

Option To Success, Inc.

2025 Impact Report

Advancing Healing, Stability, and Opportunity
for Youth and Families Across Kentucky



Letter from the Founder



Kristy Flippins Bartlett

*Founder & Chief Executive
Officer Option To Success, Inc.*

Dear Friends and Supporters,

With gratitude,

Kristy Flippins Bartlett

Founder & Chief Executive Officer

Dear Friends and Supporters,

Reflecting on Option to Success's work in 2025, I am reminded that each number in this report represents a young life impacted through support, stability, and opportunity.

What began as a vision to create a safe, supportive environment for girls in systems of care has grown into a full continuum of care serving youth and families across Kentucky.

In 2025, we served 121+ youth through residential, alternative-to-detention, and outpatient behavioral health services. These services allowed us to meet youth at multiple points of need—providing therapeutic support, life skills development, and pathways toward long-term stability.

We celebrated meaningful milestones, including high school graduations, program completions, and continued engagement with youth and families working toward permanency and independence.

Looking ahead, the development of RISE Campus™ represents the next chapter in our work. This expansion will increase our capacity, create jobs, and strengthen our ability to deliver integrated services from a single centralized location.

I am deeply grateful to our staff, partners, and supporters who continue to believe in this mission.

Together, we are creating spaces where youth can heal, grow, and truly rise



*Every statistic in this report represents
a young life that was stabilized,
supported, and given a second chance.*

Organizational Overview

Who We Are

Who We Are

Option to Success, Inc. is a Louisville-based nonprofit founded in 2012 that provides trauma-informed residential care, behavioral health services, and leadership development for youth and families impacted by the juvenile justice and child welfare systems.



What We Do



Residential
Therapeutic
Care



Wise Women
Alternative to
Detention



Program
Behavioral
Health Services



Creative Arts
& Expressive
Programming

Why It Matters

Youth involved in these systems face significant barriers to stability and opportunity. Option to Success provides structured, trauma-informed environments designed to help youth heal, build life skills, express emotions in healthy ways, and reconnect with their communities.

Our participants gain practical coping strategies to manage stress and emotional triggers, gaining the **resilience** they need to **overcome** daily challenges.

Families report **stronger** communication and **healthier** relationships, with many continuing therapy to deepen their progress.



www.optiontosuccess.org



@optiontosuccessinc



Option to Success Inc

Full Continuum of Care

Option to Success provides integrated services that support youth across multiple levels of need.

In 2025, services included:

- Residential therapeutic care (24/7 structured support)
- Alternative to detention programming (Wise Women)
- Outpatient behavioral health services
- Creative arts and expressive programming

This continuum ensures youth receive consistent, relationship-centered care that promotes long-term stability, emotional wellness, and personal growth.



Creative Arts & Expressive Programming

Option to Success integrates creative arts as a core component of its therapeutic approach, providing youth with safe and structured opportunities to express emotions, process trauma, and build confidence

Program Focus

- Art-based emotional expression
 - Trauma-informed creative engagement
 - Confidence and identity development
 - Positive outlets for stress and behavior regulation
- Impact

Creative arts programming supports mental wellness by helping youth:

- Develop healthy coping strategies
- Improve emotional regulation
- Build self-awareness and confidence
- Engage positively in structured activities

This approach strengthens the overall continuum of care by addressing both clinical and emotional needs.



2025 Impact At A Glance

121+ Youth Served Across Programs

62 Clients Served – Outpatient Behavioral Health

38 Girls Served – Wise Women (2025)

21 Girls Served – Residential Care

1,000+ Therapeutic Hours Delivered

13 ZIP Codes Reached Across Louisville

12 Counties Represented Statewide

- • **3 High School Graduates**

Residential Therapeutic Program

The Residential Program provides structured, trauma-informed care for youth requiring stability, behavioral health support, life skills development, and creative expression as part of healing.

