



APEX FOR YOUTH



VOLUNTEER VIRTUAL

INFORMATION SESSION

Introduce yourself in the chat!
Rename yourself on Zoom and share your
preferred pronouns.

WARM-UP

In the chat, please share...



Who was your role model growing up? How did they support you?



AGENDA

- 01** Icebreaker & Introductions
- 02** The Need & Apex's Approach
- 03** Volunteer Programs
- 04** Breakout Rooms
- 05** Application and Announcements



WHO IS HERE?



Jing-Jing Hu
(she/her)
Deputy Director
of Programs

ATHLETICS



Paul Arroy
(he/him)
Manhattan,
Athletics
Program
Coordinator

ELEMENTARY



Beau Dorian
(he/him)
Manhattan
Elementary
Explorers
Program
Manager



**Isabelle St.
Clair** **(she/her)**
Associate
Director of
Elementary
Programs

COLLEGE & CAREER SUCCESS



Jia-Ming Tuan **(she/her)**
College and Career
Success Coordinator

MENTORING



Annie Tan
(she/her)
National
Virtual
Mentoring
Program
Manager

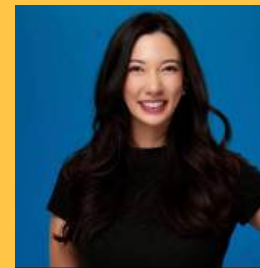


Stephanie Loui
(she/her)
Brooklyn Middle
School
Mentoring
Program
Manager

CURRENT VOLUNTEERS



Janelle
Apex Associate
Board



Hannah
Apex Associate
Board

OUR NEED

Apex for Youth was founded in NYC's Chinatown in 1992 by five friends who saw that Asian American youth were lacking the support they needed to thrive.



Less than 1.5%

of social service dollars goes to organizations serving Asian Americans even though Asian Americans make up 18% of NYC's population.



1 in 2

Asian American youth in NYC live **in or near poverty in NYC.**



Asian Americans are the **LOWEST RANKED** of any racial/ethnic group in seeking mental health services.



Suicide Is the leading cause of death

among Asian American youth.

OUR APPROACH



CULTIVATING IMPACTFUL MENTORSHIP

Promoting long-lasting connections with mentors and adult role models



PROVIDING EXPOSURE & EXPLORATION

Offering access to opportunities and resources to close the opportunity gap and help youth to create the lives that they want



DEVELOPING INTERNAL STRENGTHS & MINDSETS

Fostering skills and providing support to pursue futures that reflect their own individual values, interests, and priorities



NURTURING POSITIVE SELF-IDENTITY

Encourage youth to value themselves, and embrace a growth mindset, defining what it means to be Asian American on their own terms

VOLUNTEER OPPORTUNITIES

GRADE BANDS	PROGRAMS	LOCATIONS	COMMITMENT	VOLUNTEER NEEDS
ELEMENTARY (K-5)	<ul style="list-style-type: none"> ★ Read with Apex ★ Elementary Explorers ★ Athletics 	<ul style="list-style-type: none"> ➤ Virtual ➤ LES, Manhattan ➤ Sunset Park, Brooklyn ➤ Flushing, Queens 	2-3 Saturdays a month	High needs in Queens and Brooklyn
MIDDLE SCHOOL (GRADES 6-8)	<ul style="list-style-type: none"> ★ MS Mentoring ★ Athletics 	<ul style="list-style-type: none"> ➤ LES, Manhattan ➤ Sunset Park, Brooklyn ➤ Virtual 	2 Saturdays a month	High needs in Brooklyn
HIGH SCHOOL (GRADES 9-12)	<ul style="list-style-type: none"> ★ HS Mentoring ★ National Mentoring 	<ul style="list-style-type: none"> ➤ LES, Manhattan ➤ Virtual 	1-2 Saturdays a month	Lower needs
YOUNG ADULT (AGES 17-24)	<ul style="list-style-type: none"> ★ College Access Program ★ Career Connections 	<ul style="list-style-type: none"> ➤ LES, Manhattan ➤ Virtually 	1-2 Saturdays a month	Lower needs

Take a screenshot of this table!



