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.

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

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.