

Skye's the Limit! Foundation



Skye's the Limit Foundation was founded to honor the life and legacy of Skye Gina Pilato, whose trauma-related passing at the age of 19 inspires us to compassionately care for disadvantaged youth who have experienced traumatic events. Currently operating in the three cities home to Skye and her family (Phoenix, AZ; State College, PA; and Sunset Beach, NC), we are a volunteer-run organization trained in Adverse Childhood Experiences and Trauma-Informed Care. Our mission is to prevent trauma-related loss by building resiliency and empowering youth, families and communities through trauma-informed care, education and enrichment activities. In 2019, Skye's the Limit Foundation reached over 500 unduplicated youth and adults, and we look forward to growing our impact in 2020 and beyond.

The primary way we plan to do this and to fulfill our mission is through our **Trauma-Informed Care and Advocacy Project**. This important project will train staff of youth-serving organizations as well as families to employ a trauma-informed approach when caring for youth impacted by trauma. According to the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA), "Trauma experienced by children and youth is a pervasive and serious public health issue that requires a coordinated response". These experiences can include witnessing or experiencing physical, sexual or emotional abuse, the death of a loved one, family and community violence, refugee and war experiences, natural disasters, and others. "Trauma during childhood is associated with a range of physical health and emotional problems, and most tragically, with suicide. Among youth ages 10 to 24, suicide is the second leading cause of death" (SAMHSA).

Skye's the Limit Foundation's **Trauma-Informed Care and Advocacy Project** aims to combat this staggering statistic by providing trainings to help those who love and care for disadvantaged youth better understand trauma, recognize its triggers, prevent secondary trauma and build youth resiliency. In 2020-2021, the project will offer the following:

- Two 2-day in-person Trauma-Informed Care trainings for staff of youth-serving organizations. Taught by the Arizona Trauma Institute, these trainings will be held in Phoenix, Arizona but open to organizations from around the country. They aim to equip a total of 100 unduplicated adults to better understand and serve youth impacted by trauma.
- Two 8-week sessions (via Zoom video conferencing) of weekly Arizona Trauma Institute coaching for key staff of youth-serving organizations who completed the aforementioned 2-day trainings. Each of these 8-week coaching sessions will equip 8-10 people each to train others on employing a trauma-informed approach in working with vulnerable youth.
- Three 3-hour awareness/call-for-action events for youth leaders and families of youth who have experienced traumatic events. These events will be held in the following three cities Phoenix, AZ; State College, PA; and Sunset Beach, NC. The goal is to equip 150 people to respond compassionately and sensitively to children impacted by trauma and to advocate for more training on trauma.

Budget Below:

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Trauma-Informed Care & Advocacy Project
July 1, 2020 - June 20, 2021

Expenses

Contracting with Arizona Trauma Institute to provide two 12-hour trainings and 8 weeks of coaching for staff of youth-serving organizations (Phoenix, AZ)	\$10,400
Contracting with instructors to provide three 3-hour trauma & resiliency trainings for parents of youth impacted by trauma and organization leaders of youth impacted by trauma (Phoenix, AZ; State College, PA; Sunset Beach, NC)	\$3,000
Travel & accommodations for instructors	\$3,000
<i>Paper Tigers</i> and <i>Resilience</i> film licenses (documentaries on trauma-informed approach and resilience to show at training events)	\$2,515
Space rental for events (Phoenix, AZ; State College, PA; Sunset Beach, NC)	\$2,000
Food & beverages for training attendees	\$1,600
Project supplies	\$850
Total	\$23,365

Budget Below: