



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA OF SAN FRANCISCO
Here For Good.

IMPACT REPORT 2020-2021

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A NOTE FROM JAMIE

Dear Y Family, Friends, and Partners,

I am honored and humbled by the hopeful stories of success and triumph, which demonstrate the impact of our community support over the last year. Despite the tremendous uncertainty our community faced, I am elated by the amount of good, the amount of generosity, the amount of care each of you demonstrated daily throughout our communities. Only because of you can we proudly say that we are indeed “Here for Good.”

Thanks to all our volunteers, board members, and an incredible staff who came together when we were in need the most. This report will not capture every moment we have shared, but will uplift some highlights from our collective impact, which demonstrate our ability to meet emerging community needs.

I am beyond proud to say the YMCA of San Francisco played a crucial role in supporting our neighbors to ensure the health and safety of our community. When asked to meet an emerging need, not only did we do it, but we gave it our all to ensure our youth and families had the support they needed during a critical time. Our Y’s met emerging community needs through mental health counseling, food pantries, Community Learning Hubs, virtual wellness, youth activities, conferring high school diplomas, active older adult outreach, and so much more. Our resources became our strength, and our ability to adapt to meet needs became the driver of our impact.

As I reflect on this year, I celebrate the joy, connection, and hopefulness that I witnessed through letters we received, personal testimonies, and stories shared by our staff as we sought to be the “Epicenter of Stability” in such an unstable time. Here are a few of many examples;

- I am joyful for the family that was able to continue working to put food on the table, a roof over their family’s heads, and stay healthy because of having a safe space to send their children when schools were closed.
- I am joyful for the older adult who stayed safely connected to friends through virtual meetups and wellness classes.
- I am joyful for the young person who emerged, with the help of mental health professionals, from the dark space of their mind and began to experience their world in a new positive light.
- I am joyful for the Y staff who put their blood, sweat, and tears into meeting the needs of the children, adults, and families they serve.

I am joyful and hopeful for the year ahead and the opportunity to imagine a better future for all. Together, I truly believe we will make better futures a reality as we work collectively so the Y can be “Here for Good.”

In Community,

Jamie Bruning-Miles, President and CEO
YMCA OF SAN FRANCISCO

The YMCA of San Francisco strengthens community through youth development, healthy living, and social responsibility.

The Y is unlike any other organization in its ability to deliver comprehensive support to all ages at all points of life. From early childhood, through school years, into early employment, throughout adulthood and beyond, the Y ensures that everyone has the opportunity to reach their fullest potential and thrive with dignity.

Where there is a need,
the Y sees potential.

Driven by our shared vision of possibility, the Y partners with individuals, families, businesses and communities to provide equitable access to the programs, services and supports that lead to better futures for youth, families, seniors and our entire community.





OUR IMPACT

YOUTH DEVELOPMENT

CREATING OPPORTUNITIES FOR YOUTH

Every young person develops the capabilities needed to become economically productive, cultivate sustainable livelihoods, contribute to a peaceful and democratic society, and maintain their individual wellbeing.

[READ ABOUT OUR COMMUNITY LEARNING HUBS ON PAGE 4](#)

“Helping others know there are options
—it’s a beautiful feeling.”

—Veronica, Differential Response Liaison

HEALTHY LIVING

WELLBEING AT EVERY AGE

Everyone, at every age, receives the supports needed to live productive, healthy and empowered lives.

[READ ABOUT OUR DIABETES PREVENTION PROGRAM ON PAGE 6](#)

SOCIAL RESPONSIBILITY

BUILDING EQUITY WITH OUR COMMUNITIES

Everyone has access to opportunities that combat social inequality, heal wounds caused by ideological polarization, and alleviate the effects of growing economic divides.

