



INSPIRING YOUTH CONNECTING COMMUNITIES

EMPOWERING * ENGAGING * ENRICHING



Learn More:

www.youthinfusioninc.com

JOIN YOUTH INFUSION IN EMPOWERING YOUNG PEOPLE

OUR MISSION

Youth Infusion is a 501c3 Non-profit Organization established in 2009 and dedicated to engaging young people of Northeast, Pennsylvania in the process of improving communities by providing them the skills, knowledge, resources and opportunities that will foster youth voice and action and empower them to improve their lives and the lives of others. Youth Infusion facilitates collaboration with community partners, including educational institutions, businesses, government agencies, and other non-profit organizations to ensure that youth participation and action are valued.

OUR VISION



We have a vision of building and growing a society full of educated and empowered young people whose voices truly impact their communities and the world.

OUR BELIEFS

- We are all responsible for empowering youth, providing them with opportunities to participate in shaping public policy, especially where it directly affects their lives and their futures.
- Meaningful service-learning activities that include Youth Voice help to build and create strong, diverse communities of engaged, intelligent, and socially responsible young people who are committed to civic action and who have a passion for learning.
- Strong, positive relationships with adults are key to the success of young people.



SUSTAINABLE DEVELOPMENT





TRIPS FOR KIDS POCONO FLOW



Chartered in July 2010, Youth Infusion's Trips for Kids Pocono Flow Program was established to inspire a lifelong love of biking and outdoor exploration. Since then, Youth Infusion has worked steadily to expand this program in partnership with Trips for Kids National, the League of American Bicyclists, and the National Park Service.

Through guided trail rides, our program gives young people the opportunity to challenge themselves physically, build confidence, and develop a deep appreciation for the natural world. Each ride incorporates personal growth, physical activity, healthy snacks, and environmental awareness—creating a holistic experience that nurtures both body and mind.

The ride season begins in May and runs through October, when we wrap up the season with a fun community celebration on Take a Kid Mountain Biking Day—a national event that encourages youth and families to explore trails together.

Biking offers more than just movement—it's a pathway to mental health and resilience. Regular rides help kids manage energy levels, reduce anxiety and depression, and improve overall well-being. When youth learn to navigate a trail, they're also learning to navigate life's challenges with balance, focus, and determination.

Every child, in every community, deserves the joy of riding a bike and the freedom to explore nature on two wheels. Our volunteer mentors and community partners make this possible by providing bikes, helmets, and safety gear at no cost to participants.

From scenic rides through local parks and protected trails to environmental clean-ups and community bike rodeos, Trips for Kids Pocono Flow is building a movement—one that encourages families to bike together, spend time outdoors, and care for our planet.

When more families ride together, we are creating happier, healthier, and more connected communities.

Our Partners



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since 1880





GIRLS INFUSED™ FOR GIRLS AGES 10-15 YEARS OLD

★ GIRLS INFUSED™ - EMPOWERING THE NEXT
GENERATION OF STRONG, CONFIDENT YOUNG WOMEN



Girls Infused™ is Youth Infusion's young girls' empowerment program, created to help girls discover their inner strength, embrace their authentic selves, and recognize that they are truly unstoppable.

This 10-week program runs from March through May, offering a nurturing and supportive space for girls to connect, grow, and lead. Sessions meet once a week for two hours, focusing on empowerment, self-awareness, and leadership development through mentorship and interactive learning.

- Girls ages 10–12 meet on Tuesdays from 5:00–7:00 PM
- Girls ages 13–15 meet on Wednesdays from 5:00–7:00 PM

Each session brings together young girls to engage in meaningful discussions, hands-on activities, and inspiring mentorship from strong women in the community. Together, they explore topics such as confidence, resilience, goal setting, communication, and self-leadership—all while forming supportive friendships and learning how to lift one another up.

We envision a world where girls move through life without apologizing for being strong, where they believe in their power, and where they embrace who they are with confidence. Yet, we know that many girls grow up facing challenges that can impact their self-esteem and limit their sense of possibility. Through our mentorship-based approach, Girls Infused™ helps participants:

- Defy stereotypes and expand their vision for the future
- Develop resilience and self-leadership to overcome challenges
- Build confidence in their abilities and voices
- Explore new interests and career paths through guest mentors and activities
- Enhance emotional well-being and practice self-care strategies

As mentors, parents, and community leaders, we share a common goal which is to raise a generation of girls who are strong, confident, respected, and fearless in pursuing their dreams. When we empower young girls, we are not only transforming their lives—we are shaping the future of our communities.

