

# Josh's Hope Foundation

## Why Josh's Hope



**JOSH'S HOPE**

# R Steven Bailey

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Executive Director

Co-Founder with Julie Bailey

# WHO WE ARE

Josh's Hope serves young adults who live with a mental illness that sometime has a comorbid substance disorder. We provide vocational training in a number of disciplines. At the same time, we provide emotional support and educational workshops for parents.

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## WHY JOSH'S HOPE



# Tripp Jarvis

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Program Director

# WHY JOSH'S HOPE



## WHY JOSH'S HOPE

# WE PROVIDE OPPORTUNITY FOR CREATIVE EXPRESSION



**“Being creative can increase positive emotions, reduce depressive symptoms and anxiety, and improve the function of our immune systems”\***

### **Other Benefits of Creative Expression**

- 1) Find your voice**
- 2) Develop new skills**
- 3) Find Community**

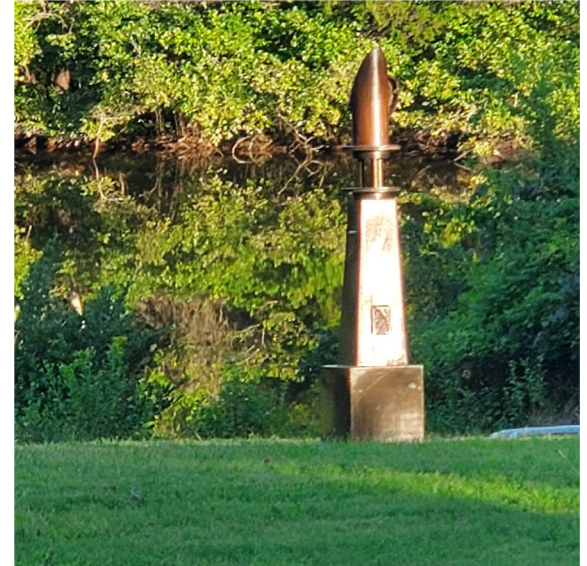
\*Provided by Diversus Health <https://diversushealth.org/mental-health-blog/the-mental-health-benefits-of-creativity/>

# WHY JOSH'S HOPE

# CREATIVE EXPRESSION

## My Journey

More about Tripp at:  
<https://www.trippjarvis.com/>





# WHY JOSH'S HOPE

## WE ENGAGE

**At JHF we inspire clients, through vocational and artistic activities, to take on the opportunity and adventure to improve their lives. We believe these activities that require both critical and creative thought, is the reason for success.**



**The Tools for Hope (T4H) program is an on the job training program where **everyone is compensated**. This along with the program offerings is designed to be something the client wants rather than something they have to do.**

## WHY JOSH'S HOPE

# CLIENTS FIND SELF WORTH

**We provide a path to identify and defeat self-imposed limitations**

Sometimes the worst stigma is  
the self-imposed stigma

Growth in Confidence through  
Pride in successful creative  
accomplishment.

Pride in one's work improves  
self-esteem



## WHY JOSH'S HOPE

# T4H INSPIRES PERSONAL GROWTH

Understand yourself, be ready to identify your maximum potential



Potential Identified

Facilitates employability

Realization of dreams

Enhances quality of life

## WHY JOSH'S HOPE

# CLIENTS CAN FIND THEIR PATH

Outline client path to reach goals.  
Structured approach = greater success

- 1) Identify long term GOALS
- 2) Recognize the OBSTACLES to your goal
- 3) Identify the STEPS to goals
- 4) Include natural SUPPORTS
- 5) Identify and utilize RESOURCES needed to achieve goals
- 6) Develop TIMELINE for success



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- There is no completion timeline, clients stay as long as needed
- **Everyone on our staff has a personal life story which helps clients relate, feel safe and accepted**

**THIS IS WHY JOSH'S HOPE**

**HOW CAN YOU HELP**

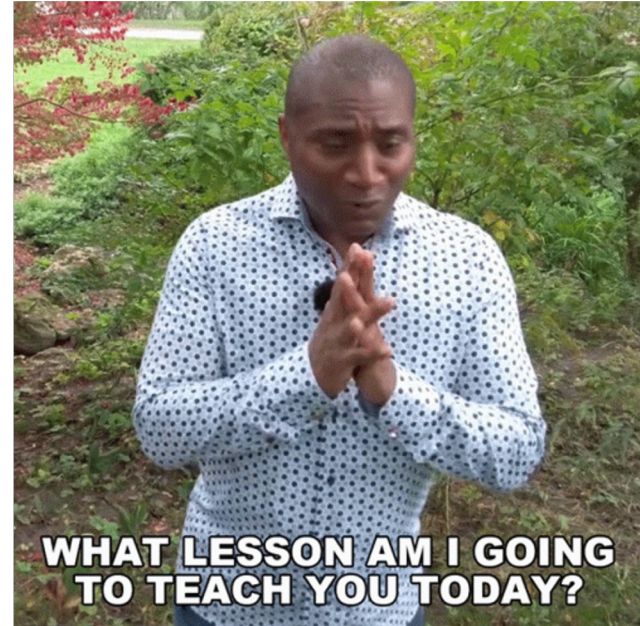
VOLUNTEER



# HOW CAN YOU HELP

VOLUNTEER

TEACH



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REFER



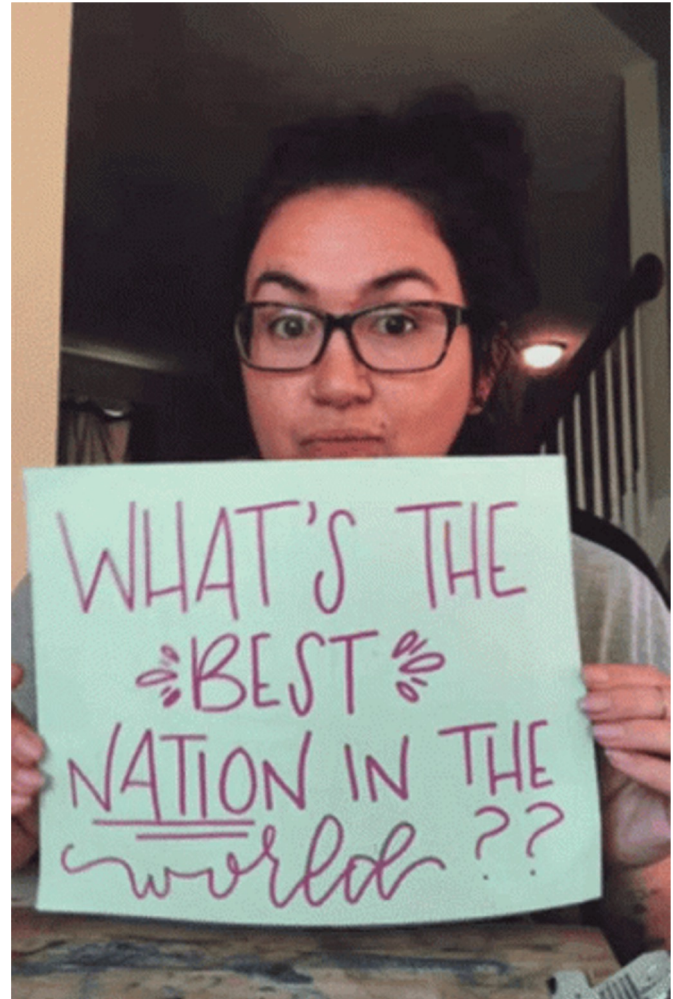
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VOLUNTEER

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DONATE



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