BREAKOUT ROOMS

ROUND 1 Pick your top choice

ROUND 2 Pick your second choice



BREAKOUT ROOM NUMBERS	PROGRAMS
ROOM 1	ELEMENTARY ENRICHMENT
ROOM 2	VIRTUAL MENTORING
ROOM 3	IN-PERSON MENTORING
ROOM 4	ATHLETICS
ROOM 5	COLLEGE ACCESS PROGRAM & CAREER CONNECTIONS



Questions?



Priority Deadline
is May 31st

Run Through
Sunset Park
May 4th, Brooklyn

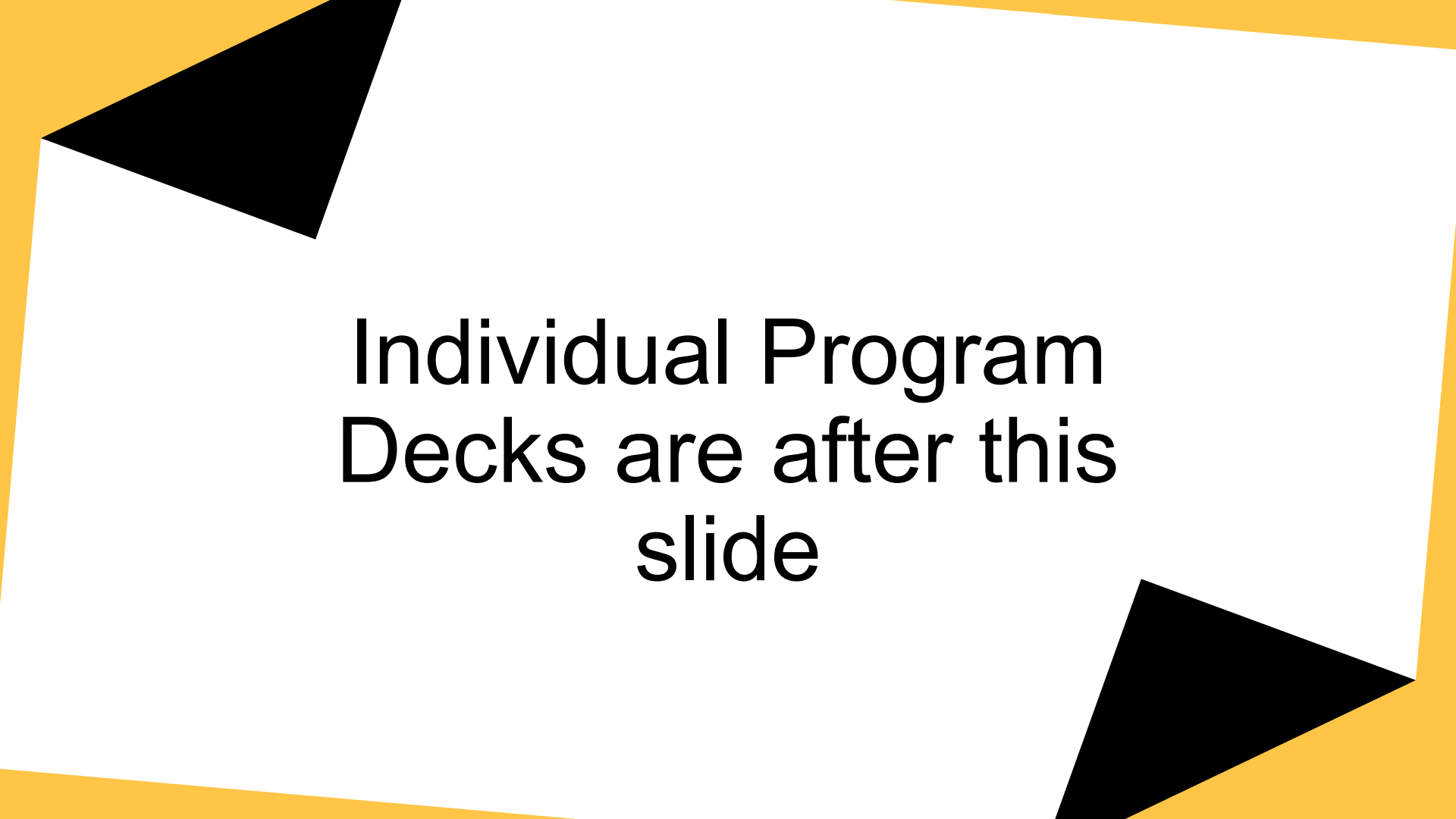


FOOD CRAWL
May 17th, Brooklyn



GATCHA
Tangram Mall
May 24th, Queens





Individual Program
Decks are after this
slide

Elementary Enrichment

Volunteer Recruitment



Volunteer Program Requirements

Volunteer Requirements

- Be 14+
- 1 year commitment
 - (Oct - May)
- Attend at least 75% of sessions (14 of 18)
- Be open minded and willing to try new things

Volunteer Support

- Training offered 2x a year (Fall and Spring)
- Staff onsite for all sessions
- Regular volunteer debrief meetings
- Staff checking in throughout the year

Locations

- Chinatown, Manhattan
 - Explorers
 - Read with Apex
- Sunset Park, Brooklyn
 - Explorers
- Flushing, Queens
 - Explorers
- Virtual
 - Read with Apex

Read with Apex (RWA)

Chinatown, Manhattan and Virtually on Zoom

RWA works with K-2nd grade students. We foster a love of reading through increased access to books, exposure to more stories, and lessons to help youth tell their own stories.



Creating Ourselves as SuperHeroes!

Pod Reading Time!



Sculpting Our Communities!



Painting our Settings



Theater Games