Our Partners





YOUTH TALKS™

MIDDLE SCHOOL &
HIGH SCHOOL



Youth Talks is Youth Infusion's youth-led podcasting program designed to amplify the voices of young people and give them a platform to share their stories, perspectives, and ideas for change.

Through this innovative program, we partner with schools to integrate podcasting directly into classrooms. Using portable podcasting equipment and our fully equipped media studio for audio and video production, students learn to plan, record, edit, and produce their own podcast episodes—all while building confidence, communication, and digital literacy skills.

We offer a comprehensive curriculum for both Middle School and High School students, which educators can implement as part of their classroom instruction. The curriculum aligns with 21st-century learning standards and is designed to enhance students' creativity, critical thinking, and collaboration skills.

Podcasting is a powerful and empowering medium. For youth, it's more than just recording—it's about finding their voice and being heard. Through the Youth Talks Podcast Program, students are encouraged to explore topics that matter to them, from mental health and social justice to environmental issues, education, and community leadership.

The goals of the program are to:

- Empower young people who may be facing social, emotional, or behavioral challenges
- Provide an outlet for youth to express their thoughts, concerns, and ideas constructively
- Foster self-awareness and communication skills through storytelling
- Build confidence and create a sense of ownership within their communities
- Equip students with real-world skills applicable to careers in media, journalism, communications, and technology

At Youth Infusion, we believe that when young people are given a platform to share their voices, they develop the courage to lead, the empathy to connect, and the confidence to create positive change.

Youth Talks helps students not only find their voice—but use it to inspire others.

♥
**TEACHING IS A
WORK OF HEART**

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**CURRICULUM AVAILABLE FOR MIDDLE
AND HIGH SCHOOL TEACHERS**

TRANSPARENT PODCAST



Transparent Podcast

A Program in Partnership with Youth Infusion, Inc.

The Transparent Podcast is a bold, heartfelt, and empowering platform created to uplift, celebrate, and support the LGBTQ+ community across Northeast Pennsylvania and beyond. Born out of LGBTQ Pride's long-standing commitment to advocacy and acceptance and now strengthened under Youth Infusion's umbrella of youth-centered programming, the Transparent Podcast provides space for real stories, real conversations, and real connection.

This podcast amplifies the voices of LGBTQ+ youth, adults, families, and allies, offering a place where people can share their lived experiences without judgment and with full authenticity. Through interviews, storytelling, community spotlights, and honest dialogue, Transparent Podcast explores topics such as identity, belonging, mental health, relationships, leadership, and the everyday realities of navigating the world as an LGBTQ+ person. At its heart, the Transparent Podcast is about visibility, safety, and connection.

It's about creating a platform where people feel seen, heard, and supported. It's about reducing stigma, building understanding, and celebrating the beautiful spectrum of the LGBTQ+ community.

Now powered by Youth Infusion, the Transparent Podcast expands its mission with deeper youth engagement, greater community reach, and a strengthened commitment to mental health and leadership. Together, we are building pathways for LGBTQ+ youth to find community, share their voice, and connect with resources, allies, and opportunities that affirm who they are.

 **Transparent Podcast:**
Where every story matters.
Where every identity is honored.
Where being yourself is powerful.



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sanofi



Powered by Youth Infusion and Hosted by the Youth Leadership Advisory Board (YLAB) Student Ambassadors

Rooted in Youth Podcast - @RootedinYouthPodcast

Rooted in Youth is more than a podcast, it's a movement led by young people themselves. Powered by Youth Infusion and hosted by our incredible YLAB Student Ambassadors, this podcast amplifies youth voices, breaks down barriers, and explores real solutions to help the next generation thrive.

Today's teens are facing unprecedented challenges: mental health struggles, motivation gaps, digital overwhelm, and a growing sense of disconnection from their communities. But what happens when we hand them the mic? When we give young people the chance to speak openly, be understood, and lead the conversation?

Through real, honest, youth-driven dialogue, Rooted in Youth Podcast dives deep into what young people truly need: connection, support, purpose, and opportunities to rise. Each episode explores the intersections of mental health, leadership, identity, motivation, mentorship, digital wellbeing, and community engagement through the eyes of the youth experiencing it.

