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**STRONGER FAMILIES, BRIGHTER FUTURES**

## ***Mental Health Matters for Foster Care Youth***

May is both **Mental Health Awareness Month** and **Foster Care Awareness Month**—two causes that are deeply connected.

According to the American Academy of Pediatrics—and echoed by our own staff—**mental and behavioral health is one of the most significant unmet needs for children and youth in foster care.**

At Turning Points, we believe supporting mental health isn't just important—it's essential. Mental and emotional well-being shape how young people grow, learn, connect with others, and navigate the world. But too often, these supports are limited or overlooked for youth in foster care.

***We're working to change that.***

In our older youth programs, like LifeSet and BIPS, we create space for emotional regulation, relationship-building, and conversations that center mental wellness. Our staff help young people develop the tools to understand what they're feeling, why it matters, and how to care for their own well-being.

We're committed to innovating and expanding our approach by working to add more dedicated mental health supports across our continuum of care.

**With your continued support, we can grow and strengthen these efforts—meeting young people where they are and helping them thrive emotionally, socially, and mentally.**

This month reminds us not only why our work is urgent—but also how much more is possible. Thank you for being a partner in this progress. Together, we're building a future where every child's mental and emotional wellness is a priority.



At the beginning of this month, our Older Youth Division hosted a **Youth Employment Summit**, and it was a success! Companies and organizations came to give workshops, interview practice, and other support in the search for jobs. Our young people showed up eager and excited, and many left with working papers and feeling better prepared for the application process.



ProjectFAM proudly hosted an event last month, in collaboration with the Philadelphia Department of Public Health Infant Safe Sleep Program, one of our program partners. Over 70 parents learned how to ensure their infants sleep safely in addition to receiving a free crib, baby gates, other parenting resources, lunch, and raffle prizes. Click the link to learn more about the Health Department's [Safe Sleep Philly Crib Program](#).

