



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



22-23 ANNUAL REPORT

YMCA OF SAN FRANCISCO

ACCESSIBLE TO ALL
CREATING OPPORTUNITIES
HEALTHY EMPOWERED LOVE
LIVING INTEGRITY BALANCE
HERE SUPPORTIVE SAFE
FOR FRIENDSHIPS
GOOD FORWARD CONNECTION
THINKING INCLUSIVE
LEADERSHIP A PLACE VALUE
FAMILY FOR ALL DISCOVER
CONNECT WITH ALL
ANTI-RACIST HOLISTIC RESOURCEFUL
EQUITABILITY APPRECIATIVE
TRANSFORMATIVE A BETTER
PASSION POSITIVE FUTURE
PERCEPTIVE
ENDLESS POSSIBILITIES HOME
YMCA OF SAN FRANCISCO

HEALING WELLNESS
HOPE YOUTH DEVELOPMENT
HEALING TOGETHER
FAMILY FRIENDLY NURTURING
WELCOMING DIVERSE
IMPACTFUL
ENGAGING COLLABORATIVE
FUN
INNOVATIVE CHANGE RESPECT
STRONG STARTS MIND BELONGING
BODY SPIRITUAL DRIVEN
BE HERE YOUTH-LED
COMPASSION
BECOME IMPACTFUL
OUTREACH
STRONGER COMMITMENT
TOGETHER SOCIAL RESPONSIBILITY
COMMUNITY PERSONAL
GROWTH
BUILDING A RESILIENT RELIABLE
BAY AREA LOVE DIFFERENCES

Dear Friends and Community Members,

Since 1853, the YMCA of San Francisco has been the premier place in Greater San Francisco for you and your family to come and be the very best that you can be. Whether to maximize physical and mental health at any age; to provide social, physical, and educational development for our community’s children; or to receive a helping hand when it is needed most – the Y is here for you.

The Y not only provides a robust community that welcomes and celebrates you as you are, we also offer a variety of programs and services that enable you to reach your greatest potential. People join the Y community from all walks of life and circumstances – and we are committed to ensuring a safe and welcoming environment where every individual can **be** their authentic self, **belong** to something greater, and find support to **become** the best version of themselves.

Despite the fact that the most challenging aspects of the pandemic are behind us, there is so much more that we can and must do together to strengthen and uphold our community. All this critical work cannot be delivered without the robust community partnerships and generous donations of time and financial support provided by you – members of our Bay Area community.

To that end, the YMCA of San Francisco is proud to share our refreshed mission statement, **informed by our community**: to build healthy, equitable and sustainable communities for all generations - where you can **be, belong, and become**. We are in the process of developing our aligned strategic plan. Until then, in this annual report, we are excited to share highlights of the amazing impact you have helped us achieve this past year. We could not do this without you.

We **thank you** for continuing to partner with us as we collectively engage in our important work.



JAMIE BRUNING-MILES
President and CEO
YMCA of San Francisco



JON EBERLY
Chair, Board of Directors
YMCA of San Francisco

BE **BELONG** **BECOME**

Our YOUTH DEVELOPMENT programs are famous for their one degree of separation.

Either you or someone you know has participated in a YMCA youth program within your lifetime. Our youth programs take place at **over 120 locations** across three counties and extend well beyond traditional sports and summer camps.



EARLY CHILDHOOD EDUCATION



POWER SCHOLARS ACADEMY



BAYVIEW SAFETY SWIM AND SPLASH (BSSS)

OUR YOUTH PROGRAMS



Improve future opportunities



Improve economic mobility & security



Lower crime



Lower rates of substance abuse



Lower rates of homelessness in our communities

Our HEALTH AND WELLNESS programs are renowned.

Whether you like to walk, run, bike, swim, dance, or anything else, we have the right program close to you throughout our 14 branch locations in Marin, San Francisco and San Mateo.



9 FULLY EQUIPPED WELLNESS FACILITIES



6 POOLS & SAUNAS



HUNDREDS OF INDIVIDUAL & GROUP CLASSES

Over the last few years, we have expanded our health and wellness services. This year, we opened a dedicated mental health services branch, to provide more comprehensive mental health programming to our Greater San Francisco community.

