



BETTER TOGETHER

YMCA ALLIANCE OF
NORTHERN NEW ENGLAND
2024 NEW HAMPSHIRE
IMPACT REPORT



ABOUT THE ALLIANCE

OUR MISSION

The Alliance supports 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 VISION

A visionary and unified Alliance of YMCAs leading change, supporting impactful leaders, and developing healthier communities.

NEW HAMPSHIRE YMCAS

Carroll County YMCA/
Camp Huckins
Keene Family YMCA
Southern District YMCA
Takodah YMCA
The Granite YMCA
YMCA Camp Belnap
YMCA Camp Coniston
YMCA of Greater Nashua

Last year, New Hampshire YMCAs provided

\$2 MILLION in scholarships for programs, child care, and memberships

100,245 MEMBERS

2,220 EMPLOYEES at 26 FACILITIES



10,000

youth learned swimming and water safety skills



1,270

children in early
childhood
education
programs



2,850

in before and
after-school
care



18,840

children in day
and overnight
camp

2,300

adults participated in
chronic disease prevention
and management programs

185



YMCA staff trained
in Mental Health
First Aid

749,880

total meals and snacks
served to kids and teens

PRIORITIZING COMMUNITY MENTAL HEALTH

The **Keene Family YMCA** is dedicated to supporting community mental health through initiatives like the second annual Mental Health Resource Fair, which provides the community with access to crucial resources and support. The Y is also proud to participate in the InSHAPE program, in collaboration with Monadnock Family Services, to improve physical health and mental well-being for those with mental illness. This comprehensive program combines fitness, nutrition, and community integration to foster lasting positive change in participants' lives.



PRACTICING INCLUSION AT CAMP

One of the most vital aspects of YMCA overnight camping is the inclusion of children from all walks of life. Living together with others who are different from yourself is an important skill in becoming a well-rounded adult at Y camps across New Hampshire. **YMCA Camp Coniston** began working with the Son of a Saint Foundation, an organization that serves fatherless boys with educational services, including mentorship, school, and camp. This summer, four boys from the local community joined 493 other children on financial assistance and 1,200 additional campers from communities across New Hampshire and the U.S. to learn relationship skills at Camp Coniston. This experience has been shown to address mental health, educational outcomes, and even longer life expectancy.

ADDRESSING FOOD INSECURITY

The Granite YMCA - through its Child and Adult Care Food Program (CACFP) and Summer Food Service Program (SFSP) - has provided 168,059 meals during their 2023-2024 fiscal year, averaging 850 kids served monthly. "I love that the meals are made fresh daily, and that they have access to fresh produce. My son loves the variety of food, and now he frequently tries new foods at school and at home," shared one YMCA parent. The Granite YMCA of Manchester's Food Pantry program has also served approximately 75-100 individuals bi-weekly since opening in fall of 2023.



INVESTING IN THE EARLY CHILDHOOD EDUCATION WORKFORCE

Thanks to the **YMCA of Greater Nashua's** innovative partnership with Nashua Community College, 18 early childhood educators have completed coursework towards their Lead Teacher Certification since August 2023. The free courses, held at the Y, are grant-funded and include instruction, books, and a laptop. This model was created as a result of the childcare employee crisis following the COVID-19 pandemic. By completing this college coursework, attendees receive their Associate's Teacher Certification, which sets them up to then independently pursue their Lead Certification in the future.

