

## MID-YEAR REPORT FOR OUTCOME PROGRESS

**Reporting for: July 1 – November 30 of the current year!**

**Agency Name: YWCA Ames-ISU**

**Program Name: Parent & Student Support (Advocacy for Social Development)**

Brief Description of Program:

Engaging International Students, Spouses and Scholars provide networking, access to resources and support for internationals transitioning to Ames and ISU. We also provide support to help educate the wide University population about issues surrounding women empowerment and racism, and support four lectures on women's issues on the ISU campus. When the need arises, we provide immediate assistance to individuals/families that are in personal safety crisis.

1. **Program/ Service Outcome (Change/ Benefit to Clients/ Community) – please refer back to the corresponding ABF 5(O) and provide an update on program/ service outcome from July 1 to date:**

Engaging International Students, Spouses and Scholars helps acclimate internationals into the Ames and ISU communities, giving them a better life while here. In the 2017-2018 academic year, 5 international spouses enrolled as students themselves, and the previous year 7 international spouses enrolled as students themselves. This not only empowers women by helping them enroll in school and receive further education, but it also benefits the community. The lectures we sponsor all correlate with our mission of eliminating racism or empowering women. By sponsoring these lectures we are educating the ISU community on social justice issues.

2. **Measurement Used (How Often, Tools Used) – please refer back to the corresponding ABF 5(O) and provide an update on measurement used from July 1 to date:**

Measurements used include attendance at regular Engaging International Students, Spouses and Scholars sessions (two per week) and at sponsored lectures. This semester, we have had an average of 10-15 participants at every weekly session. The measurement used for an outcome of individuals seeking assistance is the number of clients served who seek information, referrals, or direct need of safe places. Since August, we have had five individuals call our office requesting housing.

3. **Measurement Update (Please provide update on measurement data collected based on the ABF 5(O) from July 1 to date):**

Measurements used include attendance at regular Engaging International Students, Spouses and Scholars sessions (two per week) and at sponsored lectures. This semester, we have had an average of 10-15 participants at every weekly session. The measurement used for an outcome of individuals seeking assistance is the number of clients served who seek information, referrals, or direct need of safe places. Since August, we have had five individuals call our office requesting housing.

**4. Outcomes Achieved (Result to Clients/ Community) – please refer back to the corresponding ABF 5(O) and provide an update on the outcomes achieved from July 1 to date:**

There was an average of 10-15 people at each Engaging International Students, Spouses and Scholars session, and attendance at sponsored lectures varied, but there was an average of 200 attendees at each lecture. We have received five phone calls from individuals in crisis situations needing assistance. We were able to refer them to community resources by giving them phone numbers and contact information.

**5. Barriers Encountered (please refer back to the corresponding ABF 5(O) and provide an update on the barriers encountered from July 1 to date):**

There is always a language barrier with our EISS program. Many internationals do not speak English well and are uncomfortable attending our sessions due to the language barrier. Our goal is to make all feel comfortable, and help them better these skills so they can enjoy their time here more.

**6. Clients Served (please refer back to the corresponding ABF 5 Service Statistics and provide an update on number of clients served from July 1 to date):**

Engaging International Spouses, Students and Scholars has had a total of 35 participants.

**7. Have you had to turn any clients away that desire to participate in this program? If so, why? If so, how many? If so, when?**

No clients have been turned away.

**8. Comments:**

## MID-YEAR REPORT FOR OUTCOME PROGRESS

**Reporting for: July 1 – November 30 of the current year!**

**Agency Name: YWCA Ames-ISU**

**Program Name: Training and Informational Education**

### Brief Description of Program:

The Executive Director attends an annual YWCA USA Leadership Conference each year. This conference is held in either California or Washington D.C. The more training the Executive Director maintains, the more she can do for the YWCA Ames-ISU and in return for the community. This training aids the YWCA with grant proposals, marketing, board development and more. GIRLS Power and College Bound mentors are trained on leadership theory and development, public speaking, working with families, and other forms of communication. This not only enhances the ISU Mentor's lives and ability to mentor those in need in the future, but it also enhances the mentees lives, giving them a good role model to look up to. The YWCA works to increase awareness of personal safety issues and sexual assault. We conduct volunteer education to help promote and spread the mission of the YWCA, including training of IFF volunteers and others as needed. Each year, we train Board Members, on the YWCA's programs, finances, fundraising, etc. We utilize the YWCA's events to educate others about the need to empower women and eliminate racism and how they can help. This training enhances lives because not only does it encourage people to contribute this knowledge to the community, but it also enhances the lives of those who attend these programs and events and learn why and how to help eliminate racism and empower women.

