



UPOWER

ANNUAL REPORT 2023-2024



EXECUTIVE DIRECTOR'S CALL TO ACTION



Dear Upower Family,

Upower has championed play equity for the past decade, tackling systemic inequities throughout King County. Our mission is sustained by our dedicated community partners who recognize Upower as a catalyst for change in the region's health equity landscape. We are grateful to our current sponsors for their invaluable support.

Upower collaborates with schools, juvenile justice centers, youth addiction recovery centers, and community organizations furthest from equity. The 2023-2024 school year tested our resilience, with school budget cuts, missed fundraising goals, and inadequate grant funding all threatening Upower programming. The insufficient investment in schools and programs like Upower worsens these disparities, resulting in a rise in mental health challenges among youth, community violence, and childhood obesity. Consequently, this contributes to long-term negative health outcomes.

We cannot do this work alone; we need your help, and the youth in our region need your help. Together, we can make a difference in the lives of youth, guiding them to reach their full potential.

CALL TO ACTION



Volunteer Your Time: The greatest gift you can give a young person is your time. Share your skills with a youth development organization you believe in.



Donate: Your financial support directly impacts the resources and opportunities we can provide. Every contribution, big and small, makes a significant impact.



Advocate: Help us spread the word about the importance of health equity in King County by following us on social media, sharing our mission with your network, and helping us build community efficacy.



Partner with Upower: We believe in the power of community, and partnerships strengthen our community. Reach out if you'd like to partner. We love finding creative ways to meet the needs of our community's youth.

As we look forward to the next year, and schools continue to divest in their youth, cutting classes such as P.E., Upower remains steadfast in its commitment to partnering with these schools to foster a culture of health. I invite you to join us in our mission to promote play equity and make a lasting impact over the next decade.

Just keep playing,

Leighla Webb

Leighla Webb, M.A.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

YOUTH IMPACT REPORT

SINCE 2014

OVER 5,800 YOUTH SERVED

IN 2024,

1,455 PARTICIPANTS THIS YEAR ACROSS 9 SITES

2,060 FITNESS HOURS PROVIDED

33% OF PARTICIPANTS WERE JUSTICE INVOLVED THIS YEAR

59% OF PARTICIPANTS WERE BIPOC

YOUTH SHELTERS
22.2%

JUSTICE CENTERS
33.3%

WHERE ARE OUR PARTICIPANTS FROM?

UNDERSERVED PUBLIC SCHOOLS
44.4%

The Power of Participation

Data from evaluation surveys given to participants



72% developed new athletic skills

65% feel they can apply Upower teachings to their lives



87% took more responsibility for their actions



74% felt directly empowered and motivated by Upower coaches

PROGRAM GROWTH



This year, our changes made within our curriculum, public training efforts, and University internships, exemplify our commitment to nurturing future trauma-informed community members. It is critical we equip our circles with the knowledge and skills to break cycles of generational trauma and foster healthier and more resilient communities.

In response to the growing needs of our program partners, we have strengthened our coaching team and **expanded our locations** to additional sites within the Highline School District. Additionally, every Upower site now benefits from curriculum that is uniquely designed to meet local needs and student interests, ensuring relevance and engagement. We have also introduced a **Moving in Solidarity curriculum**, prepared by our Project Manager, Noel Kresl, that addresses crucial societal issues such as housing inequality, racism and incarceration, generational trauma, and more. By integrating these topics, we aim to foster equity, empathy, and understanding among our participants, preparing them to navigate complex social landscapes.

Throughout the year, our dedicated coaches and interns have collaborated to develop new lesson plans that encompass a wide range of activities, including traditional sports like football, as well as newer disciplines such as weightlifting, recreational fitness, nutrition, and more. This diverse offering reflects our commitment to providing holistic and enriching experiences that cater to the varied interests and abilities of our participants. We have also strengthened **partnerships with other organizations** including the Seattle Seahawks, Seattle Storm, Ballard FC, Bras for Girls, and more. Collaborating with these cohorts to engage our youth offers valuable instruction, resources, and diverse experiences that inspire and empower our youth.

Our youth are central to our efforts and it is our duty to dismantle the barriers hindering their success. Our commitment drives us to break down walls and build pathways to opportunities, ensuring a brighter, more equitable future for all.

Play all day,

A handwritten signature in black ink that reads "Marisa Patrick".

Marisa Patrick, M.S.
Upower Program Director

"I learned that I'm more capable than I thought I was. That was important to me."

~ Echo Glen Student

INTERESTED IN UPOWER?

CONTACTUS@U-POWER.ORG

UPOWER OFFERS TRAUMA-INFORMED YOUTH SPORTS & FITNESS PROGRAMS. ADDITIONALLY, REACH OUT TO SCHEDULE A FREE TRAUMA-INFORMED TRAINING INTENDED FOR COACHES, EDUCATORS AND THE GENERAL COMMUNITY.



MEET THE SITES

"Upower has shown me breathing exercises for coping with stress and they have encouraged me to try new things."

~ CHOICE Academy Student



KING COUNTY JUVENILE DETENTION

JUSTICE

Since 2017, Upower has been serving youth awaiting adjudication at King County Juvenile Detention Center. Many of these young individuals have navigated life without access to healthy relationships or resources. Detention is one of **three justice sites** Upower serves, also including Echo Glen Children's Center and SeaMar Renacer Youth Treatment Center.

"Upower was the highlight of my juvenile detention. It was the only program that made a lot of inmates excited to go out [their rooms]." ~ Detention Student

SCHOOL

CHOICE ACADEMY

Since 2015, Upower has served over **1,000 free fitness classes** to the Highline School District. Many of these sites are underfunded, teachers are stretched thin, and programs are under-resourced. During the onset of the Covid-19 pandemic, Upower partnered with Baden Sports and Seattle Children's Hospital providing over **30,000 playkits** to youth and families throughout Highline and King County.

