Fostering Healthy Futures (FHF) is an evidence-based program for children aged 9-11 in out-of-home care. Featuring individual mentoring and group-based skills training, FHF promotes healthy youth development and reduces trauma-related symptoms and behaviors.

**Outcomes**
- Better mental health
- Fewer trauma symptoms
- Less mental health treatment
- Higher quality of life
- Fewer placement changes
- Less residential treatment
- Higher rates of permanency
- Cost-effective

**FHF Core Skills Content**

**Basic Social Skills**
- Feelings
- Perspective Taking
- Problem Solving
- Healthy Communication

**Healthy Coping**
- Anger Management
- Positive Self-Talk
- Dealing with Worry
- Active Coping Strategies

**Change and Loss**
- Mixed Emotions
- Abuse and Neglect
- Healthy Relationships
- Panel Night

**Adolescent Issues**
- Anatomy and Puberty
- Dealing with Peer Pressure
- Resisting Drug/Alcohol Use
- Healthy Dating Relationships

**Program Ending**
- Future Orientation
- Career Shadows
- Healthy Goodbyes
- GRADUATION!

For more information contact: Robyn.Wertheimer@du.edu
A positive youth development program that uses mentoring and skills training to empower youth to foster their own healthy futures.

**Fostering Healthy Futures for Teens**

- A 30 week mentoring program for 8th and 9th graders involved with child welfare
- Adaptation of evidence-based FHF program
- Builds on youth’s strengths and community connections
- Sets goals and builds skills in following *I REACH* areas:
  - I- identity Exploration
  - R- elationships
  - E- ducation
  - A- ctivity Involvement
  - C- areer Development
  - H- ealth

**Positive Youth Development Strategies**

- Guided self-assessments
- Future orientation and goal setting
- Skills training
  - Emotion regulation
  - Communication
  - Problem-solving
- Teen workshops
- Community engagement
- Resource acquisition
- Adult magnet skills