

IMPACTING LIVES IN OUR COMMUNITIES

2023 COMMUNITY INITIATIVES
DASHBOARD AND ANNUAL REPORT

In 2023, our Community Initiative (CI) programs delivered more than \$3.1 million in services and materials to 16,057 individuals at 104 program locations across the Metropolitan Detroit area.



» OUTCOMES

All outcomes are supported by both qualitative and quantitative data. The YMCA of Metropolitan Detroit operates several non-facility based YMCAs/community initiatives in the areas of:

- Safety Around Water (SAW) and Drowning Prevention
- Nutrition Education and Food Access
- Arts Education and Visual-Media-Theatre
- Youth Development: Education Enrichment
- Sport Sampling and Free Play

We are branches, initiatives and program teams that are built to mobilize and expand the Y's ability to service All beyond our YMCA buildings. We exist to support and engage in collective community impact efforts across Detroit, Wayne, Oakland, Macomb and Livingston counties.. Our goal is to provide equitable access to quality YMCA programs, services and support systems within our 3 key focus areas of Youth Development, Healthy Living and Social Responsibility. We do this by overcoming barriers such as transportation, cost and technology.

HEALTHY LIVING

- 44% increase in donations to support our Fresh Baskets Program.
- 19% increase in the number of families provided meals through our Fresh Baskets event .
- 24% increase in adult meals provided through Fresh Baskets.
- 14% increase in youth meals provided through Fresh Baskets.



MY Y

- 95% of Achievers are performing at a grade level or above.
- 93% of Achievers increased their knowledge and awareness on nutrition education, self care and wellness.
- 64% of students give back to their communities by leading and/or participating in a community project.
- 91% of Achiever seniors graduated on time vs. the state of Michigan's 81.8% graduation rate.



YPPI

- 47% of youth, who participated in YPPI activities, participated at the same site an average of two times.
- 67% of YPPI youth report adult engagement.
- 90% of YPPI youth play sports to have fun.
- 80% of youth have increased the amount of time they exercise to three or more times per week.
- 84% of youth feel they are a part of the team when participating in YPPI programming.



Y ARTS

- 45% Y Media Works students increased their confidence and ability to speak publicly.
- 81% of students developed and/or improved their skills around teamwork.
- 83% of students increased their communication skills.



DETROIT SWIMS

- 90% of youth enrolled in the Detroit Swims, completed the program.
- 75% of youth that completed the initial safety around water (SAW) program progressed to the next level of swim lessons.





COMMUNITY INITIATIVES IMPACT BY THE NUMBERS



86,498

meals served to students in our communities across metropolitan Detroit

HEALTHY LIVING

PROGRAMS

- Snacktivity
- Nutrition Education
- Self Opt's Kitchen
- Food and Meal Distribution

3,679

students were served meals across YMCA branches, schools and community partner locations throughout the year

» 86,498 balanced meals to students who also learned about how food grows and good nutrition habits. Our Snacktivity series allowed students to experience (some for the first time) fresh Michigan produce and learned how to manipulate fruits and vegetables into fun, healthy snacks.

» Short-term goals for Healthy Living include providing Nutrition Education to the community and our YMCA Programs through food drives, meal programs and the snacktivity series.

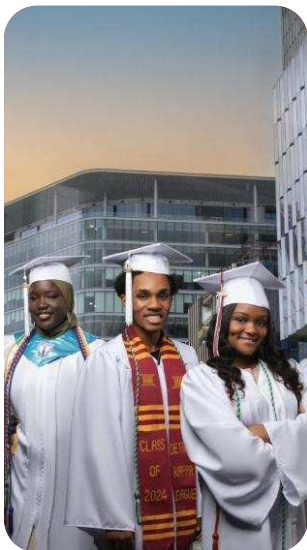
» Long-term goals include reducing food insecurity, providing access to nutritious food and meals, providing nutrition education, and decreasing the number of youth and families facing hunger.

1,849

people (836 youth, 1,013 adults/seniors) received meals/food via the Fresh Baskets event

5,500

hours of Nutrition education and snacktivity instruction/programming provided across metropolitan Detroit



547

youth served

13

sites/pathway programs in ten Metropolitan Detroit Communities

MY Y

PROGRAMS

- Achievers 2.0
- Boys and Young Men of Color (BYMOC)
- Changemakers
- Community-Based Teen Achievers
- Grow Detroit Young Talent (GDYT)
- School-Based Teen Achievers
- Youth In Government (YIG)

» MY Y aims to promote youth voice, provide leadership opportunities to all program youth, and to foster student success through the Y Achievers five core programming pillars. These are:

- Academics
- College Readiness
- Life Skills
- Positive Relationships
- Positive Identity

» Short term goals: Increase grade matriculation and high school graduation rates for Metropolitan Detroit youth. Prepare students for postsecondary education, skill trades or permanent full-time employment. Empower students' mental and physical well-being journey through education and resources. Increase student exposure to 21st century career opportunities through career pathways and life skills development.

» Long term goals: Increase student post-secondary success rate through Achiever 2.0. That provides resources to Alumni Achievers for two years after high school graduation.

