



THE FAMILY & YOUTH INSTITUTE
ANNUAL REPORT

2018



RESEARCH *issues*

EDUCATE *individuals*

EMPOWER *communities*



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A WORD FROM THE LEADERSHIP

Assalamu'alaikum - Greetings of Peace and Blessings!

The FYI's mission has always been to identify the critical needs within our communities and provide research and resources to make an impact for your family and community. With your support and prayers, The FYI was able to sustain continued growth and expansion in 2018 in order to fulfill that mission.

Throughout the year, The FYI was able to release critical, timely resources that continue to strengthen our communities. Our Elder Care Toolkit provides much-needed guidance to those in our community living with and caring for aging elders. Our Ramadan Toolkit is a one-stop resource for Ramadan preparations. When the Muslim ban sent shockwaves throughout the American Muslim community, The FYI Muslim Ban Toolkit was there, offering you support and guidance on how to process this unprecedented event in our community's history.

As the needs of our communities change and grow, with your support The FYI hopes to be there at every turn, providing the support and resources that families and communities have come to rely on.

Thank you for your support of this critical work.

Sameera Ahmed
Director



Strengthening and empowering individuals, families, and communities through research and education

THE FYI TEAM

The Executive Team

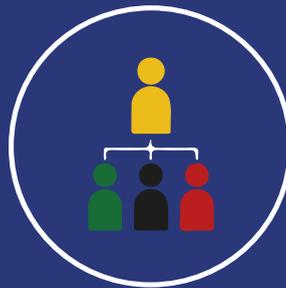
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The Community Education Team

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Board of Directors

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Amal Killawi, MSW
Nadeem Siddiqi, PhD

Support Team Members

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Noha El-Banna, CPA
Saara Patel, MSW
Sara Asif, MBA



THE FYI RESOURCES AND IMPACT

This year, The FYI research team released several new resources based on community requests. Each of these resources touches on a critical issue or event to American Muslim communities for which few Muslim-specific resources were available. The FYI worked to fill that gap in resources.

ELDER CARE TOOLKIT

Over 21,000 families learned how to manage caring for an elderly parent.



RAMADAN TOOLKIT

Almost 9,000 individuals prepared for Ramadan using this toolkit.



BULLYING REPORT

Nearly 10,000 parents and educators are able to better advocate for Muslim children.



MUSLIM BAN TOOLKIT

Over 14,000 individuals turned to this resource when the Muslim bans that shook our communities.



INFANT MENTAL HEALTH TOOLKIT

Almost 12,000 parents learned how to give their infants the best start to life possible.



"It made me look deeply at my role as a parent and educator and helped me change my behavior." - Attendee of Bullying Lecture



IMPACT

3,000 parents learned new parenting and communication skills



700 individuals strengthened their marriages through in-person lectures and workshops



11,700 individuals increased their mental health awareness



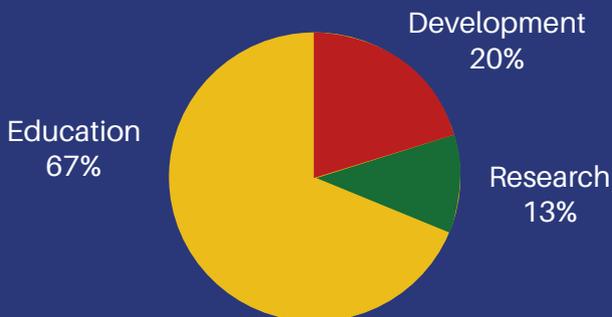
800 youth participated in programming



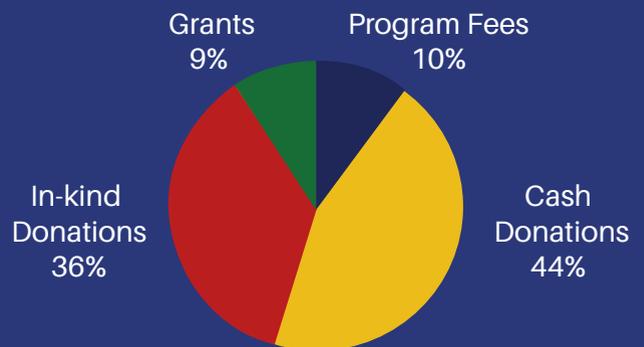
FINANCES

Alhamdulillah, the growth of The FYI was reflected in it's 2018 budget of \$362,000. We continue to be able to benefit from our amazing volunteers, with in-kind donations matching donations almost dollar for dollar! This allows us to continue to be able to have the level of impact that we did.

