

ANNUAL REPORT 2021



A letter from our Executive Director

Dear Elevate Youth Family,

I hope that you and your loved ones continue to remain safe and in good health. 2021 was a year full of surprises and unknowns; however, our community and youth have shown incredible resilience, innovation, and flexibility. As the year comes to a close, this seems like the perfect time to reflect on the journey we have taken, and outline the plans we have in store for the year ahead.

As we look ahead to 2022 and beyond, we will continue to make incremental changes to better serve our youth & families as well as uphold our organization's values of: **safety, youth choice/voice, inclusivity, accountability, leadership, and sustainability.**

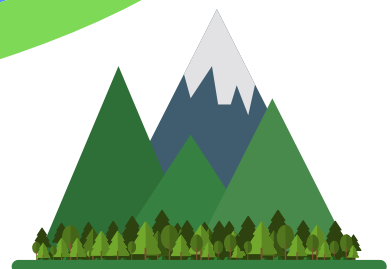
Priorities for 2022:

- Working towards an embedded school model.
- Continued commitment to DEI.
- A focus on sustainability, both internally and through our programming.
- Enhancing our services through our E.A.T. initiative.
- Creating a space in the community at EY's new headquarters in Dorchester.

We are grateful for the support of our community and will advance our mission to empower youth to explore the outdoors alongside mentors, sharing awe and the richness of our natural world.

With gratitude,

Alec Griswold



WE ARE NOT AN AFTER SCHOOL PROGRAM - WE ARE A LIFE PROGRAM!

WHAT WE DO

Elevate Youth believes there are two primary drivers that facilitate positive transformation in the youth we serve. The first is the opportunity for ongoing outdoor experiences that are safe, fun, positive and challenging. The second is the relationships developed with supportive adult role models.

MISSION

Elevate Youth's mission is to empower youth to explore the outdoors alongside mentors, sharing awe and the richness of our natural world.

VISION

We aim to spark a lifelong love of the outdoors through equitable access and routine immersion as a way to foster agency and lead holistic, healthy lifestyles. We work alongside our youth to elevate their voices as the next generation of diverse environmental stewards.

CORE VALUES

- Safety
- Sustainability
- Youth choice/voice
- Accountability
- Leadership
- Inclusivity



THE IMPORTANCE OF NATURE



EXPOSURE

At least 120 minutes in nature a week improves your health and psychological wellbeing.¹



HAPPINESS

Feeling connected to nature was correlated with engaging in more sustainability practices, such as recycling, object reuse, and saving water, and also led to children reporting higher levels of happiness.²



HEALTH BENEFITS

Being outside reduces anger, fear, and stress, and reduces blood pressure, muscle tension, and the production of stress hormones.³



A NEED FOR NATURE

One study found that children who lack exposure to nearby green spaces were up to

55% MORE LIKELY

more likely to develop depression and anxiety in later years.⁴



CHILDREN SHOULD GET AT LEAST

60

MIN

OF EXERCISE A DAY⁵

4.8*

%

OF CHILDREN WERE MEETING COMBINED MOVEMENT BEHAVIOR GUIDELINES DURING COVID-19 RESTRICTIONS⁶

*2.8% girls, 6.5% boys

THE AVERAGE AMERICAN CHILD SPENDS



4-7

MIN/
DAY

IN UNSTRUCTURED PLAY OUTDOORS, AND



>7

HRS/
DAY

IN FRONT OF A SCREEN⁷



A PROBLEM WITH ACCESS

A STUDY FOUND THAT PREDOMINANTLY WHITE NEIGHBORHOODS HAVE

11x

MORE GREEN SPACE THAN NEIGHBORHOODS WHERE

40%

OF RESIDENTS ARE AN ETHNIC MINORITY

AND AFFLUENT SUBURBS ARE MORE LIKELY TO HAVE AN ABOVE-AVERAGE QUANTITY OF GREEN SPACE.⁸

IMPACT BY THE NUMBERS

183

OUTDOOR TRIPS & ENRICHMENT SESSIONS

Providing a safe & consistent means for children to experience the outdoors.

550

E.A.T. WELL MEAL BOXES DELIVERED

Our E.A.T. cooking classes provide monthly meals, cooking education & instruction for our young chefs.

36

OUTDOOR MENTORS

Positive adult role models are essential to a sense of belonging and confidence for our youth

850+

HOURS OF OUTDOOR PROGRAMING

Spending time in nature is linked with countless health benefits, particularly for youth. We are proud to offer these opportunities for our youth when they are needed most.



