

# 2024 NEWSLETTER

2024 Newsletter

My 180 Youth Program

## Grounded in Purpose, Soaring in Impact in 2024

In 2024, we experienced a true lift-off, finding our footing in our mission and soaring to new heights. Grounded in our purpose, we embraced opportunities to grow, strengthen our connections, and expand our impact in the St. Louis community. It was a year of steady progress and significant breakthroughs, setting the stage for even greater achievements ahead. From deepening relationships with local families to creating a stronger network of mentors and partners, each step forward was a reflection of our unwavering commitment to empowering youth and families.

### Reaching New Heights Together: Ashton's First Flight



STL Flight Training - Cahokia Heights, IL



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Ashton, a 2024 graduate of Sumner High School, joined Empower Leadership during the Fall of 2023, where he shared his aspirations in Engineering and Piloting. To support his ambitions, we facilitated visits to St. Louis Community College, where he explored the path to becoming an Engineer, and STL Flight Training, where he experienced piloting firsthand by flying a plane alongside a professional pilot. This transformative opportunity brought him closer to achieving his goals. Since completing the program, Ashton has stepped into a mentorship role with My 180 Youth Program, inspiring others to pursue their dreams and make a meaningful impact in their communities.



Tapping Our Parent Power Workshop - St. Louis, MO

### Strengthening Families, Transforming Futures

The Empower Families Project, a partnership between My 180 Youth Program and Bricks, Mortar, Broom, and Shield, combines leadership development for youth with parenting support to strengthen families and communities. My 180 Youth Program leads Empower Leadership, an 8-week program helping youth build leadership skills. Bricks, Mortar, Broom, and Shield provides the Tapping Our Parental Power Workshop, a 2-week course focused on fostering healthy family relationships and strengthening school-home connections. Together, these programs empower families to grow, connect, and thrive.

### A Path to Independence: Driver Training

We invested in a driver training car to ensure youth ages 18 and over can meet Missouri's driver safety requirements. This vehicle allows them to complete the necessary behind-the-wheel training hours and provides a safe, legal car for their driver's license testing. Many of our alumni faced challenges in accessing a car or someone to teach them how to drive. With this resource, we're helping our youth gain independence, confidence, and the opportunity for a brighter future.



Elite Motor Company - St. Louis, MO



Family Fun Night - St. Louis, MO

### Creating Memories: Family Fun Nights

Our monthly Family Fun Nights provided families with a chance to connect and create lasting memories. From yoga sessions with Jemmell Meyers to sharing Thanksgiving meals, each event brought something special to our community. Families celebrated birthdays, built gingerbread houses, and watched Christmas movies, all while strengthening relationships. These gatherings have become a space for families to bond, meet new friends, and find support, embodying our mission to empower families and build a connected community.



# Exploring Dreams: Thony's Journey to Rx Outreach



Thony's journey began with a clear plan, he wanted to become a pharmacist. During his time in the Empower Leadership program, we worked together to break down the steps required to reach that goal. From academic requirements to real-world experience, we crafted a plan that made his dream feel achievable.

To build on his plan, we connected Thony with Rx Outreach Pharmacy, where he met the head pharmacist and president, gaining valuable insight into the pharmacy profession. This hands-on experience was an important step, and Thony is now preparing for college visits to Southern Illinois University - Edwardsville and the University of Health Sciences and Pharmacy in St. Louis.

With these visits and potential internships on the horizon, Thony is moving confidently toward his goal of becoming a pharmacist.

Rx Outreach - Maryland Heights, MO

## Our 2024 Graduates



Dametris - McCluer North High School



David - St. Mary's Southside Catholic High School



Ashton - Sumner High School

In 2024, we celebrated the achievements of our graduating seniors, each completing a remarkable journey of growth, learning, and leadership. Through their participation in My 180 Youth Program, these students gained valuable skills and discovered the power of their potential.

Many graduates have taken bold next steps, pursuing higher education, entering the workforce, or giving back as mentors and role models. Their accomplishments reflect the heart of our mission: empowering youth to live fully and positively impact the world. We are incredibly proud of this extraordinary group of young leaders and excited to see what they achieve next.

## Be Part of the Change!

At My 180 Youth Program, every success begins with support from people like you. Whether you volunteer, donate, or share our mission, your involvement makes a difference.

### Here's how you can get started:

- **Volunteer:** Share your time and talents to mentor a young person or assist at our events.
- **Donate:** Help us expand our programs and reach even more families in 2025. Every contribution counts!
- **Connect:** Follow us on social media and stay up-to-date with our mission.

Visit [www.my180yp.org](http://www.my180yp.org) to learn more and get involved today!



Omen Coffee Company - St. Louis, MO

## 2024 Results in Review

### Total # Youth Served: 57 youth

- Youth Mentoring: 35 youth
- Empower Leadership: 13 youth
- Academic Tutoring: 0 youth
- Moral Reconciliation Therapy: 0 youth
- Alumni Youth 18+ : 9 youth



93% of youth feel happier and more supported.



100% of youth graduate high school.



100% of alums hold part-time or full-time jobs.



[www.my180yp.org](http://www.my180yp.org)

