Assalaam Alaikum,

This is a big year for The Family and Youth Institute. We are celebrating a decade of research, education and empowerment! Ten years ago, we started out with a dream and a belief that our community could do better for itself. From a small group of researchers, mental health professionals and community activists to our vibrant, diverse, and growing team today— we have come such a long way.

From our humble beginnings around a kitchen table to the nationally recognized organization we are today - we first and foremost thank God and then you - our greatest supporters.

Join us as we celebrate this Ten Year Anniversary! In the pages that follow, we ask you to reminisce with us as we think back on where we have come, share in our greatest success stories, and celebrate the road that lies ahead, God willing.

We had a dream to do better for our community, and together we are achieving it! As we chart the next ten years, we recognize there is still so much to learn and do. As the world changes and evolves around us, we will continue to work hard to support you, your children, and your community. We look forward to another ten years of groundbreaking work with your support and partnership.

Sincerely,
Sameera Ahmed, Ph.D
Director, The Family and Youth Institute
The FYI was born ten years ago around a kitchen table. Mental health professionals, community activists and researchers knew families were hurting, young people were struggling, and communities needed support. We didn’t have research or resources to guide us. Stigma was preventing our communities from getting the education and help we desperately needed.

To meet these needs, The FYI was born.

A group of visionary supporters gathered to launch The FYI. The first step was to conduct high-quality research to deeply understand the challenges impacting Muslim Americans. The FYI conducted studies on risk behaviors, bullying, and strengthening identity of Muslim youth; marital challenges and effective interventions; reducing mental health stigma and promoting well-being. Each of these studies opened our eyes to the lived realities of Muslim Americans.

This ushered the next phase of The FYI: empowering families and communities by developing research-based solutions to the challenges uncovered through the data. These high-quality research-based resources responded to the needs and lived realities of Muslim Americans. What can parents do to decrease the chances of substance use by their teen? What are ways to support someone who has suicidal thoughts? How can communities respond after tragic events? What are the needs of our elders and their families? The FYI provided research-based solutions to address these different questions.

Over the past 10 years, The FYI has created an abundance of free, digital resources that are easily shared. These resources reached thousands of homes across the country and around the world. The FYI has started conversations around kitchen tables about suicide prevention, mental health and substance use prevention - conversations that families were not having 10 years ago. Today, communities are engaging in frank and honest discussions about mental health. Parents are recognizing the challenges their children encounter and how best to support them.

We are humbled at the support and trust that you have shown in The FYI over the years. From a conversation at our kitchen table to the conversations you are having around your kitchen tables — The FYI has become the organization you are proud of supporting today, we have a lot to celebrate!

Over the last 10 years The FYI has transformed lives. We meet the needs of the individual at every stage of the life cycle.

From youth development to marriage prep and marriage strengthening resources we have worked together at every life stage and major milestone to offer your community members the tools they need to make these decisions that affect so much of the rest of their lives.

You continue to look to The FYI’s parenting resources for skills and tools to help you better communicate and support your children’s growth and happiness and we can say without a doubt The FYI’s mental health resources have broken taboos and stigma around mental illness and allowed countless people more access to support. Today, looking ahead to the next 10 years, we stand on firmer ground. There is an openness and recognition of community issues that wasn’t present when we started this work. We know now that so many more of you acknowledge that we as Muslims are not immune to the issues of today. And with education and support, we can continue to transform lives.

We are optimistic that approaching individual, family and community challenges from a research-based approach will continue to result in strong, healthy families and communities who can weather even the most serious challenges. We are confident in the knowledge that we have the resources, skills and tools to grow and thrive, and we are thankful to be doing this work together — with you.

OUR MISSION
Strengthening and empowering individuals, families, and communities through research and education.

2009  Registered as a 501(c)3 not-for-profit
2010  Published 1st research paper
2014  Hired first employee
2015  Published 1st infographic
2015  Established endowment
2019  Completed ten years of service
Mental Health and Well Being

A decade of research has shown us that Muslim Americans experience mental health issues at similar rates as other groups, yet are seeking help at much lower rates. When they do seek help, the issues have become more complex and worse. We have also learned why that is the case. Stigma and taboo continue to act as barriers to seeking treatment. Even when people want to get help, sometimes they are unable to find culturally and religiously competent providers.

