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 FROM FHF RESEARCH
- 150 PRESENTATIONS

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.