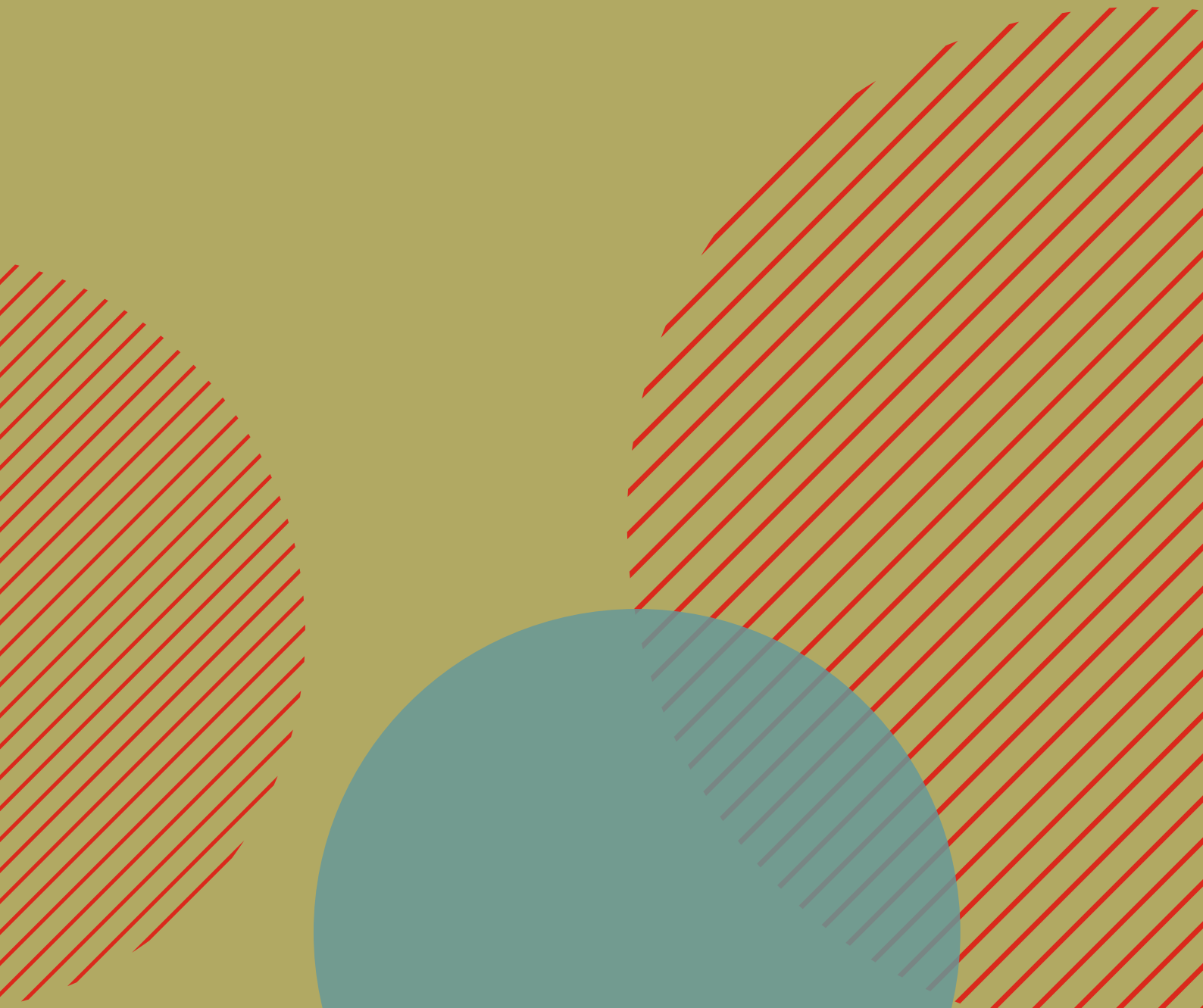


# YOUTH ASSISTING YOUTH

MENTOR • GROW • SUCCEED

EMPOWERING THE LEADERS OF TOMORROW

## 2020/2021 ANNUAL REPORT



# YOUTH ASSISTING YOUTH YAY

MENTOR • GROW • SUCCEED



## 2020-2021 was an inspiring year of deep impact for Youth Assisting Youth (YAY)

The 2020-2021 Fiscal Year was a year of challenges and obstacles for the agency, clients, volunteers and the world. But it gave us the opportunity to adapt, evolve and come together to find solutions. Our incredible team of staff and volunteers continued to go above and beyond, in the face of adversity and uncertainty, to deliver our critical programs to communities, partners and, most importantly, our youth mentees and their families.

For more than 45 years, YAY has dedicated itself to investing in the leaders of tomorrow, by transforming the lives of at-risk youth today. We do it through the power of mentorship and relationships, and we continue to evolve and adapt our programs to meet the ever-increasing needs of our youth and communities.

It's clear from our evaluation data that our program, and our outstanding youth mentors, are helping mentees build resiliency and increase their strengths. We understand that mentoring and relationships are more important now than ever! We will not waver in our commitment to support and empower youth, so that they can reach higher, and achieve more.

