

THE CIGNA GROUP FOUNDATION
AND BOYS & GIRLS CLUBS OF AMERICA

Partnership Impact Report



**BOYS & GIRLS CLUBS
OF AMERICA**



More than a grant: A partnership to advance youth mental health and well-being

Since 2024, The Cigna Group Foundation and Boys & Girls Clubs of America have partnered to strengthen youth mental health and well-being nationwide through trauma-informed practices, staff training and resources that help young people build resilience and thrive.

The partnership is part of The Cigna Group Foundation's multi-year commitment to youth mental health and is built on the strength of Boys & Girls Clubs of America's trusted presence in communities across the country.



How we create impact together

**Nationwide
program
investment**

**Employee
volunteerism
in local
communities**

**Lived
experience
storytelling**

By the numbers (since 2024)

90%+ of clubs,

representing more than **11,000 staff members**, have been reached through trauma-informed training efforts.

**250+
teens**

helped pilot a
new Teen Mental
Health Guide

**2K
hours**

were volunteered
by The Cigna
Group® employees

**1.6K
youth**

have been
reached through
volunteer activities





St. Helena & Calistoga retreat

At a teen mental health retreat hosted by the Boys & Girls Clubs of St. Helena and Calistoga, young people came together to build coping skills, strengthen peer connections and talk openly about mental health. The experience brought the Teen Mental Health Guide to life, making the experience possible for young people across the country regardless of their access to a retreat center.

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Building stronger support systems for young people

Each year, more than 4 million young people turn to their local Clubs as safe places to learn, spend time with peers and connect with adults they trust. Through this partnership, we're helping equip Club professionals with the tools and resources they need to support the young people who walk through their doors.

Trauma-informed training

Boys & Girls Clubs of America is dedicated to embedding culturally responsive and trauma-informed practices across its programming, professional development and community engagement. Support from The Cigna Group Foundation has contributed to Boys & Girls Clubs of America's efforts to scale its trauma-informed training program to more than 90% of Clubs, representing more than 11,000 staff members. Today, 135 trauma-informed specialists are embedded throughout Clubs across the country, helping other Club staff better recognize and respond to the signs and symptoms of youth experiencing stress, adversity or trauma.

New mental health and behavioral support resources

Together, we helped develop, pilot and share a suite of resources designed to assist Clubs in creating safe, supportive and high-quality experiences for young people. These resources were launched at **142 Club sites** and shared with thousands of teens, youth advisors and staff at the Boys & Girls Clubs of America's National Keystone Conference and at five regional conferences. Since launch, the resources have expanded to reach **3,422 Club sites** nationwide.

- **Teen Mental Health Guide:** Helps Club staff lead age-appropriate conversations and activities about mental health in a safe, inclusive setting
- **Behavioral Support Toolkit:** Guides Clubs and Youth Centers in creating and implementing organizational practices that reinforce safety, foster a positive Club climate and promote supportive, consistent responses to behavior
- **Regulation Station Guide:** Equips Club staff with practical strategies for designing and using Regulation Stations—safe, supportive spaces where youth can learn and practice self-regulation skills

"If I could describe Boys and Girls Clubs in three words, it would be happiness, support and home. To know that someone dedicates their time to help you and your needs, it makes you feel so seen. I feel so seen."

Jayla

Teen participant
Illinois



"The Club holds a special place in my heart because it was a safe haven. Growing up at the Club, I learned a lot of skills, how to be part of a collective and how to set goals. Now every opportunity I get to come back to help support the Boys & Girls Clubs, I do."

Jerry

The Cigna Group employee

Employees in action to support young people

A defining feature of our partnership is the opportunity for The Cigna Group employees to support their local Clubs through hands-on and skills-based volunteering.

At volunteer events, employees assembled and donated more than 5,000 items, including:

- Bicycles for youth
- STEAM kits for Clubs in rural communities
- Mental wellness kits for teens

A shared commitment to the next generation

Supporting youth mental health and well-being takes more than a single program or organization. It requires collaboration among nonprofits, community leaders, volunteers and caring adults who show up for young people every day.

As we look to the future, we're focused on

- Helping to expand the adoption of trauma-informed practices and mental health resources across the Boys & Girls Clubs of America network
- Growing volunteer opportunities that connect employees with local Clubs through hands-on and skills-based service that strengthens Club capacity and supports youth success
- Continuing to elevate youth mental health through shared storytelling, community engagement and partnership



This partnership builds on Boys & Girls Clubs of America's broader commitment to advancing youth mental health and well-being through collaboration with local Clubs, community leaders, national partners and caring adults.