YMCA CRS ANNUAL REPORT

2018-2019 YEAR-END REPORT
YMCA CHILDCARE RESOURCE SERVICE



STRENGTHENING COMMUNITIES

Almost half of all households with children in San Diego can't make ends meet financially,¹ so access to quality, affordable child care ensures parents can continue to work and earn wages that keep families strong.

48% of all households with children in San Diego can't make ends meet financially

But child care is more than just the place where children wait while their parents are working, and YMCA CRS is more than just a place that helps families find child care.

We are dedicated, caring professionals invested in family well-being and the optimal development of all children.

In the past year, YMCA CRS began infusing the Strengthening Families approach from the Center for the Study of Social Policy into all of its programs and increased the protective factors of families and providers alike. Protective factors are skills or assets that individuals, families, and communities possess to limit adversity and prevent harm.

STRONG FAMILIES

By ensuring all families have access to quality, affordable child care, YMCA CRS increased the following protective factors:²



PARENTAL RESILIENCE: a parent's or caregiver's ability to navigate the ups and downs of daily life and manage stress when faced with challenges, adversity, and trauma.



SOCIAL AND EMOTIONAL COMPETENCE: a child's ability to communicate clearly, recognize and regulate emotions, and establish and maintain relationships.



SOCIAL CONNECTIONS: positive relationships that provide a family emotional, informational, and spiritual support.



CONCRETE SUPPORT IN TIMES OF NEED: access to support and services that address a family's basic needs, such as food, healthcare, and housing.



KNOWLEDGE OF CHILD DEVELOPMENT: understanding the stages of child development and parenting strategies that support physical, cognitive, language, social, and emotional development.

HIGHLIGHTS & DATA

These qualities are deeply connected, and strengthening even one facet builds a tighter web of support around all families. We offer our programs with the specific intention of increasing these assets among individuals, families, and child care providers and are proud to share our results from the last year. Numbers in the categories below reflect a degree of duplication as a family or provider may be engaged in multiple YMCA CRS services.



PARENTAL RESILIENCE

FAMILIES SERVED: 2,295
HOME VISITORS SERVED: 189

- Guidance for home visitors and families to identify and choose quality care environments
- YMCA membership scholarships to increase access to healthy, enriching activities
- Respite opportunities so families are physically and emotionally able to care for children



SOCIAL CONNECTIONS

PROVIDERS SERVED: 99
TRAININGS HOSTED: 455

- 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



KNOWLEDGE OF CHILD DEVELOPMENT

FAMILIES SERVED: 5,461
PROVIDERS SERVED: 9,485

- Guidance to help parents select the child care arrangement that best fits their needs
- Behavior support to help providers and families respond to challenging behaviors
- Increasing provider knowledge of developmental milestones
- Professional development opportunities
- Trainings and capacity building
- Supporting child care providers along the quality improvement continuum
- Quality support for YMCA preschools

Impact driven by 164 YMCA CRS staff and 350 Respite providers committed to increasing family protective factors



SOCIAL AND EMOTIONAL COMPETENCE

FAMILIES SERVED: 195
PROVIDERS SERVED: 953

- Supporting child care providers along the quality improvement continuum
- Quality support for YMCA preschools
- Behavior support to help providers and families respond to challenging behaviors



CONCRETE SUPPORT IN TIMES OF NEED

FAMILIES SERVED: 34,693
PROVIDERS SERVED: 3,399

- Vouchers to cover the cost of child care for eligible families
- Referrals to child care that best fits a family's needs
- Child care navigation and vouchers for children in foster care
- Library of resources for providers to enhance their businesses
- Vouchers to financially support child care provider businesses
- Vouchers for child care providers to obtain First Aid and CPR certification

77,210

individuals impacted:



Adults (18+): 54,605

Youth (0-17): 22,605

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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.