



SEL Impact on Youth, Parents and Family

Addendum to 2023-24 Mental Health Department Report

At **You Gotta Believe, Inc.**, our commitment to client-centered care helps individuals identify and address problematic behaviors, learn essential skills to advocate for their needs, and build trusting relationships. At the heart of our therapeutic approach lies the belief that when youth feel safe and supported, they become empowered to navigate their past experiences, understand their present emotions and actions, and nurture hope for the future. As their capacity for empathy and perspective-taking increases, deeper relationships are forged.

Our therapy services promote transformative experiences through which youth, parents and families feel good about themselves and embrace the power of vulnerability in creating a fulfilling life.

By investing in our therapeutic services, **you enable individuals to heal, grow and thrive.**

Mental Health Goals

Cultivating confidence, skills and connections in our youth plays a pivotal role in their development. It shapes their emotional intelligence, self-awareness and interpersonal skills.

As shown in this addendum to our 2023-24 report, the results of our mental health initiatives are evident in the remarkable strides being achieved by our youth, parents and families.

“Mason’s adjustment behaviors were to faun initially, and he struggled to engage on a deeper level. As he attended therapy, he was able to increase his ability to advocate for his needs and to seek help appropriately.”*

-YGB Mental Health Therapist

*Note: Names are not used throughout this report to protect youth and family anonymity.

YOUTH SELF-ASSESSMENT OF IMPROVEMENT OF MENTAL HEALTH GOALS

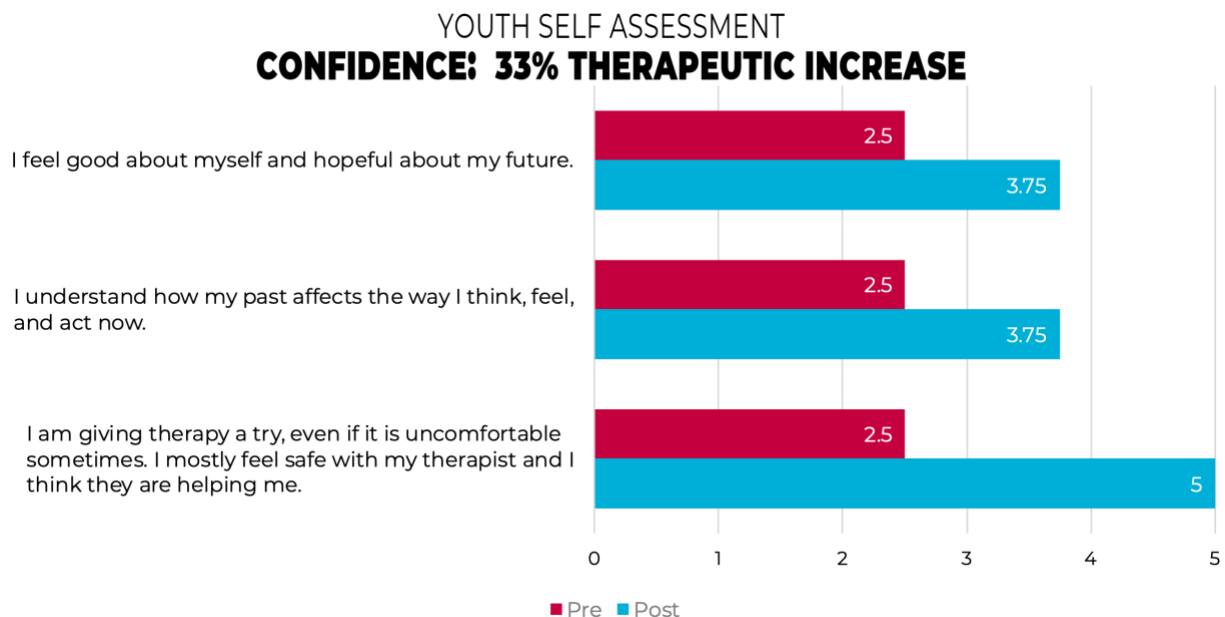
From 2023-24, a sample of two youth¹ participated in a comprehensive self-assessment, indicating how much they felt they had changed as a result of their engagement with the YGB Mental Health Department. They rated themselves on multiple statements, indicating their growth in

