MAKING A DIFFERENCE
TOGETHER

2014 Impact Report
Indiana State Alliance of YMCAs

The Indiana State Alliance of YMCAs is made up of 44 separately incorporated Ys that is led by community volunteers and served by an Executive Director. The Y is a powerful advocate for the needs of children, families and individuals throughout Indiana.

As one of Indiana’s leading nonprofit organizations, the Y is committed to strengthening communities through youth development, healthy living and social responsibility. That’s because strong communities are possible only when we invest in our kids, our health and our neighbors.

There is no other nonprofit quite like the Y. That’s because we have the long standing relationships and physical presence to not just promote, but deliver on lasting personal and social change. Everyday, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That’s why, through the Y, thousands of youth today are cultivating the values, skills, and relationships that lead to positive behaviors, better health and education achievement.

Indiana’s Division of Family and Children (DFC) approached the Randolph County YMCA regarding four siblings that had experienced sexual abuse at the hands of their father. With their father in prison, and their mother living with a convicted sex offender, the children were in the custody, though living with their grandmother. The DFC caseworker was adamant that the children attend the Y’s Summer Camp. Unfortunately, their grandmother was resistant to them attending all five days of camp because asserting, “They didn’t deserve to have fun all of the time.” As wards of the state, the siblings were permitted by DFC and scholar-shipped by the Y to spent their summer in camp, being children.

Throughout the state, Ys are helping kids get a strong foundation through quality early childhood programs, academic enrichment, and other programs and services. Ys are responding to the various needs of children in many ways. For example, the Decatur County Family YMCA supports the creation of community learning centers that provide academic enrichment opportunities during non-school hours for children, particularly students who attend high-poverty and low performing schools; YMCA of Michiana offers after-school like skills classes; Henry County YMCA works with youth to maximize their athletic endurance and performance; and numerous Ys across the state focus on reducing summer learning loss to help close the achievement gap for kids at an early age.

At The Y
829,741 Hoosiers served annually
21,262 Volunteers give time & talent
13,034 Hoosiers employed
75 of 92 Counties served

At The Y
4,653 kids thrive in after school enrichment programs at 15 Ys
2,141 kids benefit from early learning readiness at 10 Ys
2,575 kids stay on track with summer learning loss programs at 8 Ys

At The Y
21,316 kids received childcare
22 Ys accept state vouchers
HEALTHY LIVING
Improving the health and well-being for Hoosiers
The Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun and shared interest.

Statewide Pioneering Healthier Communities (SPHC)
Since 2015, Indiana YMCAs have been engaged in the SPHC initiative— a Robert Wood Johnson Foundation-funded coalition initiative working to reduce childhood obesity through policy, environmental and systems changes. The State Alliance is the lead organization for Indiana’s SPHC, helping to convene and coordinate the SPHC Leadership Team.

SPHC focuses on engaging and connecting individuals and organizations (i.e., cities, towns, school boards, state and local government, businesses, youth-focused organizations, etc.) that can influence PSE that impact childhood obesity rates. By working with Indiana coalitions, organizations and individuals who are currently involved in work related to our mission, the SPHC is successfully promoting collaboration and alignment of efforts that are leading to Indiana’s out-of-school time programs being provided with tools to assess and revise their healthy eating and physical activity policies and practices so that they adhere to Healthy Eating and Physical Activity Standards and leading to development of a cost-effective statewide-hosted solution for creating a robust data set to help identify fitness and health needs of Hoosier youth and to help Hoosier students learn about and adopt lifelong healthy behaviors.

SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors
The Y fosters the care and respect that all people need and deserve. At the Y, volunteers, donors, leaders and partners are empowering thousands of Hoosiers to be healthy, confident, connected and secure. The Y’s long-standing financial assistance program ensures that cost is not a barrier to participation in Y programs and services, and the Y works hand in hand with other community partners to convene and coordinate community resources.

Indiana Youth and Government Program (INYaG)
Collectively, Indiana YMCAs a part of the long tradition of Youth and Government. INYaG is an immersive government and civic engagement learning experience for 8th through 12th grade Hoosiers. Through INYaG, students from around the State discuss local, state, and issues; develop writing, presentation, problem-solving, and leadership skills; and engage in service-learning through local, statewide, and even international projects.

At The Y
772 Hoosiers improved their health in the YMCA’s Diabetes Prevention Program

At The Y
181,919 Hoosiers received financial assistance from local Ys
Ys are engaged in 405 strategic community partnerships and agency collaborations
Over $23 million provided for financial assistance and program subsidy

ALLIANCE LEADERSHIP
Marty Pastura, CEO, YMCA of Greater Fort Wayne
State Alliance Chair
Derrick Stewart, CEO, YMCA of Southwestern Indiana
State Alliance Vice-Chair
Joe LaRocca, CEO, YMCA of Southern Indiana
Public Policy Committee Chair
Casey Weimer, CEO, Cole Center Family YMCA
Public Policy Vice-Chair
Brent Wake, Executive Director
Indiana State Alliance of YMCAs
P.O. Box 8066
Bloomington, Indiana 47404
(317) 793-5113
Innovative Programs

In addition to nationally recognized signature programs, local YMCAs adapt to collaboratively meet the needs of their communities. The following are only a few of the many innovative Indiana YMCA programs:

**ACTIVE BODIES ACTIVE MINDS**
Cass County Family YMCA
*Active Bodies Active Minds* engages overweight youth and their families exercise, fitness and nutrition and activities. Through the program, youth get excited about fitness and wellness.

**MY BEST HEALTH**
Cole Center Family YMCA
*My Best Health* is a collaborative evidence-based health behavior change program through which participants are guided through lifestyle changes by a dietician, exercise specialist, nurse, and wellness coach using individualized meetings over a six-month period. During each meeting, participants and coaches discuss goals, the activities necessary to achieve them, and barriers to the goals. Participants are offered technical advice, support, and encouragement to help them succeed.

