

Back on track^{by the Y}

2025-2026 ANNUAL REPORT

We're proud to have collaborated with Hamilton Wentworth District School Board and Hamilton Wentworth Catholic District Board

Our Contribution to Student Success

The program

The Back on Track program by the Y helps youth between 12 and 17 years of age who are facing temporary suspension from their academic institution, are temporarily suspended, are referred preventatively or at risk of suspension following problematic behaviour. The program aims to reduce the number of repeated suspensions by offering youth the chance to transform their period of suspension into a positive experience fostering personal development and autonomy, mostly by:

-  **Placing them in an environment focused on building self-worth**
-  **Developing social skills**
-  **Promoting self-respect and respect for others**

152

youth participated in Back on Track by the Y in Hamilton

Who are these youths?

13

Average years old



75%

Boys



25%

Girls

Main reasons for referral to program

33%

Disruptive behaviour

14%

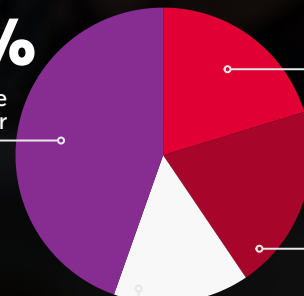
Bullying

14%

Physical violence

10%

Substance misuse



The Partners

This collaboration was developed in consultation with schools, based on the needs they expressed, to ensure the project would complement existing services.



In total
49

schools used the program

Distribution by grade

Grade 5	2%
Grade 6	25%
Grade 7	15%
Grade 8	34%
Grade 9	12%
Grade 10	9%
Grade 11	3%

Parents - Legal guardians

Parents or guardians are key actors in the program and are involved from the start of the process.

The parent or guardian's presence at the reintegration meeting is essential and reinforces their central role in their child's education.

80%

Parents or legal guardians participated in their child's reintegration meeting.

Successes

2025-2026 marked Back on Track's fourth successful school year. This year brought significant growth through opening a second program site, as well as now partnering with both HWDSB and HWCDSB. Through developing and fostering strong partnerships with schools and families the program supported 165 students this year. The students, in grades 6-12, received individualized support to help rebuild their confidence, develop self-control techniques, and successfully reengage within their school communities.

"They [the workshops] were fun which means I could store more evidence in my brain for why it helped me."

- Grade 8 Student

Impact

Following their participation in the program, youth demonstrate improved behaviour, aptitudes, and academic success. Thanks to the ongoing monitoring of the program over the past year, we observed:

13% reduction in the overall severity of behaviours.

84% improvement in their overall situation at school.

49% of youth were not suspended again.

95% stated that they better understood the reason for their referral.

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