

# THE KEMPE FOSTERING HEALTHY FUTURES PROGRAM

Helping at-risk kids have more hopeful futures, more successful lives.

## Why CARE:

Victims of child abuse who are now in foster care have very special needs as they enter adolescence. They risk developing negative behaviors including delinquency, substance abuse and risky sexual behaviors.

## Why KEMPE:

Kempe's Fostering Healthy Futures Program is proactive and intensive. It is designed to help improve these children's academic achievement, mental health and social functioning and give them the chance for a more hopeful, happy life.

THE KEMPE CENTER FOR THE PREVENTION AND  
TREATMENT OF CHILD ABUSE AND NEGLECT



Renowned experts.  
*Remarkable compassion.*  
Real hope.

# WE HELP KIDS IN FOSTER CARE LEARN

life skills that will help them deal with  
the challenges of adolescence.



## This program gives pre-adolescent kids a safe place to heal, grow, learn.

Through skills groups and individual mentoring, this program helps abused and neglected 9- to 11-year-old children placed in foster and kinship care learn life skills that will help them deal with the challenges of adolescence and create healthy futures. This research-based clinical program uses comprehensive assessments, mentoring and advocacy groups, and therapeutic skills groups to help guide these children. Children and adolescents in foster care represent an extremely vulnerable population, who are at risk for a range of adverse outcomes. During a 6-year study we conducted of 149 children between the ages of 13 and 17 years, we found:

- 25% had been arrested
- 25% had gang involvement
- 55% had been suspended from school
- 41% had destroyed property
- 19% had set fire to property
- 34% had carried a hidden weapon
- 27% used a weapon to attack someone
- 45% had run away from home
- 15% had sold drugs
- 14% had dropped out of school

## The effects of abuse can follow these children far into adulthood.

Long-term research on children in foster care suggests that they experience continued difficulties in adulthood. Researchers found that 12-18 months after finishing foster care, 27% of the males and 10% of the females had been incarcerated, 37% had not finished high school, 50% were unemployed and 33% were receiving public assistance. We believe effective intervention may improve their lives and reduce the enormous impact on society.

## Our professionals and mentors are role models, friends and inspiration to these kids.

Our Fostering Healthy Futures Program includes one-on-one mentoring by University of Denver, Colorado State University, Metropolitan State College of Denver, and Newman University students in social work. In this unique partnership, mentors spend 2-4 hours a week with each child they mentor. They serve as an advocate for them, a role model, a liaison between foster and birth families, schools, and other service providers and, most importantly, a trusting friend these kids can rely on and confide in. Our mentors help the kids build a web of connections within their communities so they will have other positive influences in their lives as they move on toward adulthood. In addition, our weekly therapeutic skills groups provide youth with an opportunity to meet other foster children and process their feelings about foster care, learn communication skills, anger management, and tools for resisting peer pressure.

To find out more about this program and our other Kempe programs, please visit [Kempe.org](http://Kempe.org)

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