» Increase the number of youth serviced 3%-to-5% year over year.



3,548

youth served across Metropolitan Detroit

44

sites in 16 Metropolitan Detroit Communities

2,971

additional youth served across Southeast Michigan, through our regional collaboration with three YMCA partner Associations (Ann Arbor, Blue Water and Monroe.)

» YPPI

PROGRAMS

- Y on the Fly
- Freeplay
- Literacy
- Sports Sampling

» YPPI is a recognized youth sports champion of the Aspen Institute national Project Play Initiative and a partner in Project Play Southeast Michigan.

» The Y on the Fly program removed the barriers of cost and access via transportation to successfully provide opportunities to engage in sports sampling, free play, and literacy through sports.

» Short-term goals are to provide, build and maintain a community-based mobile program for youth access to sport sampling and equipment sharing, and to encourage youth to engage in sport sampling, active games and free play at locations where youth have easy access to come play and have fun. YPPI's growth goals include increasing the number of youth participants at current site locations by 5-10% over three years.

Long-term goals include improving upon the Michigan/Detroit scorecard by the Aspen Institute, addressing the number of youth actively engaged and/or exposed to sports and free play. Other goals include increased access to free play, sport sampling and equipment usage inclusive of broad instruction and youth development programming in communities, schools, green spaces, and branches.



5,227

youth/students and adults participated in Y Arts programs at one of 35 sites in 13 different Metropolitan Detroit communities.

35

sites in 13 Metropolitan Detroit Communities

» Y ARTS

PROGRAMS

- After School Arts
- Arts For Active Older Adults
- Ceramics
- Theatre Camp
- Arts At The Y (Classes At YMCA Branches)
- Marlene Boll Theatre and Lobby Gallery
- Y Media Works
- Detroit Can Film Festival

» Short term goals include teaching creative media and arts processes to youth, give youth an understanding of arts and media careers, empower youth voice, and reinforce YMCA core values through the arts.

» The long term goals for Y Arts include increasing access to various genres of art for the community, access to related careers for Metropolitan Detroit youth and communities, expanding art programs to branches, schools and other youth serving organizations, and contributing to the growth and sustainability of the creative community by supporting and providing resources for local artists and partner organizations.

» Increase the number of youth served 3%-5% year over year.

"I loved seeing the work from the other schools, it gave my students goals for next year!"
- Misty May, Brenda Scott Academy

"I loved the hands on approach. Students were able to properly handle equipment with care as well as taking turns playing different roles."
-Tavis James, Burns Elementary-Middle School



1,207
youth served

9
sites in 4 Metropolitan
Detroit Communities

899
youth progressed to the
next level of (SAW) swim
lessons

» Detroit SWIMS

PROGRAMS

- Safety Around Water-Drowning Prevention
- Swim Lessons V4-V6

- » Applying the Safety Around Water (SAW) curriculum, SWIMS teaches youth about being safe around water while offering assistance with swim gear, transportation and funding.
- » 1,207 youth (ages 3-17) learned either water safety or swimming techniques at nine different locations.
- » 90% of SAW swimmers and 75% of V4-V6 swimmers advanced to the next swim lesson stage.
- » Short term growth goal for Detroit SWIMS consist of teaching 6,750 children to swim, over three years and a long term growth goal of 10,000 children over five years who would not otherwise have the opportunity to do so because of finances, pool access, or transportation.
- » Long term goals for Detroit SWIMS are increasing access to water safety skill development and swim lessons to historically marginalized youth ages 5-17, expanding the usage of pools across Metropolitan Detroit through partnerships, and supporting the collective community efforts to advocate for the water safety and swim culture in Metropolitan Detroit, serving 10,000 youth over 5 years.

Healthy Living

- Nutrition Education
- Food and Meal Distribution
- Snacktivity
- Fresh Baskets
- Adopt a Family

MY Y

- Achievers 2.0
- Boys and Young Men of Color (BYMOC)
- Changemakers
- Community-Based Teen Achievers
- Grow Detroit Young Talent (GDYT)
- School-Based Teen Achievers
- Youth In Government (YIG)
- Adopt a Family

Detroit SWIM

- Safety Around Water and Drowning Prevention
- Progressive Swim Lessons V4-V6

YPPI

- Y On the Fly
- Sports Sampling
- Literacy

Y Arts

- After School Arts
- Theater Camp
- Visual Arts
- Theatre Patrons
- Y Media Works
- Detroit Can Film Festival