"I have learned to believe in myself. When I doubt myself, Coach Sam encourages me and lessens my fear of failure." ~CHOICE Academy Student



NEIGHBORHOOD HOUSE

COMMUNITY

Post-COVID, Upower has successfully provided three consecutive years of open, inclusive, and **free community programming** in the High Point community. Join us each summer for **intergenerational play** led by qualified coaches and certified trainers. From basketball clubs, resource fairs, and restorative equity discussions; we're dedicated to fostering healthy habits that will last a lifetime.

"Teamwork in Upower looks like helping other people when they are struggling. Coaching peers into players." ~ Echo Glen Student

QUOTES & DATA COLLECTED FROM QUARTERLY SURVEYS

Gender Identity 2023-2024



MALE IDENTIFYING
63.4%

FEMALE IDENTIFYING
24.8%

NON-BINARY
11.9%

413 responses

Ethnicity 2023-2024



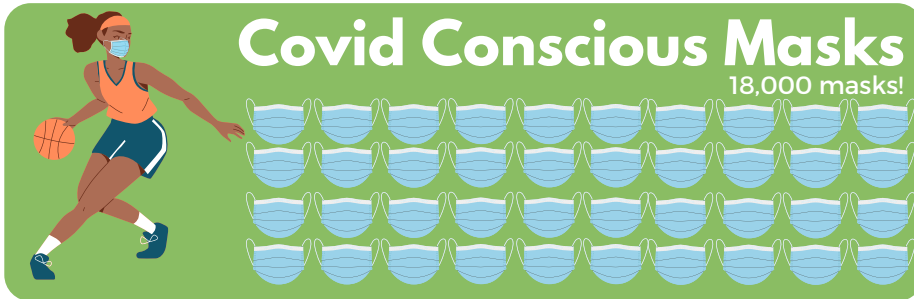
NON-BIPOC
33.8%

BIPOC
59.3%

UN-KNOWN
6.8%

483 responses

COMMUNITY RESOURCES



Covid Conscious Masks

18,000 masks!

900+

Play-empowering items distributed

in 2023-2024, thanks to donors like you!

Upower is thankful for this year's **local donations** from Bras for Girls, Good Sports, One Roof Foundation & NHL Kraken, Seattle Storm, F45, and our local Seattle community members. We were able to support our direct program youth, as well as hundreds of youth in our partnered organizations.



Play Equipment

552 Items



Clothing

250 Items



Game Tickets

150 Items



SUPPORT

Provide Resources for Play



Upower Amazon Wishlist:
<https://a.co/9tP5RcV>

DONATE

Provide Access to Play



Upower Donation Page:
www.u-power.org/donate-now/



COMMUNITY EDUCATION

GLOBAL

Since 2021, Upower has provided free trauma-informed education to over **12 regions globally**. From University classrooms to organizational trainings, over **340 participants worldwide** have become trained in neurodevelopment, crisis-based behavioral support, trauma-informed education, and healing-centered engagement.



SEATTLE UNIVERSITY INTERNS VS HIGH POINT YOUTH

LOCAL

In the last 3 years, Upower has developed an incredibly strong relationship with Seattle University. Hosting over **55 interns** and providing over **1,000+ hours of direct education** and mentorship on trauma development and crisis intervention strategies. Connecting our youth with college interns has provided both parties with opportunities for discovery and leadership.

RESULTS

Students and professionals alike were asked to take surveys on the effectiveness of Upower training. The results showcase the power of collective efficacy and community mentorship.

99% developed better understanding of how **trauma affects behavior**

89% are better able to guide students through **mistakes & challenges**

95% feel better equipped to build **positive relationships** with youth

93% gained new skills for working with **challenging behaviors**

87% feel better equipped for building **resiliency** with youth

94% feel the training made them a **better coach, educator or parent**

2 PUBLICATIONS

ALSO!

UPOWER COLLABORATED WITH OTHER ORGANIZATIONS & INSTITUTIONS TO ADVANCE EQUITY

- Assisted in the development of the 2023 **WA State Recess Law** (RCW 28A.230.295)
- *Coming Soon:* **Problem-Based Learning in Kinesiology**, a publication with Seattle University discussing the value and importance of community based internships & collaborative partnerships.

UPOWER LEADERSHIP & TEAM

BOARD OF DIRECTORS

Martha Moseley Upower Founder & Board President
Lesa Linster Linster Creative
Lucy Strong LB Creative Seattle
Luke Hedlund Radiation Detection Company
Michaela Raikes Highline Public Schools
Sarah Reed Best Foot Forward
Stafford Mays NFL & Microsoft
Taylor Kanemori University Prep

UPOWER LEADERSHIP

Leighla Webb Executive Director
Marisa Patrick Program Director
Noel Kresl Project Manager
Manuel Cedillo Program Coordinator
James Vicks Head Coach

UPOWER COACHES

Azucena Orozco Trauma-Informed Coach
James Vicks Trauma-Informed Coach
Johann Flores Vasquez Trauma-Informed Coach
Lesly Velasco-Martinez Trauma-Informed Coach
Olivia Ventura Trauma-Informed Coach
Samuel Epps Trauma-Informed Coach

THANK
you



ANNUAL REPORT INTERNS

Cassidy Denault Seattle University
Max Winger Seattle University
Mohan Sai Narayan Seattle University

MAJOR COMMUNITY PARTNERS



Washington State Department of
CHILDREN, YOUTH & FAMILIES



KING COUNTY
PLAY EQUITY
COALITION



GOOD
SPORTS

