

**FOREVERU** 

EMPOWERING YOUTH TO LIVE LOUDER | [WWW.FOREVERUMOVEMENT.ORG](http://WWW.FOREVERUMOVEMENT.ORG)

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**MISSION BOOKLET**



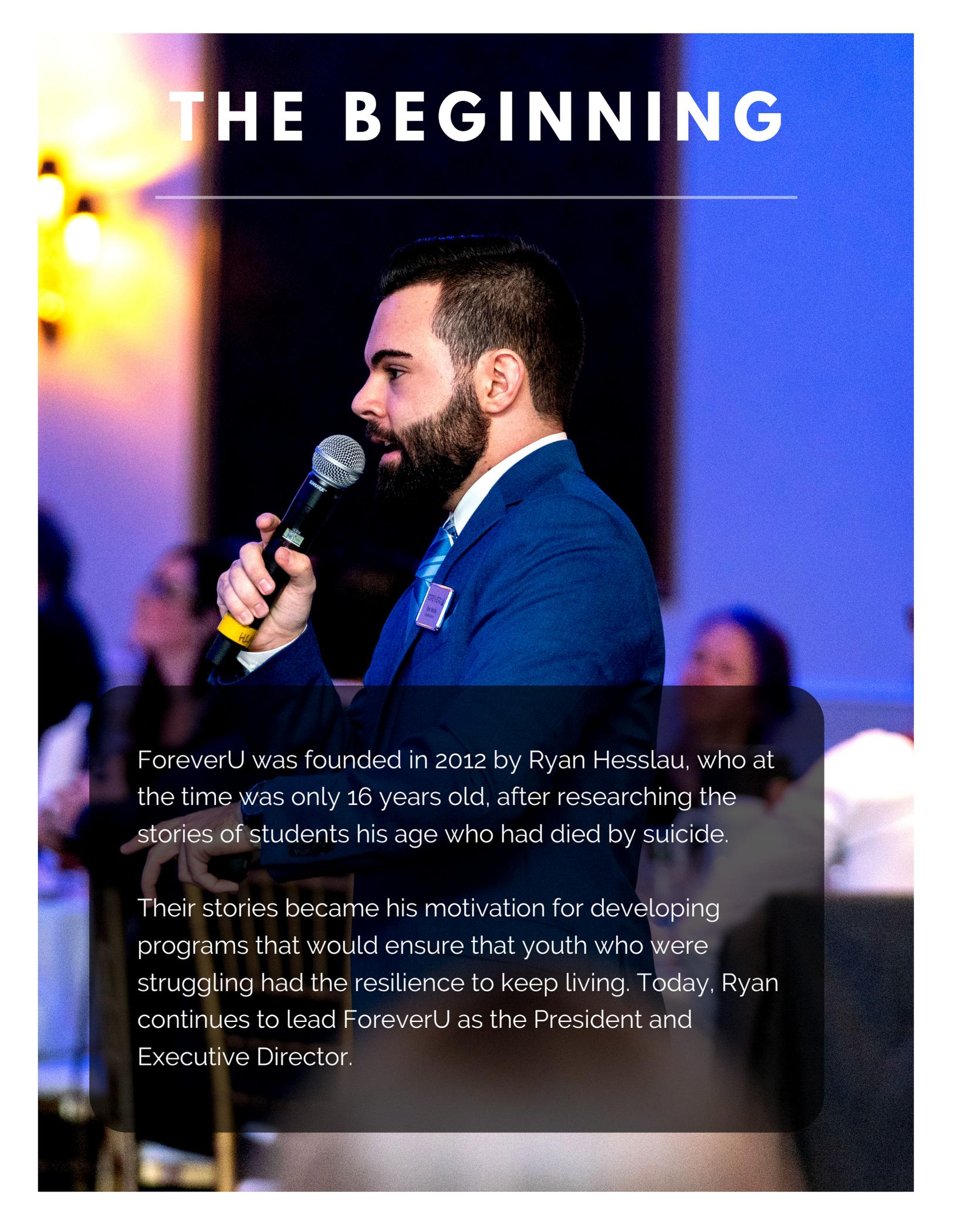
# THE MISSION

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ForeverU is a 501(c)(3) nonprofit organization that is empowering youth on their mental health journey through personal development programs and experiences.

# THE BEGINNING

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A man with a beard, wearing a blue suit and tie, is speaking into a microphone. He is wearing a name tag that says "RYAN HESSLAU". The background is blurred, showing other people and warm lighting.

ForeverU was founded in 2012 by Ryan Hessler, who at the time was only 16 years old, after researching the stories of students his age who had died by suicide.

