



INDIANA ALLIANCE OF YMCAS

COMMUNITY BENEFIT REPORT 2019

MISSION

To enhance the relevancy and sustainability of Indiana YMCAs

VISION

To be a trusted collaborator, influencer, convener, and conduit for collective impact that strengthens Indiana



A MESSAGE FROM ALLIANCE LEADERSHIP

Through this Community Benefit Report, we are proud to inform you of the positive impact Indiana YMCAs made on Hoosiers during 2019. Indiana YMCAs coordinate their work in two ways. Forty-three corporate YMCAs in a multitude of locations work collectively for state-wide impact through a body called the Indiana Alliance of YMCAs (Alliance) all the while continuing to address needs specific to their individual communities.

The pace of change today and the limited resources available to tackle our community's challenges defines the importance of the Alliance. YMCAs across the state recognize they are stronger and more effective working together to address issues. In 2019, the Alliance was resourced to do more to support and enhance Indiana YMCAs' ability to respond to the community.

The strategic goals of the Alliance over the next three years are:

- Foster proactive advocacy to shape public policy.
- Advance Y's ability to address social issues and community needs.
- Pursue excellence from all YMCAs Board of Directors.
- Seek opportunities to build on the individual and collective strength of Indiana YMCAs, the Alliance, and the YMCA of the USA.
- Encourage networking and peer to peer learning of Y professionals and volunteers.

We seek your support through the Alliance and at local YMCAs around the state. If you are interested in learning how you can work with or support either the Alliance or a local YMCA, please contact us at 317-715-2145.

Lastly, one of the more common perceptions of the YMCA is as a fitness/gym provider. Yes, it is true; we empower people, regardless of ability to pay, to take control of their health. Yet, that is not all that we do. The remaining pages of this report illustrates the impact of YMCAs and we believe will impress you with how the Y is a positive force for good as it addresses healthy living, youth development and social responsibility.

In the pages that follow we highlight some programs in YMCA key focus areas to articulate the role YMCAs are playing in neighborhoods throughout Indiana. These programs do not fully represent the vast array and variety offered by Ys and yet it gives a good indication of the breadth and depth of YMCA work.

Onward and Upward,

Wade Hampton
Chief Executive Officer

Casey Weimer
Board Chair

YMCA Areas of Focus

HEALTHY LIVING

YMCAs provide opportunities and supportive communities for people to reclaim their health.

YOUTH DEVELOPMENT

YMCAs support young people's development through camping, childcare, out of school time and academic achievement.

SOCIAL RESPONSIBILITY

YMCAs intentionally seek opportunities to strengthen the foundations of our communities, to be inclusive of all, and to build civic engagement.

HEALTHY LIVING

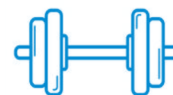
Improving the State's health and well-being is an important focus for Indiana's YMCAs. One way we do this is through various program opportunities, including providing access to **COMMUNITY INTEGRATED HEALTH (CIH)** programs and activities that promote wellness, reduce risk for disease and help people reclaim their health.

12,384 Hoosiers were impacted through CIH programs designed to strengthen the linkages between traditional healthcare and community-based prevention strategies in order to help individuals prevent, delay, or live better with chronic conditions.



303 Hoosiers participated in the YMCA's **Blood Pressure Self-Monitoring** program. Research shows the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure.

792 older adults participated in the **Enhance@Fitness** program. In addition to the physical benefits, research has shown that, among older adults who participate in Enhance@Fitness, health costs were lowered each year by close to \$1,000.



LIVESTRONG
AT THE YMCA

666 Hoosiers participated in the **LIVESTRONG** at the YMCA. The program assists those who are living with, through or beyond cancer to strengthen their spirit, mind and body.

513 Hoosiers reduced their risk for developing type 2 diabetes by participating in the YMCA's **Diabetes Prevention Program**. This small-group program helps people with prediabetes eat healthier, increase their physical activity, and lose weight, which can delay or even prevent the onset of type 2 diabetes.



9,806 individuals participated in many other CIH programs like Rock Steady Boxing, CATCH, Wellness for Life, and many more!

IMPORTANCE OF WATER SAFETY

The U.S. Centers for Disease Control and Prevention (CDC) cites drownings as the cause of more deaths among children ages 1-4 than any other cause except for birth defects. Among youths ages 1 to 14, fatal drowning remains the second leading cause of unintentional injury-related death. Further, accidental drowning is a leading cause of death among African-American youth.

A study conducted by Meyers, Cuesta & Lai (2017) links decreased drowning rates to the labor market for lifeguards, drawing from annual data as far back as from 1972 until the present on lifeguard employment rates and drowning rates by race, gender and ethnicity."

Water Safety is an important issue to the Alliance. Going forward, YMCAs will band together to further bring expertise to affect public policies and legislation, teach more people to swim, and certify more lifeguards in an effort to promote safety around water.

Indiana YMCAs provided **42,603** youth and adult swim lessons in 2019, thus helping to reduce the potential for drownings.

YOUTH DEVELOPMENT

The Y nurtures the potential of every child and teen by supporting their unique development journey through holistic programming. From cradle to adulthood, the Y provides all youth with the tools and resources they need to succeed in life.

66,498 Hoosier youth were impacted through YMCA programs designed to support young people's development through camping, childcare, out of school time and academic achievement.

LEARN GROW THRIVE



43,732 individuals were impacted through life-changing resident camp experiences.

29,388 Hoosier youth were served in various types of child care settings (registered ministries, licensed and unlicensed child care centers, before- and after-school programs, etc).

An increasing number of Ys are being recognized by Paths to QUALITY™ (PTQ)—Indiana's voluntary statewide rating system for early care and education programs. PTQ helps families make informed decisions and helps early care and education providers improve the quality of their programs. Paths to QUALITY is a voluntary system.

