
Introspect Youth Services, Inc



July 2026



Mental Health Awareness Doesn't Stop in May!

Powerful Conversations. Real Stories. Lasting Impact.

Introspect Youth Services proudly hosted the African American Male Mental Health Summit; bringing together men, youth, advocates, mental health professionals, and community leaders for a day of meaningful dialogue, education, and empowerment. Throughout the summit, participants engaged in powerful conversations focused on breaking the stigma surrounding mental health in the Black community. Attendees shared personal experiences, gained valuable resources, and connected with others committed to promoting healing, wellness, and personal growth.

The event created a safe and supportive space where African American men and young males were seen, heard, valued, and encouraged to prioritize their mental well-being. Through open discussions and community engagement, participants left with practical tools and renewed motivation to continue their wellness journey.

Key Takeaways:

- Breaking the stigma surrounding mental health
- Promoting healthy coping strategies and self-care
- Building stronger support systems within our communities
- Encouraging open conversations among men and youth
- Connecting participants to mental health resources and services

💙 Mental Health Matters 💙 Healing Is Strength 💙 Community Changes Lives

We extend our sincere gratitude to everyone who attended, volunteered, sponsored, and supported this important event. Your commitment helps create healthier individuals, stronger families, and more resilient communities. Together, we are changing lives—one conversation at a time.

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Continued Recap of the African American Male Mental Health Summit....



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INTROSPECT YOUTH SERVICES, INC.



Preparing Students for College & Post Secondary School Success

Our annual Campus Bound Trunk Giveaway Program is underway!

This initiative helps graduating seniors transition into the next chapter of their lives by providing trunks filled with essential items needed for college and trade school success.

Items include:

- Bedding and linens
- Toiletries
- School supplies
- Storage essentials
- Laundry supplies
- Dorm room necessities
- Personal care items

Every trunk represents an investment in a student's future.

How You Can Help

Sponsor a Trunk – \$250

Your sponsorship helps provide a complete trunk filled with essential items for a graduating senior.

Sponsors will receive:

- Recognition during the event
- Social media acknowledgment
- Photo opportunities with college-bound students

Together, we can ensure every student begins their journey with confidence and support.



July 2026



INTROSPECT YOUTH SERVICES, INC. ACQUIRED TWO MINIBUSES TO EXPAND STUDENT OPPORTUNITIES

INTROSPECT YOUTH SERVICES, INC. IS PROUD TO ANNOUNCE THE ACQUISITION OF TWO MINIBUSES, THAT WILL SIGNIFICANTLY EXPAND EDUCATIONAL AND CAREER EXPLORATION OPPORTUNITIES FOR STUDENTS IN ITS PROGRAMS. THE VEHICLES WILL PROVIDE TRANSPORTATION FOR COLLEGE CAMPUS VISITS, STEM EXPERIENCES, CAREER-READINESS ACTIVITIES, LEADERSHIP DEVELOPMENT, EDUCATIONAL ENRICHMENT, AND COMMUNITY SERVICE PROJECTS. BY TRANSPORTING STUDENTS IN SMALLER GROUPS, INTROSPECT WILL BE ABLE TO OFFER MORE PERSONALIZED EXPERIENCES WHILE INCREASING THE NUMBER OF EDUCATIONAL TRIPS THROUGHOUT THE YEAR. "FOR MANY OF OUR STUDENTS, VISITING A COLLEGE CAMPUS OR PARTICIPATING IN A STEM EXPERIENCE IS A LIFE-CHANGING OPPORTUNITY," SAID BERNARD CLAY, EXECUTIVE DIRECTOR OF INTROSPECT YOUTH SERVICES, INC. "THESE MINIBUSES REPRESENT MORE THAN TRANSPORTATION; THEY REPRESENT ACCESS, OPPORTUNITY, AND A BRIGHTER FUTURE. WE ARE DEEPLY GRATEFUL TO OUR SPONSOR FOR INVESTING IN THE DREAMS AND POTENTIAL OF OUR STUDENTS."

THROUGH ITS FEDERALLY FUNDED TRIO PROGRAMS AND OTHER YOUTH INITIATIVES, INTROSPECT YOUTH SERVICES, INC. PREPARES FIRST-GENERATION AND INCOME-ELIGIBLE STUDENTS FOR SUCCESS BY PROVIDING ACADEMIC SUPPORT, COLLEGE AND CAREER ADVISING, FINANCIAL AID ASSISTANCE, LEADERSHIP DEVELOPMENT, AND HANDS-ON LEARNING EXPERIENCES. THE DONATED MINIBUSES WILL ENABLE STUDENTS TO VISIT COLLEGES, UNIVERSITIES, TRADE AND TECHNICAL SCHOOLS, PARTICIPATE IN STEM PROGRAMS, AND CONNECT WITH PROFESSIONALS ACROSS A VARIETY OF CAREER FIELDS. INTROSPECT YOUTH SERVICES, INC. EXTENDS ITS SINCERE APPRECIATION, WHICH WILL HELP CREATE NEW PATHWAYS TO HIGHER EDUCATION, CAREER SUCCESS, AND BRIGHTER FUTURES FOR THE STUDENTS AND FAMILIES IT SERVES.



