

IMPACT FOR YOUTH & FAMILY SERVICES

Program Guide



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What This Means

NOT YOUR ORDINARY ORGANIZATION



We don't just run programs — we transform futures. Impact for Youth & Family Services exists to equip youth and families with the life skills, financial literacy, and emotional wellness tools they need to thrive. Our approach blends mentorship, practical training, and community engagement to build confidence, stability, and purpose-driven success. We are the bridge between potential and preparedness.

Every year, schools, nonprofits, and employers see the same challenge — bright young adults entering adulthood without the life skills, confidence, or financial knowledge to sustain themselves.

We fill that gap.

- 1 in 3 high school graduates lack basic money management skills.
- 70% of youth report feeling unprepared for the workforce.
- Over 60% of entry-level employees struggle with time management, communication, and self-regulation.

Impact for Youth & Family Services trains youth and families to succeed in life and work — reducing turnover, dependency, and burnout while strengthening the next generation of leaders.



THE LANDSCAPE OF NEED

**A Nation
Unprepared: What
the Data Reveals
About Youth
Readiness and Real-
World Skills.**

The Need for Life Skills Education

Across the U.S., many young people are graduating without the practical, emotional, and financial capabilities needed to succeed as adults.

YOUTH OUTCOMES & WORKFORCE READINESS

70%

of high school graduates feel unprepared for adult responsibilities

43%

of young adults aged 18–24 have difficulty managing money or paying bills on time

1 in 3

lack confidence in their decision-making and problem-solving abilities

Employers report that new workers lack critical “soft skills” – communication, teamwork, and emotional control

Source: U.S. Chamber Foundation, National Financial Educators Council, Mental Health America

**“The Next Generation Is Struggling to Transition—
And the Numbers Prove It.”**

Across the U.S., the transition from adolescence to adulthood has never been more complex.

Young people are graduating without the practical, emotional, and financial skills needed to navigate real life — and the systems meant to prepare them are overwhelmed, outdated, or underfunded.

- Over 70% of high school graduates say they feel unprepared for adult responsibilities.
- 43% of young adults aged 18–24 struggle to manage their money or pay bills on time.
- 1 in 3 lack confidence in their decision-making and problem-solving abilities.
- Employers report that new workers lack critical “soft skills” — communication, teamwork, and emotional control — leading to high turnover and low retention.

EMOTIONAL & BEHAVIORAL HEALTH



THE STATS

💬 Emotional & Behavioral Health

- 42% of youth report feeling persistently sad or hopeless.
- 1 in 5 struggle with emotional regulation or impulse control.
- Youth in group homes or reentry programs are 3x more likely to experience anxiety, anger, or behavioral dysregulation without targeted intervention.

Source: CDC Youth Risk Behavior Survey, SAMHSA

GROUP HOMES & TRANSITIONAL FACILITIES



THE STATS

Group Homes & Transitional Facilities

- Nearly 60% of youth leaving foster care or group homes lack the resources to live independently.
- Within 18 months of aging out of care, 20% of youth become homeless.
- Less than half are employed by age 24.
- Emotional regulation and financial management are the two strongest predictors of post-placement success — yet they're the least taught.

Source: National Foster Youth Institute, Casey Family Programs



Financial Instability & Lack of Literacy

- The average young adult enters adulthood with less than \$1,000 in savings and over \$3,000 in debt.
- Only 16% of students are required to take a personal finance course before graduation.
- 82% of youth in underserved communities report never receiving formal training on credit, budgeting, or saving.

Source: Council for Economic Education, FINRA Foundation

Financial literacy is more than learning about money — it's learning how to manage life.

Too many young people enter adulthood without the skills to budget, save, or make wise financial choices. The result is stress, instability, and a cycle that keeps families from moving forward.

At Impact for Youth & Family Services™, we simplify money management into real, relatable lessons that teach participants how to:

- Budget and plan for everyday expenses
- Build healthy saving and spending habits
- Understand credit, banking, and digital payments

By teaching financial confidence, we help youth and families move from survival to stability — and from stability to long-term success. Because when people master money, they start to master their future.



WHAT THIS MEANS

The data is clear:

Our youth don't just need information — they need transformation. They need mentors, models, and skill-building systems that teach:

- ✓ How to manage emotions under pressure
- ✓ How to manage money and set goals
- ✓ How to communicate, plan, and lead

That's what Impact for Youth & Family Services™ delivers — a bridge between where they are and who they're becoming.

Our Solution in Action

Our programs meet youth and families where they are — in schools, shelters, group homes, reentry programs, and community centers — with practical, structured, and compassionate education.

We've developed a scalable system that:

- Reduces behavioral incidents in residential facilities
- Improves emotional regulation and conflict management
- Builds long-term financial literacy
- Strengthens decision-making and self-leadership
-

Every workshop, workbook, and mentorship session is built to equip, empower, and elevate.



OUR CORE PROGRAMS



◆ Next-Level Life Skills™

A 4-week guided mentorship experience

Helps youth and parents develop confidence, money management habits, time awareness, and goal-setting systems.

Participants learn how to identify their strengths, create structure, and apply real-world tools for success.



◆ Future Ready Workshop Series

A 4-week group experience for schools, agencies, or community programs

Focus areas include:

- Financial literacy & credit awareness
- Life skills & communication essentials
- Emotional wellness & stress management

Participants receive hands-on tools, reflective exercises, and a certificate of completion — building a tangible sense of progress and empowerment.



◆ Youth Vision Lab™

A half-day interactive intensive for students

Designed to help youth:

- Discover purpose and direction
- Strengthen leadership and communication skills
- Visualize and plan for a successful future

This lab inspires vision, goal-setting, and action — empowering participants to dream bigger and plan smarter.



◆ Elevate You™ Group Coaching

A 12-week guided growth experience

Focused on identity, boundaries, confidence, and emotional regulation.

Participants walk away with real-world self-leadership skills and a renewed belief in their ability to thrive independently.

OUR CORE PROGRAMS



Community & Corporate Partnerships

We believe impact multiplies through collaboration.

We partner with schools, city agencies, faith-based programs, corporate sponsors, and foundations to deliver programs that transform entire communities.

Through strategic partnerships, organizations can:

- Provide evidence-based workshops for youth and families
- Train staff and mentors in life-skill facilitation
- Sponsor access for underserved populations
- Strengthen workforce readiness and reduce community recidivism

Our team provides facilitation, training materials, and measurable outcome reporting to ensure long-term impact.



The Sponsor-A-Family Initiative

Partnership isn't always corporate — it's personal.

Through the Sponsor-A-Family Initiative, individuals and small business partners can help families gain access to life-changing financial and emotional wellness programs. Each sponsorship provides a family with mentorship, workbooks, and guided sessions that foster growth, independence, and hope.



**LET'S BUILD
TOGETHER**

Partnership opportunities are available for:

- School districts & after-school programs
- Group homes & reentry facilities
- Faith-based organizations
- Government & city programs
- Corporate sponsors & local foundations

We'd love to explore how our programs can serve your community or organization.

 Contact Us:

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 www.impactforyouthandfamily.org