Our SOCIAL SERVICES programs have seen the most extensive expansion.

Philosophically, we believe the YMCA of San Francisco has a responsibility to make our community better and healthier.



FOOD PANTRY



ALTERNATIVE EDUCATION



FAMILY RESOURCE CENTERS (FRC)

We deliver services that feed hungry individuals of all ages, connect community members to stable housing, provide meaningful workforce development skills and job placement, improve pathways to graduation, and many, many other services.

THE EDWIN & MARGARET LEE TUNG LOK EARLY CHILDHOOD LEARNING CENTER GRAND OPENING

A CHILD'S KINDERGARTEN READINESS IS A CRITICAL DETERMINANT IN FUTURE EDUCATIONAL SUCCESS.

Chinatown residents often face many challenges to getting their children ready to succeed in school, including the cost and availability of preschool.



Across San Francisco, the **average** annual cost for preschool is **\$26,000**



33% of Chinatown's residents live **below** the **\$30,000** Federal Poverty Level

The Chinatown YMCA tackled these challenges head-on.

In partnership with The John Stewart Company and BRIDGE Housing Corporation and a generous donation from the Edwin and Margaret Lee Foundation, the Chinatown Y opened the **Edwin & Margaret Lee Tung Lok Early Childhood Learning Center**.



4 CLASSROOMS DIVIDED BY AGE GROUP SERVING CHILDREN FROM 3 MONTHS UP TO 5 YEARS OF AGE



AN AMAZING TEAM OF 10 ECE-ACCREDITED PROFESSIONALS SPEAKING ENGLISH, CANTONESE, MANDARIN AND SPANISH



ABILITY TO SERVE 57 CHILDREN AND THEIR FAMILIES



A PHILOSOPHY OF "PRESCHOOL FOR ALL" WITH FINANCIAL ASSISTANCE AVAILABLE TO ALL ELIGIBLE RESIDENTS (AN AVERAGE REDUCTION OF \$4,900 ANNUALLY)

In its first year of operation, 49 children, who would not otherwise have had the opportunity, received daily supportive care and education.

85%

HAVE THE LITERACY AND LEARNING SKILLS DEEMED NECESSARY FOR KINDERGARTEN ENTRY

86%

DEMONSTRATE COMPREHENSION OF AGE-APPROPRIATE TEXT

90%

DEMONSTRATE THE EMERGENT WRITING SKILLS NECESSARY FOR KINDERGARTEN

89%

HAVE THE MATH SKILLS NECESSARY FOR KINDERGARTEN ENTRY

EARLY CHILDHOOD EDUCATION PROGRAMS IMPACT

The **Edwin & Margaret Lee Tung Lok Early Childhood Learning Center** is just **one of six** YMCA of San Francisco Early Childhood Education Centers.



Over the last year, nearly **550 future leaders** participated in our program, realizing similar developmental results across all centers.

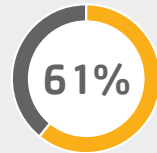
POWER SCHOLARS ACADEMY

RESEARCH SHOWS THAT ECONOMICALLY DISADVANTAGED YOUTH ENTER EACH NEW SCHOOL YEAR AT AN ACADEMIC DEFICIT OF 2 MONTHS FROM THE PREVIOUS YEAR.

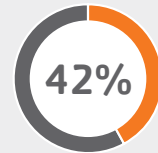
By fifth grade, summer learning loss typically leaves these students 2.5 to 3 years behind more affluent peers, and the results are alarming:



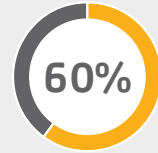
K-8 students in San Francisco Unified School District (SFUSD) are considered economically disadvantaged



SFUSD students are not meeting state ELA/literacy and math standards



K-8 students in San Mateo County School Districts are economically disadvantaged



San Mateo County students are not meeting state ELA/literacy and math standards

To tackle this challenge, the **Power Scholars Academy** was created. The YMCA of San Francisco pulled together a network of diverse partnerships, including:

- BellXcel
- Belmont-Redwood Shores School District
- San Francisco Unified School District
- Biden Institute at University of Delaware
- Jefferson Elementary School District
- University of San Francisco
- San Bruno Park School District
- KIPP Schools

Generous donations from the Koret Foundation, supporting school districts, private donors and grant funding from SF Department of Children Youth & their Families allow us to fund our annual 6-week summer learning program for economically disadvantaged students from Pre-K through rising 9th graders.



