



The Impact Center offers services in a friendly relaxed space for youth, 16-21, who are experiencing, or at risk of, mental health and/or substance use concerns. The Impact Center also helps youth connect to resources for jobs, housing, education, and more.

The Impact Center is a place where you can be yourself without judgement, get help in reaching your goals, advocate for your needs, and have some fun. Meet great people, and find support.

304

Young Adults Served

Young Adults (YAs) Served in the Past Year

2,049 Total Visits



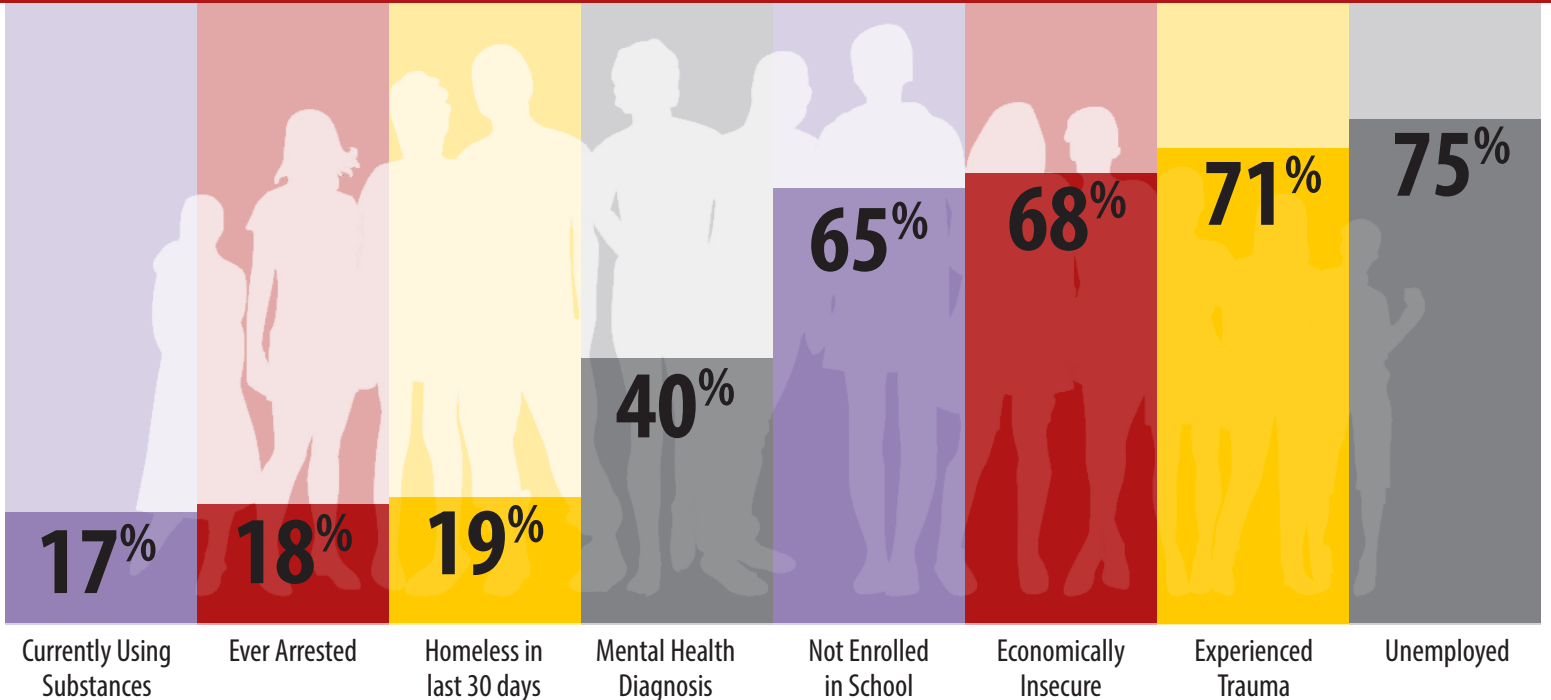
* With COVID-19 shutdown in MA

We Are an Inclusive Community

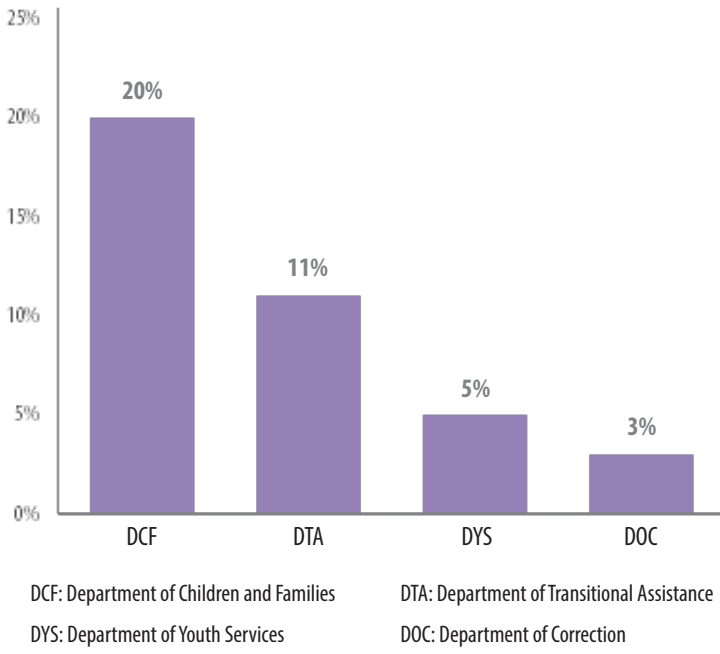
The Impact Center strives to make everyone feel comfortable and welcome.

