

Unity Charity

2016-17 Evaluation Report

Engage Stream: Community Programs & After School Programs

September 2017

Introduction:

Throughout the 2016-17 Fiscal Year, Unity Charity successfully delivered 11 Community Programs, 8 After School Programs, and 5 Community Arts & Culture Programs across the Greater Toronto Area in partnership with Art Starts (Yorkdale), Don Montgomery Community Centre, Sketch Working Arts, MLSE Launch Pad, City of Brampton, City of Mississauga, Nexus youth services, City of Toronto, and various community centers throughout Toronto.

Community Program Results Overview:

The Unity Charity Community program reached over 545 unique individuals across 722 hours of programming, and had over 100 survey respondents throughout the year. Functioning as drop-in spaces, Unity's Community Programs were host to over 15 youth per week on average, offering a safe and inclusive space for youth disconnected from their communities. As a direct result of our program, 88.6% of youth strongly agreed or agreed that they had developed confidence in their own skills and abilities, 85.7% of youth strongly agreed or agreed that they developed skills for the future, and youth experienced a 6% and 14.3% reduction in stress and anxiety (and/or nervousness) respectively.

Community Arts & Culture Program Results Overview:

Through partnership with City of Toronto Youth Workers, Unity launched a new program stream to reach more youth through community-focused programs centered around the needs and preferences of the youth residing in that catchment area. Each program was tailored specifically to account for the unique needs of each community. As a direct result of this program, 71.4% of youth strongly agreed or agreed that they developed skills to teach others, 80% of youth strongly agreed or agreed that they had an adult they could talk to, and 74.3% of youth strongly agreed or agreed that they developed confidence in their own skills and abilities.

After School Program Results Overview:

The Unity Charity After School Program reached over 15 youth on average on a weekly basis, delivering over 400 hours of programming throughout the year to develop artistic and leadership skills in youth. As a direct result of this program, 96.9% of youth participants strongly agreed or agreed that they learned problem solving skills, 95.3% of youth strongly agreed or agreed that they developed skills for the future, 73.4% of youth strongly agreed or agreed that they could accomplish goals, and youth gained a lot of confidence to share their feelings and ideas with others (53.1% Pre-Program vs. 78.1% Post-Program).

Addressing Challenges

Due to the Community Programs' nature as drop-in programs it was a challenge to capture the pre- and post- surveys of each individual, therefore Unity decided to move towards a retrospective survey in 2017-18. Some youth had been a part of Unity programs for many years already and therefore it was a challenge to document their outcomes; Unity's revamped survey will undoubtedly solve this problem by

using the Connor-Davidson Resilience Tool in conjunction with quantitative and qualitative program-based outcome questions. Finally, Unity's Community Program Coordinator and After School Program Manager will ensure that programs do not experience any major location and/or facilitator changes to maintain the quality of programs throughout the year.

Moving Forward

Unity Program Staff has begun dissecting the evaluation results from 2016-17 alongside Unity's Development & Evaluations Coordinator to highlight and discuss context, demographics, differences between programs and their outcomes, data collection methods, strengths and weaknesses – to ultimately improve and shape our programming allowing us to talk about our impact and tell our story.

Testimonials

“How could you use what you’ve learned from Unity in your life? Were you inspired to make any changes with how you express yourself?”

1. I feel a greater amount of **self-confidence** than ever before because i got to invest my time in doing something new.
2. This program makes me **feel better** about myself and helps me **relive stress** and helps me **feel free**.
3. From the program, I learned to **approach things differently**. I also realized everyone is different.
4. The **value of hard work and having a community** to help achieve your goal.
5. **Express my stress** rather than bottling it up, this program has given me an area to simply chill & vibe.
6. Apply what I know from Unity into **building healthy relationships** with peers.
7. **Inspire** to be harder, better faster & stronger. Use every bit of happy & joy to infect other people. Make one person smile a day.
8. I was more **inspired to accomplish my goals** and stick to doing one thing more often. And I can **teach other people** what I learned.
9. I will **share my knowledge** and experience to **help people learn new skills have fun, de-stress**. Yes, I was inspired by the program to participate and showcase my skills to people.
10. **Creativity. Health and Well-being.**

Program Outcomes: Community Programs

I have confidence in my own skills and abilities.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	85.7%	Strongly Agree or Agree	88.6%

I believe that I have the skills that I need for success in the future.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	85.7%	Strongly Agree or Agree	77.1%

I have some ideas about what I'll do after I'm done high school.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	80.0%	Strongly Agree or Agree	85.7%

It is easy for me to stick to my aims and accomplish my goals.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	68.6%	Strongly Agree or Agree	68.6%

