



# FOSTERING Healthy Futures

EMPOWERING YOUTH THROUGH MENTORING AND SKILL BUILDING  
TO REDUCE THE ADVERSE IMPACT OF TRAUMA

## The Need

Youth experiencing trauma and child welfare involvement are typically at a higher risk for adverse outcomes, but they are also capable of demonstrating remarkable resilience with the right supports. Fostering Healthy Futures has demonstrated numerous positive outcomes for youth, such as:

- Better mental health functioning
- Fewer trauma symptoms
- Less delinquency and involvement in the juvenile justice system
- Higher rates of permanency
- Higher quality of life

## The Program

Fostering Healthy Futures (FHF) is an evidence-based mentoring and skills training program for youth with child welfare involvement. There are two programs under the FHF umbrella: FHF for Preteens and FHF for Teens. Both employ a positive youth development approach to reduce trauma-related behaviors and promote healthy development.

## The Impact

“Our program promotes positive youth development by identifying and nurturing the diverse strengths of youth.” – *Heather Taussig* Program Developer and Research Professor

## BY THE NUMBERS

**800+**

CHILDREN AND  
YOUTH SERVED

**92%**

OF YOUTH  
GRADUATE FROM THE  
9-MONTH PROGRAM

**400+**

GRADUATE STUDENTS  
TRAINED THROUGH  
THEIR WORK WITH FHF

FHF LISTED ON **8** EVIDENCE-BASED  
PROGRAM REGISTRIES

**50** PUBLICATIONS  
**150** PRESENTATIONS

from FHF research

## Our Vision

Through the expansion of Fostering Healthy Futures, our vision is to ensure that children and adolescents facing adversity have access to positive, empowering, and growth-promoting programming.

[fosteringhealthyfutures.org](http://fosteringhealthyfutures.org) | [kempe.org](http://kempe.org) | [@kempefoundation](https://twitter.com/kempefoundation)

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