



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# Social Responsibility

We're here day-in and day-out to provide the resources and support our community needs to address today's most pressing social issues. We work to make sure every child, family and community member has what they need to achieve their best.

## Leader in City Health Improvement Plan

Nashua's Department of Public Health identified obesity as one of the top three major health issues for the city to address through its community health assessment. Because of our work with Prescribe the Y, to combat childhood obesity, the city asked us to take the lead role in the City's Health Improvement Plan (CHIP) in the area of obesity prevention. In this capacity, we work with more than 30 other local community organizations to develop events and activities that help get our community moving and active.

## Volunteerism

The YMCA is a volunteer-led and volunteer-driven organization. In 2018, 817 volunteers gave more than 14,820 hours of their time, totaling \$386,199 in value. When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your or your family's health and well-being or give back and support your neighbors, volunteer involvement with the Y will positively impact those in our community.

## Togetherhood

Togetherhood is the YMCA's nation-wide signature program for social responsibility. This program encourages Y members to lead and participate in volunteer service projects that benefit the community. Projects range from cleaning up walking trails to helping at a local soup kitchen - whatever our participants deem to be a worthy cause. This year, more than 60 members activated their social responsibility by participating in the Y's cause to strengthen community. Clearly, when our members come together and decide to move our community forward, they have a powerful impact beyond our Y walls.

## Leaders Club

We have one of the largest YMCA leaders programs in the Northeast that provides teens with extensive leadership training and opportunities for service to the YMCA and the community. The club develops skills and fosters a culture of community service in youth ages 12 to 18. Staff and volunteer mentors teach participants how to serve others better and live healthy and productive lives.

## Power Scholars Academy

The YMCA of Greater Nashua has partnered with national educational nonprofit BELL (Building Educated Leaders for Life) and the YMCA of the USA to implement Power Scholars Academy (PSA), a free-of-cost summer program that expands learning time to improve the academic achievements, self-confidence and life trajectories of elementary school students in Nashua who are performing below grade level.

## Y-Achievers

This is a research-based, after-school, academic achievement and teen mentoring program, designed to help 7<sup>th</sup>-12<sup>th</sup> grade youth prepare for and enjoy impactful, fulfilled lives in college and beyond. The program offers activities designed to expose middle and high school students to career, educational and social opportunities. This past summer, the program ran from July 9 to August 10 at Amherst Elementary, Fairgrounds Elementary and Nashua High School South.

## Y Achievement Center

This innovative program addresses the needs of 6<sup>th</sup>-8<sup>th</sup> grade students by providing social and emotional learning and creating an overall culture of positivity within a middle school setting. The YAC creates an environment that focuses on helping students to experience positive emotions, teaching character values and identifying students' strengths. Rivier University's Department of Education is providing formal, independent program evaluation to assess short-term measures of happiness, self-esteem and grit as well as long-term changes in student attendance, behavior infractions and academic performance before and after participation. Results are promising, demonstrating that most students experienced a boost in their self-esteem (64%), happiness (56%) and grit (49%).