



Reimagine the Future: Advancing Youth, Families, and
Community Resilience with From Me 2 U, Inc.

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WHITE PAPER

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Executive Summary

From Me 2 U, Inc. (FM2U) is a nonprofit organization based in Cleveland, Ohio, working at the intersection of equity, empowerment, and community resilience. Since its founding in 2011, FM2U has championed innovative, trauma-informed, and culturally grounded programs that uplift youth, families, and aspiring professionals. This white paper outlines the urgent systemic barriers facing marginalized communities and highlights how FM2U is reimagining the future through prevention, leadership development, and collaborative action.

The Challenge: Barriers to Equity, Belonging, and Opportunity

Systemic racism, intergenerational poverty, limited access to behavioral health services, and fragmented support systems have created environments where youth and families often lack the resources they need to thrive.

- *Educational Disparities:* Black and Brown students are more likely to attend under-resourced schools and less likely to have access to mentoring or enrichment programs.
- *Behavioral Health Gaps:* Stigma, provider shortages, and systemic distrust limit access to culturally competent mental health services.
- *Economic Instability:* Families face cycles of underemployment, lack of workforce access, and few opportunities to build generational wealth.
- *Disconnected Youth:* Young people are increasingly disengaged due to trauma, academic barriers, or unmet social-emotional needs.

Without intentional interventions, these challenges perpetuate inequality. FM2U was created to interrupt that cycle.

Our Theory of Change: Healing and Building from the Inside Out

FM2U's model centers on the belief that sustainable change begins within

individuals and is amplified through families, schools, and communities.



Our holistic approach combines prevention science, mentorship, life coaching, STREAM learning, and leadership development to address root causes and promote equity.

- **Culturally Responsive:** Programs reflect the lived experiences of participants
- **Developmentally Aligned:** Services are tailored to youth, emerging adults, and families
- **Community-Embedded:** Programs are delivered in schools, neighborhoods, and virtually

- Internship-Driven: College students receive career-aligned training while supporting youth

Our Solution: The Signature Six Programs

1. **Inventing Me (Grades 3–5)** - STREAM-based literacy and mentoring program that integrates science, reading, and hands-on exploration to increase engagement and academic confidence.
2. **Working On Me (Middle School)** - Technopreneurship program combining digital literacy, emotional regulation, and entrepreneurial thinking for early adolescence.
3. **Choose 2 Be U (High School)** - Leadership, workforce readiness, and social entrepreneurship program featuring job skills training, life coaching, and certification access (CPR, CHW, etc.).
4. **Becoming Me (College & Graduate Students)** - Internship and coaching model providing college students with applied learning in human services, education, and psychology. Includes career coaching and credential alignment.
5. **The Best of Me (Youth & Adult Services)** - Trauma-informed services including early childhood mental health, virtual case management, and the Mother-Daughter Empowerment Series: The Circle Within Us and It Ain't Business, It's Family.
6. **Inspired By Me (Adult Women)** - Life coaching and wellness circles addressing identity, relationships, wellness, and purpose for adult women. Group sessions are held weekly with peer and individual support.

Program Integration & Workforce Pipeline

FM2U integrates real-world experience for emerging professionals by offering internship and apprenticeship opportunities aligned with public health, education, and social work.

Participants:

- Facilitate coaching sessions
- Support curriculum delivery
- Conduct outreach and evaluation
- Build career readiness portfolios

This pipeline ensures high-quality service delivery while investing in the next generation of human service leaders.

Community Impact: 2011–2025

- 3,000+ individuals served through direct and group-based programs
- 75+ interns trained from over 10 colleges and universities
- 30+ partnerships with schools, agencies, and coalitions
- Recognized as a state-certified prevention provider

Strategic Priorities: 2025–2027

- Relocate to an ADA-compliant facility with a kitchen and flexible program space
- Launch Registered Apprenticeship Program for high school and young adult participants
- Expand credentialing opportunities (e.g., Peer Support, Prevention, CHW)
- License youth workforce curriculum for use in schools and organizations
- Grow FM2U's research and policy influence through published findings and public health advocacy

Specialty & Support Programs

From Me 2 U, Inc. enhances its core offerings with several specialty programs designed to support families, elevate leadership, and promote literacy through culturally relevant, community-focused initiatives. These programs extend FM2U's impact by meeting specific needs in creative and accessible ways.

- **Parent 2 Parent Support Network** - A peer-led initiative that creates a safe, welcoming space for parents to gather, share experiences, and access resources. Through facilitated discussions, skill-building workshops, and resource-sharing, the program empowers caregivers to strengthen family relationships, reduce isolation, and build community resilience.
- **Lead the Way Leadership Camp** - A seasonal youth development experience that fosters leadership through experiential learning. Participants engage in activities that build confidence, critical thinking, collaboration, and public speaking skills while exploring civic engagement and community service.
- **Biblio-Support Literacy Clubs** - These themed book clubs support youth and family literacy through culturally responsive texts and discussion-based learning. Offered both in-person and virtually, the program encourages reading for pleasure, critical thinking, and intergenerational connection, particularly in under-resourced communities.

Call to Action

From Me 2 U, Inc. invites funders, partners, and policymakers to join our mission of equity, prevention, and transformation. Your investment can support:

- Facility expansion
- Workforce program scale-up
- Research and evaluation initiatives
- Capacity-building for underserved families

Together, we can protect and empower the future.

Contact Information

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