



YOUTH & CAREGIVER RESOURCE CENTER FY25 ANNUAL SUMMARY

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PREVENTION FIRST 
EVERY DECISION MATTERS.

OUR MISSION

Prevention First's Youth & Caregiver Resource Center (YCRC) develops and distributes healing-centered resources for families impacted by parental substance use and incarceration. We believe that families play a vital role in their own healing and can act as change agents within their communities to create systems of care and disrupt cycles of intergenerational trauma.

Our Resources

In FY25, the YCRC created a robust, bilingual resource library of original and existing resources. These resources included tip sheets, toolkits, resource guides, and multimedia content, all designed to educate and empower system-impacted families.

Resources created by the YCRC this year include:

Caregiver Resource Toolkit

The Caregiver Resource Toolkit is designed to provide caregivers with linkage to supportive services as they navigate the legal and child welfare system while raising a child impacted by parental substance use or incarceration.

Caregiver Self-Care Tip Sheet Series

The Caregiver Self-Care Tip Sheet Series was created in collaboration with caregivers and provides caregiving strategies on a wide range of topics, including mental health, understanding your child's needs, navigating difficult conversations with your child, setting boundaries, and creating systems of support.

Hurt Together, Heal Together: ACES & Sibling Groups

The Hurt Together, Heal Together resource is designed to support youth sibling groups who have had an adverse childhood experience (ACES). It includes an overview of ACES, its impact on siblings, and how siblings can support each other through potentially traumatic experiences.

Our Webinars

Addressing Stigma: A Virtual Panel on Families and Substance Use Disorder

In FY25, the YCRC collaborated with Prevention First’s Leadership Center to host a webinar highlighting the impact of stigma on families experiencing substance use disorder. The webinar featured three panelists, all of whom had lived and professional experience with familial substance use disorder.

Our Outreach

Youth Program Community Resource Map



The YCRC collaborated with the Illinois Family Resource Center to create a resource map that provides information to families looking for youth programs for youth impacted by parental substance use. The Youth Program Community Resource Map currently houses information on 20 programs throughout the state, with more added on a rolling basis.

The Youth & Caregiver Center Newsletter

The YCRC developed and distributed a monthly newsletter from November through June. These newsletters highlighted new resources, upcoming events, and opportunities for collaboration.

Email Campaign

The YCRC initiated an email campaign using a lead list developed by a consultant organization. Using this lead list, the YCRC conducted outreach to over 950 organizations in Illinois that work with youth whose parents use substances or are incarcerated and their caregivers.

Our Partners

Throughout FY25, the YCRC collaborated with youth and caregivers with lived experiences as system-impacted families, including a youth consultant who participated in four meetings to contribute to the goals of the YCRC.

The voices of those with lived experiences were instrumental to the following resources:

- Youth & Caregiver Center Needs Assessment
- Hurt Together, Heal Together: ACES & Sibling Groups
- Caregiver Resource Toolkit
- Caregiver Self-Care Tip Sheet Series
 - Self-Care & Mental Health
 - Understanding Your Child's Emotional Needs
 - Navigating Difficult Conversations
 - Setting Boundaries
 - Support Systems
 - Voices of Caregiving

Additionally, the YCRC partnered with the following organizations to help broaden the reach of our resources and/or amplify the reach of existing resources created by partner organizations:

- The Illinois Family Resource Center
- Circle of Care
- National Association for Children of Addiction
- DCFS Incarcerated Parent Program

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