**1. Program/ Service Outcome (Change/ Benefit to Clients/ Community) – please refer back to the corresponding ABF 5(O) and provide an update on program/ service outcome from July 1 to date:**

The Executive Director will attend a YWCA USA Conference this spring for YWCA Executive Directors. GIRLS Power and College Bound mentors volunteer 8 hours per month for 9 months during the academic year. Mentor evaluations consistently note growth in leadership skills, public speaking, community service, and knowledge of working with children. Consistent and ongoing messages about the need for personal safety; using venues of Week Without Violence and Take Back the Night. Increased understanding and tolerance toward those different than ourselves and willingness to reach out to those far from home. YWCA events have increased visibility of the YWCA and its role in the university and community, and increased understanding of programs and mission.

**2. Measurement Used (How Often, Tools Used) – please refer back to the corresponding ABF 5(O) and provide an update on measurement used from July 1 to date:**

Measurement used for the training the Executive Director receives is based off of what she learned (and will use with the YWCA Ames-ISU), along with what she brings back to the board. GIRLS Power and College Bound measurements are evaluated by initial interviews and training

sessions that gauge beginning feelings/experiences. Mid-year and end of the year evaluations are completed by the mentors, along with weekly reports to the Executive Director by the GIRLS Power and College Bound Mentoring Coordinators. We have two formal events a year on campus that are measured by the attendance, along with other educational presentations as requested. Volunteer education is measured by the count of those who respond when a call for volunteers goes out, and a follow-up count of those who actually participate. Board training is monthly, with a formal training session for new members once per year, in August.

**3. Measurement Update (Please provide update on measurement data collected based on the ABF 5(O) from July 1 to date):**

Measurement used for the training the Executive Director receives is based off of what she learned (and will use with the YWCA Ames-ISU), along with what she brings back to the board. GIRLS Power and College Bound measurements are evaluated by initial interviews and training sessions that gauge beginning feelings/experiences. We will conduct mid-year evaluations in January for Girls Power and College Bound. Our MLK Community Celebration event will be on January 21<sup>st</sup>, 2019. Volunteer education is measured by the count of those who respond when a call for volunteers goes out, and a follow-up count of those who actually participate. Board training is monthly, with a formal training session for new members once per year, in August. We also have a YWCA Regional Membership Director come once a year to educate the board of the history of the YWCA.

**4. Outcomes Achieved (Result to Clients/ Community) – please refer back to the corresponding ABF 5(O) and provide an update on the outcomes achieved from July 1 to date:**

The Executive Director's training from the YWCA USA will be this spring. The Girls Power and College Bound mid-year evaluations will be in mid-January, after the winter breaks. All mentees and mentors will complete the evaluations. Our MLK Community Celebration event on January 21<sup>st</sup>, 2019 at the Ames Middle School. Volunteers have been more involved (especially in International Friendship Fairs) than ever. The training they receive helps them feel secure and confident about presenting and answering questions about their countries and cultures. Board training is monthly, with a formal training session for new members once per year, in August.

**5. Barriers Encountered (please refer back to the corresponding ABF 5(O) and provide an update on the barriers encountered from July 1 to date):**

No barriers should impact that should impact our training for Girls Power and College Bound Mentors. We have had a record number of Iowa State Students express interest in Mentors this year, which may result in having to train a larger amount of students. Finances may affect training for the Executive Director, as the annual YWCA conference is held in Washington D.C. or California each year, creating a lot of expenses. The training for the Board of Directors should not be impacted by any outside changes.

**6. Clients Served (please refer back to the corresponding ABF 5 Service Statistics and provide an update on number of clients served from July 1 to date):**

The Executive Director will attend the YWCA USA's conference this spring. This fall, 30 GIRLS Power mentors were trained to be mentors in the program, and two GIRLS Power Mentor Coordinators were trained. In addition, two College Bound Coordinators were trained, along with 10 mentors for the high school girls. One Global Outreach Coordinator, one Campus Outreach Coordinator, an Office Assistant, an intern, and the YWCA's 12 Board Members were all trained. No one was turned away.

7. **Have you had to turn any clients away that desire to participate in this program? If so, why? If so, how many? If so, when?**

No clients have been turned away.

8. **Comments:**

## MID-YEAR REPORT FOR OUTCOME PROGRESS

**Reporting for: July 1 – November 30 of the current year!**

**Agency Name: YWCA Ames-ISU**

**Program Name: Girls Power and College Bound Mentoring Programs (Youth Development and Social Adjustment)**

### Brief Description of Program:

GIRLS Power is a mentoring program for sixth, seventh and eighth grade girls at the Ames and Nevada Middle Schools who are living out the YWCA mission of eliminating racism and empowering women. In cooperation with their ISU female student mentors, these young women plan and participate in biweekly activities based on the five GIRLS Power focus areas: Community Service, Leadership Development, Career Exploration, Diversity and FUN! Mentors and mentees also interact outside the organized meetings on their own adventures such as volunteering at the animal shelter, attending ISU campus events, and more.