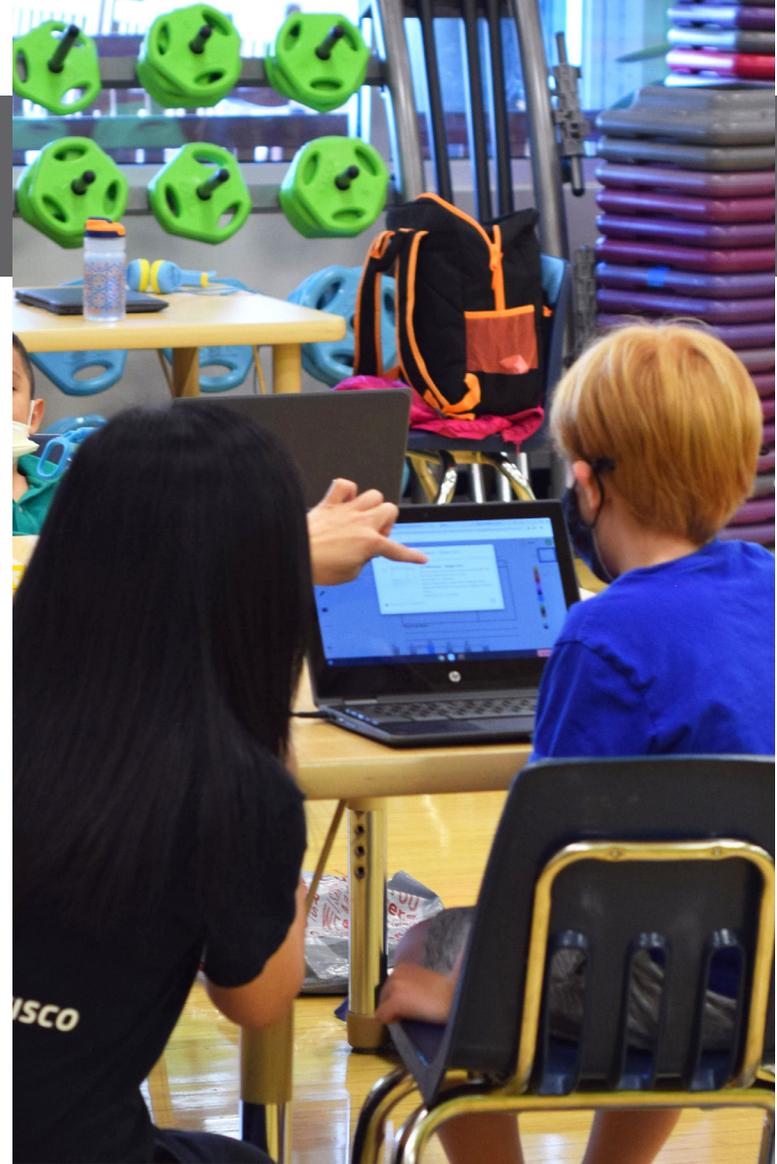
[READ ABOUT OUR SERVICE CONNECTOR PROGRAM ON PAGE 8](#)

COMMUNITY LEARNING HUBS

When schools closed their doors during the pandemic many vulnerable youth and families were thrust into crisis. The YMCA stepped in with other community partners to create safe healthy spaces for school-aged youth to participate in virtual learning and be active with other youth and caring adults.

For decades, the Y has been one of the largest Bay Area providers of high-quality childcare and afterschool programming. When there was a need for our most vulnerable youth to have safe spaces to learn, the Y used its expertise to create small learning hubs to accommodate them.

The YMCA partnered with local school districts and counties to provide emergency childcare and summer camp to essential workers as well as distance learning support in the form of Community Learning Hubs. This gave hundreds of families peace of mind that their children were safe and cared for so they could continue working to put food on the table and keep a roof over their heads.



70% of our most vulnerable youth are at risk of not graduating.

In Marin, San Francisco, and San Mateo Counties, 73,000 of 200,000 students attending public schools are socio-economically disadvantaged. 70% of these low-income students have not met English or Math proficiency standards.



As the Y seeks to build a more equitable Bay Area, our academic support solutions use a critical two-generation strategy to ensure that parents can stay in the labor force and build wealth over a lifetime while their children receive support to stay on track with their education.

Community Learning Hub Success Story

My name is Erika, I am the mother of Hudson. I am an Emergency Room Nurse, who is also a full-time single mom. My 75 and 79 year old parents were my main after school providers. Unfortunately, in February my father suffered a stroke. Hudson, who is 6, had to start going to after school care which was a very big change for him. When everything began to shut down I had no idea what I was going to do. In the early weeks of the shutdown I was paying over \$900 a week for private childcare because I needed it as I was fortunate to continue to work. Hudson was crying himself to sleep because he missed his friends and school.

The Pop-Up YKids care gave Hudson a sense of normalcy. It also gave me a sense of calm, knowing that he was happy and safe. Having him there made me able to go in and do my job in the emergency room fully focused. Your counselors are great. They go above and beyond for the kids. I just wanted to say thank you. I truly would not know what I would have done without it!!!

