

# United Way of Calgary & Area

## EVALUATION REPORT YEAR 2

Written by the Students Commission of Canada

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### Project Description

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The United Way of Calgary & Area is a non-profit organization dedicated to creating positive social change in the Calgary region. Through strategic investments in programs addressing issues like poverty, homelessness, and mental health, they work with partners to foster collaboration and empower vulnerable communities. The organization offers capacity-building support to local non-profits and encourages volunteer engagement. This assistance may involve training, technical support, and resources to strengthen organizations, thereby enabling them to better serve the community. United Way of Calgary & Area provides volunteer opportunities across different programs, ensuring that individuals with diverse skills and interests can contribute meaningfully to the causes they are passionate about. Annual fundraising campaigns help sustain their impactful initiatives, making a tangible difference in the lives of individuals and families in the community.

Over the years, United Way of Calgary & Area has achieved significant success in improving the lives of thousands of individuals and families. By strategically investing in community-driven initiatives, fostering collaborations, and leveraging the power of volunteers and donors, the organization continues to make tangible strides toward building a thriving and resilient community.

### Highlights (Executive Summary)

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The purpose of this evaluation is to assess the program's ability to provide supports to vulnerable Calgary youth in their high school completion journey and in the next phase in their lives.

The evaluation assessed the program using two post-retrospective surveys. The evaluation encompassed the following surveys: the Youth Report Measure of Growth/Goal Focus in Youth Mentoring Relationships and the Healthy Close Relationships Before and Now.

The results indicated that United Way of Calgary and Area improved youth growth through mentoring relationships and were able to improve youth's connectedness to their community, peers, school, and program.

# Youth Report Measure of Growth/Goal Focus in Youth Mentoring Relationships

At the conclusion of the second year, the Post-Retrospective Youth Report Measure of Growth/Goal Focus in Youth Mentoring Relationships survey was administered to assess the program's effectiveness in mentoring youth. A total of 14 participants completed the survey, which consisted of 6 questions. The survey utilized a Likert scale, with participants providing responses ranging from 1 (Very False) to 4 (Very True).

The graph below illustrates the participant's average for each question of the survey. The overall average score for the beginning of the program was 3.10 out of 4 and 3.41 out of 4 at the end of the program. This indicates a slight increase since joining the program.

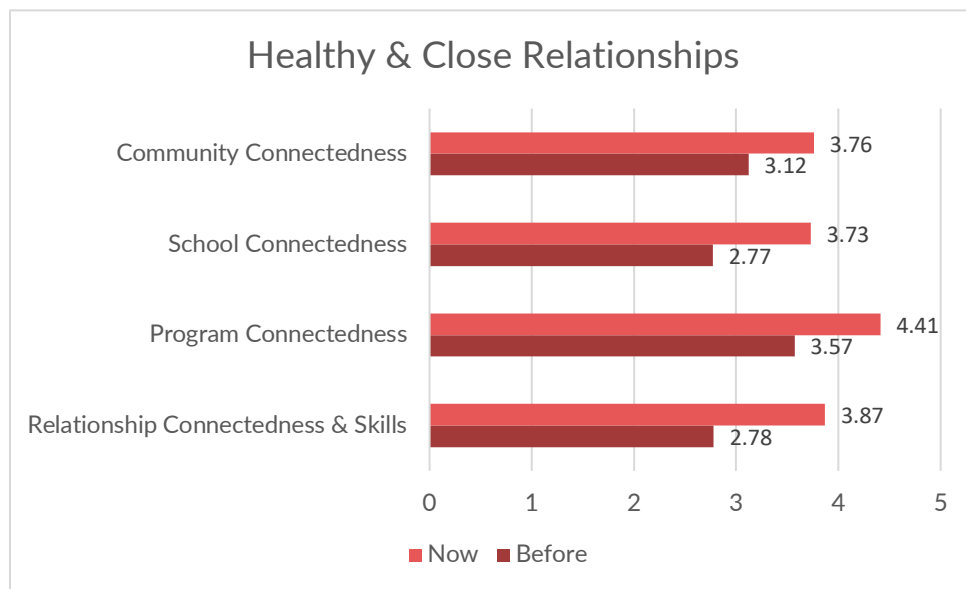


- Each question shows a slight increase between the beginning and the end of the program. The results illustrate a medium mentorship involvement from their mentor before the program. The results illustrate a high mentorship involvement from their mentor at the end of the program.
- The results show that United Way of Calgary and Area fostered youth growth through their mentorship.
- It is important to note that without more participants, we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable quantitative feedback and it offers meaningful perspectives on the youth's experience of the program.