- Confidence
- Skills
- Connections

From July 2023 to June 2024, youth indicated their greatest experience of gains on these indicators in the confidence and skills domains:

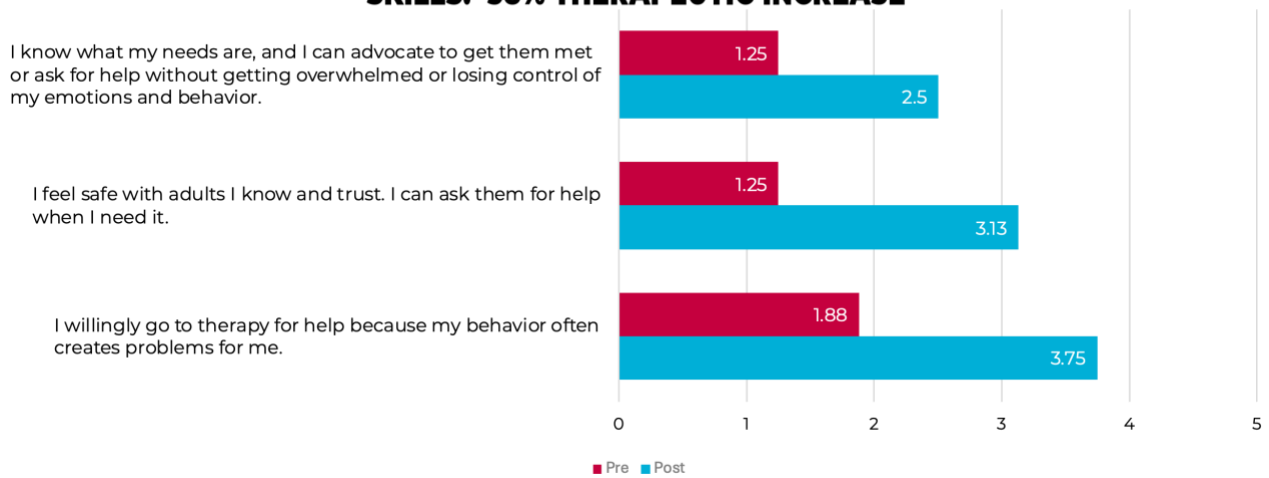
- *"I am giving therapy a try, even if it is uncomfortable sometimes. I mostly feel safe with my therapist and I think they are helping me."*
- *"I feel safe with adults I know and trust. I can ask them for help when I need it."*
- *"I willingly go to therapy for help because my behavior often creates problems for me."*

Results of the youth self-assessments:

