



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRENGTH AND INDEPENDENCE

Youth Intervention Services



WE HELP YOUNG PEOPLE THRIVE THROUGH MAJOR LIFE CHALLENGES.

The YMCA provides critical support for vulnerable youth who are in foster care, homeless or unstably housed, in the juvenile justice system, or experiencing violence or disconnection from their school or community. The Y helps these young people overcome barriers, achieve self-sufficiency, and successfully transition to adulthood by connecting them to caring adults and vital community resources.

The Y uses a strengths-based approach, building on the innate assets of each young person. We do not label or judge youth on the basis of background, experience, choices, or behaviors. Instead, we recognize the adverse experiences and trauma that many have faced and instill our Y values of caring, honesty, respect, and responsibility as we help them grow in health and independence.

Youth receive holistic life coaching and access to advocacy and resources, including food, clothing and housing. We support their academic efforts, boost their job readiness skills, and provide them with enriching activities, from YMCA memberships to camps to wilderness trips.

“This program helped me find my purpose and take my lowest expectations and turn them into my greatest accomplishments. I have learned that I am a strong, bold, driven, and understanding young woman who is passionate about the work that we do at the Y.”

—Youth consultant and former program participant

A HIGH RETURN ON INVESTMENT

Providing youth with supportive services to address family issues, mental health, substance abuse, and other barriers helps keep them from getting further involved in the juvenile justice system or requiring further government support.

YOUTH INTERVENTION PROGRAMS ARE A SMART INVESTMENT

Every \$1 invested in a Y youth intervention program has at least a \$4.69 return on investment



Figures based on average annual cost per youth

WE GO TO THE HEART OF THE ISSUE.

6,000 youth are homeless in Minnesota on any given night.

- Each year, more than 800 homeless youth receive life-changing resources from the YMCA Homelessness Prevention and Housing team; 85% of those who complete our program find safe and stable housing.
- The YMCA's Youth Resource Line receives an average of 100 calls monthly from youth who are immediately connected with a caring outreach worker plus referrals and resources.

Each year, more than 2,000 Minnesota youth age out of the foster care system, and many do not have a viable plan to get housing, work, health insurance, or a driver's license.

- The Y provides more than 200 youth in foster care 1:1 support with a Y Life Coach to learn independent living skills, set goals, and become self-sufficient.
- 94% of young people in foster care who get connected to the Y can identify a caring and supportive adult in their lives, a critical component to a successful life.

In Minnesota, youth as young as age 10 can be criminally charged. For some, this will be the first step on a school-to-prison pipeline.

- Each year, more than 500 young people involved with the juvenile justice system work 1:1 with Y Community Specialists to advance their education, employment and social goals so they are less likely to re-offend.

- 90% of youth participating in Y violence prevention programs—provided in communities with high rates of violence—demonstrated improvement in positive behavior and 80% maintained or improved positive relationships with their parent/guardian.

In Minnesota, young people of color face opportunity gaps that make them much less likely to graduate from high school than their white peers.

- 84% of youth, most young people of color, in YMCA academic support programs increase their school attendance after becoming involved with the Y.

- Last year, 1,240 young people reduced barriers to attending school by developing educational support plans with Y outreach workers.

One in four American girls will experience some form of sexual violence by the age of 18. Sexual abuse makes girls far more likely to become involved in the juvenile justice system and puts them at risk for sexual exploitation and trafficking.

- 79% of girls in Y programs increased their emotional well-being after receiving academic, community, and recreation support to learn, heal, and protect themselves from future abuse.





“I honestly don’t know how my life would have turned out without the help from all of you.”

—Youth participant



YOU CAN MAKE A DIFFERENCE IN THE LIVES OF OUR MOST VULNERABLE YOUTH

We know that youth who are homeless, in foster care or involved in the juvenile justice system face barriers. Many have experienced trauma and have serious mental and physical health issues. Through connections to caring adults and community resources, we help youth find ways to succeed through times of challenge and transition.

Together, we work to create opportunities that empower them and provide hope for the future.

The Y continually responds to the complex and ever-changing needs of youth through new youth-informed programs and comprehensive community partnerships. For example, we are addressing youth homelessness by engaging the community to provide safe and stable host homes for youth while they finish their education. We are pioneering a comprehensive approach to supporting the educational needs of youth in the child welfare system, and we are tackling sexual exploitation and trafficking by helping youth protect themselves and through services to support those who have been victimized.

Your support makes it possible to launch new initiatives, to build the self-sufficiency of youth in our communities, and to increase the permanent connections vulnerable youth have with adults they can trust, day in and day out.

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