I can solve most problems if I invest the necessary effort.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	88.6%	Strongly Agree or Agree	82.9%

I find ways to spend time as an artist / doing creative things that I enjoy.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	94.3%	Strongly Agree or Agree	94.3%

I develop skills that I know I can use in the future.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	82.9%	Strongly Agree or Agree	85.7%

I have skills that can be used for teaching others.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	88.6%	Strongly Agree or Agree	85.7%

I find myself overwhelmed by feelings of stress.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	40.0%	Strongly Agree or Agree	34.3%

I feel nervous and/or anxious

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	51.4%	Strongly Agree or Agree	37.1%

I have positive/constructive ways to express my stress.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	80.0%	Strongly Agree or Agree	80.0%

There is at least one person who I trust to talk to about how I am feeling.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	91.4%	Strongly Agree or Agree	82.9%

I am considerate of people's feelings and ideas.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	82.9%	Strongly Agree or Agree	85.7%

I am interested in meeting new people and making new friends.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	88.6%	Strongly Agree or Agree	88.6%

I care about other people's experiences in life.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	88.6%	Strongly Agree or Agree	77.1%

I feel confident sharing my feelings and/or ideas with other people in my classes and community

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	77.1%	Strongly Agree or Agree	85.7%

Program Outcomes: Community Arts & Culture Programs

I have confidence in my own skills and abilities.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	65.7%	Strongly Agree or Agree	74.3%

I believe that I have the skills that I need for success in the future.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	71.4%	Strongly Agree or Agree	80.0%

I have some ideas about what I'll do after I'm done high school.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	48.6%	Strongly Agree or Agree	57.1%

It is easy for me to stick to my aims and accomplish my goals.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	57.1%	Strongly Agree or Agree	68.6%

I can solve most problems if I invest the necessary effort.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	74.3%	Strongly Agree or Agree	77.1%

I find ways to spend time as an artist / doing creative things that I enjoy.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	68.6%	Strongly Agree or Agree	74.3%

I develop skills that I know I can use in the future.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	65.7%	Strongly Agree or Agree	74.3%

I have skills that can be used for teaching others.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	45.7%	Strongly Agree or Agree	71.4%

I find myself overwhelmed by feelings of stress.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	40.0%	Strongly Agree or Agree	42.9%

I feel nervous and/or anxious

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	34.3%	Strongly Agree or Agree	42.9%

I have positive/constructive ways to express my stress.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	54.3%	Strongly Agree or Agree	62.9%

There is at least one person who I trust to talk to about how I am feeling.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	77.1%	Strongly Agree or Agree	80.0%

I am considerate of people's feelings and ideas.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	80.0%	Strongly Agree or Agree	80.0%

I am interested in meeting new people and making new friends.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	74.3%	Strongly Agree or Agree	74.3%

I care about other people's experiences in life.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	71.4%	Strongly Agree or Agree	80.0%

I feel confident sharing my feelings and/or ideas with other people in my classes and community

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	37.1%	Strongly Agree or Agree	31.4%

Program Outcomes: After School Programs

I have confidence in my own skills and abilities.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	76.6%	Strongly Agree or Agree	82.8%

I believe that I have the skills that I need for success in the future.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	79.7%	Strongly Agree or Agree	84.4%

I have some ideas about what I'll do after I'm done high school.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	71.9%	Strongly Agree or Agree	76.6%

It is easy for me to stick to my aims and accomplish my goals.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	60.9%	Strongly Agree or Agree	73.4%

I can solve most problems if I invest the necessary effort.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	79.7%	Strongly Agree or Agree	96.9%

I find ways to spend time as an artist / doing creative things that I enjoy.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	79.7%	Strongly Agree or Agree	85.9%

I develop skills that I know I can use in the future.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	76.6%	Strongly Agree or Agree	95.3%

I have skills that can be used for teaching others.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	75.0%	Strongly Agree or Agree	79.7%

I find myself overwhelmed by feelings of stress.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	48.4%	Strongly Agree or Agree	48.4%

I feel nervous and/or anxious

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	43.8%	Strongly Agree or Agree	42.2%

I have positive/constructive ways to express my stress.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	56.3%	Strongly Agree or Agree	62.5%

There is at least one person who I trust to talk to about how I am feeling.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	85.9%	Strongly Agree or Agree	87.5%

I am considerate of people's feelings and ideas.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	90.6%	Strongly Agree or Agree	90.6%

I am interested in meeting new people and making new friends.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	87.5%	Strongly Agree or Agree	87.5%

I care about other people's experiences in life.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	84.4%	Strongly Agree or Agree	90.6%

I feel confident sharing my feelings and/or ideas with other people in my classes and community

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	53.1%	Strongly Agree or Agree	78.1%