

Richard Ramos and San Diego's Youth Empowerment Use Vision Boards to Light the Way

Richard Ramos and San Diego's Youth Empowerment use vision boards as practical mentoring tools, shifting at-risk teens from punishment to purpose and goals.

LOS ANGELES, CA, UNITED STATES, December 2, 2025 /EINPresswire.com/ -- Amid California's escalating youth mental health crisis, [Youth Empowerment](#) San Diego, in partnership with leadership expert [Richard Ramos](#), is turning convention on its head, proving that the answer to adversity isn't punishment, but purposeful vision.



Richard Ramos, Parenting Expert

This innovative collaboration places vision boards at the heart of mentor training for at-risk youth, achieving outcomes that go far beyond "feel-good" exercises.

A recent study found that 94 percent of young people across California experience regular mental health challenges, with one-third rating their mental health as "fair" or "poor." For youth facing poverty or the threat of incarceration, imagining a different future isn't just abstract, it's a proven intervention.

That's why Youth on a Mission (YOM), [Richard's](#) worldclass program, makes vision boards a core part of its mentor training. Far from wishful thinking, this practical tool helps young people break cycles of survival, discipline, and exclusion, replacing them with agency, self-worth, and real prospects for success. Mentors go through the same curriculum as their mentees, creating authenticity and a shared language for transformation.

"Vision boards aren't crafts or woo-woo magic, they're powerful blueprints for change in a time of crisis," said Richard, author and founder of Youth on a Mission and Parents on a Mission. "We're equipping young people, often written off by society and even their own families, with the



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By embedding vision board work in both group and one-on-one sessions, Youth Empowerment is helping teens transform setbacks into springboards and move from daily struggle toward meaningful, goal-oriented futures.

Arthur Soriano, CEO and Founder of Youth Empowerment, commented, "My own journey from the gritty streets of East San Diego to the frontlines of social reform wasn't easy, which is why having Richard offer real, practical

support through Youth on a Mission is so powerful. He's not just talking about change, he's creating it. For our young people, this kind of vision-led mentoring can be life-changing, and at Youth Empowerment, we're committed to driving the same kind of transformation."

"Seeing a young person visualize a real goal for the first time, the shift is profound," added a Youth Empowerment leader. "It's a privilege to offer a response that builds opportunity rather than impose discipline or despair. Richard's training provides insight and tools that will make a massive difference in so many lives."

Richard concluded, "Watching the room come alive with ideas, and having feedback that reinforced this conscious way of working with kids works, is my vision for the future of all youths and I am excited to see where this takes communities across San Diego."

Parents on a Mission / Youth on a Mission

Youth on a Mission (YOM) is a transformative global program developed by Richard R. Ramos, author, leadership coach, and founder of Parents on a Mission. Based on the teaching methods of Jack Canfield, creator of Chicken Soup for the Soul, the program equips mentors and youth with tools to build accountability, leadership, and hope for future generations.

Youth Empowerment

Youth Empowerment is a San Diego based nonprofit under the leadership of Arthur Soriano. His organization is dedicated to mentoring at-risk youth through innovative, evidence-based programs that nurture resilience, agency, and long-term success.

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