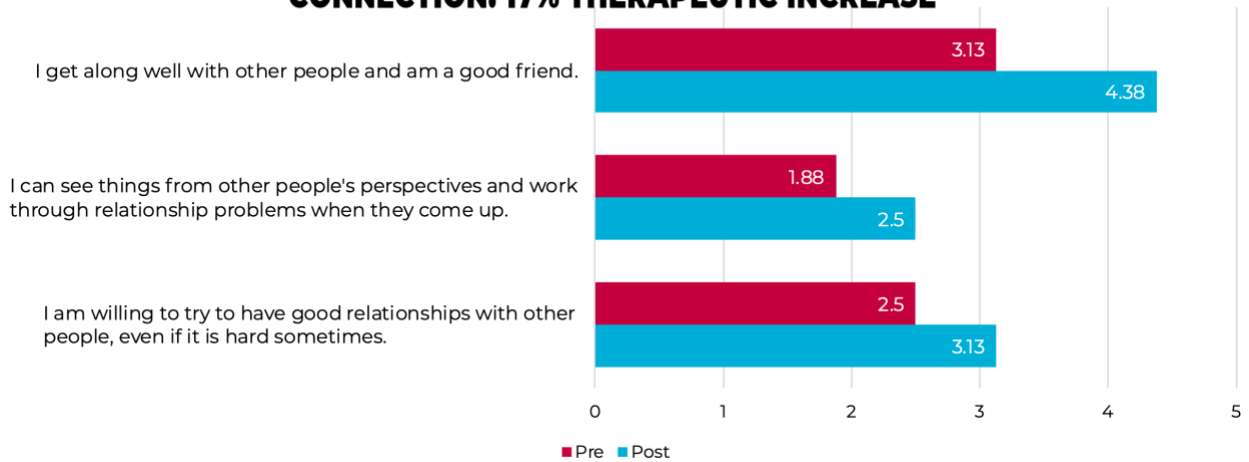


¹ Our treatment philosophy is that the family is the client. Our work has the end goal of improving family relationships whether or not the whole family actively participates in therapy. For example, a parent may meet regularly with a therapist, but their child may not. The therapist works to build the parent's understanding of their child, as well as their parenting skills, thus impacting the parent-child relationship and family dynamics as a whole.

YOUTH SELF ASSESSMENT
SKILLS: 38% THERAPEUTIC INCREASE



YOUTH SELF ASSESSMENT
CONNECTION: 17% THERAPEUTIC INCREASE



As shown, the youth reported notable improvements in all three mental health domains, demonstrating increased self-assurance, enhanced abilities, and stronger familial and community connections.

"I feel like it changed my mindset a lot and the way that I see things and react to things. It helped me open up better both with my therapist and with my parents..."

-YGB Youth

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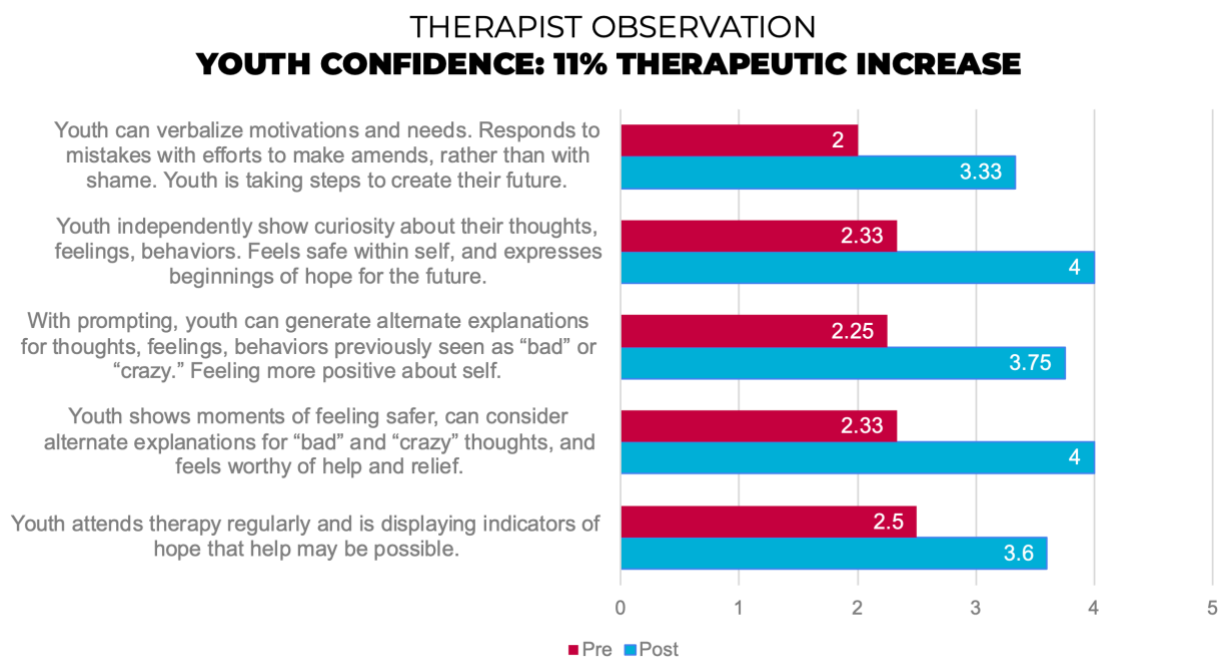
Mental Health Therapists Observing Youth

During the 2023-24 period, YGB Mental Health Therapists conducted therapeutic evaluations using the SEED Competency Ladders for ten young clients. These assessments aimed to determine the perceived changes experienced by the clients as a result of their involvement in therapy.