Elementary Explorers

Chinatown, Manhattan; Sunset Park, Brooklyn; and Flushing, Queens

Elementary Explorers serves 3rd-5th grade students. Through hands-on activities, students find new interests, explore their community, and make new friends! We build a supportive community around youth to help them thrive and graduate to the next step in Apex.

Neighborhood Walk



Park Clean Up

Podcasting



Gardening and Planting Seeds

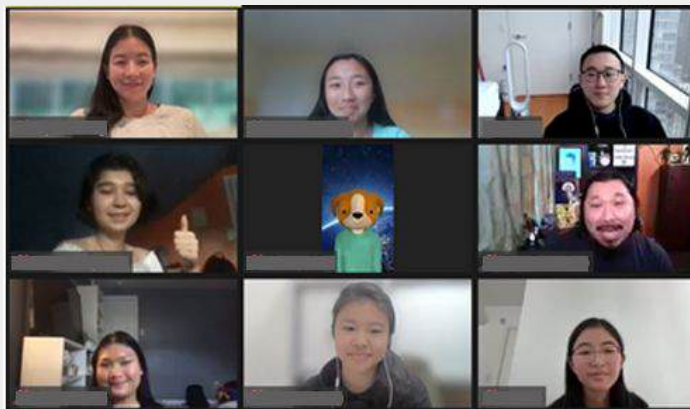
National Virtual Mentoring Program (NVMP) Overview

Launched in 2023! Matched 69 mentees in 16 states so far



Get matched with a mentor!

Receive 1:1 support from your mentor.



Be a part of a community

Attend virtual monthly Saturday group workshops on topics like community, identity & future planning.



Receive support from Apex staff

Staff check in with youth regularly and are always here to support you!

What are the requirements to participate?

- Have time and interest to commit to meeting with a mentee **twice a month** (including 1x at workshop) for a commitment of at least 2 years
- Be able to attend Apex mentoring workshops on Zoom **1-2x a month on Saturdays** with a 75% workshop attendance rate
- Be communicative with Apex staff and mentee, complete required surveys and check-ins
- All mentors go through **an hour long interview, background check, reference check, and 4-hour mentor training** and orientation before meeting their mentee for the first time.



