



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTHENING COMMUNITY

YMCA OF GREATER HOUSTON
2022 ANNUAL IMPACT REPORT



OUR MISSION:

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

VISION

The Y is committed to partnering with families, young people and seniors to create **stronger communities** for us all.

We envision a future in which **all people** – no matter who they are or where they come from – get the support they need, when they need it, to reach their **full potential**.

As a result of YMCA membership and programs elevating the degree of **connectedness, belonging, and achievement** experienced by residents of the Greater Houston region, a community transformation will occur resulting in **empowered youth, healthier families, and more inclusive communities**.

A NOTE FROM OUR PRESIDENT



While contemplating the events of the past four years, I am inspired by what we have endured, how resilient we have been, and how much there is to be hopeful about. I am even more inspired by how our donors and partners have shown up for the community and the Y, who they were for us when we needed them the most, and who they continue to be as we provide stability for our staff, members, and community.

2022 was an impactful year with more than 320,000 people served. The YMCA is not just a place, but a purpose. Today and tomorrow, we are transforming to unify communities and to provide opportunities for all. It is through our unity that our light will shine the brightest ensuring that we live into our promise to strengthen the foundations of our community. Getting better is not just for those who are in trouble, it is a mandate for all of us who wish to maximize our impact. The Y is a place and a purpose to maximize impact.

With a community of more than 7 million people in reach, we believe we can be a vessel to unite families, friends, and neighbors.

Thank you for being a vital part of this effort.

A handwritten signature in black ink, reading "Stephen Ives". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Stephen Ives | President & CEO

IN YOUR COMMUNITY



MEMBERSHIP CENTERS

1. ALIEF FAMILY YMCA
2. BRENDA AND JOHN DUNCAN YMCA
3. D. BRADLEY MCWILLIAMS YMCA
4. FORT BEND FAMILY YMCA
5. HARRIET AND JOE FOSTER FAMILY YMCA
6. HOLCOMB FAMILY YMCA
7. HOUSTON TEXANS YMCA
8. LAKE HOUSTON FAMILY YMCA
9. LANGHAM CREEK FAMILY YMCA
10. MARK A. CHAPMAN YMCA AT KATY MAIN STREET
11. M.D. ANDERSON FAMILY YMCA
12. MONTY BALLARD YMCA AT CINCO RANCH
13. PERRY FAMILY YMCA
14. THE WOODLANDS FAMILY YMCA AT BRANCH CROSSING
15. THE WOODLANDS FAMILY YMCA AT SHADOWBEND
16. TELLEPSSEN FAMILY DOWNTOWN YMCA
17. THELMA LEY ANDERSON FAMILY YMCA
18. TROTTER FAMILY YMCA
19. T.W. DAVIS FAMILY YMCA (reopening plan in progress)
20. VIC COPPINGER FAMILY YMCA
21. WEEKLEY FAMILY YMCA
22. WENDEL D. LEY FAMILY YMCA
23. WEST OREM FAMILY YMCA