PROGRAM PILLARS



DISCOVERING NATURE CLOSE TO HOME

SPARKING A LOVE OF THE OUTDOORS.

We facilitate a connection between youth and their natural surroundings.



SOCIAL & EMOTIONAL LEARNING

DEVELOP PERSONAL GROWTH.

We build skills such as confidence, curiosity, leadership & empathy.

TEAM BUILDING

FOCUSING ON GROUP DYNAMICS

We develop social skills, build friendships, and facilitate mentorship.



PROJECT BASED LEARNING

CONSISTENT ENGAGEMENT

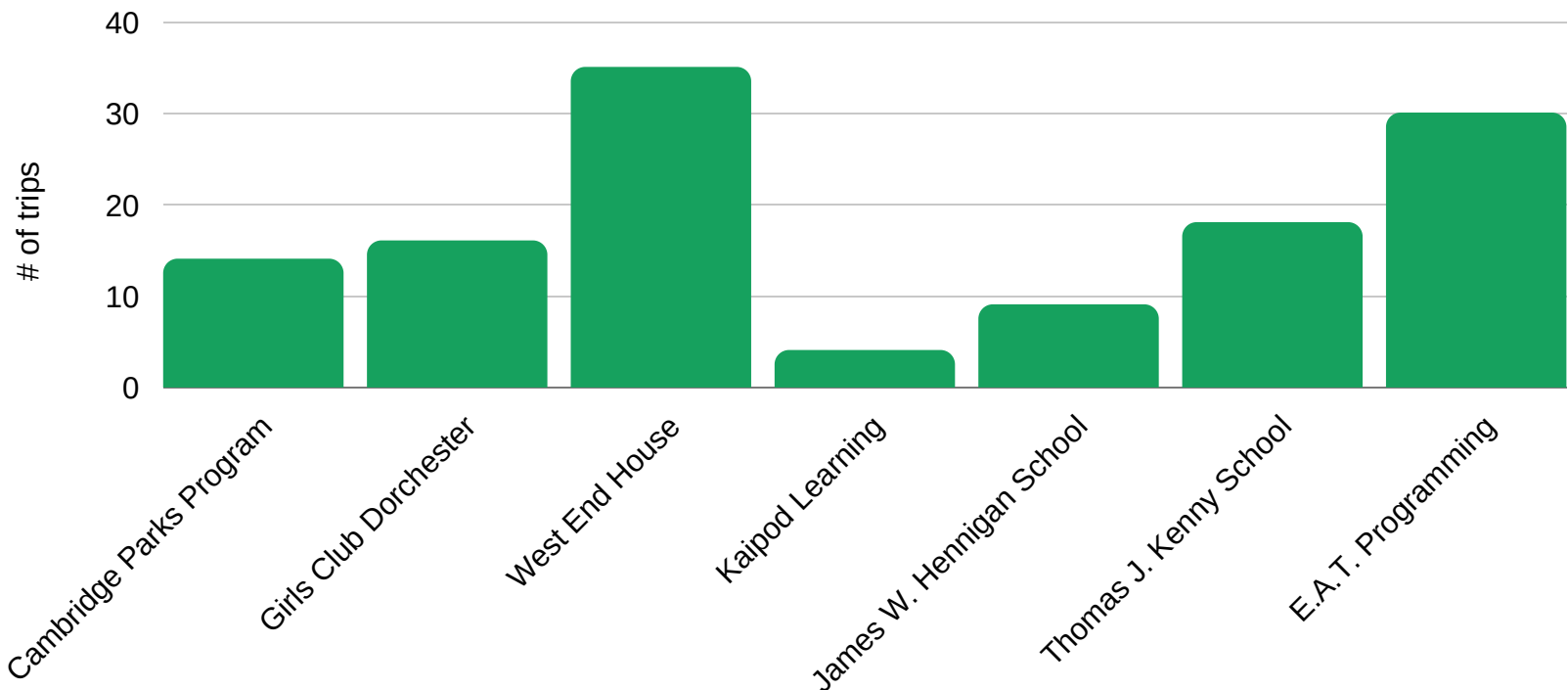
We build upon our work to create progression and enhance personal growth.