**SPECIAL NEEDS MEMBERSHIP**
Crossroads YMCA
By offering programs in accordance to the unique needs of the communities it engages, Crossroads Y recognizes that many of its special needs neighbors are all too frequently limited by income or social isolation. Believing in each individual’s abilities, as opposed to disabilities, the Y partners with area agencies to provide complimentary memberships and transportation to and from the Y for with special needs neighbors. Through the partnership, caretakers assist the individuals during the time that they are working out or participating Y programs.

**GLOW GIRLS**
YMCA of Vincennes
The Y’s *Girl’s Learning Own Self Worth* program engages 9 to 12 year-old girls in discussion relates to issues of importance to them (e.g. bullying, self-esteem). The comforting, secure atmosphere encourages vulnerability that allows lessons and activities like rock-climbing and painting to empower the girls and boost their self-esteem.

**SAFE PASSAGE PARTNERSHIP**
Southeastern Indiana YMCA
*Safe Passage Partnership* is a shelter for victims of domestic violence. Shelter residents are provided with an escape and an opportunity to preserve their physical, mental, emotional, a through free Y memberships and family access to a free Toy Room with short term child watch, which allows parents to exercise, go to job interview, etc. Further, the Y reaches out to the Safe Passage youth when it have o has openings for swim lessons or gymnastic classes. The partnership allows the Y to give the children and families of Safe Passage a true safe place in which they can “feel normal” and find the confidence they need to learn, grow, and thrive.

Impact

While Indiana YMCAs can share about our impact, it can be illustrated far better when the people who are Our Cause share about the impact that the YMCA has had on them.

“I am so glad I was chosen to take full advantage of the LIVESTRONG at the YMCA program at the Valparaiso Family YMCA! I was able to find a new sense of normal. This program gave me the encouragement that I needed to get moving and to live life again. Family time, fitness and wellness have become more of a priority in our home these days. This program afforded me and my family the unique opportunity to sample many of the classes and programs that are offered at the Y on a regular basis. I am not only surviving...I am thriving again thanks to the help of the YMCA and the LIVESTRONG at the YMCA program.”
—LIVESTRONG at the YMCA participant
Valparaiso Family YMCA

“Our family has been welcomed in the Kokomo YMCA, which is within two miles of our home. We can have a membership due to the generosity of people who sponsor scholarships. We mainly came here at first for the opportunity to swim year-round. As a sole parent, accessibility coordinator and home school teacher, I get relaxing refreshment from swimming. My daughter enjoys adaptive aquatics with superbly competent, trustworthy and fun teachers. My son trains as an independent USA swimmer with an excellent volunteer coach. We all enjoy the family atmosphere and feeling surrounded by friends.”
—A grateful family
YMCA of Kokomo

Mr. Bowlen,

I am legal guardian of Austin. I just wanted to brag on Project 2–1. Austin got his report card on Wednesday. All As, Bs, and Cs. That is such a milestone for us. When we got him on January 21st of last year, I believe he had all Fs and 1 C. I love how Project 2–1 and the teachers and leaders have worked with Austin. He has really connected to Mr. Brittain and Adam Chase. It has helped so much! Thanks so much for caring about these kids and for all your help to start this program. It has definitely been a blessing to our family.

Thanks for the great staff at East!”
—Crystal, Member
Barbara B. Jordan YMCA
1. YMCA of Madison County
   Anderson
2. YMCA of Steuben County
   Angola
3. YMCA of DeKalb County
   Auburn
4. Southeastern Indiana YMCA
   Batesville
5. YMCA of Monroe County
   Bloomington
6. YMCAs of Wabash Valley
   Brazil
7. Camp Tecumseh YMCA*
   Brookston
8. Duneland Family YMCA
   Chesterton
9. YMCA of Harrison County
   Corydon
10. Crossroads, YMCA, Inc.
    Griffith
11. YMCA of Southwestern Indiana
    Evansville
12. Tri-County YMCA
    Ferdinand
13. YMCA of Greater Fort Wayne
    Ft. Wayne
14. Clinton County Family YMCA
    Frankfort
15. Decatur County Family YMCA
    Greensburg
16. Hobart Family YMCA
    Hobart
17. Parkview Huntington Family YMCA
    Huntington
18. YMCA of Greater Indianapolis
    Indianapolis
19. YMCA of Southern Indiana
    Jeffersonville
20. Cole Center Family YMCA
    Kendallville
21. YMCA of Kokomo
    Kokomo
22. YMCA of Lafayette Indiana
    Lafayette
23. YMCA of LaPorte
    LaPorte
24. Cass County Family YMCA
    Logansport
25. YMCA of Grant County
    Marion
26. Barbara B Jordan YMCA
    Martinsville
27. YMCA of Muncie, Inc.
    Muncie
28. Brown County YMCA
    Nashville
29. Henry County YMCA
    New Castle
30. Miami County YMCA
    Peru
31. YMCA of Portage Township, Inc.
    Portage
32. Richmond Family YMCA
    Richmond
33. Washington County Family YMCA
    Salem
34. Scott County Family YMCA
    Scottsburg
35. YMCA of Michiana, Inc.
    South Bend
36. Owen County Family YMCA
    Spencer
37. Valparaiso Family YMCA
    Valparaiso
38. Switzerland County YMCA
    Vevay
39. YMCA of Vincennes
    Vincennes
40. Wabash County YMCA
    Wabash
41. Kosciusko Community YMCA
    Warsaw
42. Daviess County Family YMCA
    Washington
43. Pulaski County Family YMCA
    Winamac
44. Randolph County YMCA
    Winchester