



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPACT UPDATE

B.R. RYALL YMCA of Northwestern DuPage County | April 2023

A MESSAGE FROM OUR CEO

Last year the Y met with more than 50 community leaders, Y donors and key stakeholders to determine the greatest area needs—and how the Y can respond to help address them. One major area of concern that continually arose in stakeholder conversations was alarming teen mental health trends. After listening to our community to understand changing needs and to develop programs that enable our neighbors to be healthy and thrive, we are prioritizing our teen mental health program. We are thankful that the DuPage Foundation encouraged the Y to connect with the ALIVE Center, a Naperville nonprofit organization, due to the organization's proven success in developing a program model that not only addresses protective factors that mitigate the risk of mental health issues in teens, but also engages teens while providing support and opportunities that improve overall mental health and well-being.

Thanks to a \$253,000 grant from the DuPage Foundation, the Y is now in the process of implementing a teen mental health program to serve the youth in our community in partnership with the ALIVE Center. We have established a Teen Advisory Board (TAB) that is working to develop events to engage area teens. We are proud of our TAB and look forward to their success as they make decisions and create programs that will develop a sense of belonging in those who participate.



Rob Wilkinson

Rob Wilkinson
Chief Executive Officer

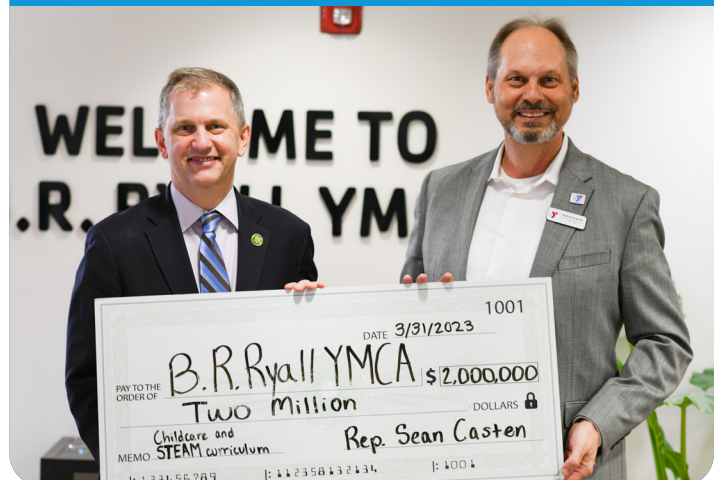
WORKING TOGETHER TO STRENGTHEN COMMUNITY

A huge thank you to Congressman Sean Casten, who secured \$2 million in federal funding through the Community Project Funding for our YMCA. His generous support will enable our Y to not only create safe and welcoming spaces for our teen mental health programming, but will also enable the Y to begin to address a number of the community issues identified through our community leader and stakeholder meetings.

These priorities include:

- Safe Spaces for Teens / Teen Mental Health
- Affordable Quality Child Care
- A Welcoming Place for ALL in our Community
- Senior Health and Well-Being
- Community Health

Thank you, Congressman Casten, for your support of our Y!



MAKING AN IMPACT

With our strong Teen Advisory Board in place, made up of 11 youth, we are off to a great start—making decisions for the success of the program. The members continue to develop leadership skills, while making a difference in the lives of younger youth who are in need of support to explore their own creativity and talents through a variety of experiences. Kandice Henning, founder and CEO of the ALIVE Center, said, “It is really exciting to come together with the B.R. Ryall YMCA and create a Teen Advisory Board of diverse high schoolers who are helping us to create a future drop-in space for teens, while also creating and leading programs for younger teens. I love watching these high schoolers step into their potential.”

These individuals, who are committing their time and devotion to our Teen Led, Teen Driven Advisory Board, consider it a great opportunity for different reasons. Below are comments from a few of our new TAB members:

Brendan said, “I love being a part of a group of peers to lead others in a safe space. This is the biggest inspiration of why I joined. We’re able to be ourselves, encourage others to be themselves and build community here at the Y.”

When asked about her feelings about being on the Teen Advisory Board, Maggie replied, “I love it! The Teen Advisory Board is bringing together kids from different grades and schools to help kids in the community. We are building a connection with others, honoring the same goal, to help kids find their passion. I was encouraged by my friend, Brendan Robben, who said, ‘It’s going to be so fun giving back and helping our community.’ It truly is the best feeling in the world to help the next kids develop a sense of belonging,” said Maggie.

Jacob, the newly appointed President of the Board, expressed that he’s “excited to work with the other passionate board members from different backgrounds, different faiths and beliefs, and different races, collaborating for our age group.” He’s “thrilled to be a part of the academic and physical development of teens with the creation of programs.”

GREAT PARTICIPATION IN OUR STAFF CAMPAIGN

A huge thank you to our employees who are a part of the Hourly Club by donating an hour of their pay each month! The Hourly Club shirts, worn with pride, are a small token of our appreciation. The support from our staff helps us continue providing financial assistance for those in need who are unable to afford our programs and services.



SOMETHING TO CELEBRATE

Not only was our Y named Glen Ellyn Nonprofit of the Year, but Y board member John Mulherin was named Senior Citizen of the Year and Y employee Andrew Pressley was named Youth of the Year. That’s a lot to celebrate! Congratulations to all of the nominees, and thank you to Glen Ellyn Chamber of Commerce.



DINE OUT TO SUPPORT THE Y

Take a night off from cooking and support a good cause. Scan the QR code to view our upcoming Dine Out Night schedule or visit us online at www.brriallymca.org.