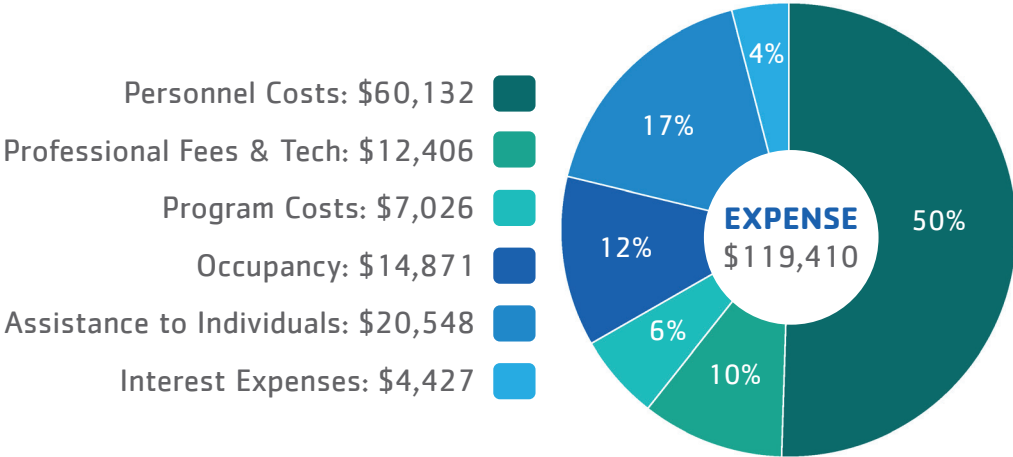
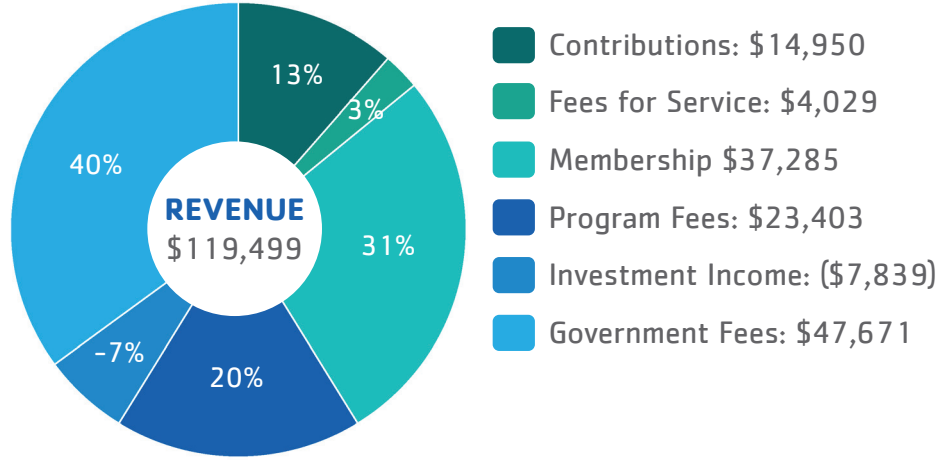
PROGRAM SITES

24. CONNECT YMCA
25. ALDINE-GREENSPPOINT FAMILY YMCA
26. BAYTOWN FAMILY YMCA
27. CAMP CINCO
28. CONROE FAMILY YMCA
29. YMCA CAMP CULLEN
30. YMCA OF GREATER HOUSTON ADMINISTRATIVE OFFICE
31. YMCA INTERNATIONAL SERVICES
32. YMCA INTERNATIONAL SERVICES
33. YMCA INTERNATIONAL SERVICES



Thanks to the commitment and generosity of so many, 2022 was an impactful year.

2022 BUDGET ACTUALS (unaudited)



ALMOST \$62MM IN 2022 PUBLIC/PRIVATE SUPPORT

- Capital Projects \$3,459,000
- Program Support / Financial Assistance \$8,439,000
- Endowment Contributions \$821,000
- United Way \$2,053,000
- Government Grants & Other Support \$47,671,000

YMCA OF GREATER HOUSTON AT A GLANCE

For over 135 years, the YMCA has created inclusive communities to ensure that everyone has equal opportunity.

The YMCA of Greater Houston is the 4th largest YMCA in the country with an expansive 10,000 square mile service area that spans 11 counties.

- 22 Membership centers
- 1 Overnight camp
- 4 Adaptive sites
- 39 Outreach sites
- 212 After-school and early care sites
- 3,000+ Staff and over 300 board members
- 2,267 Volunteers who donated 394,910 hours of service
- 5,200 Donors who were inspired by our community and our work

Our donors, staff and volunteers are an integral part of creating connection in community.

