

**PROGRAM NAME**

VIRTUAL Y

INPUTS	ACTIVITIES	OUTPUTS	SHORT TERM OUTCOMES	MID-TERM OUTCOMES	LONG TERM OUTCOMES
<ul style="list-style-type: none"> <li>-- Virtual Y Coordinator</li> <li>-- Youth and Family Support Staff</li> <li>-- Schools with identified need</li> <li>-- Physical space in school classroom, use of gym, library, recreation equipment</li> <li>-- Healthy Food for snack</li> <li>-- Program Supplies</li> <li>-- Resources for school, families and community</li> <li>-- Developmental Assets and Determinants of Health Framework used for program creation</li> <li>-- Parent support</li> <li>-- Community Support</li> <li>-- Existing YMCA programs</li> </ul>	<ul style="list-style-type: none"> <li>-- Incorporate YMCA Core Values and social skills as part of daily activities</li> <li>-- Arts and recreation activities</li> <li>-- Provide homework and literacy assistance</li> <li>-- Provide theme based activities and service learning projects</li> <li>-- Promote positive role modeling by staff, older participants and volunteers</li> <li>-- Promote parent, school and community integration</li> <li>-- Provide community resource information</li> <li>-- Provide swimming lessons and access to YMCA memberships</li> </ul>	<ul style="list-style-type: none"> <li>-- 40 participants and their families at each school (grade 1-6)</li> <li>-- Participants attend 3 times a week</li> <li>-- 34 weeks, 102 days of program per year (Oct. – June)</li> <li>-- 2.5 hrs each day</li> <li>-- 2 YMCA Swimming lessons per year</li> <li>-- 3 family / community events per year</li> </ul>	<p><b>PARTICIPANTS</b></p> <ul style="list-style-type: none"> <li>--Increased time spent reading</li> <li>--Increased participation recreational activities and increased knowledge of positive lifestyle choices</li> <li>--Increased knowledge of social skills and YMCA core values</li> </ul> <p align="center"><b>FAMILY</b></p> <ul style="list-style-type: none"> <li>--Increased knowledge of school and community resources</li> <li>--Increased parental participation in child’s development</li> <li>--increased family involvement in YMCA Facility programs (become connected)</li> </ul>	<p><b>PARTICIPANTS</b></p> <ul style="list-style-type: none"> <li>--increased participation in class</li> <li>--Improved reading, writing, and speaking skills</li> <li>--Increased demonstration of team work, good sportsmanship, physical fitness, healthy lifestyles, problem solving and cooperation</li> <li>--Increased sense of value and safety</li> <li>--Increased ability to express thoughts and feelings</li> </ul> <p align="center"><b>FAMILY</b></p> <ul style="list-style-type: none"> <li>--Increased community and parental presence in school</li> </ul>	<p><b>PARTICIPANTS</b></p> <ul style="list-style-type: none"> <li>-increased commitment to learning and participation in school activities, maximizing potential to success</li> <li>- improved overall health, developing positive attitude and self-esteem</li> <li>-increased ability to develop positive relationships with adults and peers</li> </ul> <p><b>FAMILY</b></p> <ul style="list-style-type: none"> <li>-increased access to resources and supports</li> <li>-improved positive community relationships</li> </ul>

## VIRTUAL Y PROGRAM LOGIC MODEL

### Statement of Need

Through all of the Community Development programs the YMCA of Regina engages with hundreds of youth every year. Many of these youth continue to be a part of the YMCA despite not being a part of a directly grant funded program.

In Regina, 74% of the Aboriginal population is under the age of 35. The mortality rate for this group is four times the national average which may be attributed to high instances of suicide, alcohol and substance abuse, and violence due to gang affiliation.

Aboriginal youth are twice as likely not to complete high school and three times as likely not to attend university.

### Strategy

In order to meet the needs of the community, the YMCA of Regina has adapted the Virtual Y program from the YMCA of Greater New York and the YMCA of Kitchener-Waterloo. The Virtual YMCA works intensively with 40 youth at each site, their teachers, parents and family members in a consistent and holistic program that focuses on the individual's healthy development in Spirit (values and assets), Mind (academics), and Body (Recreation). This program provides community supports to sustain youth in school with access to information, resources and services for parents, as well as a focus on strengthening the neighbourhood. In addition, the Virtual YMCA provides youth with social and academic tools they need to succeed, ensuring the future health of our community.

### Rationale

One of the barriers that our department faces and which many organizations and schools face in North Central is the transient population of the community. Youth often attend several schools within one year and as such are often left having to make new relationships and don't feel like they belong. By providing consistent and healthy relationships, the Virtual Y program works with youth on social skills and provides a consistent place where youth feel like they belong. We feel strongly that our program not only meets the basic needs of the urban Aboriginal community in Regina, but that it also provides the options needed for the growth and development of its young people.

### Goals

1. The Virtual Y will focus on programming that it aims at developing the YMCA Core Values of Respect, Responsibility, Caring, Honesty and Inclusiveness.
2. Programming and Staff will deliver program that enhances youth's social and emotional skills with an emphasis on the 40 Developmental Assets.
3. Youth will increase time spent reading, writing and completing academic work through individual tutoring and attention.
4. Youth will have an increase in participation in recreational activities and positive lifestyle choices.