Hosted by the YLAB Student Ambassadors, this podcast:

- Elevates authentic youth perspectives that are often overlooked
- Highlights youth-led initiatives and leadership in action
- Features conversations with teens, educators, mental health experts, and community changemakers
- Offers actionable insights for families, schools, and communities
- Bridges the generational divide and builds stronger pathways for youth success

Rooted in Youth Podcast is where young minds are heard, valued, and supported and where the community listens, learns, and joins them in creating real change. Whether you're a parent, educator, youth advocate, mentor, or young person yourself, this podcast gives you a window into the realities and brilliance of today's youth. Join us as we uncover stories of courage, leadership, innovation, and hope.

Because when we invest in youth, we invest in the world they will lead.

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PROJECT AWARE



MINDSHARE YOUTH EMPOWERMENT TEAM

A FIRST STEP FOR YOUTH WHO WANT THEIR STORIES TO MATTER



MindShare

Sharing our stories.
Shaping our systems.

What is MindShare?

MindShare creates a safe, empowering space for young people who've had challenging experiences with systems - whether that's mental health, child welfare, schools, or juvenile justice. Instead of being defined by what's "wrong," youth are supported to discover what's strong in them. It's about shifting from power over to power with.

We work through a simple but powerful framework: Share, Learn, Act. Youth-led teams meet to share their experiences safely, learn through storytelling and systems education, and act by practicing advocacy and leadership. MindShare is a place of connection, healing, and the growth of new leaders.

MindShare is not a clinical program. It is a community for youth who understand mental health from the inside and want real connection with others who get it.

Why MindShare Matters

Young people who have been through crisis, child welfare involvement, juvenile justice contact, school discipline, residential or hospital stays often feel unseen. MindShare helps youth step out of survival mode and into a space where their experiences are valued. Here, lived experience becomes insight and insight becomes influence.



The Metamorphosis
Movement™

POWERED BY
ADAMS CONSULTING, LLC



Presented by The Metamorphosis Movement in partnership with Youth Infusion, Inc.



MINDSHARE YOUTH EMPOWERMENT TEAM

A FIRST STEP FOR YOUTH WHO WANT THEIR STORIES TO MATTER

MindShare is a Pathway to the Youth Leadership Advisory Board (YLAB) Program

MindShare is the perfect starting point for youth who want to grow into the Youth Leadership Advisory Board (YLAB) Program.

MindShare builds early skills in:

- speaking about your experiences in your own voice
- understanding how systems make decisions
- shaping ideas into solutions
- learning how advocacy and youth leadership works

Youth who complete MindShare are encouraged to step into YLAB when they feel ready to advocate and lead at a higher level within the community.

Who Can Join?

Youth ages 14 to 21 who:

- have personal experience with mental health challenges
- have touched PA's child serving systems (child welfare, juvenile justice, inpatient, residential, partial, school discipline, mobile crisis, wraparound or similar)
- want to make change for others coming after them
- want a safe place where honesty is welcome

No diagnosis or paperwork needed.

What Youth Gain

- peer connection
- a chance to share your story without judgment
- leadership and advocacy skills
- opportunities to take part in projects, committees, and community work
- a pathway into YLAB for those who want to go deeper
- a sense of belonging and purpose

What MindShare Stands For

Nothing about us, without us. Your voice. Your story. Real change.



How to Get Involved
Email: cheryl@youthinfusioninc.com
Phone: (610) 508-2887



Presented by The Metamorphosis Movement in partnership with Youth Infusion, Inc.

YOUTH LEADERSHIP ADVISORY BOARD (YLAB) PROGRAM™

EMPOWERING YOUTH TO LEAD WITH PURPOSE FOR YOUTH AGES 15-18 YEARS OLD



Youth Infusion's Youth Leadership Advisory Board (YLAB) Program is a youth-led initiative designed to empower young people with purpose, leadership skills, and meaningful connections to their communities. We believe that young people thrive when they have a sense of belonging, a sense of purpose, and opportunities to make a real impact.

Education should be student-centered, authentic, and engaging, promoting self-esteem, motivation, and the development of real-world skills. Unfortunately, traditional education systems often limit this kind of learning. YLAB bridges that gap by connecting students, teachers, business leaders, parents, and community mentors to foster learning that is experiential, inclusive, and transformative.