College Bound is a mentoring program for Ames High School girls who are living out the YWCA mission of eliminating racism and empowering women. In cooperation with their ISU female student mentors, these young women participate in biweekly programs and workshops to better prepare them for college, such as leadership, campus visits, self-care, and more. Mentors and mentees also interact outside the organized meetings on their own adventures such as volunteering at the animal shelter, attending ISU campus events, and more.

**1. Program/ Service Outcome (Change/ Benefit to Clients/ Community) – please refer back to the corresponding ABF 5(O) and provide an update on program/ service outcome from July 1 to date:**

Participation seems to be sustaining and/or building self-esteem and self-confidence. Mentees have discussed in-depth peer and social pressure issues through interactions with women in college, printed/published materials and invited guests. Participants will also gain a better understanding of different cultures, ethnicities, and races, thus sustaining and increasing tolerance, by attending a YWCA International Friendship Fair and asking questions about different cultures in a “safe” space. Participants will engage in community service and gain an appreciation of and desire to continue to volunteer. Participants learn about time-management which is crucial at this age – middle school and high school – along with bullying and self-appreciation. The mentees also make new friends with other mentees and mentors. Lastly, participants will learn basic financial concepts, leading them to practice healthy financial habits for the rest of their life. Ultimately, the goal of the YWCA’s GIRLS Power and College Bound Mentoring Programs is to shape these girls and young women into outstanding women in our community – leaders, volunteers, college bound, and diverse young women.

**2. Measurement Used (How Often, Tools Used) – please refer back to the corresponding ABF 5(O) and provide an update on measurement used from July 1 to date:**

The mentors and mentees complete mid-year and end of the year self-evaluations regarding the program. Mentors are asked what they have learned being a mentor, how the program has impacted them, how they will use these skills in the future, etc. Mentees are asked questions about self-esteem, community service and volunteering, safe dating, and what they have learned and how they will use these skills in the future.

**3. Measurement Update (Please provide update on measurement data collected based on the ABF 5(O) from July 1 to date):**

The Mid-year evaluations will all be completed in mid-January, after the schools' winter breaks for both Girls Power and College Bound.

**4. Outcomes Achieved (Result to Clients/ Community) – please refer back to the corresponding ABF 5(O) and provide an update on the outcomes achieved from July 1 to date:**

We will review mid-year evaluations in January.

**5. Barriers Encountered (please refer back to the corresponding ABF 5(O) and provide an update on the barriers encountered from July 1 to date):**

There is a new counselor at the Ames Middle School, so there were some communication issues at the beginning of the year with recruitment. However, we have met with her and are on the same page now. We will be recruiting more mentees in January, as many of the girls did not properly hear the announcement that the school did. For College Bound, the counselor only recruited at-risk girls, and the program is open to everyone. So we will be holding another informational/recruitment meeting in January for all girls at the high school who are interested in participating.

**6. Clients Served (please refer back to the corresponding ABF 5 Service Statistics and provide an update on number of clients served from July 1 to date):**

Seventy-six clients are currently being served. We expect that number to rise in January.

**7. Have you had to turn any clients away that desire to participate in this program? If so, why? If so, how many? If so, when?**

We did have to turn away nearly 100 Iowa State females who were interested in being mentors.

**8. Comments:**

## MID-YEAR REPORT FOR OUTCOME PROGRESS

**Reporting for: July 1 – November 30 of the current year!**

**Agency Name: YWCA Ames-ISU**

**Program Name: Advocacy Against Discrimination**

**Brief Description of Program:**

International Friendship Fair (IFF) encourages ISU international students and spouses to volunteer their time, and educate the community about their cultures. International Friendship Fairs are held at Ames Public Schools, the Ames Public Library, Iowa State University Memorial Union, and Heartland Senior Services to promote global understanding and cultural tolerance. The YWCA's mission is to eliminate racism, and we believe education is key to understanding cultural differences. International Friendship Fairs lets children engage with several different people of different cultures and beliefs. Martin Luther King Jr. Community Celebration helps promote the YWCA's mission of eliminating racism and engaging a community wide planning group. Racism still exists, and at the MLK, Jr. Celebration we can remember Dr. King's work and what he stood for. The Women of Achievement event intends to bring and increase visibility to women and organizations that have worked to eliminate racism and empower women. We will be awarding 7-10 women in different lines of work, to inspire many women to do the same. When the community can come together and learn from each other, it is valuable to the Ames and Iowa State University communities.