PROVIDED TO STUDENTS AT NO COST



DAILY INSTRUCTION BY CERTIFIED TEACHERS, FOCUSED ON MATH AND READING COMPREHENSION



FAMILIES ENGAGED AS PARTNERS IN THEIR SCHOLAR'S LEARNING



WEEKLY FIELD TRIPS EXPOSE CHILDREN TO LEARNING OUTSIDE THE CLASSROOM



Power Scholars Academy mitigates the impact of out-of-school time (OST) learning loss.



Each student received instruction for up to **90** hours



1,164 youth participated in this program in 2023, a 15% increase over 2022

Power Scholars, on average, experienced 1.5 months of academic growth in Reading and 2.5 months in Math, reversing the expected 2-month loss in typical summer learning by 3 months.

YOUTH DEVELOPMENT PROGRAMS IMPACT

Power Scholars Academy is just one of the many YMCA of San Francisco Youth Development programs focused on



IMPROVING ACADEMIC ENGAGEMENT



ENABLING A CLEAR PATH TO GRADUATION

This year, our Youth Development programs helped over **10,000 youth** discover the resources, personal strengths and relationships that will help them close achievement gaps and move on to positive adult futures.

REACH & RISE® MENTORING

IN A RECENT SURVEY, 56% OF SAN FRANCISCO 9th AND 10th GRADERS REPORTED NOT HAVING A CARING ADULT RELATIONSHIP.

Youth who do not have a positive role model are often predisposed to:

LOW SELF-ESTEEM

PEER CONFLICTS

POOR ACADEMIC PROGRESS

leading to higher risk of:

DROPPING OUT OF SCHOOL

SUBSTANCE USE AND ABUSE

ENTERING THE JUVENILE JUSTICE SYSTEM

In response, the YMCA of San Francisco founded the REACH & RISE® program in 1992 identifying, training and matching caring adult mentors to at-risk youth.

Since then, with funding from the Office of Juvenile Justice and Delinquency Prevention (OJJDP) and generous donors, the program operation has expanded to twelve states.



CARING ADULTS TRAINED AT LEAST 18 HOURS IN THERAPEUTIC MENTORING VASTLY EXPANDING SKILLED ROLE MODEL AVAILABILITY



REFERRED CHILDREN AGED 6 TO 17 BUILD SAFE AND HEALTHY ADULT RELATIONSHIPS THROUGH WEEKLY ONE-ON-ONE OR GROUP MENTORING SESSIONS FREE OF CHARGE



YMCA OF SAN FRANCISCO PROGRAM DIRECTORS PROVIDE MONTHLY CASE MANAGEMENT AS WELL AS ONGOING MENTOR, FAMILY AND YOUTH SUPPORT

A five-year randomized control trial showed that REACH & RISE® mentored youth have been impacted meaningfully.

15,000

YOUTH HAVE RECEIVED SUPPORT NATIONALLY SINCE 2009

2.3x

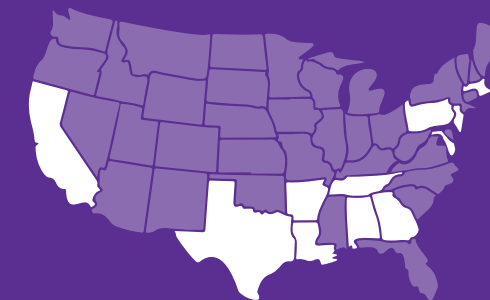
LESS LIKELY TO BE INVOLVED IN JUVENILE DELINQUENT BEHAVIORS

2x

LESS LIKELY TO USE SUBSTANCES BY DEVELOPING ALTERNATIVE COPING SKILLS

MENTORING PROGRAMS IMPACT

2022 was the 30th anniversary of the Reach & Rise® Program.