Their stories became his motivation for developing programs that would ensure that youth who were struggling had the resilience to keep living. Today, Ryan continues to lead ForeverU as the President and Executive Director.

# No matter where our students come from, we help them elevate their potential at school, at home, and in life.

Whether a student is battling depression, experiencing bullying at school, navigating a difficult home life, trying to manage their anxiety, or something in between, **we give them the tools to show the world what they're made of.**

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## Emotional Intelligence

We help students better manage their thoughts and emotions through practices built on mindfulness and self-awareness.



## Character Development

We help students develop a growth mindset that leads to a life of resilience, confidence, and positive decision making.



## Personal Achievement

We help students establish a sense of order and structure in their life through strategic goal setting techniques and exercises.

**Disclaimer:** ForeverU is classified as a youth development organization. Please know that our volunteers, employees, and representatives are not medical professionals. We are a community of individuals who are passionate about offering support and belonging to youth on their mental health journey. The information and programs we provide are meant to encourage and support students and is not meant to replace the advice or expertise of medical professionals.

## Student Profile of Program Participants

Our personal development programs are highly encouraged for students grade 7-12 who are looking for a compassionate community of young people that provides program participants with a sense of purpose, hope, and belonging. To get the most out of their program experience, students who choose to participate should be open to personal growth and positive change, take responsibility for their own learning, and be supportive member of the ForeverU community.

# PROGRAMS

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## Community Peer Groups

ForeverU offers community-based peer groups to students grade 7-12 that provide them with free access to weekly mentorship and a supportive peer community. This is a great place for a student to begin their ForeverU experience and receive immediate access to personal development programs.

[www.forevermovement.org/peergroups](http://www.forevermovement.org/peergroups)



## Overnight Camps

ForeverU offers overnight experiences that empower students grade 7-12 with life skills and techniques that help them establish a road map for their ideal life path. These camps consist of self-discovery sessions with guest speakers, group discussions, personal growth and mindfulness workshops, and other activities that introduce students to the greatness within them.

[www.forevermovement.org/camps](http://www.forevermovement.org/camps)



## Online Classrooms

ForeverU offers online personal development classes that are an impactful way we equip our students with knowledge and insight that prepares them for all seasons of life. These classes are voluntarily facilitated by our network of ForeverU partners.

[www.forevermovement.org/classrooms](http://www.forevermovement.org/classrooms)



[www.forevermovement.org/programs](http://www.forevermovement.org/programs)

We have an on-site counselor and nurse at all overnight programs.

# QUICK FACTS

All program staff and volunteers are required to be working towards or have achieved a degree in social work, psychology, or a related field.

All students who participate in our camps or peer groups have access to a mentor.

In addition to working with youth, we also educate parents on how to empower the household.

All program volunteers undergo a background check, must be a certified mandated reporter, and undergo training in partnership with Silver Oaks Behavioral Hospital.

We fulfill 100% of financial aid requests.

# MENTORING

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Mentors have the responsibility of supporting students during their ForeverU experience through our different personal development programs. The intention of integrating mentors into our programs is to provide young adults with the opportunity to "be the person they needed when they were younger". Mentors also help us ensure that the students we serve through our programs feel encouraged, valued, and supported during their time in ForeverU.

## Requirements

- At least 21 years of age
- Certified mandated reporter in Illinois
- Passionate about youth development and mental health advocacy
- Must have at least an undergraduate degree in social work, psychology, or a related field

## Camp Mentor Description

Camp Mentors have the responsibility of leading a group of no more than (6) students at an overnight camp and serve as their designated point person. At the conclusion of the camp, mentors are requested to have a check-in call with their assigned students at least (1) time per month.

## Peer Group Mentor Description

Peer Group Mentors are assigned no more than (4) students in their local community and have the responsibility of facilitating in-person meetings with the students on the first and third week of each month. Mentors will receive online access to all program materials necessary for leading the program.

## Mentor Training & Certification

All applicants are required to undergo a background check and video interview with our mental health advisory board. If the applicant is selected, they will be required to complete our online mentor training program.



# PARTNERSHIPS

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## Community Partners

Community Partners are small businesses who help advocate for youth mental health and help boost awareness of ForeverU programs that are available to local youth and families. As a community partner, we feature your company logo on our website and also provide you with informational materials that you can display at your place of business to help educate visitors about the mission of ForeverU.

## Mental Health Partners

Counseling centers, residential centers, behavioral health hospitals, and private practices are invited to join our network of mental health partners who help connect local youth and families to our programs. These partners are also listed in our medical resource directory that we provide to all ForeverU students and families.

