



### **Youth Heartline's TRACE Integrated Learning Program**

The mission of Youth Heartline is, "Family stability through trauma-informed service and systemic solutions." The TRACE (Trauma Resources Awareness Counseling and Education) Program was designed to increase family stability through a multidisciplinary approach to supporting women and families as they work to break generational cycles. These cycles are affected by systemic disparities as evidenced by the correlation of lower health and financial literacy with poverty and racial inequities and increased chronic illness, decreased preventative care, and long-term financial insecurity. Our service area is reflective of these social determinants alongside a shortage of providers addressing these inequities.

The Youth Heartline TRACE Integrated Learning Program is designed to build capacity in families through the interrelated skill areas of digital, health, and financial literacy and parenting. Increased knowledge in these specific categories is known to lead to sustainable change, growth, and self-efficacy within families and communities which increases equitable access to services. If funded, the education component of our TRACE program will be rooted in trauma-informed and adult education evidence-based practices.

The voices of our clients have informed the development of this program through our thirty-year history of serving this population and service area. This program will fill the gaps discovered while administering our existing parent education programs both virtually and in-person. Through our established referral relationships, the program will benefit 40 "at-risk" families, many of whom are involved in the justice system and with substance misuse and recovery programs. Furthermore, Youth Heartline serves women and girls at a disproportionate rate as compared with their male counterparts.

This funding is an investment in the future as each child and family impacted by our services and each community member given a voice will only serve to increase capacity for change in these underserved communities. The communities we serve have limited infrastructure targeted at supporting systemic change and this program is a step toward creating this emphasis within our service area. The emphasis on self-efficacy will also influence how individual clients interface with existing systems. By investing in our communities, we create the foundation to increase and improve circumstances for children and families for many years to come.

We envision the long-term impacts of this work to be multi-generational and systemic. While that may seem broad, longitudinal studies have shown that parent access to educational and growth opportunities is an important predictor of children's educational and behavioral outcomes.



"for Hope, Empowerment, Advocacy, Resources and Trust"