As the world continues to change around us, our volunteers, donors and community stand by us. They continue to support YAY's mission of improving the lives of youth, and we are so very thankful. In 2021-2022, we will work even harder, giving youth the relationships, connections and support that they need to succeed in the face of adversity. Mentor. Grow. Succeed.



**2,065**

Young People  
Empowered

***We supported a total of 2,065 children and youth in communities across the City of Toronto and York Region, including an estimated 103,416 hours of volunteer service and one-to-one mentoring***



**Sally Spencer**  
Chief Executive  
Officer, YAY



**Darrel Zehr**  
Chair, YAY Board  
of Directors

# YOUTH ASSISTING YOUTH YAY

MENTOR • GROW • SUCCEED



## Mission Statement:

Youth Assisting Youth (YAY) is a voluntary community-based peer mentoring organization, committed to promoting the healthy growth and development of young people, strengthening families and responding to the changing needs of the community.

## Guiding Principles:

- Mentoring is an effective tool that allows all individuals involved to develop their full potential
- Youth have the power and potential to make valuable contributions in their communities
- Everyone in the organization is an ambassador who has the ability to seek out and create opportunities that strengthen the organization

## Strategic Goals:

- Enrich the Mentor Experience
- Bring the Power and Value of Mentoring to More Youth at-risk
- Grow our Brand and Attract Donors Who Want to Invest in Youth
- Transform our mentoring support, measurement, quality and evaluation

# YOUTH ASSISTING YOUTH YAY

MENTOR • GROW • SUCCEED



## Who We Are

- Established in 1976
- 45 Years of Youth Mentoring
- Mentees ages 6 to 15
- Mentors ages 16 to 29
- One-to-One Peer Mentoring Program
- Group Mentoring Program
- Youth Mental Health & Learning Disabilities Training
- Youth Mentoring 101 Training
- Girls & Boys Empowerment Programs
- Tutoring Program
- 10,000+ youth matched
- 30,000+ Group Mentoring Participants
- 98% Success Rate of youth graduating high school



# LEADERS OF TOMORROW

# LEADERS OF TOMORROW

2020-2021 Impact

- 2,065 youth serviced
- 161 kids matched with a mentor
- 631 mentoring relationships supported
- 187 group mentoring activities delivered to over 2,500 youth
- 478 youth volunteers recruited, screened and trained
- 103,416 hours of mentoring support and volunteer service hours
- 7,822 youth and family support calls
- 135 youth civically engaged through The Empowerment Project
- 98 Tutoring Participants
- 147 Volunteer Tutors



**YOUTH ASSISTING YOUTH** YAY

MENTOR • GROW • SUCCEED



# YOUTH ASSISTING YOUTH YAY

MENTOR • GROW • SUCCEED



## Measuring our Impact on Youth

- 94% related well to their mentor
- 96% said their mentor was a positive role model and influence
- 93% reported positive changes
- 92% increased confidence
- 82% improved social skills
- 83% developed stronger relationships
- 80% developed new interests in hobbies and extracurricular activities



# LEADERS OF TOMORROW

# YOUTH ASSISTING YOUTH YAY

MENTOR • GROW • SUCCEED



## Measuring Strengths & Difficulties in Youth

Research across the globe continues to show the benefits of youth mentoring for both Mentor and Mentee, including increased enrollment in University, increased lifetime income and improved mental health. Mentoring works, and we're proud to contribute our own evidence-based outcomes. Our 2020-2021 data below clearly shows that our program is having a positive impact on our youth mentees.

- Pre and Post-test Evaluation
- 196 Youth Evaluated in 2020-2021
- Measures: Social, Emotional, Behavioural, Pro-Social, and Hyperactivity
- **What We Want to See:**
  - Increase in Low Difficulty Levels
  - Decrease in Medium Difficulty Levels
  - Decrease in High Difficulty Levels

	Low	Medium	High
Pre-test	62%	16%	23%
	↓ +13%	↓ -7%	↓ -7%
Post-test	75%	9%	16%

***"The program really helped my child communicate better, he gained confidence and found his voice. He's less anxious and doing better in school."***