Mentees on the NVMP community:

“...when I first joined **I was really struggling with my mental health and just having somebody there to talk to really helped me a lot.**”

“**Apex is really a place** where I find that **I can be myself.**”

“**I really like the workshops** and having the **topics of being Asian American and helping me identify myself with something**, which I had a struggle with not knowing who I am.”

“**[NVMP] helped me accept myself better and feel confident in myself** being able to express myself in an open community like this.”



Application Timeline

- ★ **May 31st: Priority Applications Due** for both mentees & mentors
- ★ **Summer:** Mentee & Mentor Virtual Intake Interviews
- ★ **August:** Mentor Background Checks & Reference Checks; Finalize Matches
- ★ **Late August-Early September:** Mentee & Mentor Match Announcements
- ★ **September 2025:** NVMP Program Begins!



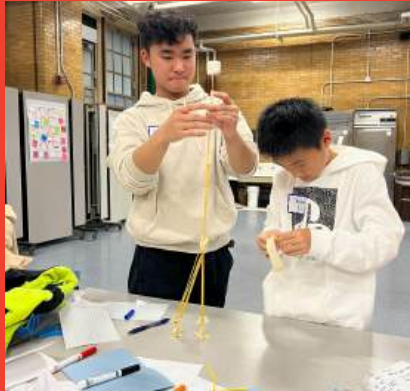
In-Person Mentoring Programs

Serving Grades 6-12

Locations: Brooklyn & Manhattan

Middle & High School Mentoring Programs

2 Saturdays/ month, Oct-June



IN-PERSON WORKSHOPS

In-Person, staff-facilitated workshops take place 1-2X/ month for 2 hours with hands-on activities for mentoring pairs. Program times vary by site.



FIELD-TRIPS

Pairs can join in on 2 FREE, annual field-trips each year to support bonding outside of workshop hours.



COMMUNITY EVENTS

Pairs can join in on various community events, participating in group activities from cooking, to game design, to Q&A panels with AAPI creators.



MENTOR SUPPORT

The Mentoring team provides training and ongoing case management for all mentoring pairs and works closely with the Mental Health Services team.

in-Person Mentoring Opportunities:

**Middle School Mentoring
Program (MSMP), gr. 6-8**
Accepting Applicants

Sunset Park, Brooklyn

**Middle School Mentoring
Program (MSMP), gr. 6-8**
Accepting Applicants

Chinatown, Manhattan

**High School Mentoring Program
(HSMP), gr. 9-12**
Almost Full

Chinatown, Manhattan



Program Requirements

YOU are:

- 21+ years old
- Able to attend at least 75% of workshops:
 - Meet with your mentee ~2X/ month on Sat. Oct-June
 - Commit to at least 2 full years

We are looking for:

- Reliable communicators
- Care, consistency, and patience
- Caring adults able to meet young people where they're at and provide the support they need





Thank you!

Q&A



APEX FOR YOUTH

ATHLETICS

VOLUNTEER RECRUITMENT



**APEX FOR
YOUTH**



ATHLETICS PROGRAMMING



SCHOOL YEAR ROUND BASKETBALL & YOGA

(October - May)

Elementary School Basketball
Elementary School Yoga
Middle School Basketball
(Sites in Manhattan, Brooklyn & Queens)



SUMMER PROGRAMMING

(July - August)

We Run As One Summer
Basketball League
(Manhattan & Brooklyn)

Volleyball Club & Running Club
(Manhattan)



COMMUNITY EVENTS

Hoops Over Hate 3v3 Basketball
Tournaments
(Queens & Brooklyn)

Asian Athlete Speaker Panel



SPECIAL EVENTS

WNBA/NBA Sporting Events &
Basketball Clinics

Other professional sports ticket
opportunities

ATH Volunteers

Apex for Youth Athletics programs are designed to encourage physical health and well-being through play and team sports. Volunteer coaches and trainers work with our youth in order to explore their interests and athletics skills in sports and fitness activities to foster positive youth development.



What are we looking for?