OUR YMCA FAMILY

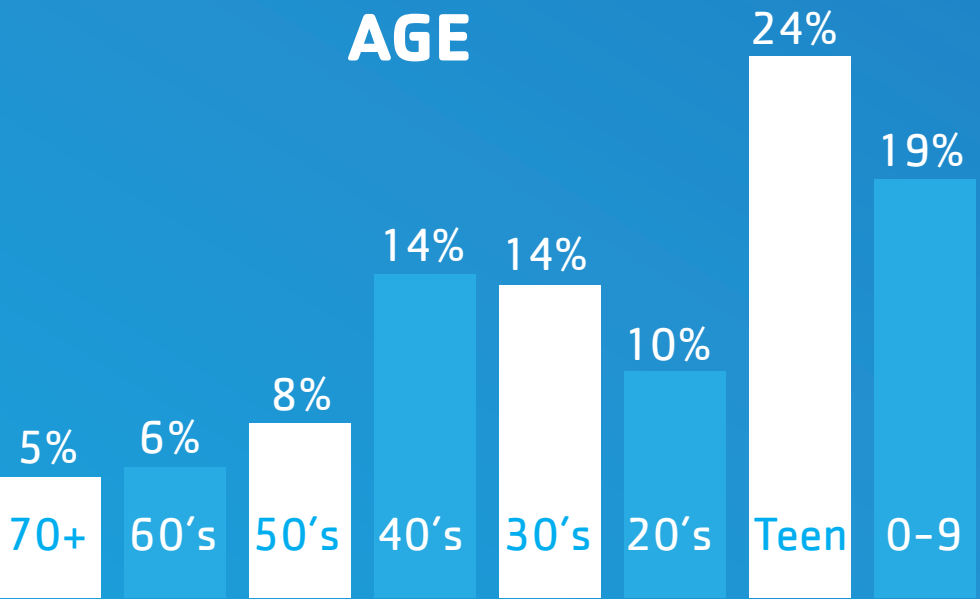
320,000 people served

160,000 people were members of the YMCA in 2022 with a goal of 175K by 2024

GENDER



AGE



INCLUSIVE COMMUNITIES



600

youth and adults
served through
Adaptive Programs

IMPACT IN ACTION:

Our daughter Emily was diagnosed with Autism at the age of three. When she was younger, we had a difficult time finding any type of team sport that she could participate in. Then, I read about The Miracle League in a newspaper article and contacted the Y. Little did I know how much that phone call would change our lives. At first, Emily was shy and very hesitant to even leave the dugout. As she became more comfortable, she was invited to sing the national anthem before the game, and her life changed forever. Her self-confidence grew immensely and she was blossoming right before our eyes. She was ultimately invited to sing the national anthem at a Houston Astros game, which was one of the biggest highlights of her life. Before The Miracle League, her world was very small and limited. After, her self-confidence grew such that she was able to feel more comfortable and confident in a world that is not always kind to people who are different. One thing we know for sure, she wouldn't be the person she is today without The Miracle League and all of the wonderful volunteers that make this program such a bright light in a sometimes dark world. For that, we will always be eternally grateful.

- David and Sharon

The YMCA is committed to meeting community needs, filling gaps and helping all people to learn, grow and thrive.

Communities are stronger when we all have the opportunity to succeed. We strive to serve all segments of society, build bridges between communities, and advance inclusion **FOR ALL.**

In communities across the Greater Houston area, we mobilize local efforts to bring about lasting and meaningful impact. **YMCA International Services** helps newcomers restore hope, build stability, create opportunity and change futures.

- Immigration Legal Services provided detailed legal consultations to **over 13,000 community members** representing individuals in applications for asylums, work permits, permanent residence, and other forms of humanitarian assistance.
- The Post Release Service Program served **884 unaccompanied children** with case management or home study services ensuring that their physical, cognitive, social and emotional needs were met.
- The Trafficked Persons Assistance Program helped **245 survivors** of sex and labor trafficking.