- 64% of Impact YAs identify as Latinx
- About one-quarter identify as Black and/or African American and 16% identify as bi- or multi-racial
- About one-quarter identify as LGBTQA+
- 60% identify as male, 35% as female and 5% as non-binary or gender non-conforming
- 20% of Impact YAs are 16 and 17 year-olds, about 60% are ages 18 to 20, and 20% are 21 and over

About Impact Young Adults



Many YAs Involved with State Services



What Young Adults Say About Impact

This is a center that can not only make a change in the community but can give youth the opportunity to have their voice heard and empower them at such a young age regardless of the endless struggles between one another.

An inviting place, I find the Impact center very much like a community.

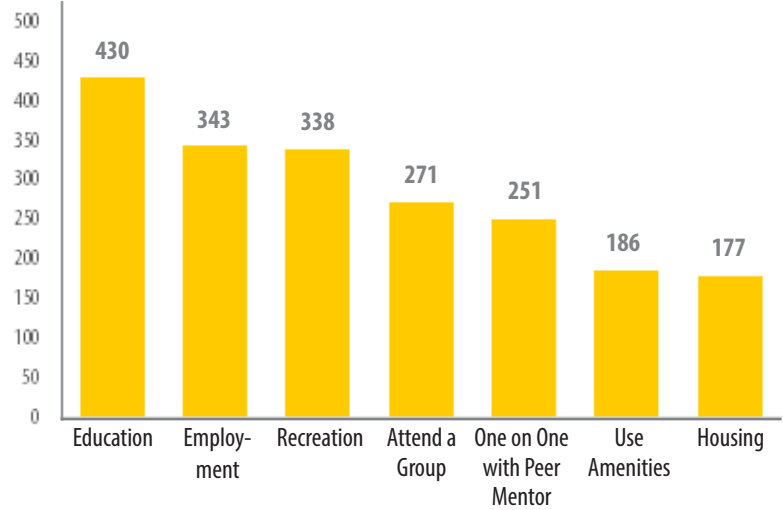
No matter what you go for, you always leave empowered and with a positive mindset.

Why YAs Use Impact

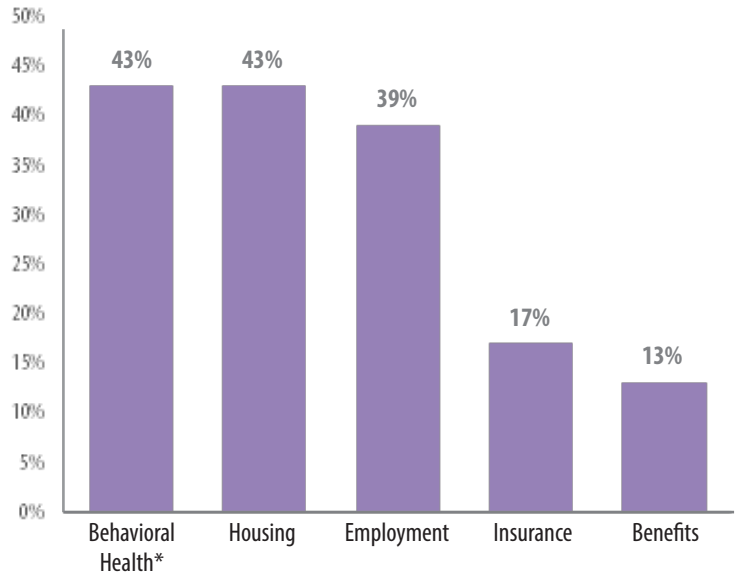
Young adults primarily come to:

- Participate in recreational activities
- Meet with peer mentors
- Use amenities
- Attend groups

Making recreational activities and amenities available to young adults can build a trusting relationship with peer mentors. Impact young adults work one-on-one with peer mentors or attend groups to develop and pursue their goals for health, education, employment, housing and other important areas.

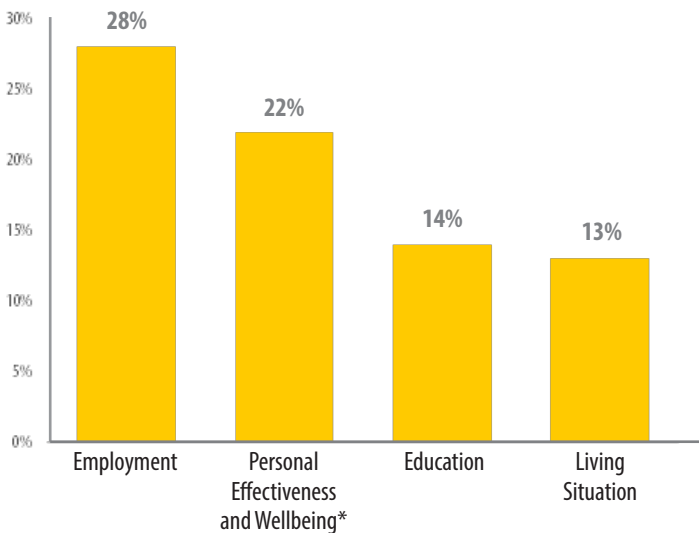


Impact Connects YAs to Needed Supports



* Behavioral Health includes mental health, substance use and family counseling.

YAs Make Progress in Important Areas



* Personal Effectiveness and Wellbeing (PEW) represents overall wellbeing which includes relationships with others, emotional and physical wellbeing and self-determination.

For more info visit:

www.SpringfieldImpactCenter.org



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Impact Center is a program of Gandara Center in Springfield MA.