



THE FAMILY & YOUTH INSTITUTE

ANNUAL REPORT 2017

RESEARCH SHAPING LIVES



RESEARCH *issues*

EDUCATE *individuals*

EMPOWER *communities*



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Mariam Kandil, MA



The invaluable, timely and critical resources The FYI brings you are the result of the hard work of our FYI team, made up largely of volunteers. This year, we'd like to spotlight the work and contributions of one volunteer.

MARIAM KANDIL

Mariam's work over the course of three years has directly impacted many communities who have witnessed the tragedy of suicide. From meeting with national suicide prevention leaders and sifting through available literature, to organizing and distilling the information in a manner accessible to a wide range of individuals. Mariam has made a tremendous contribution to the Muslim-American community through her work on the Suicide Prevention Toolkit. This very toolkit guided a reeling Baltimore community in the days following the suicide of a young member of their community. Mariam continues to lead this effort, with other volunteers, in order to bring these pioneering resources to individuals and suicide prevention organizations across the nation, including community leaders, parents, Muslim mental health professionals, religious leaders, educators, and Muslim college students. Finally, this resource has been shared by national suicide prevention organizations to increase cultural competency in their own efforts.



"This [suicide] is something we have never faced before and had no idea what to do. The toolkit really helped us during this time--we used it every step of the way, from the day of the funeral, to how to handle students' wishes for memorials and suicide contagion, to handling issues from the larger community.

Even months later, we still find ourselves referring to it"

-Community leader in Baltimore, MD community after youth suicide

A WORD FROM THE LEADERSHIP

Dear FYI Supporters,
Assalamu'alaikum - Greetings of Peace and Blessings!

One evening this past year, an FYI Team member received a late-night call about a suicide in her community. A young 12-year old Muslimah took her own life and the community was left to grapple with feelings of shock, guilt, and what could have been. In the hours and days that followed, our team member and the community relied heavily on *The FYI's Suicide Prevention Toolkit* and *Grief Support Toolkit* to help answer questions of "why?" and "how?." Our toolkits were central in the process of healing and reevaluation for this community. Since this incident, several other young lives have been lost to suicide in other communities; many times, we are called upon to share our resources with the affected communities.

We believe that our work is critical in helping educate and empower the diverse and varied American Muslim community to understand, address and ultimately prevent tragic situations like these. We are constantly reminded that our community is susceptible to the same issues affecting other communities. We must face questions about suicide, bullying, substance abuse, domestic violence, mental health, divorce, and more, on a regular basis. Additionally, our community continues to fight the ongoing challenge of increasing Islamophobia in our political and social climate.

As our challenges grow, so too does our capacity to address them. Alhamdulillah, 2017 was another year of growth and expansion for The FYI. We had three part-time staff join our Executive Team, bolstering our efforts to bring the latest research findings to communities across the nation through community presentations, lectures, and more, while simultaneously improving our infrastructure and foundation as a reliable, trustworthy organization. None of this would be possible without your support.

As you read through this year's Annual Report, we'd like you to think of the individuals and families like your own whose well-being and mental health is affected daily by the issues we all face in our homes and communities. The FYI continues to grow and prosper because this work is critical to each of you and your communities. The story above is only one of many that have defined our past year. We hope that you will continue to learn about these stories and these individuals, and consequently, learn about why The FYI matters.

Thank you, sincerely, for your support of this important work.



Sameera Ahmed
Director



Nadeem Siddiqi
Chairman of the Board

A COMMUNITY IN FOCUS

"The door [of communication] between parents and their kids has been opened."

"Over the past 5 years, NICC has hosted over 10 FYI workshops. The Coming of Age workshop, in particular, is so invaluable to both kids and their parents that we hold both the middle and high school versions every year. It's crucial to educate the parents about youth issues to tackle them effectively - **that's where The FYI comes in.** The FYI's research-based workshops have transformed the way both community leaders and parents approach the youth in our community. We have learned how to talk to our kids about heavy topics, and for many parents who may not understand the reality of life here, the door between the parents and their kids has been opened."

- **Amina Barhumi,**
NICC Youth Development Chair



"I had just been appointed Dean of Students at a local Islamic School and immediately began seeing challenges, especially with the student's behavior. **I jumped at the opportunity to attend the FYI's Mentoring Muslim Youth workshop and took 6-7 staff members with me.** The workshop, particularly the opportunity to role play as youth, gave us insight into how it feels to grow up in the world today, especially for those parents who were raised so differently. One idea that stuck with me was that Muslim parents

should provide attractive alternatives to the activities they prohibit their kids from participating in so their kids don't feel left out of life around them. The workshop opened me up to new ideas and new ways to approach thinking, such as planning an all-girl prom!"

-**Mariyama Diallo, Sunrise Academy**

"I have seen first-hand how a parent facing a challenge with her child has been able to use The FYI resources as a

tool. My friend's son experienced excessive bullying, and while she availed herself of many resources (as parents in our information-rich world tend to do!), The FYI's resources stood out as being grounded in scientific research and directly related to bullying among Muslim kids. As a pediatrician,

I have seen a whole range of problems affecting Muslim youth bullying, alcohol, drugs - in my examination room. Not only are many parents not equipped to help their kids, they don't even realize these problems exist within the Muslim community! The FYI workshops and resources have brought down the wall of misunderstanding and miscommunication between youth and their parents."

-**Dr. Wahida Abaza**

"The FYI's resources stood out..."