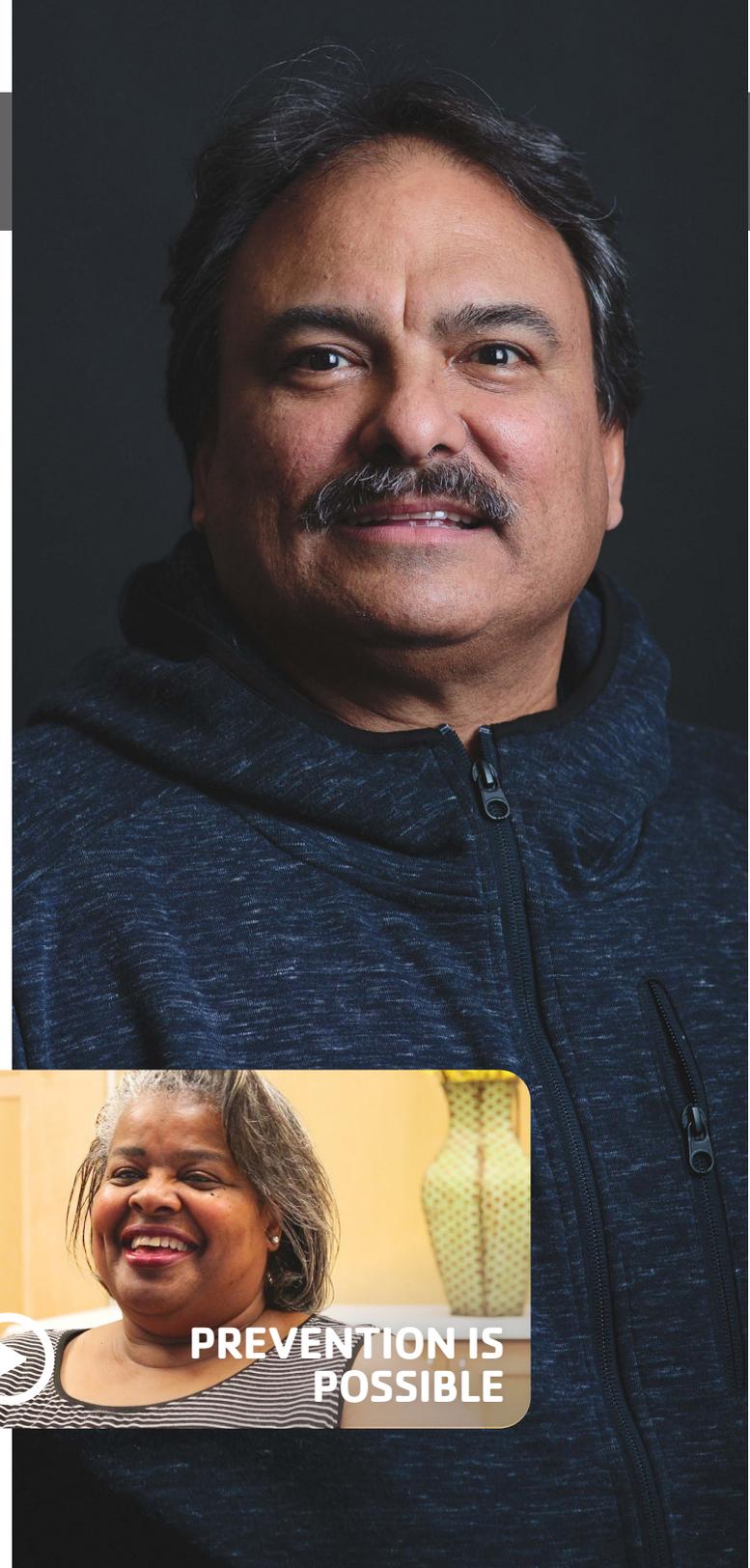
DIABETES PREVENTION PROGRAM (DPP)

As the nation's leading non-profit in healthy living, we support healthy eating and physical activity for thousands of youth, adults, and seniors every day. Our Diabetes Prevention Program is a one-year lifestyle modification program designed for adults who are overweight and at high risk for type 2 diabetes. The evidence-based program supports participants to reach a healthier weight and achieve an active lifestyle to reduce diabetes risk.

The Y delivers a CDC-approved curriculum and is part of the National Diabetes Prevention Program (NDPP). It is the largest in-person provider in the United States.

Lifestyle changes such as getting regular physical activity, eating a variety of foods that are low in fat maintaining an adequate calorie intake, and losing a modest amount of weight can cut diabetes risk and lead to a healthier way of life. The YMCA's Diabetes Prevention Program is proving to be a model that helps people achieve these changes.

People have struggled in many ways over the last year. The DPP program continued virtually giving people a way to regain their health and a sense of normalcy in a very uncertain time.



Recent research shows 46% of California residents have prediabetes.