## University Partners

University Partners help us connect social work and psychology students to volunteer and internship opportunities offered through our programs. Our programs are an excellent way for students to gain hands on experience in the mental health field and take their knowledge beyond the classroom. This partnership is encouraged for all four-year colleges and universities with a social work, psychology, or mental health related program. As a partner, the Field Director or Department Chair are added to an exclusive email list that notifies them of new volunteer and internship opportunities.



[www.foreverumovement.org/partner](http://www.foreverumovement.org/partner)

# HOW YOU CAN HELP

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## **Make a One-Time Donation**

If you would like to make a general donation to ForeverU instead of becoming a "Hero" or "Advocate" as described above, please click below to make a one-time donation online.

## **Sponsor a Student**

The Hero Project gives you the opportunity to provide financial assistance and full-ride sponsorships to youth in need of our life-changing camp and retreat experiences.

## **Give Monthly**

The Advocate Project is our monthly giving program that gives you the opportunity to invest directly into programs and initiatives that help youth on their mental health journey.

## **Amazon Smile**

If you shop through Amazon, we encourage you to use Amazon Smile where you can make a difference while you shop. When you shop with Amazon Smile, they will donate a percentage of each purchase to our organization. Please click below to start shopping with purpose.

## **Birthday Fundraisers**

A creative way that you can help support our mission is by organizing an online birthday fundraiser through Facebook or by raising money on your own. All proceeds raised through birthday fundraiser help us continue our mission of empowering youth on their mental health journey.



[www.foreverumovement.org/donate](http://www.foreverumovement.org/donate)

# GIVING PARTNERS

ForeverU Partner Incentives		Impressions	Premiere Partner (\$5,000,000)	University Partner (\$3,000,000)	Signature Partner (\$2,000,000)	Passport Partner (% of Sales)
Logo Displayed on Website Homepage	New Visitors Daily	✓				
Company Featured on ForeverU Partner Page with Direct Link to Company Website and Social Media	New Visitors Daily	✓	✓	✓	✓	✓
Recognized on ForeverU's Instagram Page and Story Announcing the Partnership	1k+ Followers	✓	✓	✓	✓	✓
Recognized on ForeverU's Facebook Page and Story Announcing the Partnership	3k+ Followers	✓	✓	✓	✓	✓
Recognized in E-Newsletter Sent to ForeverU Supporters Announcing the Partnership	800+ Contacts	✓	✓	✓	✓	✓
Logo Displayed in ForeverU Email Updates	800+ Contacts	8 Emails	6 Emails	4 Emails		
Logo Watermark Featured on ForeverU Social Media Posts	4k+ Followers	8 Posts	6 Posts	4 Posts		
5 Minute Interview w/ Executive Director of ForeverU and Published on Social Media	4k+ Followers	✓	✓			
Logo Displayed on All Materials in Worksheets in Local ForeverU Classrooms	20+ Participants per Class	6 Classes				
Logo Displayed on All Monitors/Screens in Local ForeverU Classrooms	20+ Participants per Class	6 Classes				
Company Handouts Provided to Participants in Local ForeverU Classrooms	20+ Participants per Class	6 Classes	3 Classes			
Company Spokesperson Has Opportunity to Speak at a Local ForeverU Classrooms	20+ Participants per Class	4 Classes	2 Classes	1 Class		
Company Featured in Back to School Passport Mailer (Placement Negotiable)	500+ Households	Full Page Ad	1/2 Page Ad	1/4 Page Ad	1/4 Page Ad	
Publicly Recognized at ForeverU's Annual Gala Fundraiser	250+ Guests	✓	✓	✓		
Company Featured in ForeverU Gala Program	250+ Guests	1/2 Page Ad	1/4 Page Ad			
Table for (10) at ForeverU's Annual Gala Fundraiser	250+ Guests	✓	✓	✓		
Business After Hours Event with ForeverU Executive Director		✓	✓	✓	✓	✓

Companies, foundations, and organizations who are interested in joining ForeverU as a financial partner are encouraged to set up a meeting with us. During this time together, we will introduce you to the history of ForeverU, our powerful program model, and how your financial support will help us continue our mission of ensuring no youth walk through life alone.

Additionally, we will walk you through the return on investment as a giving partner when it comes to brand visibility, public recognition, and making a lasting impression on the ForeverU community.





