Task 8: Findings

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**Results**

While evaluating the YMCA’s Y-Change family program I used three different evaluation tools, an observation checklist, a survey for current clients, and a survey for previous clients. From the results of the surveys it shows that most clients enjoy or did enjoy the program and still continue to use the skills that they learned in their class. The coaches seemed to enjoy teaching the class and even brought their families along to join in on the program. Overall, I feel that the program is very successful and with minor improvements more people could become involved.

Each class started out with a small introduction, then everyone was asked how their week was. This gave people the opportunity to feel comfortable sharing their successes and possible failures of the week so they could learn how to overcome them throughout the meeting. Also, since this was a Y-Change family class it also gave the children the opportunity to talk and get involved. The meetings were easy to follow, especially with the given Y-Change booklet. Unfortunately, I felt that the meetings were held in a very uncomfortable setting. Our meetings were held in the middle of the hallway on a couch, with countless distractions, and interruptions. This made it hard when it was time to share and hard to keep some of the children focused during the entire meeting.

After obtaining the surveys from the current clients, I found that all of the clients were very content with the program and the results they received from it. From the client’s perspective, they enjoyed all aspects of this program and are likely to recommend it to a friend or family member. I also obtained surveys from clients who have previously completed this program. All of these survey results stated that clients enjoyed the program and learned valuable lessons about their personal health and wellness. The clients all stated that they continue to use the information they learned and most stated that they took an additional Y-Change class.

Overall, I found that the program was very successful for many people. Everyone seemed to enjoy the class and would recommend it to a friend or family member. The coaches loved teaching the classes and interacting with the YMCA’s members. The program seemed to have great results and I feel with a few minor implications this program could continue to grow.

**Implications**

These finding can heavily impact this program because they could have a direct result on program funding. If this program had gotten negative results the YMCA might decide to discontinue the program. This would force the Y-Change coaches out of a job and would negatively impact the YMCA’s goal to “practice programs that build healthy spirit, mind, and body for all (YMCA of South Hampton Roads, 2017).

Fortunately, all of my findings have a positive influence on the Y-Change program. These findings show that the clients enjoy the program and feel that they are satisfied with the results that they are receiving. These findings also show that this program can have a direct impact on the health and wellness of the community because clients are very likely to recommend this program. My findings also showed that the children were heavily involved in the program, furthermore creating a positive influence on their lives in the future. I feel these children will be more likely to repeat this program as well as continue to use the skills that they have learned.

**Recommendations**

For the Y-Change program I would recommend the classes be held in a private setting instead of in an open hallway. Change can be difficult for people of any age, especially when discussing it in an open environment. I would recommend moving the Y-Change class into a room that has privacy, so people feel more comfortable to talk openly. A room would also eliminate the amount of distractions and interruptions. I would also recommend an incentive to come to class. There were multiple instances where class was cancelled because the families did not show up. The YMCA could offer a free month’s membership if they attend every class, in order to make the incentive to come to class higher and to spike class enrollment rates.

**Goals and Objectives**

1. Provide a comfortable, more private setting for the Y-Change class.
   1. Identify reasons why this class room is needed for when you attempt to book the classroom. Also Identify how long you will need the space.
   2. Contact the individual who books the classrooms or find the site online and decide which classroom will best suit the needs of these clients (i.e.- comfortable seating, board to write on, smaller in size).
   3. Submit and book the classroom at the correct time whenever the classes are going to be held.
2. Provide an incentive to come to the Y-Change Program
   1. Work alongside the membership team to come up with ways to draw more members to sign up for the classes. (Possibly suggest all those who sign up for and attend every class meeting receive a free month’s membership).
   2. Develop and implement this new plan and keep track of enrollment rates.
   3. Provide a chart of data on enrollment rates to the membership team and to the Y-Change coaches after six months to see if this new plan has increased rates of enrollment in the class.

**Research**

Family systems and the roles that families play on an individual’s health and wellness is critical at any stage of life. According to research from Allen, Ryan, and Framer (2013) in an article titles The Power Is in Being Healthy Together, “The benefits of having a strong sense of family belonging include a sense of community and togetherness, a shared vision, and a positive outlook.” This Y-Change family program would inspire families to create their own family vision and develop a stronger relationship with each other. This program can also help people to create a positive outlook by teaching them new techniques to interact with their family and how to keep a good attitude on their journey to health and wellness. By encouraging more people to become involved in this program the YMCA can become close to achieving their goal of “building healthy spirit, body, and mind (YMCA of South Hampton Roads,2017)” everyday.

**Sources**

Allen, J., Ryan, M., & Framer, E. (2013). Family Wellness: The Power Is In Being Healthy Together. *American Journal Of Health Promotion*, *27*(3).

NA. “Home.” *YMCA of South Hampton Roads*, YMCA, 2017, www.ymcashr.org/.