

Generations 4 Change

Annual Report

2023

About Us

Generations 4 Change is a multifaceted organization aiming to help Indigenous youth, young adults and families through varying types of trauma, such as secondary trauma, complex or compound. Indigenous youth deserve an opportunity to grow and live with the ability to work through and cope with trauma



Generations 4 Change is passionate about our communities and their future; Their future is our community and society's future. We believe that our current efforts will impact seven generations from today. It is imperative to support our youth and young adults in the trauma they are facing in their day-to-day life.

Our Vision

G4C seeks to create a future where our future generations are strong individually, in families, and for their communities. The mental, emotional, and spiritual safety of our communities is vital for themselves and for the community as a whole. Our vision to heal and strengthen our communities is supported and maintained by our Indigenous values of honor, trust, honesty, and humility. Our values reflect a commitment to the collective and embody a respectful relationship with the land, people, and all living creatures.

Our Mission

Enhancing the well-being of young people and families, through behavioral health services, mentorship, and community partnerships. We employ modern interventions while recognizing the diverse cultures, traditions, and worldviews of the Indigenous communities we serve.

Restoring Kinship Worldview.

Our Guiding Principals

Love - is a gift of the Creator experienced in our connections to self, family, community, and all living creations.

Respect - for oneself is the building blocks for honoring one's body, mind, and spirit.

Courage - finding the tools to effectively manage anger, pain, sadness, and the challenge of being human.

Honesty - sharing one's truth with self and others regardless of outcomes.

Wisdom - Knowing the difference between what one can control versus what one cannot and taking responsibility to make good choices.

Humility - understanding one's actions affects the whole and accepting accountability for one's choices.

Truth - is constant regardless of change and yet, adapts to the environment while remaining the same.



Traditional Dance Event for Indigenous Youth

-This class was facilitated to connect Indigenous youth in urban settings with their culture, fostering a sense of identity, community, historical awareness and personal well-being.

Our Team

Our team is a collective of Indigenous women from different Tribal affiliation backgrounds. Leadership team has representation from Southern Ute, Dine, Tlingit, Seminole, Hawaiian Tribes.

Our team has collectively worked in the mental and behavioral health sector for 15+ years.

Our team is dedicated to creating a change for our Indigenous communities as well as our physical communities here in Arizona inclusively.



Carol Lee Deed

Co-Founder
Executive Director



Deborah Butler

Co-Founder
Administrative Director



Casandra Stouder

Co-Founder
Director of Operations



Alysha Fuchino

Marketing & Branding
Specialist

A Year in Review

Generations 4 Change's first year has been extraordinary. Our programs reached new heights of success, directly impacting 182 individuals. Through our programs we addressed critical needs such as mental & behavioral issues (Alzheimer's, bipolar, anxiety, depression, substance abuse), health and wellness, culture connection, and identity crisis, resulting in cultural connection, improved mental health outcomes and supported continued sobriety.



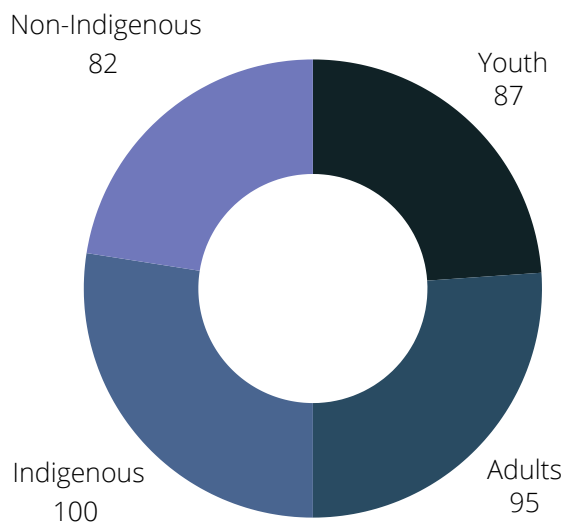
Volunteers. Rooted in a strong sense of community, we engaged 12 volunteers who contributed 250 hours to our initiatives. We expanded our network of advocates through class facilitation, marketing and branding, community connection support.

Partnerships. Collaboration remained at the heart of our approach. In 2023, we formed strategic partnerships with,

- Phoenix Indian Center
- IndigenousCC
- Salt River Boys & Girls Club
- Palms Assisted Living Facility

Together, we tackled traditional dance events, mindfulness Yoga, Parenting Classes and out-patient behavioral health services to achieve mental and behavioral health well-being.

Financial Impact. Through prudent financial management, we ensured that 100% of funds were directly channeled into our programs. All management positions are volunteer-based. Our leadership team is dedicated to allocating all funding to programs to sustain our work as we continue demonstrating resilience and adaptability.



