The Fostering Healthy Futures (FHF) Program is an intervention for preadolescent children in out-of-home care. FHF includes structured mentoring and group-based skills training to promote healthy youth development and reduce trauma-related symptoms and behaviors. FHF has been tested in Colorado through two rigorous randomized controlled trials with 426 participants. FHF was named an evidence-based program by the Administration for Children, Youth and Families, and was also given the highest scientific rating of any mentoring program by the California Evidence-Based Clearinghouse for Child Welfare. FHF is listed on 8 registries, including the Washington State Institute for Public Policy, and is being disseminated/implemented in the Denver metro area.

“(We) talked about what we could do instead of making negative choices, like growing up to get a college degree... We would talk about what our goals were in life.”

- FHF Participant
The Kempe Center provides clinical care, research and education on child abuse prevention and treatment. The Kempe Foundation supports that work through advocacy, public awareness and fundraising.

Together, we play a pivotal role in making prevention and treatment of child abuse and neglect a public and political priority.

Fostering Healthy Futures by the Numbers

700+ Youth & Families Served

144 Interns Trained

35,000 Hours of Services Provided