

YOUTH180

IMPACT
REPORT
2020



STATEMENT FROM OUR PRESIDENT AND CEO

Dear community members and supporters,

2020 has been a year of unprecedented challenges and change that have affected the lives of everyone in our community. Since 1984, Youth180 has prided itself on supporting our community's youth and families during challenging times. This year has been no different for us!

In the midst of a world-wide pandemic, we have enhanced and expanded our clinical mental health and substance use treatment services, ensuring that ALL members of our community have access to high quality, low cost counseling and outpatient treatment. Our prevention services have remained nimble by offering curriculum both in-person and virtually.

Just like the community we serve, we will remain resilient and continue to adapt to this everchanging crisis. No matter what the state of our world may be, Youth180 will continue to answer the call to provide the resources our community members need to thrive.

Keri Stitt



WHAT YOUR DONATION HAS SUPPORTED

78

INDIVIDUALS COMPLETED A TRAUMA TRAINING OR MENTAL HEALTH WORKSHOP SINCE SEPT 1, 2020



TRAUMA-INFORMED TRAINING AND MENTAL HEALTH AWARENESS WORKSHOPS

Our Clinical Team is providing training at local schools and agencies to help teachers, administrators, direct care staff, and other local individuals to operate in a trauma-informed way, creating safe places for all people to live and learn. Additionally, they are providing mental health awareness workshops for youth, parents, teachers, and more to better understand the impact of mental health and how to recognize signs of someone who may need support.

80%

REPORTED AN INCREASE IN THEIR KNOWLEDGE OF TRAUMA AND MENTAL HEALTH

70% SUCCESS RATE OF OUTPATIENT ADOLESCENT TREATMENT

Many of the youth participating in our outpatient adolescent substance use treatment program are completing treatment goals, finishing their required classes, passing drug screens, engaging in community activities, and/or showing other signs of progress in their journey with our counselors.



35

COMMUNITY PARTNERS RECEIVING PREVENTION PROGRAMS

VIRTUAL PREVENTION PROGRAM

Our Certified Prevention Specialists have done an incredible job navigating the COVID-19 pandemic, adapting to schools and agencies going virtual, and finding creative, safe ways to continue our important prevention program. Additionally, our Prevention Team recently completed a training to equip them with the Strengthening Families Curriculum, a program they will provide to improve parenting skills and family relationships, and decrease child maltreatment.



MEET OUR DIRECTOR OF CLINICAL SERVICES

VIVIANA TRIANA, MDIV, LCSW-S

Viviana Triana is a Licensed Clinical Social Worker Supervisor as well as an EMDR Certified Therapist, Approved Consultant and Trainer. Since 2008, Viviana has worked as a therapist in rape crisis centers, youth homeless shelters, and domestic violence shelters, serving children, teens, adults, and families who have experienced complex trauma. For the last four years, Viviana has been involved in developing trauma-informed clinical programs at different non-profits. She has also been published in professional journals and recently contributed to a newly released book, *EMDR with Children in the Play Therapy Room: An Integrated Approach*. Born in Colombia, South America, Viviana considers herself bilingual and bicultural. Viviana is married and has two beautiful children, Sofia, 10 and Camilo, 3. During her free time, she enjoys traveling and cooking with her family.

"I am thrilled to have joined Youth180 and to walk alongside our clients in their healing journey. The opportunities at Youth180 are endless, and I cannot wait to see the great things we will continue to accomplish together."

YOUTH180 IS INCREDIBLY THANKFUL FOR OUR COMMUNITY PARTNERS.

WE ARE STRIVING TO CREATE MENTALLY HEALTHIER COMMUNITIES THROUGH COMMUNITY COLLABORATION, ULTIMATELY ENSURING OUR YOUTH AND FAMILIES RECEIVE THE CARE THEY NEED AND DESERVE.

Tyler Street Christian Academy
Family Gateway
Traffick911
New Friends New Life
Ebby House
Our Friend's Place
Momentous Institute
Rainbow Days
Outlast Youth
All Things Made New
Nexus Recovery Center
Phoenix House
Dallas Juvenile Department
Dallas Family and Youth Centers

Dallas Housing Authorities
Dallas ISD
Irving ISD
Grand Prairie ISD
Lancaster ISD
Duncanville ISD
Richardson ISD
Mesquite ISD
Scurry-Rosser ISD
Royse City ISD
Bland ISD
Quinlan ISD
Lone Oak ISD
Texas Can Academy



CLIENT TESTIMONIES

"I was mad that I got caught with drugs. Then I got a counselor at Youth180. I told him my cousin got shot and died and that's why I started using. He listened while I let my feelings out. After that, things changed inside me."

- Jesse, 16

"Being a teen mom is no joke and I had given up on caring for my daughter til the people at Youth180 reminded me of my confidence and ability to be a good ma."

- Areli, 17

"I made friends at the program and that I wasn't alone in what I was dealing with."

- Kiara, 12

"I feel good around my son now, like he can look up to me and count on me."

- David, 20

"They made me really think about my future and think about how my decisions now can affect me when I get old. Instead of getting mad and fighting people, I know to journal my anger or go walk and breathe real slow."

- Kiara, 12

"I drove drunk and the cops got me. They didn't know my dad died. The people at Youth180 told me I could deal with my dad dying in different ways and that helped a lot."

- Jonte, 17