5,528
PEOPLE SERVED

547
PEOPLE SERVED

1,207
PEOPLE SERVED

3,548
PEOPLE SERVED

5,227
PEOPLE SERVED

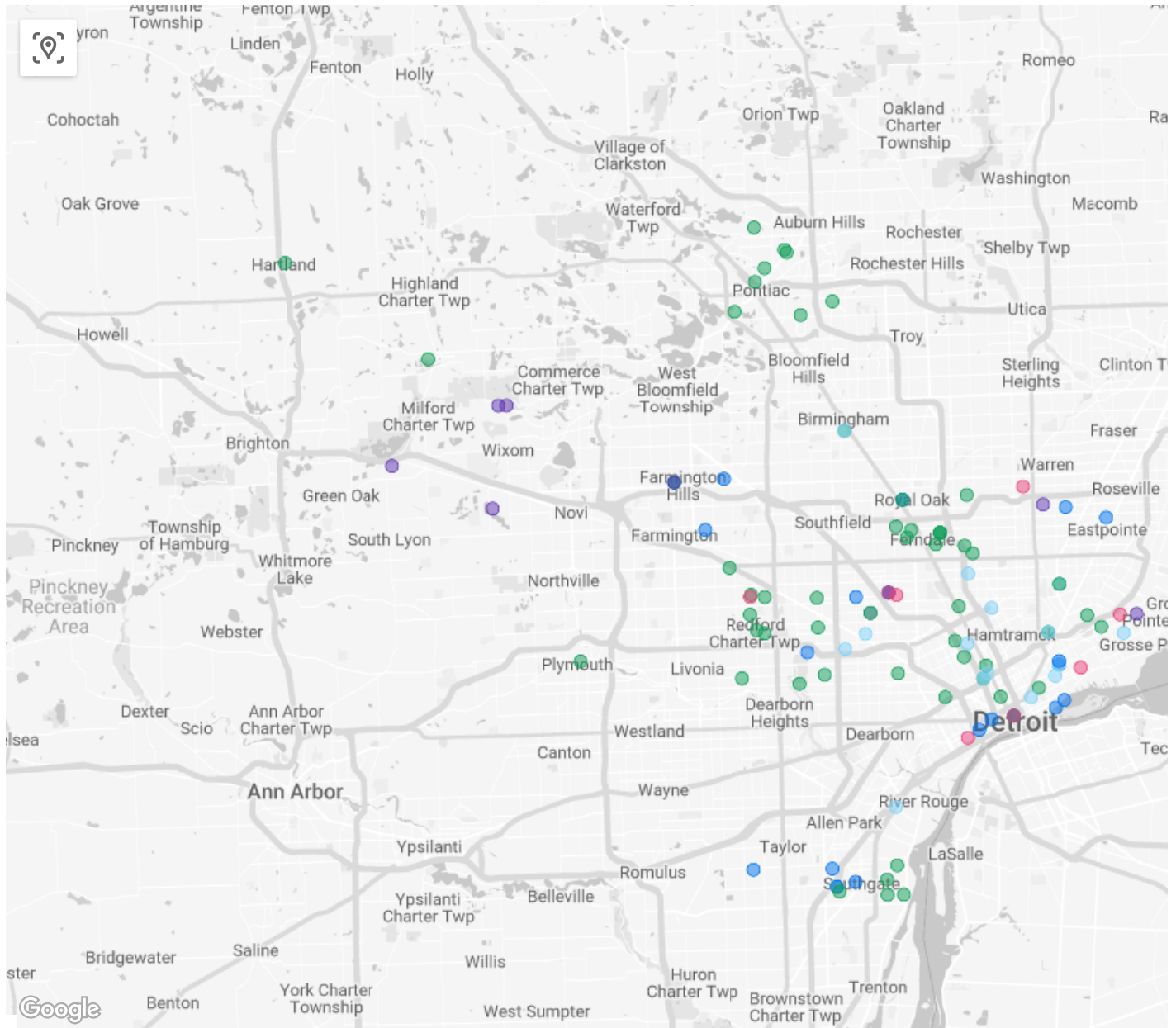


TOTAL YOUTH and PEOPLE SERVED: 16,057
(a 38% increase compared to 2022)

TOTAL DOLLAR AMOUNT INVESTED IN 2023 PROGRAM SERVICES and MATERIALS: \$3,109,688
(a 3% increase since last year) in services and materials

COMMUNITY INITIATIVES SITE MAP

Total Program Sites: 104 (20% more locations since 2022)



Group ● Detroit Swims ● YPPI ● Y Arts ● Healthy Living ● My Y

Healthy Living: Web| ymcadetroit.org/healthy-living-life-skills-ymca. Located inside the South Oakland Family YMCA 1016 W Eleven Mile Rd, Royal Oak, MI 48067

Detroit Swims: Web| ymcadetroit.org/swim/detroitswims. Located inside the Boll Family YMCA 1401 Broadway, Suite 3A, Detroit, MI 48226

MY Y: Web| ymcadetroit.org/metro-youth-ymca. Located inside the Boll Family YMCA 1401 Broadway, Suite 3A, Detroit, MI 48226. Phone| 313 223 2844. Email| myy@ymcadetroit.org

YPPI: Web| ymcadetroit.org/enrichment/community-enrichment/sportport. Located inside the South Oakland Family YMCA 1016 W Eleven Mile Rd, Royal Oak, MI 48067. Phone| 313 223 2831. Email| sportport@ymadetroit.org

Y-Arts: Web| ymcadetroit.org/yarts. Located inside the Boll Family YMCA 1401 Broadway, Suite 3A, Detroit, MI 48226. Phone| 313 223 2743. Email| y-arts@ymcadetroit.org



For more information on how Community Initiatives is impacting lives in Metro Detroit, visit us at ymcadetroit.org/initiatives/

