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, Fostering Healthy Futures Program Developer and Research Professor

BY THE NUMBERS

1000+ 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.