TRIP INFO

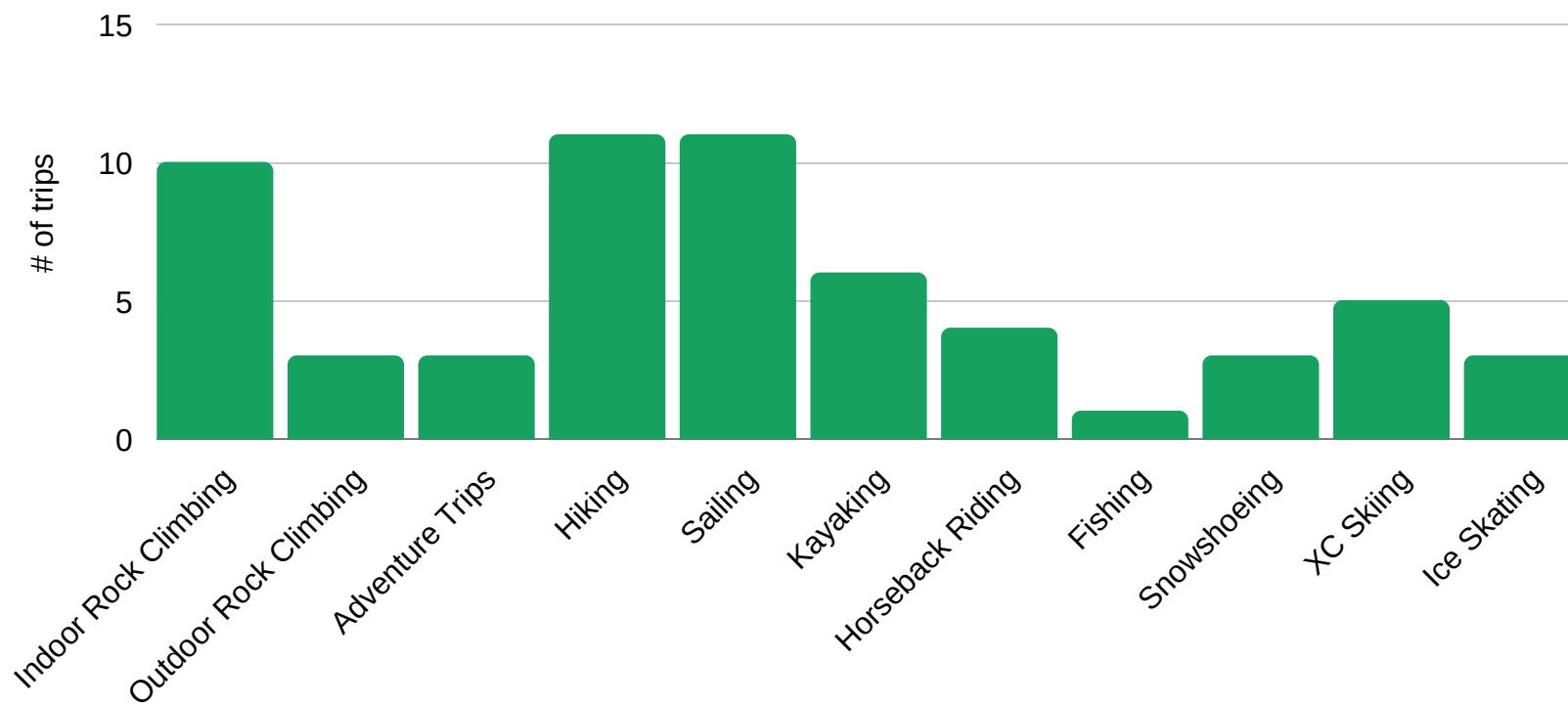
ELEVATE YOUTH PARTNERS

Elevate Youth works intimately with schools & other nonprofit partners to deliver consistent outdoor experiences all year round.



ELEVATE YOUTH FIELD TRIPS

Outdoor field trips are the bedrock of our program. In 2021, we welcomed back the use of our Elevate Youth van, ventured further & brought back some youth favorites!



E.A.T. EDUCATE. ACCESS. THRIVE.

Since 2020, our E.A.T. initiative has consistently provided healthy meals and virtual cooking classes for our children and their families, intentionally drawing connections between food and nature.

"Was not expecting it to be so delicious"



"I thought that it would be plain and boring, but it turned out to be flavorful!"