The good news is that prediabetes may be reversible, and type 2 diabetes may be preventable, with simple lifestyle changes such as healthier eating, regular physical activity and maintaining a healthy weight.



Vanda, YSF Diabetes Prevention Program Participant

Diabetes Prevention Program Success Story

I come from a big family surrounded by diabetes. I've lived my whole life hearing about it and have tried to avoid it by living in a healthy way. Last year I went to my doctor because I wasn't feeling well. At that visit I learned I had high blood pressure and prediabetes. I was scared and surprised because in my mind I had always taken care with my health, controlling everything that I eat.

After talking to the primary doctor, I was interviewed by a nutritionist who explained the benefit of eating a diet based in more fruits and vegetables and limiting sugar and fat. She mentioned the YMCA's Diabetes Prevention Program and a few weeks later I received a phone call from the YMCA staff inviting me to join the program.

Since then, I have been making complete changes to my lifestyle. I'm learning about calories, fat grams, and how to measure my foods to control portions. Plus, I get a YMCA membership to meet my physical activity goals. It has been a very positive impact on my life.

In these meetings, we talk about diet and being more active, and we track our food weekly. Every week I learn something different that helps me on my new journey. I'm losing weight in a healthy way without sacrifice or any crazy diet. And being more active makes me feel more energetic and able to do things I haven't done before. I'm proud about my results and very thankful to the YMCA staff who are helping me change my lifestyle and take diabetes away from my life.

- Vanda, YSF DPP Participant

SERVICE CONNECTOR

Service Connectors offer comprehensive services to low-income adults in San Francisco to address their individual needs. We work collaboratively with community members to create service plans that allow them to reach their goals in employment, education, housing stability, and financial planning. The Service Connector team also provides crisis interventions and support to help lift families out of poverty. Services are provided at four office locations in San Francisco.

In 2020 Service Connectors helped 318 individuals and families find and keep their homes.

The YMCA of San Francisco Service Connector Program focuses on strengthening individuals and families residing within the Potrero Hill, Western Addition and Oceanview, Merced Heights, Ingleside (OMI) communities. The program emphasizes housing stability, economic mobility, job readiness, education, health outcomes, and safety, education, government/civil service, and nonprofit administration.



Ending the cycle of poverty by creating access to basic needs, education and employment.

Working with 318 enrolled clients, Service Connectors helped people achieve 519 goals in the areas of employment, continuing education, financial literacy, and housing.



Aileen Ng, YMCA Service Connector, Family Advocate

The greatest area of impact was in housing. Service connectors helped families with affordable housing applications and assisted with affordable housing denials by initiating and supporting clients through the appeal process. Services also provided eviction prevention, and/or entering repayment plans.

A Letter from a Service Connector Client

Dear Respectful YMCA,

No matter how elegant words are, none can express my gratitude to the YMCA. I would like to express my infinite gratefulness to all the staff helping me to bridge over the troubled water.

Six months ago, I was at the bottom of my life. I had never had that many problems and difficulties come to me together. Ignoring brotherhood, my brother-in-law had used various tricks to force both our family and his elder sister's family to leave his house.

In today's San Francisco, where rent is expensive, it is an additional burden to a low-income family. Everyday life has already been unable to make ends meet. All of a sudden, I was unable to accept (the reality of being abruptly forced out). Being so severely hurt, I ended up seeing a psychiatrist; I depended on sleeping pills to fall asleep. Just when both my mind and body could no longer stand, a social worker in Chinatown suggested that I go to YMCA and give it a try.