In the past 10 years, The FYI has created 42 unique, research-based mental health resources to break down the taboo and stigma around mental health and to remove the obstacles for American Muslims seeking help for mental illness. We’d like to highlight one of them here:

When dealing with the unimaginable tragedy of a suicide, community leaders often don’t know where to turn. The FYI’s Suicide Prevention Community Action Guide has become a go-to handbook for those forced to address a tragic loss of life due to suicide. This resource reached approximately 9,000 individuals with over 950 downloads.

Across the country, The FYI’s resources are dismantling the stigma and taboo around mental health, one individual, family, and community at a time. Today, American Muslims are beginning to access mental health services and treating their mental health as an important part of overall well-being and the FYI was on the frontlines of making this happen.

“’The FYI’s Suicide Prevention Community Action Guide is used as a foundation for our presentations/workshops and has been an exceedingly useful resource for our work with the local Muslim community....We would highly recommend The FYI’s work to anyone interested in community mental health with Muslim Americans.’”

Christine Laurine, PsyM
Rutgers University Psychology Clinic

<table>
<thead>
<tr>
<th><strong>92,300</strong></th>
<th><strong>65,000</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>people viewed our mental health resources</td>
<td>individuals have attended a workshop, accessed our research articles and toolkits online</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>25,000</strong></th>
<th><strong>8,000</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>individuals gained critical mental health awareness through our workshops and lectures</td>
<td>turned to our Grief Support Toolkit when faced with a tragedy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4,000</strong></th>
<th><strong>510</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>relied on our Suicide Prevention Toolkit for life-saving information</td>
<td>benefited from FYI mental health resources and posters</td>
</tr>
</tbody>
</table>
POSITIVE YOUTH DEVELOPMENT

Ten years of research at The FYI have shown that American Muslim youth are under tremendous amounts of stress. They are bullied at higher rates than their peers and engaging in risk behaviors, like smoking and drinking alcohol, at similar rates as their non-Muslim peers. That’s why developing resources for adults and young people has been a key focus of The FYI during the past decade. In order to shed light on their experiences, we’ve worked hard to center and uplift youth voices through research and resources. In addition, we inform and empower adults so they can better supporting American Muslim youth.

In the past 10 years, The FYI has created 45 unique, research-based youth development resources that educate parents and educators on the issues and challenges facing American Muslim youth and how best to support them.

Parents and educators turn to The FYI to understand the experiences of youth, to learn how to talk to them about important issues and to learn effective strategies for building resilience.

The FYI youth development resources have reached over 223,200 individuals

156,000 families around the country have used
The FYI’s youth risk behaviors infographics

35,000 parents, educators and community leaders have turned to The FYI’s youth development resources such as toolkits, research articles, reports, and webinars to help them understand and support young people

5,400 parents and educators have learned skills and tools to better support youth through our workshops and lectures

“The Bullying Prevention workshop was very refreshing emotionally, mentally, and spiritually. It shed light on the reality of the issues and the cause and effects that one might typically ignore. The most fruitful idea that I grasped from the workshop was the importance of being open minded, merciful and loving toward the children you work with. The prime example of this is solving problems with children with a teamwork approach and acknowledgement.”

Karim El Hajj Ahmad

Parents and educators turn to The FYI to understand the experiences of youth, to learn how to talk to them about important issues and to learn effective strategies for building resilience.
HEALTHY MARRIAGES

Research shows that finances, in-law issues and differing interests continue to be areas of conflict in American Muslim marriages. Although findings show that preparing for marriage reduces conflict and divorce, American Muslims looking to get married have not had the resources to prepare them. Some of our earliest work focused on creating resources to prepare American Muslims planning to marry. Over the years, we’ve created a broad collection of resources to strengthen marriages in all of its stages.

The FYI has created 15 unique, research-based marriage preparation or strengthening resources to support strong, healthy marriages.

