

YOUTH ASSISTING YOUTH **YAY**

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EMPOWERING THE LEADERS OF TOMORROW

2021/2022 ANNUAL REPORT



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2021-2022 was a year of challenges, adaptation and deep impact for Youth Assisting Youth (YAY)



2,054

Young People
Empowered

We supported a total of 2,054 children and youth in communities across the City of Toronto and York Region, including an estimated 109,440 hours of volunteer service and one-to-one mentoring

During the 2021-2022 Fiscal Year we experienced the pandemic at its peak. It was another year of struggle, adaptation and profound impact for our organization, clients and volunteers. Together, our determination and commitment to our mentees, mentors and families was inspiring, as we continued to adjust, evolve and unite to find the best solutions. Our outstanding team of volunteers and staff worked relentlessly to deliver our vital programs to the most vulnerable children, youth and communities across Toronto and York Region.

For more than 46 years, YAY has dedicated itself to investing in the leaders of tomorrow, by transforming the lives of at-risk youth today. By giving them guidance and support when they need it most. We do it through the power of mentorship, relationships and connections, and we continue to grow and adapt our programs to meet the increasing complex needs of our children and youth.

Our evaluation data clearly shows that our programs, services and mentors are having a positive, life-changing impact. We're helping our mentees to build resiliency, form connections, improve their mental health and do better at school. Mentoring and relationships are more important now than ever!

We continue to be inspired by the unwavering support of our volunteers, donors and community. They continue to support YAY's mission of improving the lives of at-risk youth, and we are so very thankful. We will work even harder in 2022-2023, to provide youth with the relationships, connections and support that they need to succeed in the face of adversity. Mentor. Grow. Succeed.



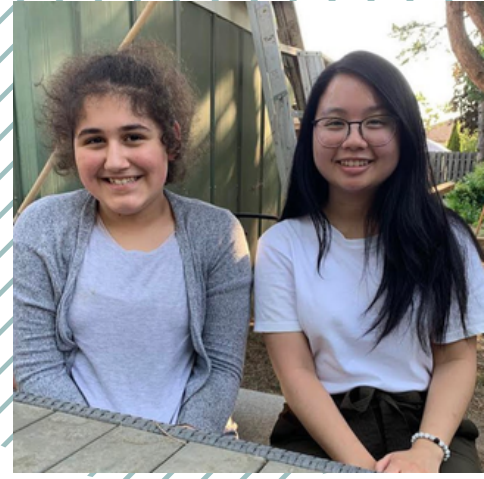
Sally Spencer
Chief Executive
Officer, YAY



Sheldon Mahabir
Chair, YAY Board
of Directors

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Mission Statement:

At Youth Assisting Youth, we create life-changing mentoring experiences that develop the leaders of tomorrow. We are passionate about cultivating supportive, transparent and enriching youth mentoring opportunities.

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

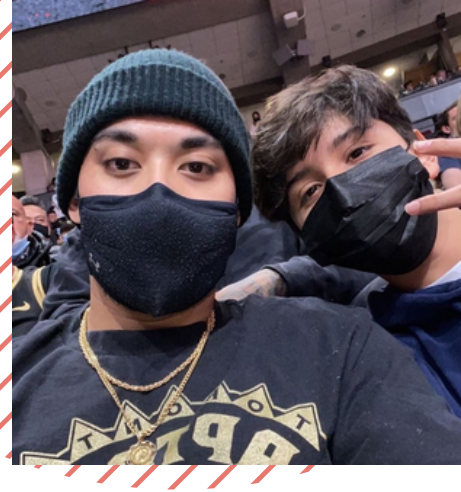
Strategic Goals:

- 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

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Who We Are

- Established in 1976
- 46 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

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2021-2022 Impact

- 2,054 youth serviced
- 158 kids matched with a mentor
- 675 mentoring relationships supported
- 250+ group mentoring activities delivered to over 1,500 youth
- 413 youth volunteers recruited, screened and trained
- 109,440 hours of mentoring support and volunteer service hours
- 4,751 youth and family support calls
- 223 youth civically engaged through The Empowerment Project
- 98 Tutoring Participants
- 147 Volunteer Tutors



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Measuring our Impact on Youth

- 95% related well to their mentor
- 94% said their mentor was a positive role model and influence
- 94% reported positive changes
- 90% increased confidence
- 83% improved social skills
- 82% developed stronger relationships
- 81% developed new interests in hobbies and extracurricular activities



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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. Since June of 2016, YAY has been measuring the Strengths & Difficulties of youth mentees, and the data clearly shows that our program is having a positive impact on our youth mentees.