Introspect Youth Services, Inc.



Summer Starts with Opportunity at Introspect Youth Services, Inc.!

Introspect Youth Services, Inc. is excited to kick off an incredible summer of learning, leadership, and college exploration through our dynamic partnerships with local high schools!

This summer, students are participating in Freshman Connection, Exigent, and Math Mania, engaging programs designed to strengthen academic skills, build confidence, and prepare students for success before the new school year begins. Participants will also have the opportunity to explore college campuses, discover career pathways, and gain valuable educational experiences that inspire their future goals.

We are proud to partner with outstanding schools, including:

- Austin College and Career Academy
- Michele Clark Academic Prep Magnet High School
- Collins Academy High School
- Marshall High School
- Steinmetz College Prep
- Crane Medical Prep High School
- Proviso Township High Schools

This is just the beginning! Our students are already taking advantage of opportunities that will help them succeed in high school, college, trade school, and beyond.

Next Stop: ACT Prep! Stay tuned as Introspect Youth Services, Inc. continues to empower students with the tools, resources, and experiences they need to achieve their dreams.

The future starts this summer, and we're just getting started!

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Campus Bound Success Tips



1. Use Your Campus Resources

Take advantage of:

- **Academic Advisors**
- **Tutoring Centers**
- **Career Services**
- **Mental Health Resources**
- **Student Organizations**

2. Get Involved

Students who engage in campus activities often feel more connected and supported.

3. Build Relationships

Introduce yourself to professors, advisors, and classmates early.

4. Ask for Help

Seeking support is a sign of strength, not weakness.



July 2026



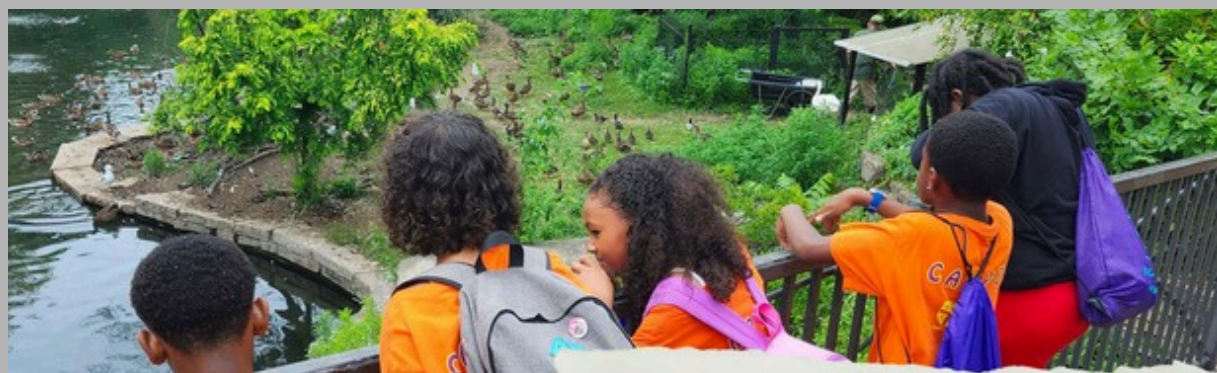
July



- **Summer Enrichment**
- **Community Internship Program**
- **Freshmen Connection**
- **Trunk Giveaway**
- **Giving Tuesday December 1st**

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July 2026



JULY 20-31

SUMMER IN THE CITY DAY CAMP
FOR 8-13 YEAR OLDS **2026**



Summer in the City (SITC), a ministry of St. James Episcopal Cathedral together with St. Martin's Episcopal Church, is a non-residential day camp for 35 campers 8-13 years old from different parts of the city. SITC is an adventure and art camp allowing Chicago youth to discover treasure in their city, themselves, and others.



Free to the Public - Limited space available

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July 2026



SAVE THE DATE



**GIVING
TUESDAY**



December 1st

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July 2026



Stay Connected

**We're updating our email list to make sure you're
receiving the latest news, events, and
opportunities that matter most to you!**

We want to stay in the loop with you!

Visit us at

www.introspectyouth.org