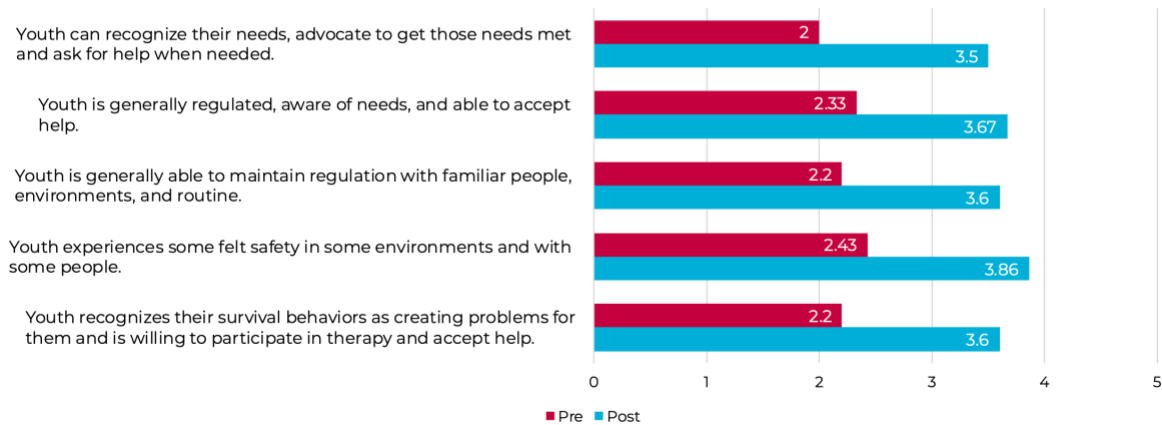
Therapists noted the most substantial gains for this indicator in the skills domain:

→ *“Youth are making efforts to engage in relationships. Youth can tolerate discussion of how their behavior impacts others, and how others may feel, with a supportive adult leading the way.”*

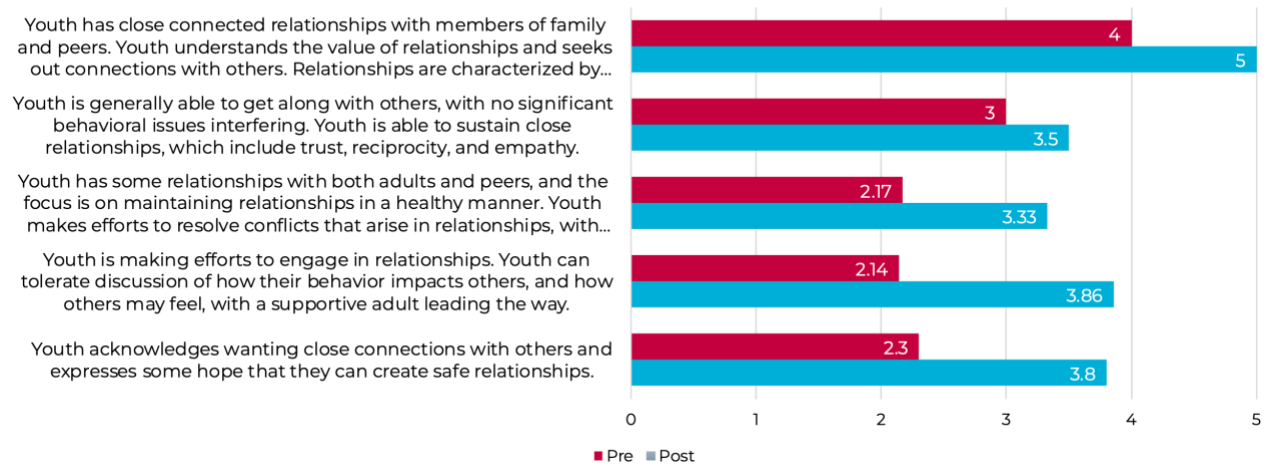
Results of the therapists' assessments of youth:



THERAPIST OBSERVATION
YOUTH SKILLS: 12% THERAPEUTIC INCREASE



THERAPIST OBSERVATION
YOUTH CONNECTION: 11% THERAPEUTIC INCREASE



As shown, YGB’s Mental Health Therapists observed significant positive change in all three domains for the youth observed.

