



resilience, empowerment, & natural supports for education and work
Creating Hope, Building Futures, Changing Lives

What Is RENEW?

Some young people can benefit from an individualized school-to-career planning process. RENEW puts the youth in the driver's seat, using their strengths, interests, and dreams to help them build a future they want.

RENEW has substantially increased high school completion, employment, and post-secondary education for youth. RENEW participants report increased feelings of optimism and empowerment.

Developed in 1996 by staff at the UNH Institute on Disability (IOD), RENEW is provided by trained facilitators from schools, community mental health centers, residential and community-based providers, and the IOD.

Who Is RENEW For?

RENEW is for young people ages 14–26 who may be struggling in various areas of their life, have a limited social support system, and need to figure out where they are headed.

"I have overcome some of my self-doubts and I've started doing things that a year ago I wouldn't even try."
– RENEW participant

How Does RENEW Work?

RENEW emphasizes building relationships and community connections to help young people thrive. It develops goal-setting and problem-solving skills, helping youth feel confident in their abilities.

A trained RENEW Facilitator meets one-on-one with the youth and visually maps out their strengths, interests, and dreams. This information is used to identify goals and make a plan. Supportive people are invited into the planning process to brainstorm ways to help the youth achieve their goals.

Our team provides training and coaching for successful RENEW implementation. Contact us to get started today! **For more information contact Cat Jones at cat.jones@unh.edu**



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