25,000

individuals served through
YMCA International Services

FOR ALL

The Y brings people together, individuals of all ages and backgrounds bridging the gaps, connecting people and building a **stronger community.**

21,866

older adults were members of the YMCA in 2022 participating in a variety of ForeverWell programs

320K

people participated in YMCA programs or membership in 2022

60,000

people served through financial assistance

\$20MM

awarded in financial assistance

IMPACT IN ACTION:

"This is my first time to Camp Cullen and my first trip to camp in my lifetime. I enjoyed the activities. Most of what we did was a first for me and the outing was very interesting. I always thought Camp Cullen was only for kids. Thank you for allowing us this experience. The staff and volunteers at camp were helpful and very friendly. I will surely visit again next time when you organize. Thanks again for all your efforts in making this event a great success."

-YMCA ForeverWell Participant

HEALTHIER FAMILIES

The YMCA is committed to building strong communities by providing resources for families to live their safest and healthiest lives. We assist families in battling chronic diseases and obesity, eliminating the risk of drowning and preventing child abuse. By taking advantage of our deep roots in the community and strong ties to local healthcare providers and other service organizations, the YMCA has the infrastructure to improve the health and safety of our families by providing programs to help prevent or reverse these critical issues.

3,233

participants completed the YMCA Safety Around Water program learning essential skills to stay safe around the water

IMPACT IN ACTION:

"Until a few weeks ago, I was terrified of water and did not know anything about floating and swimming. YMCA's swimming lessons helped me a lot in learning the skills and confidence to be safe in water. I've improved very well since the first day. I enjoy swimming and it eases my mind."

— Habib

15,021

individuals of all ages learned water safety and swim skills in aquatics programs



The YMCA operates Opportunity Centers across the Greater Houston area. We approach opportunities to work with families in the communities we serve with holistic and collaborative intention. With the support of community partners and Y volunteers, Opportunity Centers are able to close the gaps of inequities and bridge access and resources not available to families in their immediate area.

In 2022 our Outreach team:

- Launched an expansion of Y on the Fly to serve 3 counties, Harris, Fort Bend and Montgomery
- Served 411 participants through sports programs in their community
- Continued to serve meals to families in the Houston area distributing 2,587,770 pounds of food

IMPACT IN ACTION:

"I started computer classes about a year ago and it's been great. I like when we work with Tinkercad because we can build many things.

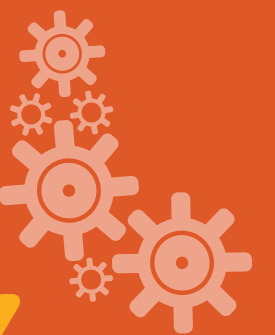
I also like robotics because it's a lot of fun, we do contests and I like to win, and if I lose I keep trying.

Kodable, we do it to make patterns for the game so that the characters can move and beat the game."

- Athziri



Y ON THE FLY



Y On the Fly, mobile makerspace is designed to bring the ideas of coding, robotics, programming, mechanics, and circuitry, along with creative fabrication into every neighborhood. The more children who become exposed to these ideas, and the means to build and create in a stimulating environment, means that we can empower today's children to solve tomorrow's problems. Our module system focuses on different STEAM elements including computer coding and programming, robotics, engineering, mechanics, 3D design and printing, VR/AR, circuitry, machine building, and the interactions between technology and the natural world (solar, wind, hydroelectric, and other sustainable technologies).

EMPOWERED YOUTH

We believe that ALL children and teens have potential. Thanks to the YMCA, more young people are taking a greater interest in learning and making smart life choices. Working with caring Y staff, children and teens are able to realize their potential by improving their educational readiness and closing achievement gaps. By building confident kids today, the Y is helping to assure that they will become contributing and engaged adults tomorrow.

60,000+
teen members

found a place to belong at the YMCA through programs and services that emphasize youth voice, youth engagement and youth leadership while having fun and establishing positive friendships that last a lifetime.