“Allison has settled into the home and has had a significant decrease in problematic behaviors. She no longer tells her parents she wants to leave and has not been aggressive towards them for several months.”*

– YGB Mental Health Therapist

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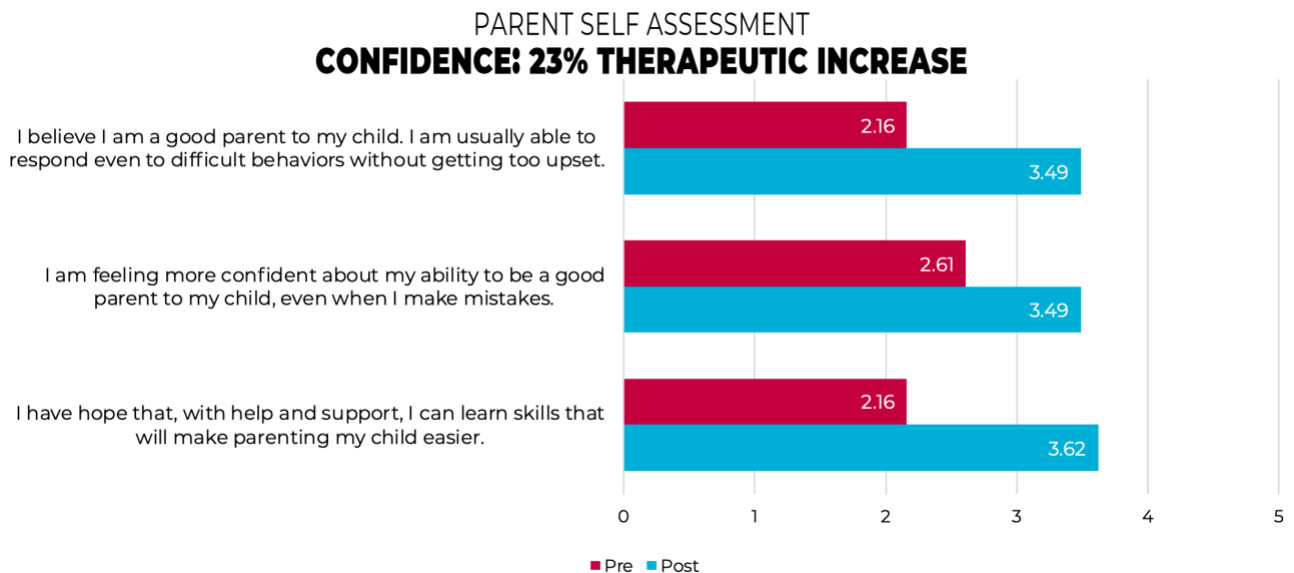
PARENT SELF-ASSESSMENT OF IMPROVEMENT OF MENTAL HEALTH GOALS:

During the same 2023-24 period, 18 parents provided self-assessments on their personal growth resulting from participation in YGB Mental Health Department services. Their self-reflections also focused on changes in confidence, skills and connections.