Under the leadership of the YMCA of San Francisco, the program has expanded throughout the United States. This year, 1,400 youth experienced therapeutic mentoring.

BAYVIEW SAFETY SWIM & SPLASH

DROWNING IS THE LEADING CAUSE OF ACCIDENTAL DEATH IN CHILDREN ONE TO FOUR YEARS OF AGE IN THE UNITED STATES.

The fatal drowning rate of children identifying as black, indigenous and people of color (BIPOC) is **five times more** than Caucasian children.

When a parent does not know how to swim, there is only a **19% chance** that a child in their household will learn to swim.

It is the YMCA of San Francisco's (YSF) view that **drowning can be prevented**. YSF is using the **Bayview Safety Swim & Splash (BSSS) Program** as a model for future programming on how to reach communities most in need of swim lessons and aquatics safety.

In 2022, in response to community, we started a five-year partnership with San Francisco Recreation and Parks Department, supported by Amazon and generous private donors, as part of the India Basin Waterfront Park Initiative.



FREE SWIM LESSONS AND WATER SAFETY EDUCATION FOR K-8TH GRADE CHILDREN WHO LIVE OR GO TO SCHOOL IN BAYVIEW HUNTERS POINT



OPERATES OUT OF THE MARTIN LUTHER KING JR. POOL IN THE BAYVIEW HUNTERS POINT NEIGHBORHOOD



PROGRAM PARTICIPANTS ARE PROVIDED WITH FREE SWIMSUITS, TOWELS, GOGGLES AND OTHER NECESSARY EQUIPMENT



SWIM INSTRUCTORS ARE PROVIDED BY BOTH THE YMCA OF SAN FRANCISCO AND SAN FRANCISCO RECREATION AND PARKS DEPARTMENT

Since its launch in 2022, the Bayview Safety Swim & Splash (BSSS) program has helped 310 youth become comfortable and confident in the water gaining important skills such as:



SWIM



FLOAT



BREATHE

& GET TO SAFETY IF NEEDED

Our goal is to scale to serve 6,000 youth over the next 5 years.

SAFETY AROUND WATER PROGRAMS IMPACT

BSSS is just one of the many YMCA of San Francisco Safety Around Water programs.



This year, over **4,000 local youth** participated in our water safety programs, opening a world of possibilities for youth to satisfy their curiosity around water safety.

WHOLE PERSON HEALTH

The Greater San Francisco population is aging, and therefore, experiencing accelerated physical and mental health declines. The current strain on our public healthcare system is reaching a breaking point, because the 45 and older age segment of the San Francisco population will nearly double by 2030.



1 person dies every **33 seconds** due to cardiovascular disease



46% of California residents have prediabetes symptoms



10% of U.S. adults ages 65 and older have dementia, while another **22%** have mild cognitive impairment.



Nearly **one-fourth** of adults aged 65 and older are socially isolated

Recognizing many opportunities to positively affect these trends, the YMCA of San Francisco endeavored to improve its members' "whole health" including physical, mental and emotional well-being. Ten years ago, we began partnering with local healthcare providers, university researchers and YMCA of the USA, to create and deliver evidence-based wellness programs focused on chronic disease prevention.

DIABETES PREVENTION PROGRAM (DPP)

The YMCA is the country's largest in-person provider of Diabetes Prevention Programs. Over the last 10 years, the YMCA of San Francisco has supported over 100 different Diabetes Prevention Cohorts and positively improved the health and reduced the risk of diabetes in over 1,000 people. On average, after completing one-year of Diabetes Prevention Programming, participants experience:



4% OF TOTAL
BODY WEIGHT LOSS



106 ACTIVITY MINUTES
PER WEEK

BRAIN HEALTH PROGRAM

This year, we partnered with **Posit Science**, the creators of the **BrainHQ brain training program**, brain health experts at **UCSF, US Against Alzheimer's**, and the **National Institute on Aging** to deliver the Brain Health Program - a behavioral modification program aimed at improving brain health and cognitive functioning in a community group setting.