StrongHER:

StrongHER is a program designed for young ladies ages 13-18. It helps to cultivate healthy relationships between teen girls, their healthy eating and physical activity as well leadership development. The 4-week program includes healthy relationship food journaling, setting fitness goals, body positivity and celebrating the body diversity of women.

IMPACT IN ACTION:

"I really enjoyed StrongHER because it made me feel safe in being me! Social media really does play on your mental health and often makes you really believe that what you're seeing on the Internet is reality. StrongHER reminded me that I'm beautiful and I'm powerful and I can do anything that I put my mind to. I also appreciated being around other girls that struggled with similar issues and the way we supported each other and formed positive relationships."

-YMCA Teen

12,000+

youth impacted through Youth Sports programs

IMPACT IN ACTION:

"Both my sons were able to attend overnight camp this summer thanks to the financial assistance provided by the YMCA. My youngest has been having a very difficult time lately adjusting to his new school and making friends, so it was nice to hear him talk about everything he did and the friends he made while at camp. He is normally so scared to try new things and rarely ever wants to do things if he thinks they will be difficult for him. He came back from camp with confidence and excitement for trying new things. Thank you to everyone who helped us make this week possible for my boys."

-YMCA Camp Parent

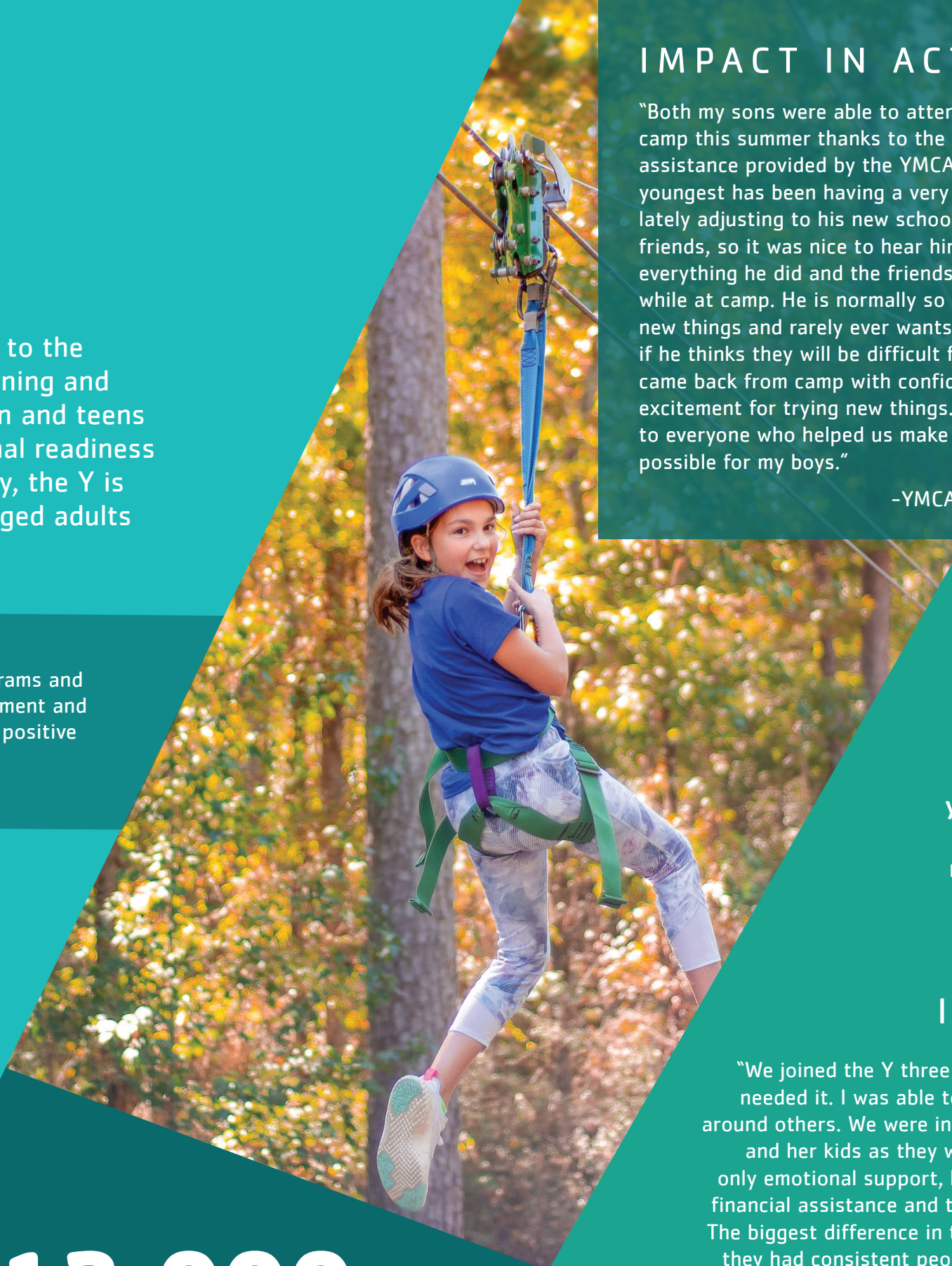
7,000+

youth and adults impacted through overnight camp, weekend family retreats and outdoor education at YMCA Camp Cullen

IMPACT IN ACTION:

"We joined the Y three years ago and I didn't realize how much we needed it. I was able to get healthier and the kids were able to be around others. We were in the process of helping my husband's sister and her kids as they were facing domestic abuse. She needed not only emotional support, but financial support. The Y gave her family financial assistance and they immediately joined the soccer program. The biggest difference in the kids was their confidence increased and they had consistent people around them who loved and poured into them. They were different kids at soccer than they were at home. They are doing well now and the reason is the Y. The Y has truly set them on a different path and it wasn't something we could have done on our own."

-YMCA Member



PATH TO A PURPOSE