EXPENSES



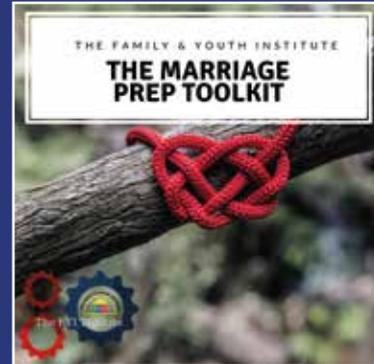
INCOME



"Of all the mailing lists I am subscribed to, there is only one that I read every single day - The FYI's." - FYI supporter

THE FYI RESEARCH & PUBLICATIONS

Before an FYI resource reaches your community, our team puts in months and sometimes years of work into the research and development process. Below is the process for developing and producing The FYI Marriage Prep Toolkit:



The FYI's Research Team presented at various academic conferences across the country on topics such as autism, Black Muslim youth, marriage, bullying and suicide. The FYI researchers continue to publish manuscripts in notable peer-reviewed journals and books. This year's publications cover the following topics: bullying, marriage preparation, identity formation, Black Muslim youth, and the history of mental health and Islam. The research is then translated into resources that the community can use.



A COMMUNITY IN FOCUS

Islamic Center of Central Missouri Investing in Youth

Community members of the Islamic Center of Central Missouri felt in the dark about how to communicate with their youth. In 2018, community leaders reached out to The FYI to bring our Bullying Prevention workshop, Digital Parenting lecture and Parents and Children Learning to Effectively Communicate workshop to their community.

Jude El-Buri, a long-time community activist, said that youth workers in the community had been waiting for resources like The FYI's for years. "The FYI's events offered a reality check about what the youth are really experiencing. This is the first time our community sat down together to address some of these tough issues. It's the first time that parents and youth talked to each other, that men heard from women and women heard from men."

The FYI has been invited to return to deliver additional lectures and workshops. We're looking forward to it!



"This was the first time we have ever done an event in which people of all ages learned and enjoyed a workshop together. The content and the presentation connected with all generations- uncles and youth alike."

-Bimbola Bishi

"It made me look deeply at my role as a parent and educator and has helped me change my behavior. This workshop really gives you ways to look at your kids and recognize bullying if it is happening."

-Nadia Malik

" This workshop was great. It provided great techniques on how to interact with children, how to talk to them to understand what they are going through to better handle situations. It was very good, really informative and I left with a lot of resources."

-Fuad Khaleel

VOLUNTEER SPOTLIGHT

Thank you to our hardworking and invaluable volunteers!

Alaa Mohammed joined The FYI team as an intern in 2015. She saw firsthand the importance of reducing the stigma around mental health in order to strengthen our community. Alaa decided to channel her background in Arabic and Islamic studies along with her love for psychology into her work and partnered with fellow FYI team member Dr. Khalid El-Zamzamy to highlight Muslim contributions to the field of psychology, which was published as a book chapter in 2018. She is now working on translating this work into resources to help reduce the stigma of mental health in the Muslim community.



"I love being part of The FYI team. I learn and grow with each interaction. And to see the impact the work has... unbelievable! It makes me so proud to be part of this team!" - Alaa Mohammed

THE FYI'S YOUTH AUDIO CONTEST

My Life, My Voice

2018 saw The FYI's first ever Youth Audio Contest, "My Life, My Voice." The response was amazing! Young people got a chance to share their experiences of growing up Muslim with the world. We received so many incredible submissions from 3rd through 12th graders across the country. Young people commented on: bullying, mental health, identity, and many other topics. The Youth Audio Content centered and uplifted the voices of our youth, providing invaluable insight into the lives and experiences of American-Muslim youth that The FYI will use to create resources to strengthen and empower the leaders of tomorrow.



Keep an eye out for the winning submissions on our social media!