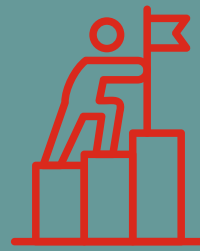


YOUTH ASSISTING YOUTH YAY

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EMPOWERING THE LEADERS OF TOMORROW

2022/2023 ANNUAL REPORT

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2022-2023 was a year of adaptation, recovery and impact for Youth Assisting Youth (YAY)

During the 2022-2023 Fiscal Year we experienced the post-pandemic world as we recovered and returned to in-person activities and a new hybrid approach. It was another year of impact and success for our organization, clients and volunteers, and the perseverance and resiliency of our mentees, mentors and families was inspiring. Our incredible team of volunteers and staff worked tirelessly to adapt and deliver our programs, both virtually and in-person, to ensure access and support for the most vulnerable children, youth and families across Toronto and York Region.

For more than 47 years, YAY has dedicated itself to investing in the leaders of tomorrow, by transforming the lives of youth in at-risk environments 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 clients.

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 vulnerable youth, and we are so very thankful. We will work even harder in 2023-2024 to provide youth with the relationships, connections and support that they need to succeed in the face of adversity. Mentor. Grow. Succeed.



2,410

Young People
Empowered

We supported a total of 2,410 children and youth in communities across the City of Toronto and York Region, including an estimated 108,312 hours of volunteer service and one-to-one mentoring



Sally Spencer
Chief Executive
Officer, YAY



Mike Arnold
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
- 47 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

2022-2023 Impact

- 2,410 youth serviced
- 144 kids matched with a mentor
- 667 mentoring relationships supported
- 1,270 group activities (tutoring sessions, girls / boys only workshops and events)
- 407 youth volunteer mentors recruited, screened and trained
- 108,312 hours of mentoring support and volunteer service hours
- 4,250 youth and family support calls
- 275 youth civically engaged through The Empowerment Project
- 106 Tutoring Participants
- 125 Volunteer Tutors



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Measuring our Impact on Youth

- 93% related well to their mentor
- 92% said their mentor was a positive role model and influence
- 95% reported positive changes
- 94% increased confidence
- 87% improved social skills
- 84% developed stronger relationships
- 80% developed new interests in hobbies and extracurricular activities



LEADERS OF TOMORROW

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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
- 886 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	62%	15%	22%
	↓ +13%	↓ -7%	↓ -5%
Post-test	75%	8%	17%

"YAY and my child's Mentor have really helped us so much. From resources, to mentoring, to tutoring, they can help in so many ways!" - YAY Parent

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2022/2023 Highlights



- Due to the post-pandemic, the 2022 / 2023 Fiscal Year was another difficult year for our organization and our youth mentors, mentees and their families;
- Impacts of the COVID-19 pandemic on the mental health of our clients – anxiety, isolation, depression, psychological distress, violence and much more – continues
- We secured support from the Ontario Trillium Foundation in 2022 / 2023 to develop our first formal Mental Health Counseling Program for our clients;
- We serviced and supported a total of 2,410 youth last year, including an estimated 108,312 hours of 1:1 mentoring and youth volunteer service hours;
- We created 144 new mentoring relationships and supported 667 total relationships;
- We conducted more than 1,270 Tutoring Sessions, Girls and Boys Empowerment Program workshops and Group events and activities for our youth and families;
- We recruited, screened and trained 407 new volunteer youth mentors;
- Our Social Workers conducted 4,250 support calls to our client and volunteers;
- In partnership with The Orbach Family, we provided 2 outstanding YAY mentors with a 2022 Gil Orbach Joy Scholarship. This was the 4th year of this special program;
- The Empowerment Project reached, engaged and empowered more than 275 youth during the 2022/2023 fiscal year, with support from Canada Service Corps.





Project Profile

Mentoring Newcomer Youth Program Empowering Newcomer Youth Through Mentorship and Supports

The Mentoring Newcomer Youth Program (MNYP), funded by IRCC since 1992, is a multi-faceted project that aims at building community connections for newcomer children and youth in Greater Toronto, improving their social / emotional skills, and supporting their successful integration into Canadian society. The central component of the project is community-based 1:1 Peer Mentorship, matching newcomer children and youth with settled immigrant or long-time Canadian youth mentors who provide ongoing guidance and support to assist with cultural transition. The project also includes a range of group activities and events that are cultural, educational or arts-based, designed to help newcomer youth build social / emotional skills, connections and a sense of belonging. MNYP includes formal 1:1 Mental Health Counseling and Mental Health Self-Care training for newcomer youth, as well as ongoing settlement and community support for newcomer families through Case Management and Needs and Assets Assessment and Referral Services. Since 1992, MNYP has assisted thousands of newcomer children, youth and families to successfully integrate into Canadian society, and YAY has a very strong connection and positive reputation within the newcomer sector and communities across the region.



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Nathaniel's Story of mentorship



Zahra's experience as a volunteer youth mentor with Youth Assisting Youth (YAY) has been life-changing for both her and her mentee, Parnian. Immigrating to Canada at 16, Zahra faced challenges with cultural transition, inspiring her to help a youth person navigate similar barriers. She found a perfect match in Youth Assisting Youth's 1:1 Peer Mentoring Program.

Matched with Parnian in November 2018, Zahra encountered numerous challenges. Parnian, a newcomer with behavioral, social, and family difficulties, often responded with aggression and anxiety. Zahra's patience and innovative approaches turned these challenges into growth opportunities. She developed games and techniques to help Parnian manage her emotions and take responsibility for her actions. One effective method involved fist bumps and high fives to evaluate behavior, helping Parnian recognize and adjust her actions positively.

Mentoring Parnian profoundly affected Zahra as well. She developed greater self-awareness, empathy, and adaptability, benefiting her in academic and professional settings. Zahra's dedication inspired her to further her involvement in community service and pursue a meaningful career in neuroscience and psychology.

Zahra's dedication has profoundly impacted both her and Parnian, earning her the 2022 Gil Orbach Joy Scholarship Award in recognition of her outstanding dedication! Congratulations to Zahra and Parnian, a true YAY success story.

"I was able to help her teach herself strategies to self-manage her emotions."

"She began to call me her 'big sister,' looked forward to seeing or speaking to me, and told me everything."

– Zahra, YAY Mentor

