


Mental Health
Academics
Trainings
Youth Leadership Opportunities and Emergency Funds


Our mission is to improve high school and college educational outcomes for youth with current or past involvement in the child welfare, homeless, and juvenile justice systems through comprehensive and flexible mental health and educational services.

Programs

- Free, comprehensive individual and group mental health therapy
- Individualized academic and resource support and workshops
- Trainings for other organizations
- Emergency fund for current program participants
- Youth Advisory Board
- Counted as a **diversion program** for justice referred young people

2025 - 2026 Outcomes

197 Participants Enrolled

96% of participants in school, persisted to the next grade or graduated

70% reported improved mental health symptoms

82% of youth with justice involvement exited the legal system

90% remained in the program for three or more months

Power Up Cohort

This year, in addition to sustaining and improving these outcomes, we are also partnering with Women Creating Change, and Women's Justice Now, to launch PowerUp, with an inaugural cohort of young people who will spend six weeks **learning about advocacy** at the state and local level and working on their own advocacy projects that they will present at the end. The cohort will be facilitated by lawyer and advocate, Jayne Bigelsen.



Jayne is the Chief Policy Officer at Women's Justice NOW and has spent her career getting laws changed to protect young people. She ran legislative affairs at the NYC Bar Association for eight years and led advocacy at the Covenant House New York. She has a law degree from Harvard. She knows how change gets made from the inside, and over six weeks will show young people how.

We also have a new **Youth Advisory Board (YAB)** cohort led by Sue P, an amazing Inspiring Futures alumni who moved into stable housing, graduated with her GED, and is now employed full-time and exploring options for college. The board had it's first meeting last week. They will be advising on the direction of the organization, programming, and youth engagement. This YAB cohort will run until May 2027 and we are excited to have them on board!



 **New Board Members**




We are also excited to welcome six new members to the Board of Directors! They come with expertise in policy, finance, engineering, mental health, and partnerships. You can learn more about them at the button below!

Click to learn about the
Board of Directors!



Save the Date for:

Inspiring Futures'

FALL MIXER

Thursday November 12, 2026

6pm to 8pm

461 W. 126th st. #5W

New York, NY 10027



**Come enjoy good food and drinks, see what
we've been up to, and buy some raffles!**

We are thrilled you are on this journey with us and hope to see you on November 12th! More details to come! -Warmly, Vicky Garalina, Executive Director



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