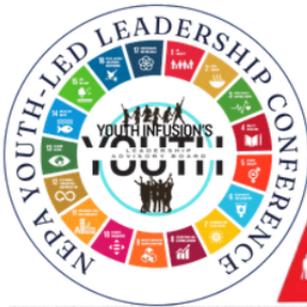
Through YLAB, young people are encouraged to identify and define issues, share their perspectives, and design service-learning projects that create positive change in their schools and communities. They develop leadership, teamwork, and problem-solving skills while promoting diversity, equity, inclusion, and cross-cultural understanding.

PROGRAM OVERVIEW

YLAB students participate in a year-long leadership experience that blends service learning, mentorship, mental health awareness, and civic engagement. The program is guided by the F.A.C.E.S. Curriculum — Focused Action and Change through Education and Service, which emphasizes self-discovery, community connection, and global awareness.

Key Features Include:

- **Youth-Led, Mentor-Supported:** Students are guided by vetted community Task Force Mentors who complete a Code of Ethics, Mentorship Training, and Youth Mental Health First Aid (YMHFA) certification.
- **Peer-to-Peer Connection:** Students build networks of support through collaboration with other youth leaders across the region.
- **Service-Learning Projects:** Using the five stages of service learning—Investigation, Preparation, Planning, Reflection, and Celebration—students design and implement projects that address real community needs.
- **Mental Health Awareness:** Every participant completes teen Mental Health First Aid (tMHFA) training to help themselves and peers who may be struggling.
- **Global Citizenship:** Students learn about the United Nations 17 Sustainable Development Goals (SDGs) and the 2030 Agenda, exploring how local action connects to global impact.
- **Civic Engagement & Advocacy:** Students participate in community events, leadership workshops, and may have opportunities to visit the United States Capitol in Washington, D.C., and the United Nations in New York City.
- **Leadership Development:** Training in communication, financial literacy, digital literacy, and career readiness prepares students for future success.



YOUTH LEADERSHIP ADVISORY BOARD (YLAB) PROGRAM



Program Highlights

- Open to all high school students ages 15–18 – no GPA requirement
- Youth present service-learning projects in their communities and schools as part of Global Youth Service Month in April in partnership with Youth Service America
- Attend a 2-day NEPA Youth-Led Leadership Conference in April
- Receive letters of recognition, performance awards, and certificates of achievement
- Qualify for scholarships and honorariums
- Collaborate and network with students from other schools and across the world
- Receive teen Mental Health First Aid (tmHFA) Training (Evidence-based training Program through the National Council for Mental Wellbeing)
- Participate in National Alliance on Mental Illness (NAMI) End the Silence Presentation

Through YLAB, young people gain the confidence to lead, the compassion to serve, and the courage to speak up for what matters. Together, we are building a generation of changemakers who are not only shaping their own futures but transforming their communities.





The F.A.C.E.S. Curriculum (Focused Action and Change through Education and Service) is at the heart of the Youth Leadership Advisory Board (YLAB) Program, providing a holistic, real-world approach to preparing young people for success, both now and beyond high school.

This curriculum is designed to equip students with the essential skills, knowledge, and experiences they need to thrive by integrating:

- **Service-Learning & Civic Engagement** – Students apply their skills to real-world challenges, aligning their service projects with the United Nations Sustainable Development Goals (SDGs) to create meaningful impact in their communities. Local impact with a global reach.
- **Leadership Development & 21st-Century Skills** – Through hands-on experiences, students gain critical problem-solving, teamwork, public speaking, and digital literacy skills, helping them navigate the modern workforce and civic life.
- **Career Development & Financial Literacy** – The program ensures students are career-ready by providing exposure to job shadowing, resume-building workshops, and interview training, along with financial literacy education that teaches them the fundamentals of managing money and planning for their futures.
- **Mental Health & Well-Being** – Recognizing the mental health challenges young people face, F.A.C.E.S. integrates teen Mental Health First Aid (tMHFA) Training, NAMI End The Silence Training, wellness workshops, and peer support networks to help students develop coping strategies and resilience. By giving them a sense of purpose and connection, the program fosters emotional well-being and reduces feelings of isolation.
- **Fundraising & Resource Mobilization** – Students are set up with peer-to-peer fundraising pages and learn about crowdfunding, gaining entrepreneurial and networking skills that will serve them in the nonprofit, business, or advocacy spaces.