Level 1: 2 Ys

Level 2: 1 Y

Level 3: 7 Ys

Level 4: 4 Ys



301 youth were impacted through the YMCA's Early Learning Readiness program for Informal Family, Friend and Neighbor Caregivers, providing caregivers with the program elements, support and tools needed to enhance their role in children's cognitive and emotional development.

649 elementary students participated in the Y's Summer Learning Loss program. The program focuses on phonics, writing and reading to boost literacy skills, with enrichment activities to support physical and social-emotional growth. Additionally, **559** were enrolled in the YMCA's Afterschool Enrichment program.



Indiana's YMCAs partnered with local and state-level community partners to offer relevant achievement gap programs to **1,977** Hoosier youth. These programs include STEAM, STEM, Humanities, Reading, and more!

SOCIAL RESPONSIBILITY

Indiana YMCAs make accessible the support and opportunities that empower people and communities to learn, grow and thrive. With a focus on social responsibility, the YMCA provides opportunities to give back and support neighbors. We know that when we work together, we move individuals, families and communities forward. so that we can respond to society's most pressing needs.



Indiana YMCAs served **617,151** individuals. Over **\$19M** was given out in financial assistance. Financial Assistance is what the Y provides to an individual or family when they cannot afford the stated price of the program. Additionally, Indiana's YMCAs subsidized another **\$18M+** for **156,396** individuals, making our programs as affordable as possible for the community.



Indiana's YMCAs have a significant economic impact on our state, employing **16,102** individuals helping to deliver lasting personal and social change in our communities. Additionally, **15,884** volunteers help the Y serve and make an impact on Hoosier communities. Over **\$95M** was paid in salaries.

The YMCA is committed to inspiring a spirit of civic engagement to teenagers from all walks of life to participate in and work for positive social change. Our collective commitment to this effort is the Indiana YMCA Youth and Government (INYaG) program. The program develops young men and women who will be better citizens now by being both knowledgeable and active in determining the future of our democracy.

During 2019, **132** youth developed personal growth and encouraged their own life-long, responsible citizenship through participation in the program. See next page for an example of this

Over the next 3 years, the Alliance is committed to growing teen civic engagement by 200%; our future depends on it.



2018-2019 Indiana YMCA Youth and Government Participants at the 2019 Model Government Conference

FROM GIRL TO GOVERNOR

At the start of my freshman year, I believed that my life was set in stone. Get good grades, attend a local college with maybe a scholarship if I'm lucky, attend law school, and live out my days as a criminal defense lawyer. Never did the world of policies, service, or community involvement cross my mind. But my future changed the moment [I joined the Indiana Youth and Government (INYaG) program].

My first year in INYaG was an experience I will never forget. I served as the Chair of the House Committee on Health and Welfare, was appointed as my delegation's Conference Life Committee Representative, successfully ran for Speaker of the House, was awarded the Outstanding Delegate Award and the 2018 Conference on National Affairs scholarship, and recognized as an Outstanding Statesman at the 2018 Conference on National Affairs.



During my sophomore year, I served as the Chair of the House Committee on Health and Welfare once again and presided as the 2019 Speaker of the House. At the end of the program year, I successfully ran for Youth Governor with a platform focused on improving the mental health of Hoosiers. I attended the Conference on National Affairs again as a Media delegate. My junior year, I served my term as Youth Governor and partnered with the American Foundation for Suicide Prevention to train INYaG leaders to recognize the signs of suicide and to take the necessary steps to save a life.

I share all of this not to list my achievements but to showcase the lifechanging opportunity the Y has provided to me. These opportunities go far beyond providing awards or prestige. They have given me lifelong experiences, like a private White House tour and a passion for civic engagement and servant leadership. The most important gift the YMCA has given me is the opportunity to have a seat at the decision-making table, to use my voice, and to make a change.

LESLIE MARTIN
Spectator Turned Legislator

*Letter has been abbreviated from its full version for purposes of this report.

ALLIANCE MEMBER YMCAs

Barbara B. Jordan YMCA, Inc.
Brown County Community YMCA
Cass County Family YMCA, Inc.
Clinton County Family YMCA
Cole Center Family YMCA
Crossroads YMCA, Inc.
Daviness County Family YMCA
Decatur County Family YMCA, Inc.
Duneland Family YMCA
Henry County YMCA
Hobart Family YMCA, Inc.
Kosciusko Community YMCA, Inc.
Miami County YMCA
Owen County Family YMCA
Parkview Huntington Family YMCA
Randolph County YMCA
Scott County Family YMCA
Southeastern Indiana YMCA
Switzerland County YMCA
Tri-County YMCA
Wabash County YMCA
Washington County Family YMCA

YMCA Camp Tecumseh, Inc.
YMCA of Dekalb County, Inc.
YMCA of Grant County
YMCA of Greater Fort Wayne
YMCA of Greater Indianapolis
YMCA of Greater Louisville*
YMCA of Greater Michiana*
YMCA of Harrison County
YMCA of Kokomo Indiana
YMCA of Lafayette Indiana
YMCA of LaPorte Indiana
YMCA of Madison County, Inc.
YMCA of Monroe County, Inc.
YMCA of Muncie Indiana, Inc.
YMCA of Portage Township, Inc.
YMCA of Richmond
YMCA of Southwestern Indiana
YMCA of Steuben County, Inc.
YMCA of the Wabash Valley
YMCA of Valparaiso Indiana, Inc.
YMCA of Vincennes Indiana
*Associations in Michigan and Kentucky
have locations in Indiana.

ALLIANCE STAFF

For questions about local YMCAs or the Indiana Alliance of YMCAs, please contact Brent, Melissa, or Wade.



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