5,868 individuals accessed The FYI’s Marriage Preparation Toolkit in the last year to prepare for stronger healthier marriages.

The FYI’s marriage prep and marriage strengthening resources have been used by over 30,000 individuals over the last 10 years. Many individuals have told us that they have relied heavily on our pre-marriage resources before getting married.

"The FYI’s Marriage Prep Toolkit helped me to question and identify my readiness, identify areas of exploration and growth, and enabled me to have a realistic assessment of myself and my readiness for marriage. The toolkit answered all of the big questions I had in terms of my readiness."

We have reached 111,800 people with our marriage prep and strengthening resources.

30,000 individual’s have utilized The FYI’s marriage prep and marriage strengthening resources over the last 10 years.

8,000 have learned tips for healthier marriages through our videos.

5,300 have gone through our intensive, skills-based lectures or workshops.

82,200 have seen our Pre-marriage Considerations Infographic.

THE FAMILY AND YOUTH INSTITUTE

CELEBRATING 10 YEARS OF COMMUNITY SERVICE
Over the years, when parents have come to me and asked, “What can I do? I don’t know what to do”, I have referred them to The FYI’s resources. As an educator for over 27 years, I believe parents sincerely want to parent better. I’m so happy that I have The FYI to refer to.”

Kareemah Abbas, Crescent Academic International. Principal

EFFECTIVE PARENTING

One of the first papers published by The FYI’s researchers showed that American Muslim youth feel misunderstood and unsupported by their parents. Research also shows that open parent-child communication and a strong parent-child relationship led to positive outcomes for youth, such as greater health and well-being. That’s why so many of our parenting resources are about building a bridge of understanding and open communication between parents and their kids.

The FYI has created 21 unique, research-based parenting resources to help families thrive.

36,000 adults strengthened their relationship with their children using FYI parenting resources

8,000 individuals have attended programs that enhanced their parenting skills

4,000 parents learned to identify and support Muslim kids who are bullied

1,561 parents have turned to The FYI’s Digital Parenting Toolkit to learn how to better parent their children in a digital world.

In the last 10 years, FYI resources have helped break down the wall of miscommunication and misunderstanding between thousands of parents and their kids.

36,000 adults strengthened their relationship with their children using FYI parenting resources

8,000 individuals have attended programs that enhanced their parenting skills

4,000 parents learned to identify and support Muslim kids who are bullied

The FYI has created 21 unique, research-based parenting resources to help families thrive.
2019 IN REVIEW

In 2019 we reached out to more people than ever before. We increased mental health awareness and suicide prevention as well as trained parents, teachers, and community leaders about bullying prevention and how to navigate an increasingly digital world. This year also saw the culmination of ten years of research on Black Muslim youth into 3 new FYI resources. These resources centered Black Muslim youth voices, summarized research and provided guidelines to support development. Here are just some more of the exciting accomplishments from 2019!

Dr. Jaleel Abdul-Adil, Co-Director of the Urban Youth Trauma Center at University of Illinois at Chicago, said of the BMY book: “An incredibly important work that begins to crack the code on the unseen and often ignored daily plight of African-American Muslims who, ironically, remain one of the most visible symbols of the original Islamic presence in this country.”

Our Workshops Impact:

13,893 parents improved their communication with their children
6,096 individuals learned the keys to strong marriages
18,315 parents and educators learned how to support youth
69 presentations were given around the US and Canada

NEW BOOK

Published NEW BOOK! Uplifting Black Muslim Youth: A Positive Youth Development Approach reached more than 20,340 people.

The Uplifting Black Muslim Youth Toolkit reached over 16,800 individuals. The toolkit helps individuals implement the recommendations from the book.

The FYI’s 70th research publication was produced

More than 19,035 people received mental health education
13 research outputs

Dr. Jaleel Abdul-Adil, Co-Director of the Urban Youth Trauma Center at University of Illinois at Chicago, said of the BMY book: “An incredibly important work that begins to crack the code on the unseen and often ignored daily plight of African-American Muslims who, ironically, remain one of the most visible symbols of the original Islamic presence in this country.”