- Pre and Post-test Evaluation
- 825 Youth Evaluated since 2016
- 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	61%	16%	23%
	↓ +14%	↓ -7%	↓ -6%
Post-test	75%	9%	17%

"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

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2021/2022 Highlights



- Due to the COVID-19 pandemic, the 2021 / 2022 Fiscal Year was another extremely challenging year for our organization, clients and volunteers. But it was also a year of continued adaptation, support and progress;
- We never closed our doors or paused our program, and we continued to recognize and address the devastating impact that COVID-19 is having on the mental health of our youth and their families – anxiety, isolation, depression, violence and much more;
- Our new Virtual Tutoring Program realized huge success and demand, and became a pipeline to not only support our youth with their academics, but also in establishing strong, life-changing 1:1 mentor matches;
- We also continued to deliver a wide range of virtual group activities, programs and events to keep our youth engaged and connected, including virtual after-school programs, virtual cooking program dance programs, and parent chat support groups;
- In spite of the pandemic, we serviced and supported a total of 2,054 during 2021 / 2022, including an estimated 109,440 hours of 1:1 mentoring and youth volunteer service hours;
- We matched 158 high-risk kids with a youth peer mentor – and supported 675 mentoring relationships;
- We conducted more than 250 virtual programs, events and activities for our youth and families;
- Our Volunteer Recruitment team recruited, screened and trained 415 new volunteer youth mentors for the program;
- Our amazing team of Social Workers conducted 4,751 support calls to our youth and their families last year;
- In partnership with The Orbach Family, we provided 4 outstanding YAY mentors with a 2021 Gil Orbach Joy Scholarship. This was the 3rd year of this special program
- The Empowerment Project was renewed for a 4th year of funding from Canada Service Corps program, and engaged 223 youth the 2021/2022 fiscal year.



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 4 in January 2022
- 15,000+ youth reached
- 633 youth civically engaged
- 10,000+ Volunteer Hours
- 200+ Training Workshops
- 24 Group Design Labs
- 50+ Leadership Workshops
- 300+ Group Activities with 300+ Youth Attendees



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



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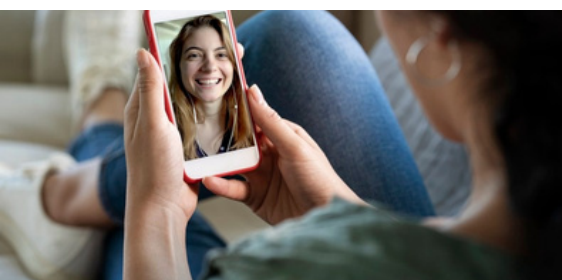


COVID-19 Response 2021-2022

Helping Youth and Families Stay Healthy and Connected

We responded quickly to COVID-19, and continue to provide mentoring, case management and family support to more than 800 youth and families during the pandemic and post-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



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Mentor Success Story

Bonnie and Moriya



Bonnie's journey as a mentor has been transformative for both her and her mentee, Moriya. Initially a high school student overcoming severe anxiety with the help of a Child and Youth Worker (CYW), Bonnie was inspired to pursue a career in Child and Youth Care (CYC). Discovering YAY's peer mentorship program in June 2018, she knew it was the perfect opportunity.

Matched with Moriya, Bonnie witnessed remarkable growth in her mentee. Initially shy and anxious, Moriya began to blossom under Bonnie's guidance. A significant moment was when Moriya confidently asked a cashier for the price of an item, showcasing her growing confidence and resilience.

Over the next three years, Moriya stood up to bullies, made new friends, and improved academically. Bonnie's support was crucial, helping Moriya practice presentations, build self-esteem, and develop a strong work ethic.

Mentoring Moriya also helped Bonnie grow. She gained confidence in her abilities as a future CYW and managed her own mental health better. Participating in YAY's events provided cherished experiences and the perfect chance to bond and grow together.

Bonnie's dedication has profoundly impacted both her and Moriya, earning her the 2021 Gil Orbach Joy Scholarship. Congratulations to Bonnie and Moriya, a true YAY success story.

"She was braver and more confident than me in that moment, and that moment has continued to inspire me to be more like her."

*"I have seen her stand up to peers picking on her at school, make new friends, and even improve her grades through hard work and studying." –
Bonnie, YAY
Mentor*

