



Shine On

YMCA of Southwest NS

Youth Outreach Program

2023-2024

Year End Report

YOUTH OUTREACH PROGRAM

OVERVIEW

The Nova Scotia Department of Community Services has legislative oversight for the Child, Family Services Act while the Child, Youth and Families Supports Division of the Nova Scotia Department of Community Services (DCS) provides oversight for programs, services and policies for children, youth, and families required to implement the Act. This includes Prevention & Early Intervention, Child Protection, and Placement Services. The Youth Outreach program is under the Prevention & Early Intervention division.

In May 2022, the YMCA of Southwest Nova Scotia signed an agreement with DCS to provide the Youth Outreach Program (YOP) which provides services for youth in all of Lunenburg County. In December, 2022, with the need for supports in Queens County growing, an additional program was added to support youth in all of Queens County.

What is the Youth Outreach Program?

The YOP is an all-gender, community-based program, designed to improve the immediate and long-term social, educational/vocational, economic and health outcomes for vulnerable youth.

The YMCA of Southwest Nova Scotia provides support for the following two streams:

General Stream:

Youth who are 16-24 years old experiencing risk factors, and who may, or may not, be connected to Child Welfare Programs.

Youth In Care Stream:

Youth 12-19 years old in the Minister's care who are in a number of settings across the Child Welfare Placement continuum, including temporary and permanent.

A total of 141 referrals have been received since the programs launched in 2022. This summary reflects the data collected between April 1st, 2023 and March 31st, 2024

GRATEFUL TO OUR FUNDERS

The YMCA of Southwest Nova Scotia gratefully acknowledges the Province of Nova Scotia, Department of Community Services for their support.

Additional Funding:

The YMCA Youth Outreach Program received Period Poverty Funding through the Family Services of Eastern Nova Scotia as part of the cost-of-living support to help lower-income people with period poverty (the financial inability to purchase menstrual products).

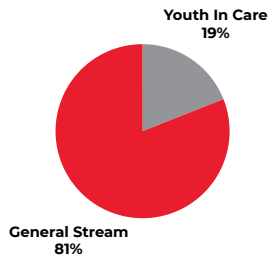


QUEENS COUNTY

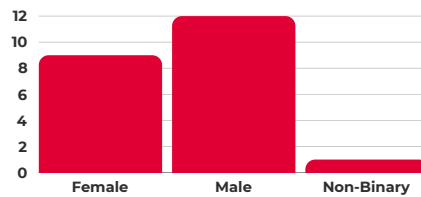
In 2023, we added a third Youth Outreach Program in Queens County. This expanded the reach of our program supports for youth to access: home cooked meals, essentials & laundry, internet & technology, mentoring, and life skills training. Additionally, we opened a new Drop-In location (Liverpool YMCA Youth Center) in August which officially opened in September, 2023.

DATA COLLECTED FROM JANUARY 1, 2023 - MARCH 31, 2024

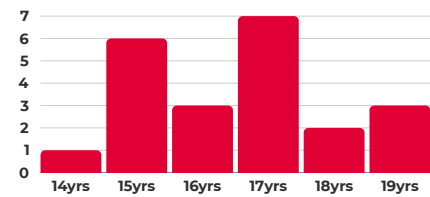
Referrals (26 received)



Gender Represented:



Ages Represented:



70

Times Liverpool Curling Club Drop-In accessed. Offered 1-day a week, from April - July.

503

Times Liverpool YMCA Youth Centre Drop-In accessed. Offered 2-days a week, Aug. - March.

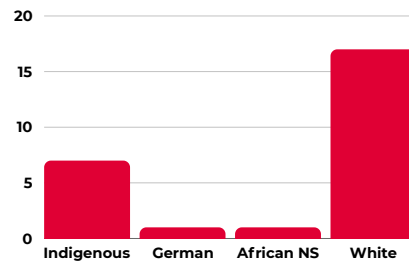
86%

Referrals came from Service Providers.

14%

Referrals were made as self-referrals and/or parental / guardian referrals.

Cultural Demographics:



GROUP PROGRAMMING AND SPECIAL EVENTS

BUDGETING FOR YOUTH - TAKING CONTROL OF YOUR MONEY

With supportive funding from: Region of Queens Municipality, the YMCA provided a FREE opportunity for youth, ages 15-25, to better understand finances and empower them with the knowledge to transition into independent living. A total of 3 youth attended the workshop, held in Caledonia, North Queens.

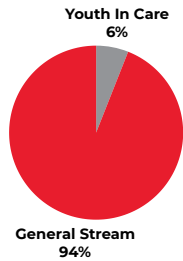
LEADERS ON THE MOVE

An after-school program, led by the Physical Activity Coordinator for the Region of Queens Municipality. YMCA Youth Outreach Worker for Queens provided facilitation support for the program, assisting to enhance community connections for Youth, 16-18 years. A total of 7 youth participated in the program, held in Caledonia, North Queens.