The bullying prevention video reached more than 13,800 people - educating them on the unique challenges and ways to support Muslim youth

Reduced stigma by reaching more than 16,800 people through our Mental Health Infographic.

The Family and Youth Institute
CELEBRATING 10 YEARS OF COMMUNITY SERVICE
Alhamdulillah, with God’s blessing and your trust and support, The FYI has had tremendous growth and impact in the past decade. Our budget has gone from $0 to $400,00 in those years, reflecting a growth in our organizational capacity as well as exponential growth in our output.

Over 2018-2019, we also obtained a generous grant from Islamic Relief that enabled us to create several new resources to strengthen and empower American Muslim communities.

**2019 INCOME**

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Fees</td>
<td>4%</td>
</tr>
<tr>
<td>Cash Donations</td>
<td>45%</td>
</tr>
<tr>
<td>In-kind Donations</td>
<td>30%</td>
</tr>
<tr>
<td>Grants</td>
<td>21%</td>
</tr>
</tbody>
</table>

**2019 EXPENSE**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research</td>
<td>23%</td>
</tr>
<tr>
<td>Education</td>
<td>69%</td>
</tr>
<tr>
<td>Administration</td>
<td>8%</td>
</tr>
</tbody>
</table>

At The FYI, we want every individual to realize their full potential. Together, we can make this happen by nurturing positive relationships, mental health and community connections.

The last 10 years have taught us a great deal about the needs of our communities, but we have only scratched the surface. We continue to need more research on the diverse needs of American Muslims at differing stages of individual and family development as well as varying family structures, socio-economic factors, and racial/ethnic subcommunities.

There is a great need for more resources for Muslims struggling through a divorce, with addictions, and with their identity. We need to train and prepare community leaders to guide and support parents and young people as the challenges of the world evolve and change.

To accomplish these goals, we need to reach more people, with innovative resources, that give hope and meaning, and result in lasting change. We need to strengthen The FYI institutionally by increasing organizational capacity, evaluating our current programs and processes and bringing on new talent in the form of staff, new researchers and community educators.

Building on the success of the last decade, with your help we commit to continue this work. As the ever-changing world presents new and emerging issues, we must be ready to learn, act quickly, and provide research-based solutions to grow and thrive. We hope that our communities will continue to grow and flourish as The FYI pledges its support to strengthen, educate, and empower American Muslims around the country to live healthy, fulfilling lives.
2019 TEAM

EXECUTIVE TEAM
» Sarrah AbuLughod
» Sameera Ahmed
» Lama Elsharif
» Zakia Haque
» Sarah Jaka
» Sana Khan
» Nadeem Siddiqi
» Madiha Tahseen

BOARD DIRECTORS
» Saifaldin Abdur-Rahman
» Sameera Ahmed
» Irshad Altheimer
» Amal Killawi
» Nadeem Siddiqi

RESEARCH TEAM
» Khadijah Abdallah
» Sameera Ahmed
» Sawssan Ahmed
» Sondos Al Sad
» Irshad Altheimer
» Hena Din
» Khalid Elzamzamy
» Huda Hamdan
» Hanan Hashem
» Ayaz Hyder
» Muneer Khalid
» Amal Killawi
» Alaa Mohammad
» Sadiq Patel
» Madiha Tahseen

SUPPORT TEAM MEMBERS
» Wahida Abaza
» Sara Asif
» Mariam Kandil
» Issra Killawi
» Saara Patel
» Nayyer Siddiqi

SPEAKER’S TEAM
» Sameera Ahmed
» Mohamed Rida Beshir
» Duaa Haggag
» Hanan Hashem
» Steven Hernandez
» Maryum Khwaja
» Amal Killawi
» Rana Khalaf
» Alaa Mohammad
» Sadiq Patel
» Hiat Saleh
» Nadeem Siddiqi
» Madiha Tahseen

Abu Qatadah reported:
The Messenger of God said:

The best of what a man leaves behind are three: a righteous child who supplicates for him, ongoing charity the reward of which reaches him, and knowledge that is acted upon after him.

Sunan Ibn Mājah 237, Sahih