

# YMCA YFS ANNUAL REPORT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2018-2019 YEAR-END REPORT | YMCA YOUTH & FAMILY SERVICES

### STRENGTHENING COMMUNITIES

From the beaches of North County San Diego to the busy United States-Mexico border, YMCA Youth & Family Services (YFS) partners with youth and families to ensure they have a safe place to live, a sense of purpose, and connections to the resources and relationships needed to flourish.

In San Diego County, thousands of youth and young adults in our community experience homelessness, cycle their way through the foster care system, and face mental health issues and disconnection, which often combine to jeopardize their well-being and put up barriers to stability. But this adversity does not define us, and the resilience of each individual offers a significant opportunity to move youth from a path of instability to one of long-term independence. We tackle critical social issues head-on and work side-by-side with our participants, combining evidence-based practices with a focus on relationships to increase family and individual well-being.

YFS is more than a social service agency. We are innovators active in bringing about change at the systems level. We are life-long learners committed to applying the latest findings from the field. And, most importantly, we offer individuals who face adversity a sense of safety, stability, and social connection, which opens the doors to social, economic, and emotional prosperity to foster independence long after our services end.

### INCREASING RESILIENCY

#### YFS SERVED 4,073 INDIVIDUALS DURING FY19:

Mental & Behavioral Health Department served **1,844** individuals

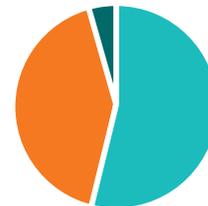
Transitional Housing & Youth Development Department served **1,353** individuals

Family Support & Preservation Department served **876** individuals

#### GENDER BREAKDOWN OF THOSE SERVED:

4% Non-binary  
(n=151)

42% Male  
(n=1,729)



54% Female  
(n=2,180)

0% Unknown  
(n=13)

#### IN THE COMMUNITY, OUR STAFF...

Conducted **2,544** outreach activities

Participated in **2,358** community presentations and trainings

Attended **1,835** collaborative meetings



9% of  
individuals  
served  
identify as  
LGBTQ+



<1% of  
individuals  
served are  
parenting  
youth



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.

# HIGHLIGHTS & DATA

We work with individuals and families to increase the skills they need for success in school, at work, and in relationships with others. YFS programs serve youth in the child welfare system, families experiencing mental and behavioral health crises, victims of trauma in need of clinical support, young adults experiencing housing and basic needs instability, and individuals experiencing disconnection and fractured social networks. In FY19 YFS achieved the following\*:



## INCREASING RESILIENCE FOR MENTAL & EMOTIONAL WELL-BEING

Individuals impacted: **2,741**

- More than 19,000 Respite hours provided for Kinship caregivers
- Resource navigation and support for Kinship caregivers and the children in their care
- School-based counseling at 16 school sites throughout San Diego Unified School District
- Community-based counseling to ensure equitable access to mental health services for all
- Short-term residential treatment for youth and families facing crises
- Supportive healing for youth currently or formerly in foster care

### OUTCOMES:

**91%** of families at Oz San Diego report an increase in family cohesion and decrease in family conflict

**94%** of families at Oz San Diego report improved communication skills

**62%** of youth in Connections 2020 program showed improvement in emotional and social functioning



## REDUCING STRESS BY INCREASING ACCESS TO BASIC NEEDS

Individuals impacted: **1,328**

- Emergency funds to stabilize placements for Kinship caregivers
- Safe and stable housing for youth experiencing homelessness
- Connections to resources and basic needs for youth and families

### OUTCOMES:

**\$270,870.25** in total emergency funds distributed to pay for essential needs, such as cribs, toddler beds, car seats, child care assistance, or security deposits and rental assistance for Kinship caregivers

Street Outreach program provided meals, referrals, and hygiene products to more than **300 youth** who face instability and lack supportive resources on a daily basis

Provided emergency housing support to stabilize **109 youth** with 69 hotel vouchers and 40 rental assistance payments



## PAVING THE ROAD TO LONG-TERM INDEPENDENCE

Individuals Impacted: **632**

- Economic stability and mobility for a successful transition to adulthood
- Increasing independent living skills among transition age youth

### OUTCOMES

**80%** of youth in housing programs transitioned to permanent housing

**76%** of youth obtained employment after participating in work readiness and internship programming with YMCA Urban Career Pathways

Students in the YMCA's former foster youth partnership with Cal State University – San Marcos are projected to earn a **3.0 GPA**

**90%** of youth in the Independent Living Skills program can independently access the physical, mental and dental health care they require

**85%** of residents in Turning Point Transitional Living Program transitioned to safe and stable housing within 5 days of completing the program



## DEVELOPING SOCIAL CONNECTIONS TO INCREASE STABILITY & OPEN DOORS TO OPPORTUNITY

Individuals impacted: **4,561**

- 380 support groups and 4 family events held for Kinship caregivers across San Diego County
- Building developmental relationships for youth who faced disconnection from supportive resources
- Family finding and engagement for youth in foster care

### OUTCOMES:

**100%** of youth in North County housing programs have established a permanent relationship with a supportive adult

**53%** of youth in Connections 2020 program enhanced their relationships with caring adults and peers

Family finding and engagement services for youth in foster care resulted in **45%** of youth in the Permanent Connections program achieving legal permanency

\*Numbers reflect a degree of duplication, as a family or individual may be engaged in multiple YMCA YFS services.

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