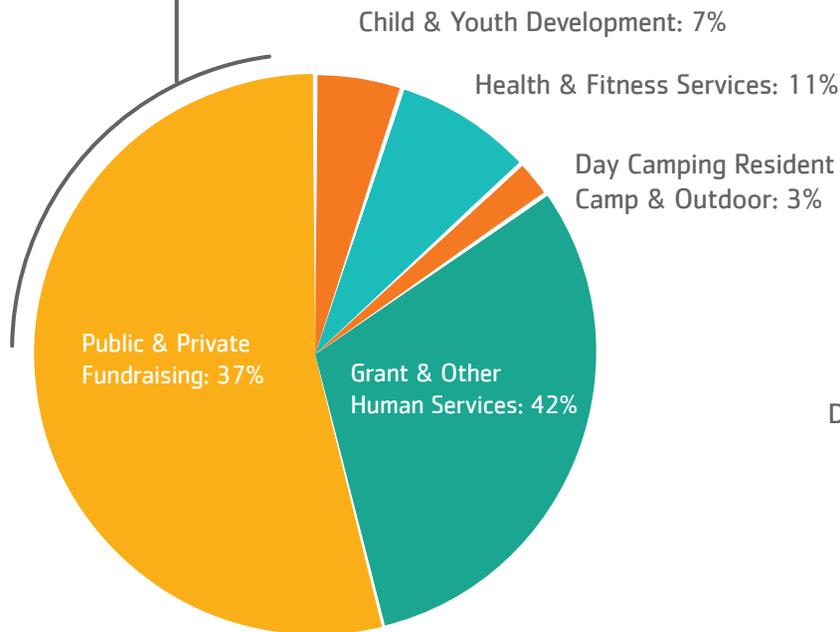
I met with a YMCA social worker (referred to Service Connector Aileen Ng) in a low and disappointed mood because I had visited so many institutions and ended up empty. Unexpectedly, YMCA used its expertise in assisting me to apply for different programs where could provide me with financial aids. From the government, I received \$6,000 financial assistance which helped me solve all kinds of difficulties in life and regain the happy laughter in our family.

I cannot imagine how I could face and solve all kinds of problems by myself without the enthusiastic help from the YMCA staff. Therefore, I sincerely thank YMCA and the staff, which had assisted me, and give them my endless blessings. In particular, I sincerely express my appreciation for Aileen Ng's enthusiastic assistance. Thank you.

Sincerely,
Signed Mrs. Cheng

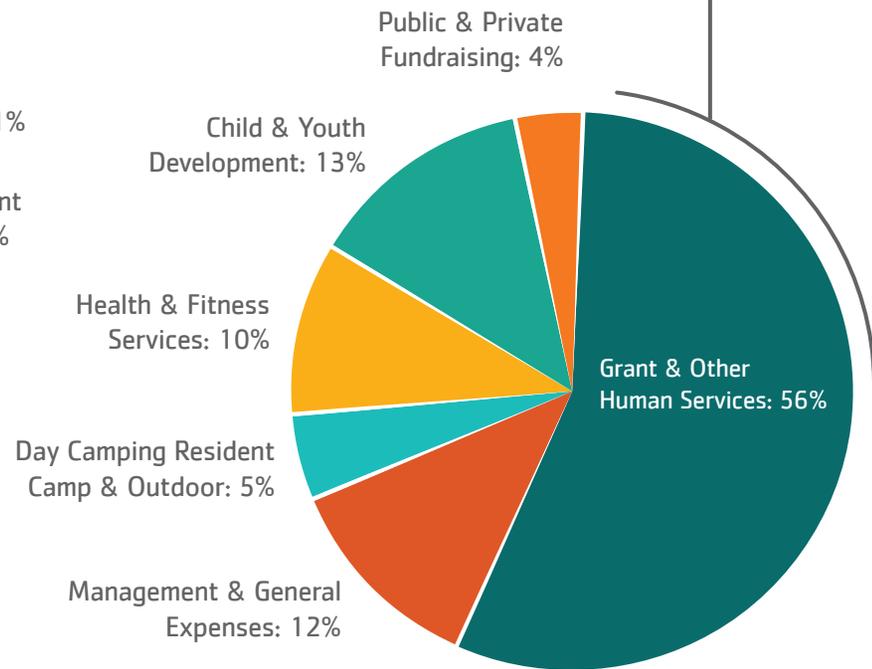
2020-2021 INCOME

\$5,703,410	Child and Youth Development
\$8,985,761	Health and Fitness Services
\$2,488,634	Day Camping Resident Camp and Outdoor
\$35,129,404	Grant and Other Human Services
\$30,777,111	Public and Private Fundraising*
\$83,084,320	TOTAL



2020-2021 EXPENSES

Child and Youth Development	\$9,379,082
Health and Fitness Services	\$6,818,995
Day Camping Resident Camp and Outdoor	\$3,472,491
Grant and Other Human Services	\$39,008,701
Public and Private Fundraising	\$2,782,490
Management and General Expenses	\$8,446,398
TOTAL	\$69,908,157



* Due to the generosity of our donors and philanthropist Mackenzie Scott who made a significant gift this past year, we are well positioned to sustain community impact programs into the coming year.



1,991

Students received the essential academic support they needed during the pandemic.

239

People lowered their risk of getting diabetes through our Diabetes Prevention Program this year.

6,071

Hours of case management/ family advocacy support provided to families.





For questions or more information, contact YMCA of San Francisco development@ymcasf.org.

Here For Good.
YMCA OF SAN FRANCISCO
ymcasf.org/give



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