


COMMUNITY FOCUS GROUPS

A series of Community Focus Groups were conducted in December of 2017.
Six groups met based on the following demographics: Teens, Young Adults, Men, Capehart Community, YMCA Members, YMCA Non-Members.
The top three responses to the following questions were:

What impact did or does the Y have in your life or in the lives of others?

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It is a place for kids to have fun and do things they like.
- The Y impacts the lives of youth.

 - Provides role models
 - Stability and consistency for kids
 - Helps build confidence
 - Character development and leadership development
- Child care is a lifesaver.

 - Open on school breaks and snow days
 - Having a safe place for my child to go
 - Kids not just sitting at home
 - Bus transportation
 - Open until 6 pm

What should the Y consider now, even before any renovations/expansions?

- Upgrade locker rooms and new lockers
- Change road to be a one-way to be safer
- Consider slanted parking lines to make the parking lot safer
- Increase lighting or add blue call boxes near the Y

When you think of spaces where people can connect with one another, what are the first things that come to mind?

- Gym on location could allow families to do things together in the same space
- Basketball creates opportunities to connect
- Variety of outings that are affordable and accessible
- Customized for ability
- Available to all ages
- Provide needed equipment
- Have a learning/educational component
- Y can serve as convener & coordinator
- Clubs
- Affinity groups & useful activities like flu shots, job fairs, resume workshops, etc.

When you think of helping people practice positive, healthy habits, what are the first things that come to mind?

General Wellness Programs	Life Issues/Life Skills Programs	Non-Athletic Programs for Youth	Family Activities	Community Social Issues to Address
<ul style="list-style-type: none">Indoor exercise activitiesOutdoor exercise activities and tripsLeaguesServices for seniorsPartner more with schoolsWorkout club for teens	<ul style="list-style-type: none">AntibullyingSupport groupsTeaching self-careAccess to mentors & role modelsNutrition educationParent educationFinancial planning & budgetingWomen's health issuesCoping with substance abuse	<ul style="list-style-type: none">Painting & artWriting & journalismVideo production & filmSTEMCookingEnvironmental ed & recycling projectsRaces & outdoor activitiesComputer programming	<ul style="list-style-type: none">Family group exerciseCooking classesLanguage classesFamily karaoke nightFamily paint nightFamily outings like skiingMartial arts classes	<ul style="list-style-type: none">Promote volunteerism & serviceProvide a space for people to come for helpEmphasize community for allAddress mental healthAddress food insecurityScholarshipsTransportation

BANGOR REGION COMMUNITY NEEDS EXECUTIVE SUMMARY

The Bangor Region YMCA has conducted three separate studies to determine what our region needs for social services, what needs are not already being addressed, and how the Bangor Region YMCA can best move forward to fulfill these needs.

COMMUNITY NEEDS ASSESSMENT SURVEY

A Community Needs Assessment surveyed 328 individuals during the summer of 2017. From this...

The top four needs for adults were determined to be:

Availability of services aimed at engaging the entire family unit

Presence of community spaces where adults can develop connections with others

Availability of services that engage senior populations

Presence of safe and secure community spaces for adults



The top four needs for youth were determined to be:

Availability of non-athletic programs that draw out youth skills, creativity, and confidence

Safe and secure community spaces for our youth

Youth are supported in practicing positive habits that include physical activity and healthy eating

Youth exit high school with college or career readiness skills



COMMUNITY LEADERS FORUM

A Community Leaders Forum took place on January 11, 2018 at Mason's Brewing Company in Brewer. 96 community leaders and YMCA staff members came together to discuss a number of important subjects regarding our region's needs. The below questions were asked of 10 different discussion tables. The responses represented by multiple tables are outlined below.

What are the critical social issues or pressing problems facing our community at this time?

- Substance/opioid abuse
- Poverty & the need for work force training
- Need to improve services and spaces for youth & teens
- Aging population/seniors
- Homelessness & affordable housing
- Transportation & accessibility
- Mental illness & suicide
- Food Insecurity
- Obesity, health, nutrition
- Need for community connection, partnerships, and volunteerism
- Need for Community Outreach Center

How could the Y play a greater role in strengthening the community and helping people become their best selves?

- More collaborations with community partners
- Teen Center
- Provide more health consciousness and healthy living programs
- More programs to support underserved populations
- Expanded hours for childcare
- Offer more transportation for outer Bangor Region
- Basketball court is needed
- Tutor program/mentorship

What are the most impactful programs and services offered by the Y?

- Aquatics
- Childcare
- Camps
- Seniors/Second Wind
- Scholarships
- Youth Sports
- Health Related Programs
- Cardiac Rehab
- Biggest Mover



If the Y were to expand its facilities, what features or facilities are most needed?

- Gym Complex
 - Indoor track, walking space
 - Multipurpose gym- must be big, not helpful if only one program can use at a time
- More parking
- Community multiuse space for non-sports activities
- Larger childcare space
- Teen Center
- Rec areas, social areas, game room
- Become a hub in Bangor, should utilize 'offsites'
- Café
- Better and larger locker rooms
- Meeting rooms and conference space available to the community



What is the community's perception of our Y?

Positive

- Strong Leadership & Good Staff
- Family Oriented
- Camps are amazing
- Perception of the Y as a whole is mostly positive
- Downtown location is nice, walkable
- Accessible- Transportation to schools, The Y stays open on snow days whenever possible
- Multi-generational tradition for families
- Local resource to approach when other resources can't serve clients i.e. Senior Center
- Kids are better prepared for life

Areas for Improvement

- Physical space isn't good enough, too small, dated
- No basketball gym or multiuse gym space
- Lacking a space for teens to go
- Financial accessibility, too expensive for low income people
- People don't realize all the Y does
- Doesn't represent everyone in the community
- The Y is for older and younger populations- Not a cool place for 18-40 year olds
- Limited space inhibiting family/community feel