The YMCA nurtures the potential of every youth by providing opportunities that are more than just programs. We are committed to providing life programming designed to better prepare youth for their future with the skills, confidence and social awareness that is needed to thrive on their path into adulthood. The YMCA Out of School Time programs, Early Care, After School, and Day Camp, inspire youth ages 6 weeks to 15 years to discover their path with a purpose by providing a full range of positive development opportunities.

IMPACT IN ACTION:

“One year ago, my life changed extremely and unexpectedly. I had become a single parent of two children due to an unfortunate situation that led to their father’s passing. We had to reside from place to place while trying to budget the financial responsibilities I could scarcely afford. I soon began to lose hope. ‘This couldn’t possibly be what the future held for my family and me’ I used to think to myself. Then, one day I called Wendel D. Ley YMCA Children’s Academy. The terrific part about this program was that the financial assistance program enabled me to save on childcare costs and utilize the extended hours that my children could attend. This allowed me to have more time to work towards long-term goals, such as attending school and providing for my family. The YMCA’s emphasis on activities in which parent and child involvement, has led to a better connection and more interaction between my children and me. I don’t think my bachelor’s degree in nursing, and being active with my children’s education could have transpired the way it did if it wasn’t for this wonderful organization.”

- Theresa

8,000+

youth participated in enrichment activities including emotional and mental well-being through After School childcare

5,182

campers learned belonging, achievement, empowerment, and social and emotional learning in Day Camp

741

children served through Early Care programs

IMPACT IN ACTION:

“Emory University’s SEE Learning® program has made a difference for the students in our afterschool programs, and for our YMCA staff. Our staff have been using the various strategies they teach to the kids—like grounding, breathing, and resourcing— and to also support their own mental well-being when they are feeling stressed or are dealing with a difficult behavioral issue. Students are more open to talking about how they feel and how others feel, and they are taking positive action to take better care of themselves and others.”

- YMCA Staff



YMCA OF GREATER HOUSTON
PO Box 3007, Houston, TX 77253

ymcahouston.org



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.