"I learned many things about cooking, and about culture"

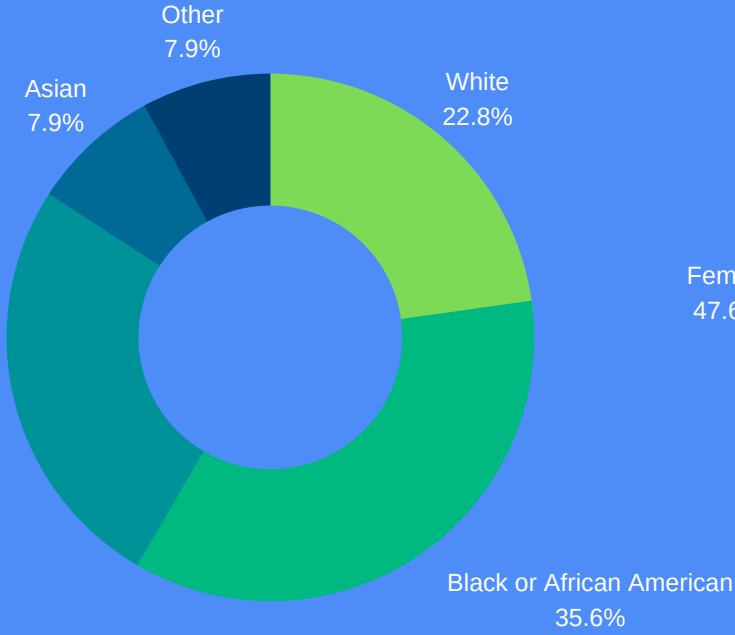


"This is awesome"