By engaging in the F.A.C.E.S. Curriculum, students don't just learn—they lead. They are supported by mentors, educators, and community leaders, ensuring they graduate with the confidence, skills, and connections needed to succeed in life—whether in higher education, the workforce, or community leadership roles.

Through service, mentorship, and leadership training, F.A.C.E.S. ensures that young people are not just prepared for the future—they are actively shaping it.



The **Youth Infusion Media & Mentorship (M&M) Lab** is an innovative, hands-on workforce-development and digital-skills opportunity that equips young people with the technical, creative, and entrepreneurial tools they need to thrive in today's media-driven world.

Rather than a traditional classroom model, the M&M Lab supports youth as they integrate media, storytelling, and content creation into their service-learning projects, community initiatives, and leadership work. Students engage in real-world media experiences that align with their interests, passions, and the issues they care most about using digital storytelling to elevate youth voice and community impact.

Participants may use the Lab to produce documentaries that bring awareness to their service-learning topics, conduct interviews with community leaders, or explore themes such as sustainability, environmental stewardship, and farm-to-table initiatives connected to the United Nations Sustainable Development Goals (SDGs). Through guided mentorship, students learn how to plan, film, edit, and distribute high-quality media while documenting real experiences and meaningful community stories.

The M&M Lab also plays a key role in preparing youth to contribute to events such as the NEPA Youth-Led Leadership Conference, where students may support digital storytelling, on-site interviews, and media coverage—enhancing the conference experience while gaining professional, portfolio-ready experience.

Through professional mentorship and hands-on learning, participants develop transferable skills including communication, strategic thinking, project management, collaboration, and teamwork. The Lab prepares young people for real-world opportunities by combining career-aligned skill building, mentorship, and community-driven creative projects that support local nonprofits, businesses, and community causes.

Core Components

- Hands-on experience in video production, editing, marketing, and digital storytelling
- Mentorship from experienced media professionals and community entrepreneurs
- Career readiness through real-world, project-based media initiatives
- Entrepreneurship exploration, empowering youth to use creative skills in income-generating or mission-driven work
- Community engagement, using media to uplift stories, promote local programs, and create positive social and environmental impact

Program Outcomes

Participants engage in the M&M Lab and gain:

- Marketable digital media and communications skills
- Portfolio-ready media projects connected to real community work
- Increased confidence, creativity, and youth leadership capacity
- Awareness of career, entrepreneurial, and post-secondary pathways in media, marketing, and communications
- A strong network of mentors, peers, and community partners
- Practical experience using media as a tool for civic engagement, service, and long-term success

2025/2026

STUDENT AMBASSADORS



Kendall Medina

Executive Education Academy
Charter School



Arielle Biggs

East Stroudsburg North
High School



Aaliyah Allen

East Stroudsburg South
Senior High School



Noelia Barbosa

East Stroudsburg South
Senior High School



Jaritza Caytairo

Liberty High School

Our Task Force Mentors

Cheryl Adams

Neyda Biggs



WE LOVE OUR TASK FORCE MENTORS

Linette Medina

Roma Bajaj Kohli



Our Task Force Mentors are the heartbeat of the YLAB Program. These dedicated volunteers guide, encourage, and uplift our students every step of the way, helping them navigate service-learning projects, build leadership skills, and stay grounded in their mental health and well-being. Each mentor completes Youth Mental Health First Aid training and serves as a trusted, caring adult who listens, supports, and empowers teens to grow at their own pace.

Most importantly, our Task Force Mentors help young people connect deeply with their communities, opening doors to local resources, community partners, volunteer opportunities, and real-world experiences that expand each student's sense of purpose and possibility. Their commitment ensures that every YLAB participant feels seen, valued, and equipped to create meaningful, lasting change where they live.



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Learn More



Youth Infusion proudly offers both Youth Mental Health First Aid (YMHA) training for adults and teen Mental Health First Aid (tMHFA) training for young people—empowering our community with the skills to recognize, support, and respond to youth experiencing mental health challenges. Through our YLAB Program and F.A.C.E.S. Curriculum, all Task Force Mentors receive YMHA certification and all participating students complete tMHFA training as part of their leadership development. In addition to our internal programming, Youth Infusion provides these nationally recognized, evidence-based trainings to schools, companies, and organizations seeking to strengthen mental health awareness, build supportive environments, and champion early intervention. Together, we are cultivating a community where every young person feels seen, supported, and safe.



