



HERE FOR GOOD

TODAY • TOMORROW • TOGETHER

YMCA ALLIANCE OF NORTHERN NEW ENGLAND
2023 MAINE COMMUNITY IMPACT REPORT

TOTAL YMCAS IN MAINE

15



TOTAL YMCA BRANCHES & CAMPS

25



TOTAL MEMBERS

95,000



TOTAL EMPLOYEES

1,630



TOTAL VOLUNTEERS & DONORS

8,100



TOTAL FINANCIAL ASSISTANCE PROVIDED TO FAMILIES

\$1.8M



OUR MISSION

To support collaboration amongst the YMCAs and community partners in Maine, New Hampshire, and Vermont to increase our impact and advocate for positive change in our communities.

OUR PRIORITIES

- Youth Development
- Chronic Disease Prevention
- Mental Health
- Hunger Relief



YOUTH DEVELOPMENT

TOTAL CHILDREN IN EARLY CHILDHOOD EDUCATION

3,800



TOTAL CHILDREN IN BEFORE/AFTER SCHOOL CARE

7,400



TOTAL CHILDREN IN DAY CAMP

6,100



TOTAL CHILDREN IN OVERNIGHT CAMP

2,100



The YMCA provides children with safe, nurturing and enriching care, and is a critical component of Maine's infrastructure to support working parents and our economy.

TOTAL CHILDREN IN SWIM LESSONS

7,100



SUPPORTING WORKING FAMILIES

The YMCA Alliance distributed \$3 million in Community Development Block Grant (CDBG) funds to Maine YMCAs to provide before/after school care scholarships to low-moderate income families across Maine in 2021-22. These funds, received by the State of Maine through the CARES Act, were used to provide important childcare, educational, and social emotional supports for 1,117 Maine children during the COVID-19 pandemic.



CHRONIC DISEASE PREVENTION

TOTAL SERVED IN EVIDENCE-BASED HEALTH PROGRAMS*

260



*PROGRAMS OFFERED

- ▶ BLOOD PRESSURE SELF-MONITORING
- ▶ DIABETES PREVENTION
- ▶ FALLS PREVENTION
- ▶ LIVESTRONG



SERVING CANCER SURVIVORS

The YMCA Alliance received a two-year grant from the Maine Cancer Foundation to expand Mainer's access to LIVESTRONG® at the YMCA, an evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. This funding will support 80 cancer survivors' participation in this program across the state.

MENTAL HEALTH



FIGHTING TEEN SUICIDE

The Central Lincoln County YMCA has worked with local teens to introduce the NAMI Maine's Sources of Strength program into two local high schools. Sources of Strength helps prevent suicide by increasing help-seeking behaviors and promoting connections between peers and caring adults. The program has been shown to prevent bullying, substance abuse, and suicide. The Y team continues to support this important program and the students who lead it at their schools.



HUNGER RELIEF

TOTAL MEALS & SNACKS PROVIDED

567,400



TOTAL CHILDREN SERVED MEALS & SNACKS

10,500



GREEN HOUSE TO YOUR HOUSE

The YMCA of Greater Waterville serves more than 65,000 free and nutritious meals and snacks annually to community youth. They also hold frequent community suppers, annual sit-down Thanksgiving dinners, and recently launched the Greenhouse to Your House weekend food assistance program, which sends fresh, high-quality meal kit boxes home with their after school program participants so they can prepare and eat healthy meals together, all at no charge.

VEGGIE VAN ON THE ROAD

When Jeff retired, he began volunteering in the Bath Area Family YMCA food program. He spends most of his time helping on the Veggie Van, distributing food at various stops in the greater Bath community. During the school year, the Y distributes groceries, produce, eggs, and milk to families with children, as well as to seniors. During the summer, the Y also distributes grab-and-go meals each day. Meals are available to all as they work to address food insecurity in their community.





THANKS TO OUR PARTNERS



Member FDIC



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