

FOSTERING HEALTHY FUTURES™ FOR TEENS



Building upon the success of the original Fostering Healthy Futures® program for preteens, the Kempe Center and the University of Denver collaborated to adapt the program for teens. Fostering Healthy Futures for Teens works with our community's most vulnerable youth as they transition to high school.

The intensive, 9-month, mentoring program for 8th and 9th graders with open child welfare cases is unique in many ways:

- **FHF-T uses trauma-informed graduate student mentors** who provide individualized positive youth development interventions to support youth in building both the skills and connections needed for a healthy future.
- **Invites teens to participate by reaching out to 8th and 9th graders with open child welfare cases** in 4 counties in the Denver Metro area. Teens who have experienced maltreatment are engaged in this non-stigmatizing and empowering program.
- **Mentoring relationships persist in spite of the adversity faced by teens.** Community-based mentoring continues even if teens drop out of school, run away from home, change placements, or become incarcerated.



What Has Been Done?

- Over 7,000 hours of face-to-face prevention programming provided.
- 4,200 hours of training provided to graduate student mentors.
- Numerous national and international presentations and trainings given disseminating our rigorous program and research.



What is Fostering Healthy Futures™?

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.



ABOUT THE KEMPE FOUNDATION

The Kempe Foundation works to increase public awareness, engage in advocacy and provide and secure resources for the prevention and treatment of child abuse and neglect.

Each year, the organization plays an integral role ensuring continued state funding for programs that protect children and help heal those who have been abused or neglected. The Kempe Foundation also helps to educate legislators on the importance of these programs and how they improve the quality of life for caseworkers and families alike.

IN FY2017, OUR WORK RESULTED IN:

1,014

PROFESSIONAL
TRAININGS

provided to 8,088 individuals

1,460

CHILDREN
SERVED

in 47 Colorado counties
by 4 Kempe programs

390

CLINICAL
CONSULTATIONS

provided by 4 Kempe programs
in 10 states and 44 Colorado counties

WWW.KEMPE.ORG

The Gary Pavilion at Anschutz Medical Campus
13123 East 16th Avenue, B390
Aurora, CO 80045

