

YOUTH ASSISTING YOUTH **YAY**

MENTOR • GROW • SUCCEED



EMPOWERING THE LEADERS OF TOMORROW

2023/2024 ANNUAL REPORT



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2023-2024 was a year of continued impact for Youth Assisting Youth (YAY)

During the 2023–2024 fiscal year, we continued to build on the momentum of our return to in-person programming while strengthening our hybrid service model. This year marked a period of stability, growth, and deepened impact for our organization, our clients, and our dedicated volunteers. The resilience and determination of our mentees, mentors, and families remained a constant source of inspiration.

Our committed team of volunteers and staff worked collaboratively to enhance program delivery, expand access, and ensure that vulnerable children, youth, and families across Toronto and York Region received the consistent support they need to thrive.

For more than 48 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 2024-2025 to provide youth with the relationships, connections and support that they need to succeed in the face of adversity. Mentor. Grow. Succeed.



2,411

Young People
Empowered

We supported a total of 2,411 children and youth in communities across the City of Toronto and York Region, including an estimated 113,232 hours of volunteer service and one-to-one mentoring



Sally Spencer
Chief Executive
Officer, YAY



Dario Kosarac
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
- 48 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

2023-2024 Impact

- 2,411 youth serviced
- 131 kids matched with a mentor
- 672 mentoring relationships supported
- 1,850 group activities (tutoring sessions, girls / boys only workshops and events)
- 436 youth volunteer mentors recruited, screened and trained
- 113,232 hours of mentoring support and volunteer service hours
- 4,057 youth and family support calls
- 198 Active Tutoring Matches
- 125 Group Tutoring Sessions
- 175 Group Tutoring Participants



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Measuring our Impact on Youth

- 95% related well to their mentor
- 96% said their mentor was a positive role model and influence
- 95% reported positive changes
- 94% increased confidence
- 89% improved social skills
- 87% developed stronger relationships
- 84% 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
- 995 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	63%	15%	22%
	↓ +13%	↓ -7%	↓ -6%
Post-test	76%	8%	16%

“This program has opened doors for my child that we didn’t know were possible. They now believe in their future and in their own potential.”

- YAY Parent

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2023/2024 Highlights

- Due to the post-pandemic, the 2023 / 2024 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 serviced and supported a total of 2,411 youth last year, including an estimated 113,232 hours of 1:1 mentoring and youth volunteer service hours;
- We created 131 new mentoring relationships and supported 672 total relationships;
- We conducted more than 1,850 Tutoring Sessions, Girls and Boys Empowerment Program workshops and Group events and activities for our youth and families;
- We recruited, screened and trained 436 new volunteer youth mentors;
- Our Social Workers conducted 4,057 support calls to our client and volunteers;
- In partnership with The Orbach Family, we provided 2 outstanding YAY mentors with a 2023 Gil Orbach Joy Scholarship. This was the 5th year of this special program;



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Francesca's Story of mentorship



Francesca La Delfa-Ferman's journey as a mentor with Youth Assisting Youth (YAY) has profoundly impacted both her and her mentee, Tania. Growing up as an only child, Francesca always longed for a mentor. This desire to provide support to others led her to volunteer work, eventually finding a perfect fit with YAY.

Matched with Tania in February 2022, Francesca quickly recognized herself in her mentee's shyness and timidity. Through consistent support and building trust, Francesca helped Tania come out of her shell. They connected deeply, even texting regularly and sharing family dinners. Francesca's mentorship helped Tania gain confidence, evident when Tania not only tried out for the school volleyball team but also became the captain.

The positive impact on Tania extended beyond sports. She made friends and improved her social skills, thanks to Francesca's guidance and encouragement. Francesca's words inspired Tania to believe in herself and strive for her goals. Francesca, too, benefited from this mentorship, gaining a sense of fulfillment and a close bond with Tania, whom she sees as a long-lost little sister.

Now studying Criminology with a minor in French at Toronto Metropolitan University, Francesca aims to specialize in youth justice and family law. Her academic pursuits are fueled by her passion for providing equal opportunities for all children, a drive reinforced by her mentoring experience. The support and connection Francesca provided Tania exemplify the transformative power of mentorship, highlighting her dedication to making a difference in society.

"I knew I was making a positive impact when I saw her confidence grow and she started making new friends."

"When I looked at her, I saw my 12-year-old self, who desperately wanted to fit in and make friends just like she did."

– Francesca, YAY Mentor