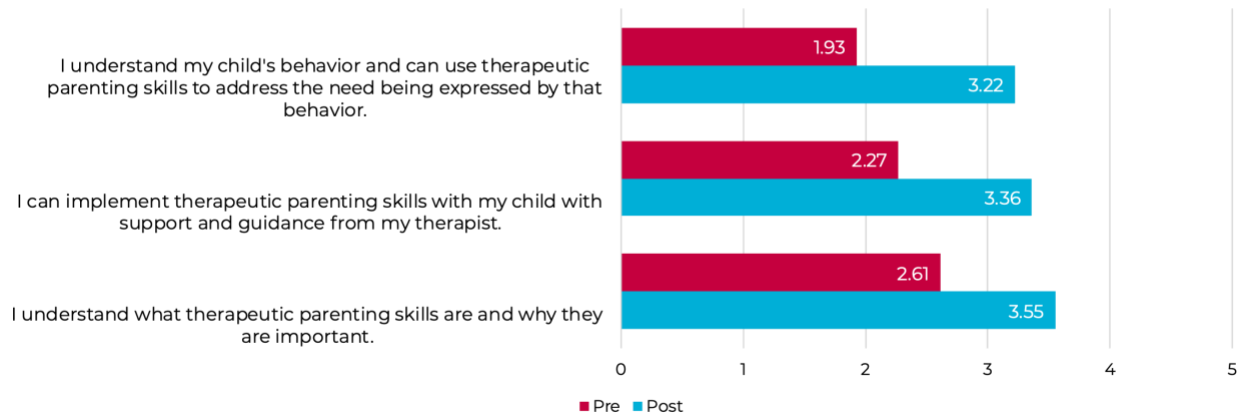
Parents indicated that the most significant improvement they experienced was in their confidence:

→ *“I have hope that, with help and support, I can learn skills that will make parenting my child easier.”*

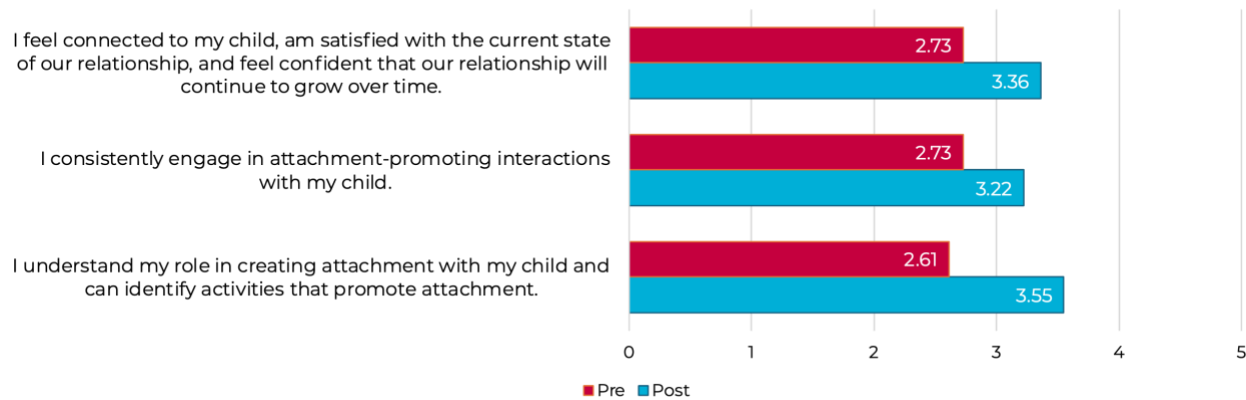
Results of parent self-assessments:



PARENT SELF ASSESSMENT
SKILLS: 22% THERAPEUTIC INCREASE



PARENT SELF ASSESSMENT
CONNECTION WITH CHILD(REN): 14% THERAPEUTIC INCREASE



As shown, parents reported substantial progress across all SEL domains, demonstrating heightened self-confidence, refined parenting skills and stronger connections with their children.

“I appreciate the honesty and reality that we can't always follow a book. It makes me think of new ideas and see my child differently. It gives me confidence I'm doing something right, and reminds me it's normal situations. Being allowed to vent a bit makes me feel comfortable and never judged. Most important thing.”
 – YGB Parent