21

girls served

12

Counties represented

480

therapy hours

8

youth family therapy participation

3

high school graduates

2

Extended Care



Individual therapy



Behavioral health treatment



Family therapy



Life skills development



Case management



Education support

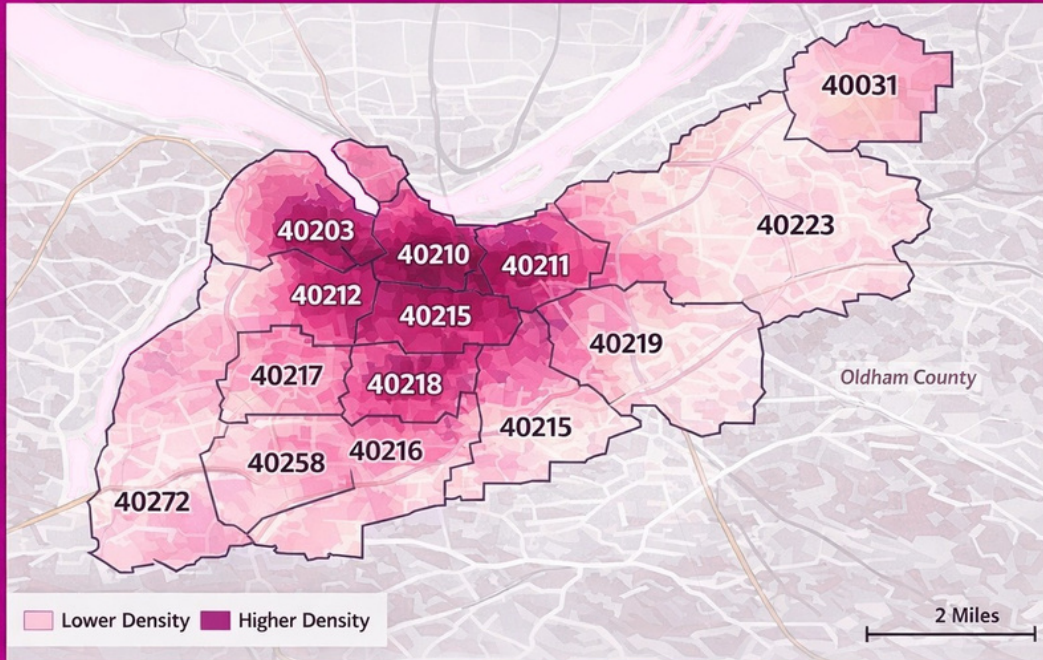


Residential care remains the foundation of Option To Success services.



Communities Where Girls Are Rising

Providing therapeutic support across Louisville's neighborhoods.



Option To Success | 2025 Service Area

Wise Women Program

Schedule

Monday – Thursday
4:00 PM – 7:00 PM

Capacity

20 Girls Per Day

Program length

6 Months



*Kentucky's first and only all-girls therapeutic
alternative to detention program*

Outpatient Behavioral Health Services

Option to Success provides outpatient behavioral health services to support youth and families in community-based settings.

2025 Impact

- 62 clients served
- Services Include
 - Individual therapy
 - Family therapy
 - Case management
 - Behavioral and emotional support
 - Creative arts-informed therapeutic interventions (as appropriate)

These services extend care beyond residential and program settings, ensuring continuity, engagement, and long-term success.



Impact Story

A Full Circle of Support

At sixteen years old, Sara entered Option To Success during a time when she needed guidance, stability, and encouragement to see a future beyond her circumstances.

Through the support of the program, Sara remained focused on her education and successfully graduated from high school. Determined to continue growing, she went on to attend college, carrying with her the lessons and confidence she developed during her time with Option to Success.

Her journey did not stop there.

After completing college, Sara returned to work with Option To Success, becoming part of the very organization that once supported her. Her commitment to helping others reflected the impact the program had made in her life.

Like many young families, life brought new challenges. As a mother working to provide stability for her children, Sara found herself needing support once again.

Today, Sara is a resident at the RISE Campus, where she and her children are receiving the stability, resources, and community support needed to move forward.

Sara's journey represents the very mission of Option To Success — creating systems of care that support youth not just in moments of crisis, but throughout the journey of adulthood and family life.

(Name changed to protect privacy.)

Financial Stewardship

Option to Success continues to expand services while maintaining strong oversight, operational stability, and alignment with a growing continuum of care that integrates behavioral health and creative programming.

Financial priorities include:

01

Responsible program expansion

02

Reinvestment into youth services

03

Workforce development

04

Long-term sustainability



Resources are directed toward programs that create meaningful outcomes for youth and families across Kentucky.

Operational Accountability

- State licensed programs
- Compliance with Kentucky Department of Juvenile Justice standards
- Trauma-informed evidence-based programming

Organizational Stability

- Over a decade of service
- Growing workforce
- Expanding program capacity



RISE Campus:

Expanding the Continuum of Care

Projected Impact

141

Clients Served
Annually

62

New Jobs
Created

Campus features



Therapeutic Residential Housing



Behavioral Health Services



Workforce Development



Life Skills Programming

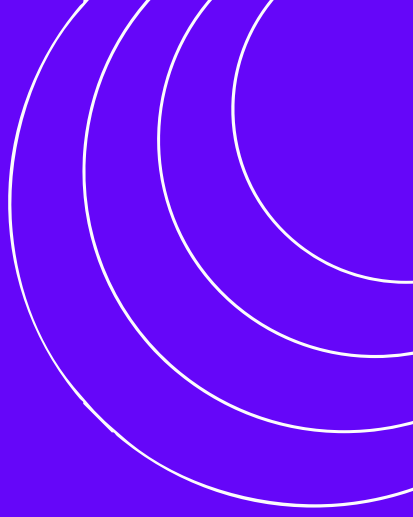


Family Engagement Programming



On-Site Therapeutic Preschool

RISE Campus represents the next phase of Option To Success' commitment to expanding healing, stability, and opportunity for girls and families across Kentucky.



Join the Mission

Option to Success continues to expand its work to ensure youth and families across Kentucky have access to healing, opportunity, stability, and creative pathways for self-expression and growth.

In 2025, we served 121+ youth across a full continuum of care—and we are just getting started.

To support, partner, or learn more about the RISE Campus initiative:



Contact us



www.optiontosuccess.org



Contact

Option To Success, Inc.
Louisville, Kentucky



www.optiontosuccess.org