**1. Program/ Service Outcome (Change/ Benefit to Clients/ Community) – please refer back to the corresponding ABF 5(O) and provide an update on program/ service outcome from July 1 to date:**

International Friendship Fairs are needed in our community because the best way to eliminate racism is to educate the community about cultural differences. International Friendship Fair lets children engage with several different people of different cultures and beliefs, ask questions, see pictures, learn about stereotypes, and more, which helps eliminate racism in our community. Martin Luther King Jr. Community Celebration helps promote the YWCA's mission of eliminating racism and raises awareness on the history of Civil Right and how to continue working in the right direction as a community. The Women of Achievement event intends to bring and increase visibility to women and organizations that have worked to eliminate racism and empower women. This service is needed so the community is aware of the important roles several of its women play, and to empower younger women to do the same.

**2. Measurement Used (How Often, Tools Used) – please refer back to the corresponding ABF 5(O) and provide an update on measurement used from July 1 to date:**

We hold 4-5 International Friendship Fairs during the Fall and Spring semesters (8-10 per year). We measure the success by the number of participants at each fair, the number of thank you notes sent to the YWCA office, and the amount of enthusiasm, questions, participation of the



attendees, and how many schools and community locations ask us to return. We measure the impact on clients for the Martin Luther King, Jr. Community Celebration by the number of people who attend, the media coverage, and the enthusiasm in the audience. The Woman of Achievement Awards & Ceremony is measured by how many people attend the event, how many sponsors we have, and media coverage.

**3. Measurement Update (Please provide update on measurement data collected based on the ABF 5(O) from July 1 to date):**

During the Fall 2018 semester, we held 4 International Friendship Fairs. Each fair had between 4 and 7 countries represented. The fairs were held at the Ames Public Library, Iowa State University Memorial Union, Ames Middle School, and Heartland Senior Services. We have five International Friendship Fairs planned for the Spring 2019 semester. The MLK Community Celebration will be held on January 21<sup>st</sup>, 2019. Last year's event brought in nearly 500 people. We are expecting a similar number for this year's event. The YWCA has been working to revamp its Women of Achievement Ceremony to award more women in the community, and attract more attendees. We have a committee planning this event, and the members consist of the City of Ames, Mary Greeley Hospital, and various ISU Departments. This year, instead of awarding one outstanding woman, we intend to award 7-10. Our event will be held on March 7<sup>th</sup>, 2019 at the Ames Country Golf Club.

**4. Outcomes Achieved (Result to Clients/ Community) – please refer back to the corresponding ABF 5(O) and provide an update on the outcomes achieved from July 1 to date:**

During the Fall 2018 semester, we held 4 International Friendship Fairs. Each fair had between 4 and 7 countries represented. The fairs were held at the Ames Public Library, Iowa State University Memorial Union, Ames Middle School, and Heartland Senior Services. We have five International Friendship Fairs planned for the Spring 2019 semester. The MLK Community Celebration will be held on January 21<sup>st</sup>, 2019. Last year's event brought in nearly 500 people. We are expecting a similar number for this year's event. The YWCA has been working to revamp its Women of Achievement Ceremony to award more women in the community, and attract more attendees. We have a committee planning this event, and the members consist of the City of Ames, Mary Greeley Hospital, and various ISU Departments. This year, instead of awarding one outstanding woman, we intend to award 7-10. Our event will be held on March 7<sup>th</sup>, 2019 at the Ames Country Golf Club.

**5. Barriers Encountered (please refer back to the corresponding ABF 5(O) and provide an update on the barriers encountered from July 1 to date):**

We have held IFF's at Ames Elementary Public Schools, but we would like to get into more, as we believe educating our children about cultural differences and racism is the best way to eliminate racism. Our Global Outreach Coordinator struggles with getting some of the schools to get back to her. We would always like to have a higher attendance at the MLK, Jr. Community Celebration to increase awareness, but weather usually plays a factor in what our attendance looks like. We

have struggled with attendance in the past for our Women of Achievement event. It seemed as though unless individuals knew someone being awarded, they had no reason to attend the event. So this year we are awarding more women, and including a sit-down meal to attract a higher attendance.

**6. Clients Served (please refer back to the corresponding ABF 5 Service Statistics and provide an update on number of clients served from July 1 to date):**

We held four International Friendship Fairs thus far. At each IFF we have 4-7 individuals representing their culture, and 50-150 participants at each event. Thus far, we have had approximately 250 individuals involved with IFF. The MLK Community Celebration will take place on Monday, January 21<sup>st</sup>, 2019 (MLK Day), and we expect approximately 500 people to attend, as last year's MLK event had an audience of approximately 500. We are hopeful that 100 people will attend our Women of Achievement Ceremony on March 7<sup>th</sup>, 2019.

**7. Have you had to turn any clients away that desire to participate in this program? If so, why? If so, how many? If so, when?**

We have not had to turn any clients away for any of these programs or events.

**8. Comments:**