



FOSTERING Healthy Futures

Empowering youth to
foster their own healthy
futures.

Fostering Healthy Futures (FHF) serves children and teens with current or previous child welfare involvement due to one or more adverse childhood experiences (ACEs). The program builds on youth's strengths and assets through mentoring and skills training to promote healthy development.

Fostering Healthy Futures
employs a positive youth
development approach to
reduce the impacts of
trauma.

Evidence-based results.

Through rigorous research, FHF has demonstrated the following outcomes:

- Better mental health functioning
- Less delinquency and juvenile justice involvement
- Fewer placement changes, greater permanency
- Reduction of long-term substance use and suicide risk
- Higher quality of life

2,000+

CHILDREN &
YOUTH
SERVED

92%

GRADUATE
FROM THE
9-MONTH
PROGRAM