THE RESULTS FROM OUR FIRST BRAIN HEALTH PROGRAM COHORT SURPASSED OUR EXPECTATIONS!



40 PEOPLE PARTICIPATED, CONTINUE TO MEET FOR LUNCH, AND EXERCISE AND WALK TOGETHER



100% PROGRAM RETENTION



100% REPORT REDUCED ANXIETY DUE TO THE FEAR OF DEMENTIA



HEALTH & WELLNESS PROGRAM IMPACT

Our Whole Health Initiatives are examples of our many Health and Wellness programs.



This year, nearly **33,500 community members** participated in Health & Wellness programming at the YMCA of San Francisco.

CAMP JONES GULCH YMCA

CAMP JONES GULCH HAS BEEN THE HOME TO YMCA OF SAN FRANCISCO'S ENVIRONMENTAL EDUCATION & CLIMATE JUSTICE PROGRAMS FOR THE LAST 80 YEARS.

It provides the perfect environment for people of all ages to learn about the natural world around them, especially the vital role of the old-growth California redwood grove in which camp is located, including:



California's redwood forests filter trillions of gallons of water, providing clean and sustainable drinking water



Mature redwoods are highly resistant to decay, even dead and fallen trees will store carbon for centuries



Our mature coastal redwood forest is a forest that can withstand most wildfires

This year, we committed to a partnership with the Sempervirens Fund.

To permanently protect Camp Jones Gulch's 928 acres of inspiring and vital forest, creeks, and habitat from outside logging and development, Sempervirens purchased a conservation easement for **\$9.625 million**.

The relationship provides both preservation of Camp Jones Gulch and its surrounding old growth redwood grove in perpetuity.



THE PARTNERSHIP ENABLES US TO INCREASE OUR VISITORSHIP FROM 12,000 TO 18,000 PEOPLE INCLUDING: SAN MATEO COUNTY SCHOOLS STUDENTS, FAMILIES, CORPORATE RETREATS AND PRIVATE GROUPS



UPGRADED BATHROOMS, WALKWAYS AND BOARDWALKS THROUGH THE FOREST WILL MAKE THE CAMP ADA COMPLIANT AND PROVIDE GREATER TRAIL ACCESSIBILITY



ELECTRICAL INFRASTRUCTURE IS BEING PLACED UNDERGROUND TO AID IN FIRE PREVENTION



SOLAR PANELING IS BEING INSTALLED TO PRIORITIZE RENEWABLE ENERGY SOURCES AND REDUCE ENERGY COST

A conservation easement and partnership with Sempervirens and the YMCA will ensure perpetual monitoring and implementation of a Stewardship Plan to:



Enhance and restore forest health



Reduce the threat of wildfire



Promote climate resiliency across multiple wildlife habitats

The deep investment of these partnerships makes it possible to work on envisioning the future sustainability of camp and the property for the next 80 years.

ENVIRONMENTAL EDUCATION AND CLIMATE JUSTICE PROGRAMS IMPACT

Camp Jones Gulch is just one of several different YMCA of San Francisco Environmental Education and Climate Justice programs, including Bold & Gold and Y Rangers.