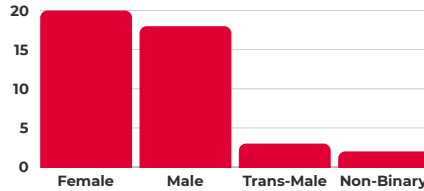
LUNENBURG COUNTY

DATA COLLECTED FROM APRIL 1, 2023 - MARCH 31, 2024

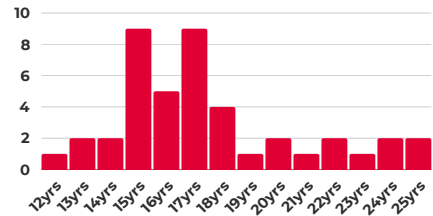
Referrals (48 received)



Gender Represented:



Ages Represented:



73%

Referrals came from Service Providers.

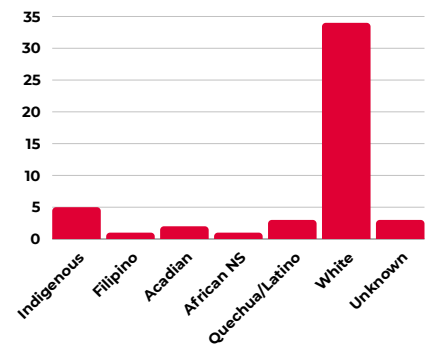
27%

Referrals were made as self-referrals and/or parental/guardian referrals.

350

Times Y Our Safe Space - Empowering Youth Drop-In was accessed. Offered 1-day a week, April - July, and increased to 2-days a week, Aug. - March

Cultural Demographics:



GROUP PROGRAMMING AND SPECIAL EVENTS

ROYAL NOVA SCOTIA INTERNATIONAL TATTOO

Twenty (20) youth attended the Royal Nova Scotia International Tattoo in Halifax, as guests of the RCMP "H" Division, in celebration of the 150th anniversary of the RCMP.



COOK IT UP!

Youth worked one-on-one with an adult mentor to learn cooking-related skills; cooking healthy and homemade meals; how to meal plan; budget & grocery shop; and making positive food choices. Four (4) youth accessed this program at Y Our Safe Space - Empowering Youth.



LEARNING TO BREATHE

A mindfulness program consisting of 12 sessions, from a trauma-informed approach, providing youth stress-reduction skills, inspire compassion and acceptance and encourage and nurture present moment awareness. A total of 9 youth accessed the program 38 times at Bridgewater Junior High School.





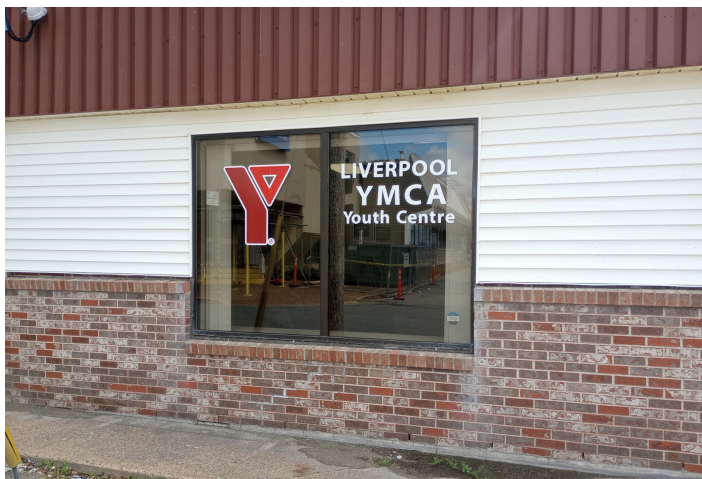
GUYSWORK

A program designed to help guys, ages 12-15 years, open up and discuss topics such as boundaries, relationships, substance use, sexual health and more. Sessions were facilitated from a guy-focused lens, on topics most relevant to them. Four (4) youth accessed the program 23 times at Bridgewater Junior High School.



BUDGETING FOR YOUTH - TAKING CONTROL OF YOUR MONEY

With supportive funding from: Employment Support & Income Assistance, Youth Development Initiative - Department of Community Services, the YMCA provided a FREE opportunity for youth, ages 15-25, to better understand finances and empower them with the knowledge to transition into independent living. Eleven (11) youth accessed the program at the King Street YMCA Youth Centre in Bridgewater.



Liverpool YMCA Youth Centre
40 Water Street, Liverpool
902-530-3392



Y Our Safe Space - Empowering Youth
425 King St., Bridgewater
902-530-3392

FOR MORE INFORMATION ON THE YMCA YOUTH OUTREACH PROGRAM, PLEASE CONTACT:

Youth Director

Kim Whitman-Mansfield

kim.whitman-mansfield@ns.ymca.ca

(902) 530-3392