YOUTH DEMOGRAPHIC

Ethnicity



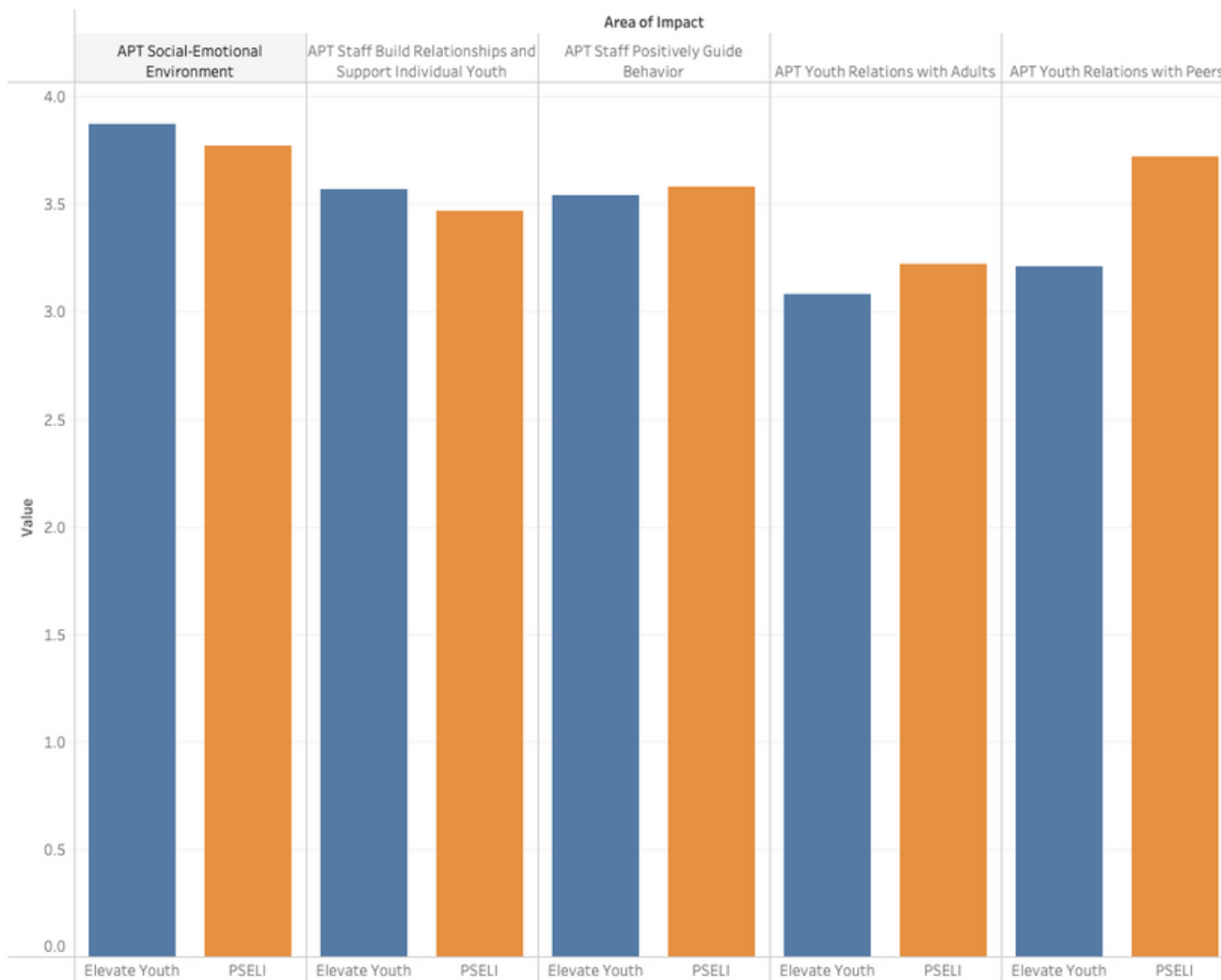
Gender



PROGRAMMING QUALITY & IMPACT

Program Quality ('18-'21)

Elevate Youth School Year ('18-'21)



Areas of Impact

AREAS OF IMPACT ½	
Staff are actively engaged in activities with youth.	3.5
Staff-youth interactions (manner, affect, tone of voice) are positive and supportive.	3.5
When youth ask for help, staff provide individualized assistance to youth.	3.5
Youth appear calm and in control of themselves.	3.5
Youth are busy and engaged in conversation or activities.	3.0
Youth are kind, respectful and inclusive of each other.	3.5
Youth cooperate with each other.	3.5
Youth listen to each other.	3.3
Youth show interest in staff; seek out positive contact/interactions.	3.0
	1 2 3
	Average Score [*Benchmark is 3] ★

YOUTH SPOTLIGHT



What do you like about Elevate Youth?

"I love nature and they always take us outside."

Favorite memory from Elevate Youth?

"The very first hike I went on in the Blue Hills."

Do you feel more comfortable doing outdoor activities since being a part of Elevate Youth?

"Yes I do, the more I do and learn the less nervous I am."

Why is it important to get outside and enjoy nature?

"Nature is really beautiful and I like the fresh air and am able to run and play."

Anything else you'd like to share?

"I would like to say 'Thank You' to Elevate Youth, especially all of the instructors who have been nice to me and taught me many interesting things."

Benjamin (11) & Alex (8)



What do you like about Elevate Youth?

One thing I like about Elevate Youth is exploring nature and making new friends.

Favorite memory from Elevate Youth?

My favorite memories were going camping and skiing

If you could do any outdoor activity - what would it be, and why would you choose this activity?

One thing I would do outdoors is to go camping again with Elevate Youth because it was fun. I also would like to go skiing again so I can learn to ski again.

Why is it important to get outside and enjoy nature?

It is important to go outside and enjoy nature because that is where you get fresh air and can see animals, trees, and things you never see, or think would be outside in nature.

- J-Lah B.

FAMILY TESTIMONIALS

"Elevate Youth has been God sent for my granddaughter. During... the pandemic, schools were closed, and all extracurricular activities had ceased. Elevate Youth offered opportunities for the children to go hiking in the Blue Hills. It...expanded to other places throughout the city and surrounding communities. My granddaughter and I were able to bond around the cooking lessons offered by Elevate Youth and the Boys and Girls Club of Dorchester helped us to survive and thrive throughout the pandemic." - Roxie C.



"As parents sometimes "life" can make it difficult to do all the activities you would like with your children.. Elevate Youth, through their nature activities, have filled in the gap and given our children, especially our youngest son, so much more independence and confidence. They have embraced Alex (11) and Benjamin (8)... [and] are caring and compassionate. They are always willing to collaborate with us to help our children to be more successful...We also love the EAT initiative. Our family (Mom, Dad, Auntie Sandra and our two boys) really enjoy preparing and eating the meals." - Anthony & Kori G.

PARTNER & VOLUNTEER TESTIMONIALS

2021 saw the return of our incredible volunteers & Mentors. Here are a few words from our supporters.

"A great opportunity to connect with kids and have a meaningful impact on their lives"

"I couldn't stop smiling after"

"I had such an amazing time!"

"The kids are able to overcome fears and gain confidence through these activities"

"It's a powerful experience seeing young people engaged and growing into new and novel activities in the outdoors"

"As a facility centric program we are always looking for opportunities to get our members off-site.

Elevate Youth has done that - teaching members about the vast outdoor recreation opportunities available to them, while giving them a new appreciation for nature."

"Elevate Youth is, with a doubt, one of our most important program partners."