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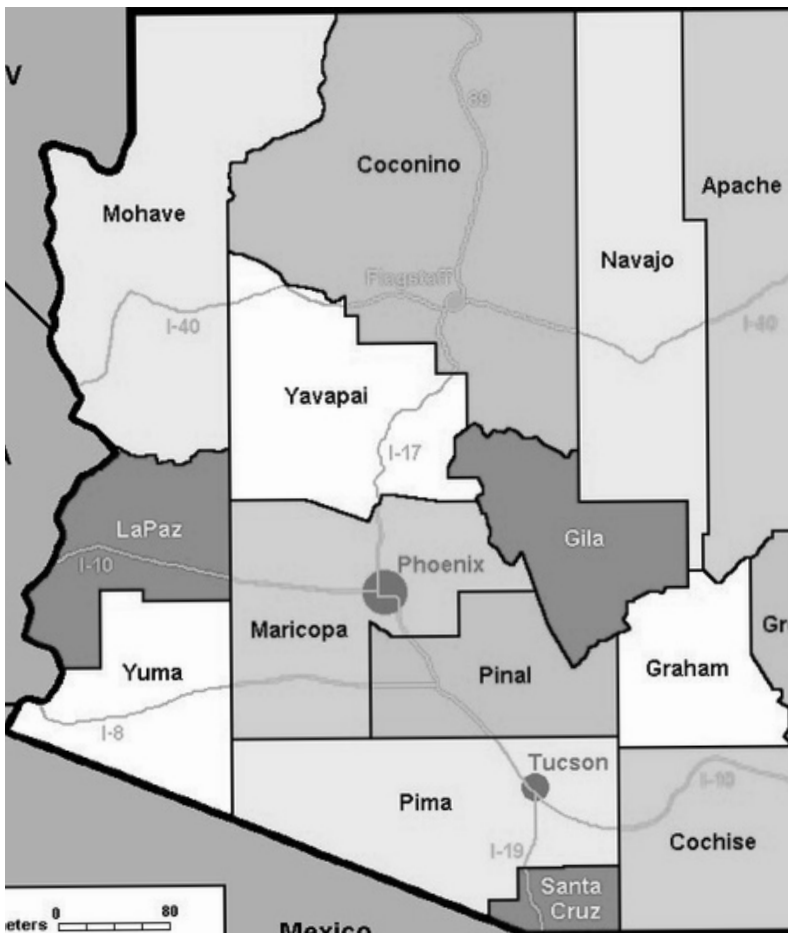
Indigenous Youth participants in the Movement is Medicine Program

95

Clients served with mental and behavioral health services.

5

Arizona Tribal Nations Served by Generations 4 Change



Statewide Review

All of Generations 4 Change clients and participants are located within Maricopa County. Ages 12-85, Indigenous and Non-Indigenous. The Tribes served:

- Salt River Pima-Maricopa
- Navajo Nation
- Hopi Tribe
- Apache
- Pima

As our first year in operations, our reach has been successful. However, Generations 4 Change looks to broaden our reach more on a statewide scale in the year to come, 2024.

A SPECIAL THANK YOU

During this reporting period, M3F, SCHWAB Charitable, and HVAC Heros all made meaningful contributions to the success of Generations 4 Change. Thank you for supporting our work and community.



Funding

\$23,000

Invested into Indigenous Youth programs



Photo Courtesy of Cahokia LLC, Photo by: Danny Upsahw

Summary

In closing, 2023 is a testament to the power of collective action and the potential for positive changes. We remain committed to our mission and the communities we serve. With the continued dedication of our team, we are confident that our impact will only grow stronger in the years to come.

What Next?

As we celebrate the milestones achieved in the past year, our commitment to the young individuals we serve remains unwavering. Looking ahead, we are excited to outline our plans for the upcoming year and beyond as we embark on opening our first transitional housing program for youth aging out of foster care and group homes. It is within this program that we will be able to address the following:

1. Holistic Support Services Expansion:

Recognizing the multifaceted challenges faced by youth transitioning into independent living, we are dedicated to broadening our spectrum of support services. In the coming year, we will bolster our efforts to provide comprehensive assistance, encompassing educational guidance, vocational training, mental health support, and life skills development.

2. Collaborative Partnerships:

Collaboration has been integral to our success thus far. In the next phase, we will deepen our partnerships with local educational institutions, vocational training centers, and mental health organizations. These partnerships will enable us to create a network of resources that truly empowers our youth to thrive.

3. Mentorship and Peer Networks:

We understand the significance of positive role models and supportive communities in the lives of young adults. Our focus will be on establishing mentorship programs that connect our youth with experienced mentors who can guide them through challenges and celebrate their achievements.

5. Scaling Our Impact:

As we witness the positive transformations in the lives of our program participants, we are inspired to broaden our reach. Our goal is to expand our transitional housing program to accommodate more youth in need, ensuring that no young adult faces the daunting journey of independence alone.

Work with Us

At Generations 4 Change, we firmly believe that real change is driven by the collective efforts of compassionate individuals, dedicated organizations, and engaged communities. As we reflect on the accomplishments of the past year, we invite you to be a part of our ongoing journey to create a positive impact on lives.

Financial Support would thrust Generations 4 Change into the next step of our journey, transitional housing. The impact created from this transitional housing would be everlasting.

We invite you to join us on a journey of change that starts with a single step, and that step can be yours. By working with Generations 4 Change, you become a catalyst for positive transformation, embodying the belief that together, we can create a brighter future for all.



**Generations 4
Change**



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