



FOSTERING Healthy Futures

EMPOWERING YOUTH THROUGH MENTORING AND SKILL BUILDING
TO REDUCE THE ADVERSE IMPACT OF TRAUMA

The Program

Fostering Healthy Futures (FHF) is an evidence-based mentoring and skills training program for youth with child welfare involvement or who are at risk for child welfare involvement. There are three FHF programs under the FHF umbrella: FHF for Preteens, FHF for Teens, and Acing Healthy Futures. All three employ a positive youth development approach to reduce trauma-related behaviors and promote healthy development.

Why It's Needed:

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

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.



**MEET KEMPE
PROFESSIONALS**

**Heather Taussig,
Robyn Wertheimer
and Jessica Corvinus**

"Our program promotes positive youth development by identifying and nurturing the diverse strengths of youth."

– Heather Taussig



Program Developer Heather Taussig first partnered with colleagues to develop Fostering Healthy Futures in 2002 after working with children in foster care whom she felt would benefit from social-emotional skills training and individualized mentoring.

Program and Training Director Robyn Wertheimer has been central to program operations for over 15 years and was instrumental in expanding the program to serve children outside of the foster care system who have experienced one or more adverse childhood experiences (ACEs).

Director of Dissemination Jessica Corvinus leads efforts to scale Fostering Healthy Futures programs, making them more widely available to youth across the state of Colorado and beyond.

**BY THE
NUMBERS**

40K+

HOURS OF FACE-TO-FACE
PROGRAMMING

provided to
nearly 400 youth

92%

OF YOUTH
graduate from the
9-month program

350+

GRADUATE STUDENTS
IN MULTIPLE DISCIPLINES
trained through
their work with FHF

FHF LISTED ON **8** PROGRAM REGISTRIES

50 PUBLICATIONS
150 PRESENTATIONS

from FHF research

How You Can Help

In order to expand the implementation and availability of the Fostering Healthy Futures program, we are conducting outreach and training to other agencies and professionals throughout the state. A donation to the Kempe Foundation will help support our efforts to reach more youth.

About the Kempe Foundation

The Kempe Foundation supports professionals engaged in the prevention of child maltreatment and the healing of child trauma, advocates for the protection and well-being of children, and collaborates with community partners to support children and families. We believe every child should have the opportunity to develop and grow in a safe, healthy and nurturing environment.