- YAY Parent

# YOUTH ASSISTING YOUTH YAY

MENTOR • GROW • SUCCEED

## 2020/2021 Highlights



- Due to COVID-19, the 2020 / 2021 Fiscal Year was extremely challenging for our organization, and especially our youth mentees, their families and our youth mentors;
- We never closed our doors or slowed down. Our team immediately recognized the devastating impact that the pandemic was having on the mental health of our youth and their families – anxiety, isolation, detachment, depression, violence and much more;
- We quickly evolved and adapted all program activities for virtual delivery, and mentors continued to meet with and support their mentees virtually;
- We created an outstanding virtual tutoring program to help our youth stay connected and supported with their academics and online learning;
- We developed a range of virtual group activities, programs and events, including virtual after-school programs, virtual cooking program and virtual parent support groups. We also adapted our youth mentor training and girls and boys empowerment programs for virtual delivery;
- In spite of the pandemic, we serviced and supported a total of 1,820 youth last year, including an estimated 103,416 hours of mentoring and volunteer hours;
- We matched 161 high-risk kids with a youth peer mentor – and supported 631 mentoring relationships;
- We conducted more than 100 virtual program, events and activities;
- We recruited, screened and trained 478 new volunteer youth mentors;
- We conducted 7,822 support calls to our youth and their families;
- With support from the Orbach Family, we launched the Gil Orbach Joy Scholarship Program, providing 2 outstanding YAY mentors with 2020 scholarships;
- The Empowerment Project was renewed for a 3rd year of funding from Canada Service Corps program, and engaged 213 youth the 2020/2021 fiscal year;
- We converted our Annual Spin-a-Thon into the 2020 Virtual Move-a-Thon and raised \$38,000 and 6 laptops for our youth valued at \$11,500.



## Project Profile

# THE EMPOWERMENT PROJECT

TURNING SURVIVAL SKILLS INTO LEADERSHIP OPPORTUNITIES

**The Empowerment Project (TEP)** offers youth from the Jane / Finch, Malvern, Rexdale, Mount Olive and the North Etobicoke communities, the opportunity to Volunteer, Get Involved and Create Positive Change for themselves and their community.

Youth build skills, leadership abilities and co-design positive activities for at-risk youth. They participate in skills-based workshops, in-depth training, networking events and mentor youth where they live.

**TEP** provides an enriching volunteer opportunity and valuable community service hours that contribute to personal growth, professional development and success.

- Funded January 2019
- Renewed for Year 3 in January 2021
- 7000+ youth reached
- 135 youth civically engaged
- 7814+ Volunteer Hours
- 40 Training Workshops
- 12 Group Design Labs
- 12 Leadership Workshops
- 200+ Group Activities with 200+ Youth Attendees



Funded by the Government of Canada under the Canada Service Corps program



# YOUTH ASSISTING YOUTH YAY

MENTOR • GROW • SUCCEED

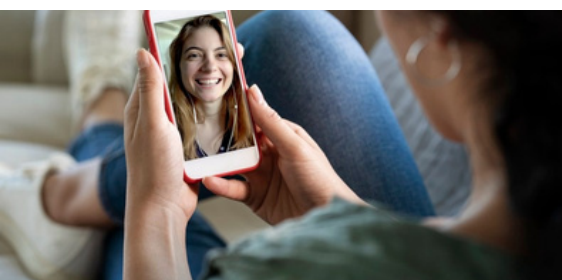


## COVID-19 Response 2020

### *Helping Youth and Families Stay Healthy and Connected*

We responded quickly to COVID-19, and have continued to provide mentoring, case management and family support to more than 800 youth and families during the pandemic. In a time of crisis and social distancing, it has become even more important for youth to remain connected and fully supported. We've seen first-hand the negative impact that COVID-19 is having on the mental health of our youth, their siblings and their extended family. Our outstanding youth mentors continue to go above and beyond to support their mentees virtually, and we have developed a full sleight of new virtual programs to respond to the new and emerging needs of our youth and our families.

- Virtual Tutoring Program
- Virtual Parent Coffee Chat Group
- Youth LifeLine Program
- Virtual Kahoot Trivia Program
- Virtual Mentors Mix & Mingle
- Virtual Girls Empowerment Program
- Virtual Mentor Training
- Virtual Cooking Program
- Virtual Afterschool Program
- Virtual BINGO for Parents
- Virtual Short Stories & Poetry
- Virtual Boys Empowerment Program



# YOUTH ASSISTING YOUTH YAY

MENTOR • GROW • SUCCEED

Mentor Success Story  
Claire and Sukaina



Claire's journey as a mentor has been transformative for both her and her mentee, Sukaina. Claire, who has struggled with anxiety, depression, and OCD, decided to become a mentor to provide the support she wished she had during her own challenging times. Discovering YAY's peer mentorship program in August 2019, she knew that this was the opportunity she was looking for.

Matched with Sukaina, Claire witnessed remarkable growth in her mentee. Initially reserved and struggling with self-confidence, Sukaina began to blossom under Claire's guidance. A significant moment was when Sukaina, with Claire's encouragement, joined clubs and engaged in school activities, showcasing her growing confidence and resilience.

Over the next year, Sukaina made new friends, participated in school activities, and built self-confidence. Claire's support was crucial, helping Sukaina recognize her positive qualities and that she was most deserving of love and acceptance from others.

Mentoring Sukaina really helped Claire grow! She developed more patience, effective communication skills, and a deeper sense of responsibility and empathy. The experience reinforced Claire's passion for helping others and her commitment to making a positive impact in the world.

Claire's dedication has profoundly impacted both her and Sukaina, earning her a 2020 Gil Orbach Joy Scholarship Award in recognition of her selfless dedication. Congratulations to Claire and Sukaina, a true YAY success story.

*"I have seen great change over the past year and am glad to see that I am making a difference in her life."*

*"With this newfound sense of confidence and strength, Kiki was able to make numerous friends during her grade 9 year."*  
– Claire, YAY Mentor