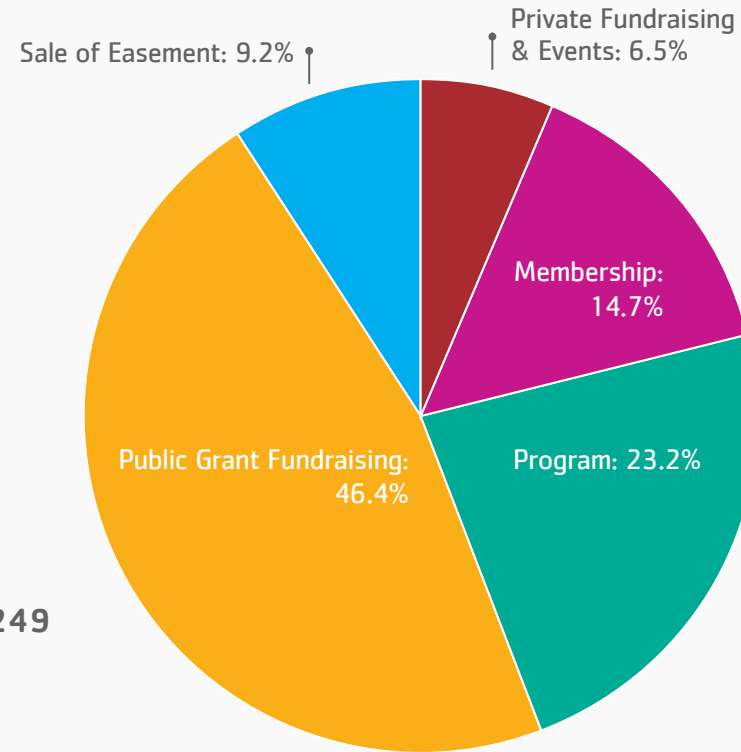


This year, over **12,400 people** of all ages participated in Outdoor Enrichment opportunities to build healthy habits and meaningful connections to nature.

FINANCIAL REPORT

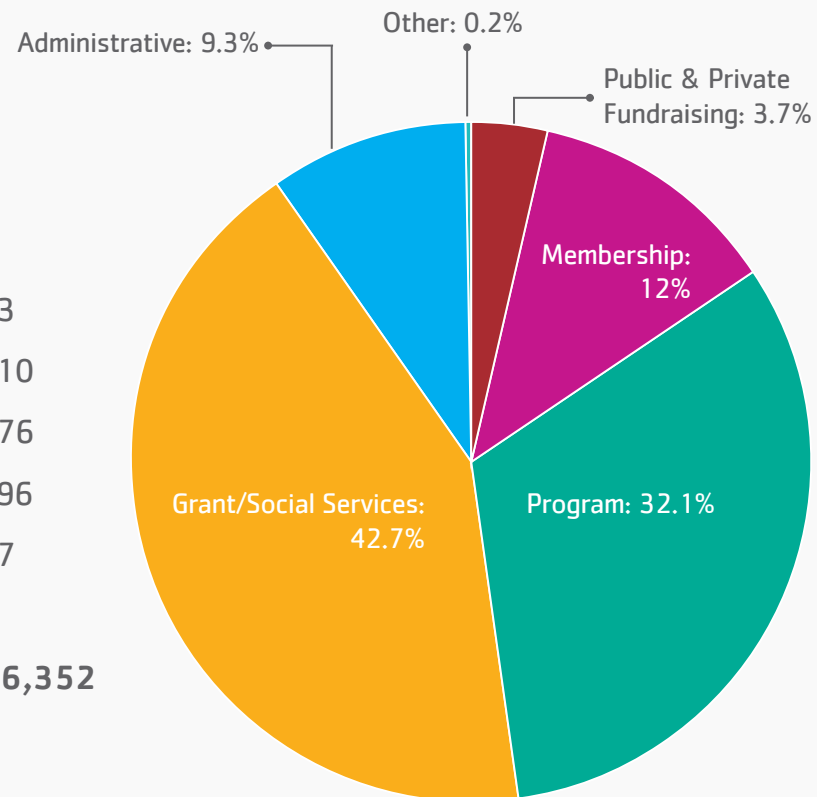
REVENUE

Private Fundraising & Events	6,881,667
Public Grant Fundraising	48,773,167
Membership	15,417,199
Program	24,319,216
Sale of Easement	9,626,000
*TOTAL	\$105,017,249



EXPENSES

Public & Private Fundraising	3,839,973
Grant/Social Services	43,752,110
Membership	12,288,676
Program	32,942,196
Administrative	9,512,127
Other	241,270
*TOTAL	\$102,576,352



* Unaudited financials

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HEIDI BORUSZEWSKI

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