-Mike Joyce, Boys & Girls Club of Dorchester



THANK YOU TO OUR INDIVIDUAL DONORS!

**** TO OUR MANY DONORS OF \$25 OR BELOW - WE LOVE YOU!**

<i>Kathyrn Hoover Anderson</i>	<i>Jose Diaz</i>	<i>Liz Harvey</i>	<i>Bob Mandile</i>	<i>Alice Saunders</i>
<i>Renee Anderson</i>	<i>Scott Dineen</i>	<i>Craig Helpen</i>	<i>Erica Marano</i>	<i>Steven Schinnerer</i>
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<i>Angela Belsole</i>	<i>Kenneth Drew</i>	<i>Kevin Hoose</i>	<i>Alexa McCallum</i>	<i>Scott & Julie Segel</i>
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<i>Charlotte Bloom</i>	<i>Sarah Dwyer</i>	<i>Ben Jackson</i>	<i>Patrick Mcevoy</i>	<i>Brendan Shea</i>
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<i>Dustin Devlin</i>	<i>Katherine Hapgood</i>	<i>Brad Lyon</i>	<i>Adriana Saldana</i>	
<i>Sean Dew</i>	<i>Chava Harris</i>	<i>Molly Malov</i>	<i>Taylor Sanson</i>	

CORPORATE & FOUNDATION SUPPORT



**FANCY HILL
FOUNDATION**



L.L.Bean



wikiloc

Maine Beer Company



cisco brewers

FY21 FINANCIALS

SUPPORT & REVENUE

January 1, 2021 - December 31, 2021

Earned Income	\$5,660
Individual Donations	\$116,940
Special Events	\$4,251
Corporate Support	\$35,073
Foundation Support	\$41,600
Grants	\$69,300
Other Revenue	\$2,789
Total Revenue	\$275,614

OPERATING EXPENSES

Program Expenses	\$42,383
Staff & Fringe Benefits	\$177,436
Overhead	\$59,515
Total Expenses	\$279,335

GAIN / LOSS FROM OPERATIONS

Net Margin	- \$3,721
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THE ELEVATE YOUTH FAMILY

Board of Directors

Mary Tuck Welch
PRESIDENT

Chaya Harris
BOARD CHAIR

John Henry Murphy
TREASURER

Benjamin Jackson
CLERK

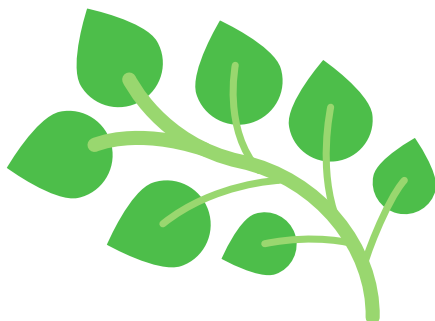
Alec Griswold
FOUNDER

Nicole Davis
BOARD CHAIR

Robin Bose
BOARD CHAIR

Program Partners

Boys & Girls Club Dorchester - Marr & Denney Center
Boston Center for Youth & Families - Leahy Holloran
Sibling Connections
Kaipod Learning
Harlem Lacrosse Boston
West End House
Thomas J. Kenny K-6 Elementary School
The Hennigan School
The Office of Mayor Siddiqui



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Alec Griswold
FOUNDER & EXECUTIVE DIRECTOR

Cam Regan
DIRECTOR OF PROGRAMMING

Nick Chertavian
LEAD OUTDOOR INSTRUCTOR

Emily Milliken
LEAD OUTDOOR INSTRUCTOR

Sophie Gould
LEAD OUTDOOR INSTRUCTOR

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Jonathan Kubert
Matt White
Allison Dillon
Lydia Zayas
Julie Gehrig
CT Ransdell
Sam Kornstein

Community Partners

Pioneers Run Club
Family Dinner
Paddle Boston
Weston Ski Track
Blazing Saddles Equestrian
Wachusett Mountain
Piers Park Sailing Center
Rock Spot South Boston
Brooklyn Boulders Somerville
Eastern Mountain Sports
Massachusetts DCR
Commonwealth Kitchen
Jamaica Mi Hungry
Katsiroubas Produce
Boston After School & beyond

E.A.T. Committee

Melissa Castro
Karen Masterson
Gay Crowley
Paloma Suarez
Siedric White
Dulce Depina
Meredith Smith
Tuck Welch
Jessica Torres



FOLLOW ALONG!

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