6,179

people found guidance and solace from our Religious Abuse Toolkit

2,660

people used our Suicide Prevention Resources

2,450

parents found practical advice in our Digital Parenting Toolkit

IN YOUR COMMUNITY

WORKSHOPS IN 2017

Suicide. Bullying. Marital conflict. Depression. Parenting in the age of social media. In the past year, The FYI addressed these, and many more, issues facing the American Muslim community through 50 research-based, fact-driven workshops and lectures. Over 5,000 individuals across the nation - many for the first time - were educated and empowered to understand and address these issues. Held in 25 different communities in 15 states, the workshops spanned the country from coast to coast.

"Thank you to The Family and Youth Institute for yet another EXCELLENT article. You guys vet out the best info and save us the trouble!"

**Dr. Asra Hamzavi,
Psychiatrist**



WHERE WE WERE IN 2017



*"Please reach out to as many Muslim communities as possible. This [pre-marriage] workshop is a **MUST** to avoid preventable marital problems. May Allah (SWT) bless your organization for your efforts."*

-Attendee of Pre-Marriage Workshop, Boston, MA

RESEARCH

LOOKING FORWARD



The FYI team of researchers is made up of academics from institutions around the United States and the world. Experts in the fields of psychology, marriage and family therapy, youth development, and mental health all come together to dig deeper into the issues facing our community. See what our researchers are up to in 2018!



Chaplain Seher Siddiquee,
Georgetown University

*"The FYI has been a valuable resource in my work as a college chaplain. I have been able to share infographics and other information with my students and it is all presented in very accessible ways. The formats are quick and easy and I always know where to look for the full data if I want more details. **My students are always excited to learn about the work of The FYI** and to know that there are institutions that are focused on the Muslim community's needs."*

Dr. Khalid Elzamzamy and **Alaa Mohammad** are The FYI's core investigators on the History of Muslim Mental Health. Their research entails exploring the theory and practice of mental health in Muslim societies from the Islamic Golden Age, revealing the critical work of Muslim scholars who invested deeply in the expansion of scientific knowledge. Through their work, Dr. Khalid Elzamzamy and Alaa Mohammad make connections between groundbreaking discoveries from over eleven centuries ago with contemporary findings related to the field of Mental Health. They have recently partnered with researchers from the Stanford Muslim Mental Health Lab in this effort. Their research will soon yield a book chapter as well as peer-reviewed journal publications.

Dr. Sawssan Ahmed, a member of our Research and Community Education teams, is the principal investigator in a research study that explores the relationship between discrimination and socio-cultural factors in the well-being of American Muslim young adults. Muslims and Muslim communities are among the most misunderstood and targeted people in the United States. The presence of Muslims across the United States has become a focal point of a national conversation that is often thinly veiled with anti-immigrant sentiments. Yet, Muslims have been part of the national landscape since the founding of the U.S., and Muslim communities have long thrived in American cities. This project aims to develop a more robust understanding of the various types and effects of discrimination affecting Muslim emerging adults across the U.S. that can assist in developing tools, resources, and recommendations for young American Muslim adults.



FINANCES

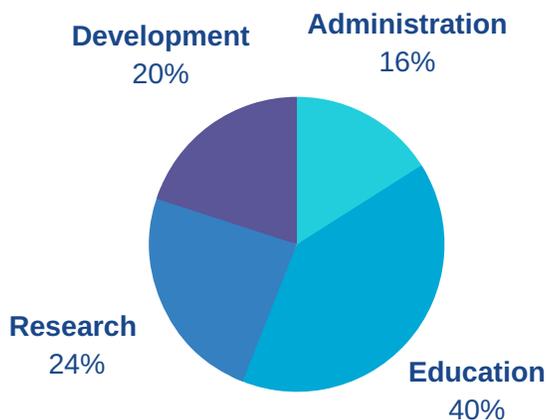
In 2017 The FYI's budget was \$275,000. Through leveraging our strong and vibrant volunteer base, our in-kind donations match our cash donations almost dollar for dollar! This year we began systematic development efforts and are starting to see the rewards.



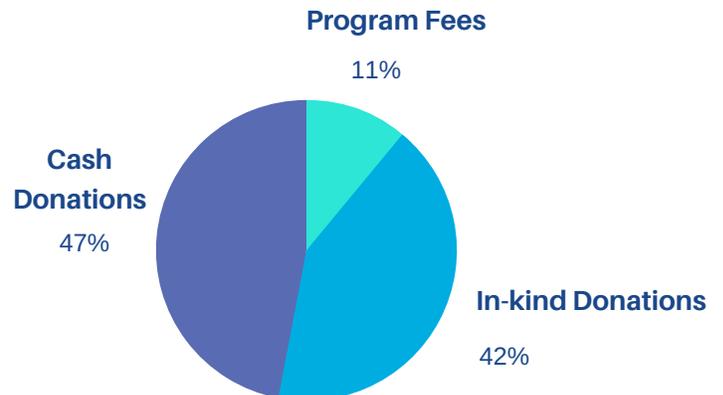
*"The FYI is a great resource to see where our youth are in particular. . . The connection that we have with the FYI is that it allows us to be able to constantly have that pulse and to make sure that we're addressing the right topics. **The FYI is a great resource for every Muslim institute out there** and for the Muslim community as a whole to make sure we're addressing the problems that need to be addressed."*

-Shaikh Omar Suleiman, President of Yaqeen Institute

EXPENSES



INCOME



"The disconnect between kids and parents is the most important thing that The FYI counteracts. [By doing so], it also helps to fight the unmosqued phenomenon."

-Sumaya Hamadmad, PhD Hilliard, OH Community Organizer

12,216

learned about bullying through our Bullying Prevention Resources

5,036

attended our research-based workshops across the country

260

articles were sent to over 8,000 people across the country

SUPPORT THE FUTURE