EVERY MARCH

*The Annual*

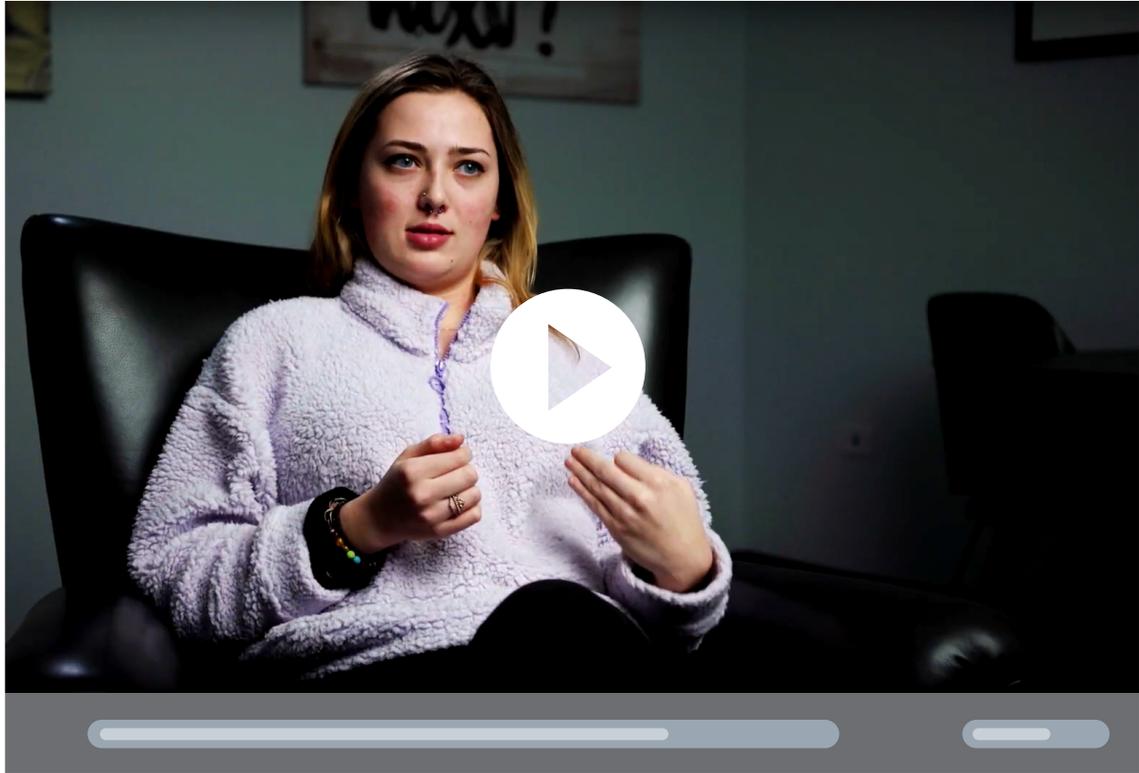
FOREVERU

# Gala



[www.forevermovement.org/gala](http://www.forevermovement.org/gala)

# Watch Online: "This is our why."



Visit our website to watch our latest impact video that captures the testimonies and stories of students positively influenced by our mission.

 [www.foreverumovement.org/mission](http://www.foreverumovement.org/mission)



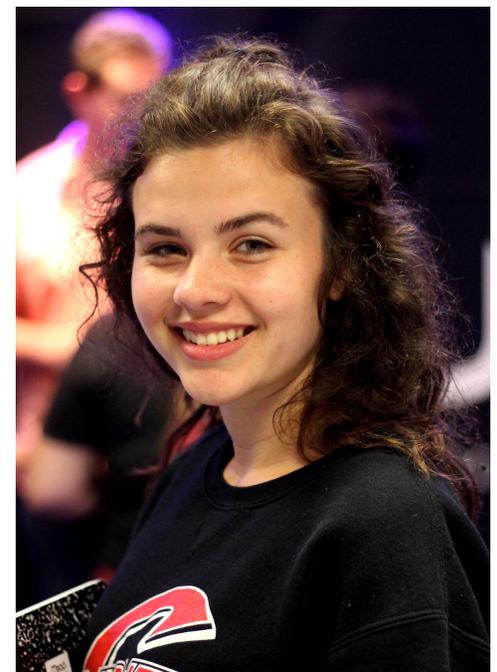
*"I'm learning to be content with the person I feel called to be. It is time I stop pretending to be someone I'm not and embrace who I am."*



*"ForeverU has changed my life for the better and has made me realize that I am here for a reason."*



*"ForeverU gave me a second chance at life and they have given me a new path to follow in pursuing my life's purpose."*



**Have questions for us?**  
Send an email to: [info@foreverumovement.org](mailto:info@foreverumovement.org)

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