



2022- OCTOBER 2025

IMPACT REPORT

Diversions Leadership Program

WHAT IS IT?

The **Diversionsary Leadership Program** is a **6-week intensive program** that aims to be a net to catch **at-risk youth** and come alongside their parents and families to focus on one key component: **reducing recidivism**



Develop successful mindsets



Promote family environments that support healthy development



Connect youth to caring and invested mentors



Strengthen social skills



Create protective community environments



Intervene to lessen harm and prevent future risk



Encourage and support educational goals

95%
Success
Rate

Indicated by
regular attendance
and completion of
weekly challenge
steps

THE NUMBERS

92
MALES

59
FEMALES

21
SIBLINGS

139
FAMILIES
SERVED

AVERAGE AGE OF YOUTH IN PROGRAM: 14.5

AVERAGE AGE OF YOUTH THAT

RE-OFFENDED: 15.3

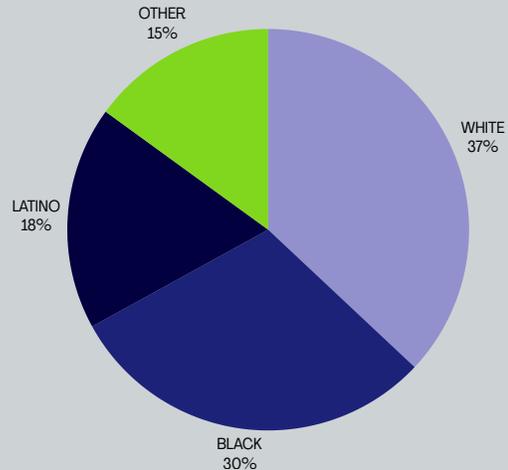
THE NUMBERS

37% WHITE

30% AFRICAN AMERICAN

18% LATINO

15% OTHER



151

REFERRALS FROM SOUTH BEND AND ELKHART COUNTIES

93

REFERRALS COMPLETED THE PROGRAM

4 OF WHICH COMMITTED A NEW DELINQUENT ACT WITHIN THE 3 YEARS

6

REFERRALS FROM OUTSIDE ORGANIZATIONS

EVIDENCE BASED PRACTICES

The Diversionary Leadership Program is built on the evidence-based practice, “the power of mindset” and includes evidence-based practices and research from:

- **The Department of Psychology at Stanford University**
- **The Department of Psychology at the University of Texas at Austin**
- **The research article, “A national experiment reveals where a growth mindset improves achievement.”**

Dweck, C. S. (2019). The Choice to Make a Difference. *Perspectives on Psychological Science*, 14(1), 21-25. <https://doi.org/10.1177/1745691618804180>

Yeager, D.S. & Dweck, C. S. (2012). Mindsets That Promote Resilience: When Students Believe That Personal Characteristics Can Be Developed, *Educational Psychologist*, 47(4), 302-314. <https://doi.org/10.1080/00461520.2012.722805>

Yeager, D.S., Hanselman, P., Walton, G.M. et al. (2019). A national experiment reveals where a growth mindset improves achievement. *Nature*, 573, 364–369. <https://doi.org/10.1038/s41586-019-1466-y>

WHAT ARE STUDENTS SAYING?

I WOULD NOT CHANGE ANYTHING ABOUT THE PROGRAM. YOU HELPED ME MORE THAN I THOUGHT YOU WOULD. THANK YOU!
10TH GRADER

Thank you for being there for us and teaching us a lot of things we didn't know. You guys helped me be more positive and helped me overcome my shyness in communicating with others.
11TH Grader

I'VE BEEN ABLE TO GROW WITH MY PARENTS, AND I'VE FELT MORE CONNECTED WITH BOTH OF MY PARENTS. I'VE FELT SO LOVED.
8TH GRADER

STUDENT TESTIMONIES

***I THOUGHT I COULD NOT
CHANGE MY MINDSET, BUT
NOW I KNOW I CAN!
10TH GRADER***

***I've lived most of my life with
doubt and negative thoughts,
but this program has helped
give me hope.
8TH Grader***

***Five Star is not about just
programming us to follow rules,
but it was about showing us the
way to make good decisions.
8TH Grader***

***THANK YOU FOR LISTENING TO
ME WHEN I NEEDED IT THE MOST.
8TH GRADER***

***ONE THING I LIKED ABOUT THE
PROGRAM IS THAT I GOT TO SPEND
TIME WITH MY MOM AND OTHER
FAMILY MEMBERS.
9TH Grader***

***My self-concept has improved.
I became a happier person who
can understand what other
people may be going through.
11TH Grader***

WHAT ARE PARENTS SAYING?

Parents were prompted to explain how the program made an impact in their household

What is one thing you learned from Five Star?

I LEARNED WAYS TO STAY POSITIVE.

That I matter! I also learned that if I am happy, my kids will be too.

STOPPING NEGATIVE SELF-TALK AND HOW TO HANDLE TRIGGERS!

How have you seen your relationship with your child grow since participating in the program?

It has grown tremendously, and we are communicating more because of it.

MY FUTURE FOR MY KIDS LOOKS BRIGHTER BECAUSE OF YOU! THIS GROUP WAS LIFE CHANGING FOR OUR FAMILY!

We are getting along so much better. Literally, every single day is getting better and better.

PARENT TESTIMONIES

I am very thankful for the program and ALL of the coaches. Our first cohort not only helped my relationship with my children, but it may have helped save my marriage as well. Our family has been struggling for so long, it was hard to see another path.

I learned that changes CAN happen if you work on the challenges every week. I learned other parents go through the same things and we can change our circumstances.

I pay attention to what my son is saying and listen to him more, allowing him to share his dislikes. I'm working on changing what might be making us clash!

PARENT TESTIMONIES

Over the last six weeks, I've seen my daughter change. I've been **AMAZED**. I sincerely appreciate the love you have shown to my family.

Five Star is so much more than it is described. They build community, bring kids together, and create a family with parents who have, until now, been alone, feeling inadequate, and have been in the depths of hopelessness.

Five Star builds relationships among the children it serves, as well as the families fighting for mental health and well-being of their children.