# Healthy & Close Relationships Before & Now

At the conclusion of the second year, the Healthy & Close Relationships Before & Now survey was administered to assess the program's effectiveness fostering close and healthy relationships. A total of 14 participants completed the survey, which consisted of 21 questions. The survey utilized a Likert scale, with participants providing responses ranging from 1 (Strongly Disagree) to 5 (Strongly Agree).

The graph below shows the participant's average for each module.



- The graph illustrates an increase of approximately 1 point between before and now. The graph illustrates a low to medium connection to their community, school, program, and peers before they started the program. At the end of the program, the results indicated a medium to high connection to their community, school, program, and peers.
- The results illustrate that United Way of Calgary and Area fostered healthy and close relationships for youth with their community, school, program and peers.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable quantitative feedback and it offers meaningful perspectives on the youth's experience of the program.

## Discussion & Conclusion

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The evaluation of the United Way of Calgary & Area's program provides valuable insights into the program's effectiveness in fostering mentorship and growth among the youth participants. The survey results show a positive trend in the participants' perception of their mentoring relationships throughout the program. The average score increased from 3.10 at the beginning of the program to 3.41 at the end, indicating a slight improvement in mentorship involvement. This suggests that the program has been successful in enhancing the mentor-mentee bond and establishing more meaningful connections.

The slight increase in scores for each survey question further supports the notion that United Way of Calgary & Area's mentoring program positively impacts the growth and development of the participating youth. The higher scores at the end of the program demonstrate that the youth feel more supported, guided, and engaged with their mentors, which likely contributes to their personal growth and sense of empowerment.

The Healthy & Close Relationships Before & Now survey complements the youth mentoring evaluation by assessing the program's effectiveness in fostering healthy relationships with the community, school, program, and peers. The results indicated an increase of approximately 1 point between the "before" and "now" scores, showing that the program positively influenced the participants' connections to their surroundings.

The findings suggest that United Way of Calgary and Area's program has contributed to enhancing the participants' connection to their community, school, program, and peers. Building these relationships is crucial for the overall well-being and empowerment of young individuals, as it can lead to increased self-confidence, a sense of belonging, and better support systems.

While the survey results provide valuable insights, it is essential to acknowledge the limitations associated with the sample size. With more participants, the findings would provide more statistical significance. To draw more robust conclusions, future evaluations should aim to involve a larger group of participants.

In conclusion, United Way of Calgary & Area was successful in fostering positive growth in mentorship relationships and healthy connections among the youth. The organization's efforts in providing support and guidance to young individuals have shown positive impacts on their development. As a result, the program's success in empowering and supporting youth in Calgary's community remains evident, and it highlights the importance of continued investment in such initiatives to create a brighter and more inclusive future for the region.



# Appendix

## *Youth Report Measure of Growth/Goal Focus in Youth Mentoring Relationships*

The scores represent the averages on a scale of 1 (very false) to 4 (very true).

Questions	Start of program	Now
1. My mentor and I talk together about how to solve problems.	3.15	3.54
2. My mentor and I spend time working on how I can improve as a person.	3.2	3.23
3. Learning new things together is an important part of our relationship	3.23	3.54
4. My mentor helps me to set and reach goals.	3.50	3.77
5. My mentor and I work on projects together	2.67	2.92
6. Only by working together can people make changes in a community.	3.23	3.54

## *Healthy & Close Relationships Before & Now*

The score Represent the average on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree)

Questions	Start of program	Now
1. How well do you get along with other people and make friends?	2.14	3.50
2. Do you have help or support from people when you need it?	2.36	4.14
3. How aware are you of prejudices being expressed around you?	3.43	3.77
4. How comfortable are you interacting with people who have different values and ideas than yourself?	2.69	3.64
5. Do you get along with people your own age?	2.86	3.85
6. How well do you feel connected to your friends and peers?	3.14	4.21
7. I feel close to people in this program.	3.14	4.07
8. I feel I am a part of this program	3.14	4.21
9. I am happy to be at this program.	3.50	4.50
10. The adults in this program treat youth fairly.	4.31	4.64
11. I feel safe in this program.	3.77	4.64
12. I feel close to people at my school.	2.36	3.79
13. I feel I am a part of my school.	2.71	3.71
14. I am happy to be at my school.	2.57	3.79

15. The teachers in this program treat students fairly.	3.57	3.93
16. I feel safe in my school.	2.64	3.43
17. I feel close to people in my community.	3.31	3.85
18. I feel I am a part of my community	3.18	4.08
19. I am happy to be in my community.	3.69	4.00
20. The people in my community treat me fairly.	2.85	3.38
21. I feel safe in my community.	2.36	3.50