WHY TEEN MENTAL HEALTH FIRST AID?

Teen Mental Health First Aid (tMHFA) teaches teens in grades 9-12, or ages 14-18, how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.

49.5%

of adolescents ages 13-18 live with a mental disorder. More than 1 in 5 (22.2%) of them experience a severe impairment.

Source: National Institute of Mental Health

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry™

Suicide is the second-leading cause of death for youth age

15-19.

Source: National Center for Health Statistics

WHAT IT COVERS

- Common signs and symptoms of mental health and substance use challenges.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- The impact of violence and bullying on mental health.
- How to open the conversation about mental illness and substance use with friends.
- How to seek the help of a responsible and trusted adult.

WHO TAKES OR TEACHES tMHFA?

- Teens in grades 9-12 or ages 14-18.
- High schools, organizations partnering with a high school and youth-serving organizations are eligible to teach tMHFA.

THREE WAYS TO TEACH AND LEARN

- **In-person** - Lessons are conducted in person in six 45-minute sessions or three 90-minute sessions.
- **Blended** - Teens complete a self-paced online lesson, then participate in six live, instructor-led sessions. These instructor-led sessions can be:
 - Video conferences.
 - In-person classes.

Sources:

National Institute of Mental Health. (n.d.) Statistics: mental illness. https://www.nimh.nih.gov/health/statistics/mental_illness

Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2009, Jan). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry. 66(1), 593-602. doi: 10.1001/archpsyc.66.6.593

National Center for Health Statistics. (n.d.) Adolescent health. https://www.cdc.gov/nchs/fastats/adolescent_health.htm

Contact us at Director@youthinfusioninc.com

CHECK IT OUT



OPPORTUNITIES FOR YOUTH

Opportunities for Youth

Youth Infusion is committed to connecting young people with meaningful opportunities that support their growth, leadership, and well-being. From scholarships and advocacy programs to media, mentorship, and creative expression, our Opportunities page is always expanding with new ways for teens to get involved, develop real-world skills, and amplify their voices. Scan the QR code to explore current opportunities which are updated regularly as we continue adding new and exciting ways for youth to learn, lead, and shine.





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2026



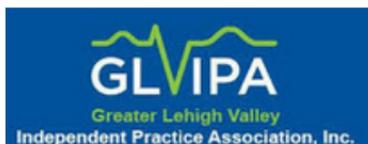
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A Message from Co-Founder & Executive Director, Erika Almeida



I grew up in an immigrant family, and while my parents worked incredibly hard to build a life here, it wasn't always easy for us to navigate the school system or understand the support that might have been available. Culturally, it was challenging for my family to adapt, and as a young person, I often felt like I was trying to figure things out on my own.

I struggled with confidence growing up. I experienced bullying, acted out at times, and often felt like I didn't fit in. My grades weren't great, and I spent time in summer school trying to make up for failed classes. Beneath it all, I carried a deep sense of self-doubt, anxiety, and pain. When I was young, I was also taken advantage of by adults I trusted. These experiences deeply affected my sense of safety and self-worth. For a long time, I carried that pain alone. There were moments in my life when it became so overwhelming that I believed the world might be better off without me, and I struggled with thoughts of ending my life. Those moments happened more than once... but I am still here today.

What I needed most back then was someone who believed in me...a mentor who could help me see my potential and remind me that my voice mattered. That experience is what drives the work I do today.

I co-founded Youth Infusion because I believe deeply in the power of young people and the importance of making sure they feel seen, heard, and supported. I want young people, especially those who may feel lost, unheard, or unsure of themselves, to know that they matter and that their voice has value.

Through Youth Infusion, we strive to give young people opportunities I wish I had growing up: mentors who care, spaces where they feel they belong, and experiences that help them build confidence, leadership skills, and a sense of purpose.

Every young person deserves someone who believes in them. I am still here today, and I share my story so that no young person ever feels alone or believes their life doesn't matter. When we choose to believe in a young person, we have the power to change and even save a life.



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