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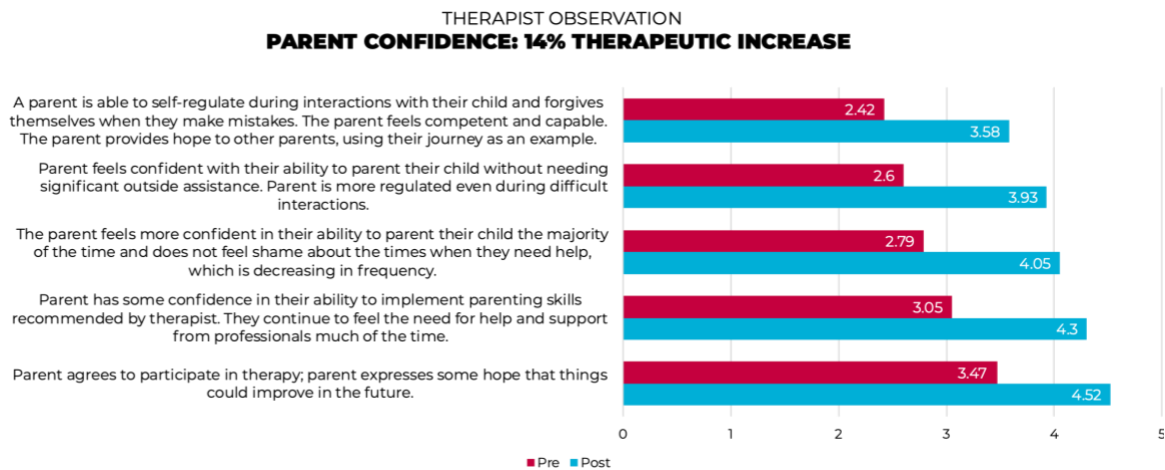
Mental Health Therapists Observing Parents

During the 2023-24 period, our mental health therapists assessed the progress of 16 parents involved in YGB's mental health treatment programs. Utilizing the SEED Competency Ladders, the therapists considered whole-person change, observing advances in parental confidence, skills and connections throughout engagement in our programs.

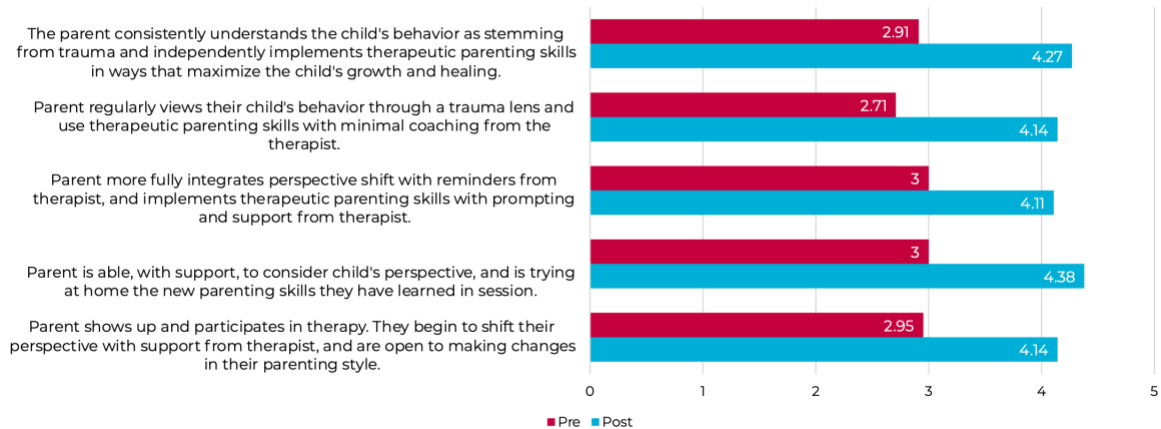
The therapists identified the significant change in every domain for parents. The two greatest increases were noted in the skills domain:

- *“Parent regularly views their child's behavior through a trauma lens, and uses therapeutic parenting skills with minimal coaching from the therapist.”*
- *“Parent consistently understands the child's behavior as stemming from trauma, and independently implements therapeutic parenting skills in ways that maximize the child's growth and healing.”*

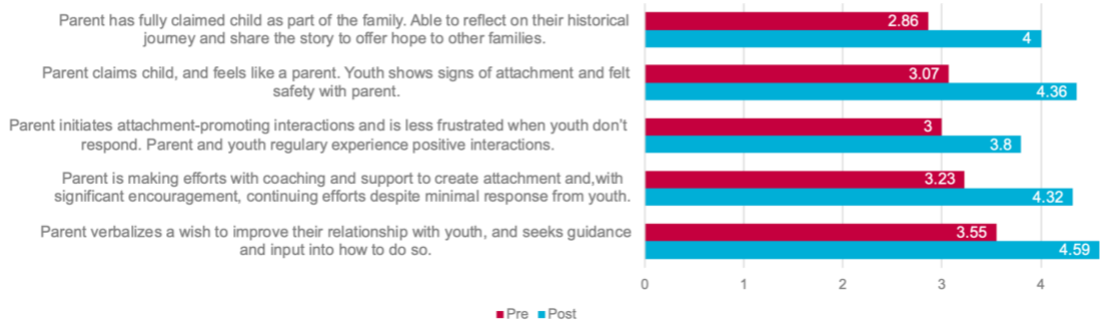
Results of therapist assessments of parents:



THERAPIST OBSERVATION
PARENT SKILLS: 12% THERAPEUTIC INCREASE



THERAPIST OBSERVATION
PARENT CONNECTION WITH CHILD(REN): 10% THERAPEUTIC INCREASE



As shown, the mental health therapists observed parents exhibiting significant advancements in all three mental health domains. They highlighted increased self-confidence, enhanced parenting abilities and strengthened family bonds.

“The parents tend to wait until there is a challenging issue with their child before reaching out for support. They will often “go it alone” until things get quite dysregulated. When things run smoothly for 1-2 weeks, the parents feel they can handle challenging behaviors child exhibits. The challenge is when behaviors begin to escalate and parents isolate along with the child...”

-YGB Mental Health Therapist

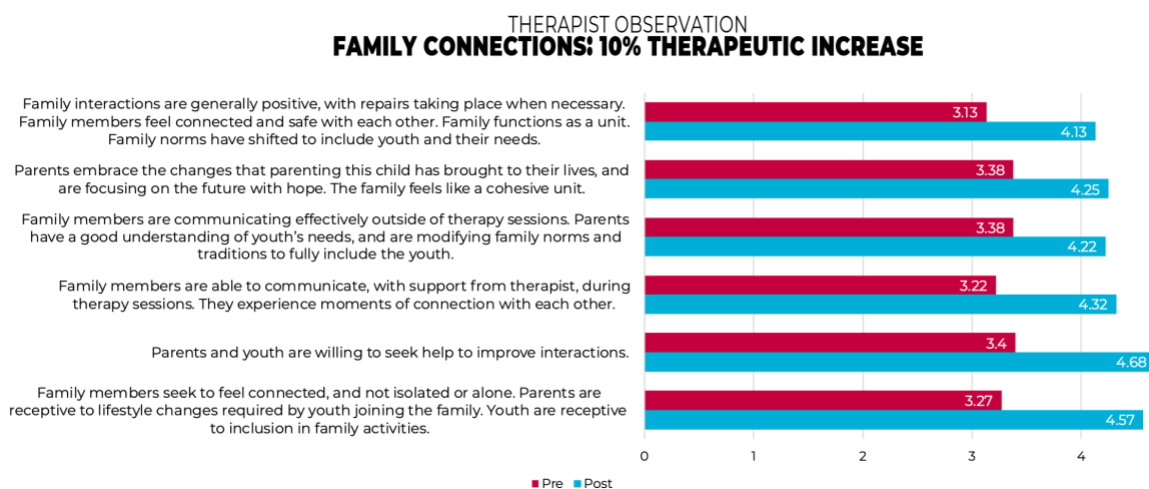
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Mental Health Therapists' Observing Families

In 2023-24, the YGB Mental Health Therapists analyzed the interactions of 11 families to evaluate their Connection levels using SEED Competency Ladders. Our assessment of family dynamics revealed a strong desire for connection and inclusion among family members. Both parents and youth demonstrated openness to making necessary lifestyle adjustments and engaging in joint activities while actively seeking help to improve interactions.

This Connection indicator showed notable increases of 26 percent:

→ *"Family members seek to feel connected, and not isolated or alone. Parents are receptive to lifestyle changes required by youth joining the family. Youth are receptive to inclusion in family activities."*



As shown, therapists observed significant transformations in the ability of families to connect.

"This family has been able to overcome challenges and even now, as they are experiencing some extreme challenges with Jacob, they are acting as a unit."*

– YGB Mental Health Therapist

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