YMCA Sprott House aims to create a safe and affirming space for LGBTQ2S youth, while supporting residents increase their independence and ability to find appropriate and affordable housing in the community.

YMCA Sprott House was described as a community where young people could connect with both peers and staff and relate to them based on shared lived experiences. Younger participants viewed older peers and staff as role models. Some participants even described YMCA Sprott House as a family.

Youth were appreciative of the safe space that YMCA Sprott House created for LGBTQ2S folks, especially compared to previous experiences in non-specialized housing programs. youths' perception of safety in daily life increased throughout their time at YMCA Sprott House:

- 78% youth answered positively at intake
- 100% youth answered positively at exit

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— Adrian, 18 years old

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— Alex, 22 years old

Numerous youth reported an improved sense of wellbeing and mental health while living at Sprott House.

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Living in an LGBTQ2S household helped normalize gender and sexually-diverse identities, and provided a welcoming space for residents to explore their identities further. Several youth reported that living at YMCA Sprott House allowed them to feel safe in exploring their gender identities.

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