- 16+ years old
- Open-minded and willing to learn
- Passion about coaching team sports for youth
- Provide fun and engaging sessions using various workout routines
- Encourage students to practice hard work, teamwork, and sportsmanship
- Discover and develop students' strengths
- Enhance students' beliefs in their own potential and capacity for growth
- You do not have to be a great athlete in order to be a great coach

Volunteer Program Requirements

Volunteer Requirements

- Be 16+
- 1 year commitment
 - (Oct - May)
- Attend at least 75% of sessions (14 of 18)
- Be open minded and willing to try new things

Volunteer Support

- Training offered 2x a year (Fall and Spring)
- Staff onsite for all sessions
- Regular volunteer debrief meetings
- Staff checking in throughout the year

Locations

- **Chinatown, Manhattan**
 - Elementary Basketball & Yoga
 - Middle School Basketball
 - Summer We Run As One, Volleyball Club, Running Club
- **Sunset Park, Brooklyn**
 - Elementary Basketball & Yoga
 - Middle School Basketball
- **Flushing, Queens**
 - Elementary Basketball

COLLEGE

AND CAREER

SUCCESS



**APEX FOR
YOUTH**



College and Career Success Programs



COLLEGE ACCESS PROGRAM (CAP)

College Application Mentoring Program for 11th and 12th graders



GENERAL COLLEGE ACCESS SUPPORT

College Trips
High School Opportunities
Scholarships



CAREER EXPLORATION PROGRAMS

Career Exploration Panels and Professional Development Workshops
Internships



ALUMNI PROGRAMS & CAREER CONNECTIONS

Academic and Career Support
Career Mentoring Program for College and Early Professionals
Scholarships

CAP Volunteers

Support high school students with the College Application process from a holistic perspective that encourages curiosity and focuses on students' strengths and interests.

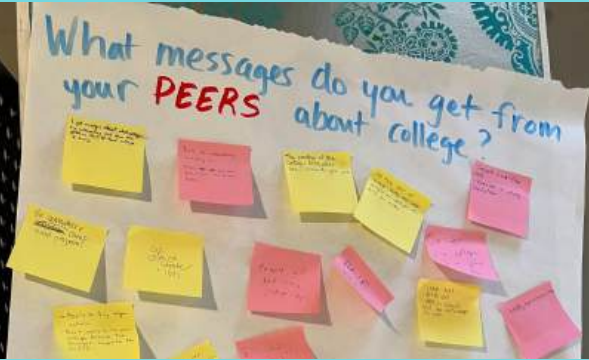
A College Guide will work with students in a small group setting, supporting two students over two years (11th→12th).



What are we looking for?

- Caring and supportive adults comfortable with working with high school youth
- Ability to lead and manage a small group (2 youth)
- **Commit to a 2-year program**
 - Attend 75% of Saturday workshops : ~8/12 sessions from September - June
 - 10:30-12:30 AM at the Apex office in Manhattan
 - Two mandatory Volunteer Trainings

What do CAP Volunteers do?



CAP Small Group Team Building

Engage in team building activities that build trust and a collaborative relationship.

College Knowledge Support

Build an understanding of the application process that allows the students to authentically engage and be open and curious.

1:1 College Application Advisement

Provide 1:1 application support to your team members based on their strengths, interests, and personal goals.

Career Connection Volunteers

Support college students and young adults as they plan for their futures through 1:1 mentorship. You'll be matched with someone who is pursuing your current profession, and students can explore their fit with your career, receive guidance on how to enter your field, and begin building the skills necessary to succeed.

NOTE: Application opens August 1st. Recruitment for this program starts Fall 2025; Program starts March 2026.



What are we looking for?

- Caring and supportive adults willing to share your network, encourage risk-taking, and meet mentees where they're at
- **Commit to a 4-month program (March - June)**
 - Attend 5 of 6 monthly, evening workshops on Zoom
 - One mandatory virtual Volunteer Training
 - One mandatory in-person meeting

Interested? Email sarah.park@apexforyouth.org