

## Journey Ahead

Journey Ahead is a multi-session intervention for young people who identify as LGBTQ+. The program was created for youth experiencing multiple life stressors or systems involvement. The program has a special focus on the intersection of race, ethnicity, and LGBTQ+ identity. Journey Ahead can be delivered in person or virtually. Virtual implementation typically spans 6 weeks.

### Journey Ahead

- ✓ Is manualized
- ✓ Provides training to new practitioners
- ✓ Requires fidelity adherence
- ✓ Requires data collection
- ✓ Provides expert coaching to new implementers

### Who is the program for?

Journey Ahead is designed for LGBTQ+ young people, ages 13-21. It can be administered in a variety of settings and with various age groups. However, it is recommended that cohorts are all age-appropriate and that young people attend cohorts with other young people in their age range. For example, a cohort of 18-21 year olds would be separated from a cohort of 13-15 year olds.



### Journey Ahead Goals

- Build a positive sense of self
- Build community with other LGBTQ+ people
- Learn transition-age skills
- Develop coping skills and stress reduction strategies

### Journey Ahead data show that it:

- ↶ Improves ability to manage negative emotions
- ↶ Improves ability to manage change
- ↶ Increases ability to “bounce back” when something bad happens and manage stress
- ↶ Improves ability to communicate with others
- ↶ Increases ability to practice self-care



“I feel as [though] I have gained a sense of community in a time where I would have otherwise been left feeling isolated.”

“[I gained] confidence, family, understanding, and knowing that I am not alone.”

### How do I get Journey Ahead to my organization?

To implement Journey Ahead in your practice or within your organization, please email the National Quality Improvement Center on Tailored Services, Placement Stability, and Permanency for LGBTQ2S Children and Youth in Foster Care at [sogiecenter@gmail.com](mailto:sogiecenter@gmail.com).