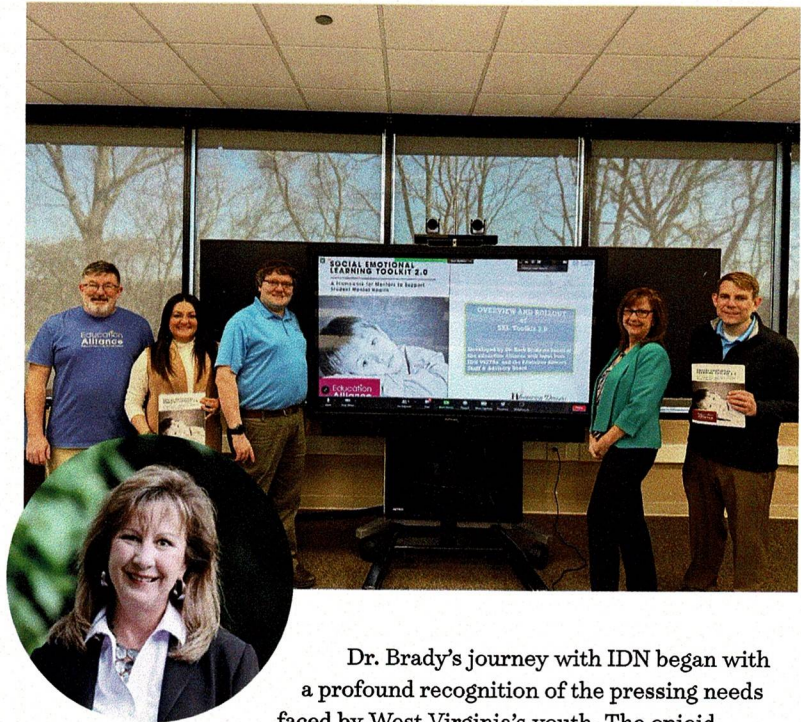


# INSPIRING DREAMS NETWORK

## Dr. Barb Brady's Commitment to Youth Development



In the heart of West Virginia, where the challenges of trauma, poverty, and the opioid epidemic loom large, Dr. Barb Brady stands as a beacon of hope. For the past 5 ½ years, she has been a driving force behind the Inspiring Dreams Network, Corp. (IDN), a nonprofit organization dedicated to uplifting the state's youth impacted by adversity.

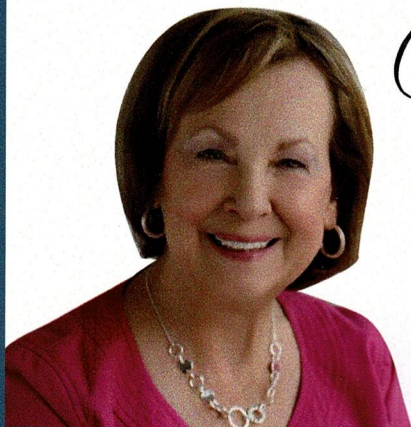
As one of the founding members, Dr. Brady passionately articulates IDN's mission: "To inspire, develop & nurture youth & their network to foster stronger, more connected communities." Through a multifaceted approach, the organization focuses on advancing best practices in youth development, training adult networks, and supporting youth through a comprehensive resource portal.

Dr. Brady's journey with IDN began with a profound recognition of the pressing needs faced by West Virginia's youth. The opioid epidemic and mental health crises demanded a coordinated effort to build a network of trained adults capable of inspiring and engaging struggling youth. Her extensive background as a school counselor and her personal experiences growing up in a challenging environment fueled her dedication to this cause.

In her role as the Executive Director of IDN, Dr. Brady is not only a volunteer but also the driving force behind the organization's operations. From shaping operational guidelines to securing 501(C)3 status, she has been instrumental in bringing IDN to life. "I currently serve as



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the Executive Director on a volunteer basis, only being compensated for some project management and training initiatives," she explains.

Dr. Brady's commitment extends to every aspect of IDN's functioning. She leads monthly board meetings, develops and provides training on youth development, writes grants, manages the website, and spearheads the development of the IDN Youth Development Portal. Her efforts aim to provide a centralized hub of resources and support for youth, families, and adults involved in youth development.

Reflecting on the high number of hours invested weekly, Dr. Brady notes, "I spend at least 30 hours weekly volunteering." Her dedication is a testament to her belief in the transformative power of community engagement and youth support.

For those inspired to join the cause, IDN offers various opportunities. Dr. Brady encourages passionate youth advocates to become involved as board members, committee members, or contributors to fundraising and grant-writing initiatives. Additionally, sharing the link to IDN's resource portal or helping identify best practice resources for positive youth development are valuable contributions.

Dr. Brady's motivation to volunteer with IDN is deeply personal. Having overcome challenges in her own life, she recognizes the profound impact of supportive communities. "I recognized that many youths today have even more struggles than I had, and there is a great need for community support for struggling youth," she shares.

The benefits Dr. Brady gains from her volunteer work extend beyond personal satisfaction. Working alongside like-minded individuals who share her vision for positive change in youth and community development is a source of inspiration. "I get to hear stories about how our work is positively impacting youth," she adds.

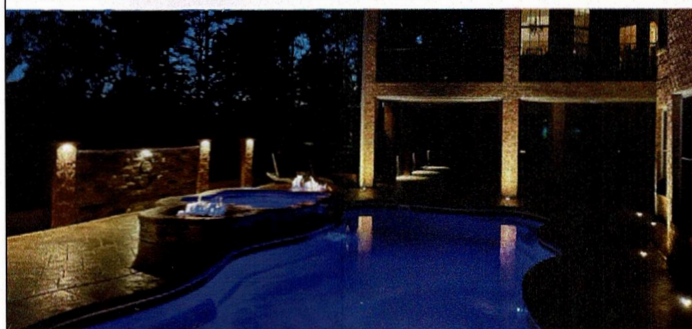
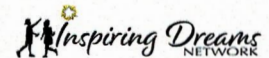
The workshops Dr. Brady conducts, especially "Mental Health 101: Understanding and Taking Charge of Mental Health," allow her to witness the transformative moments in students' lives. "It's nice to see the 'lightbulb' go off and students begin to understand how they can take charge of their emotions and behavior and build good mental health," she remarks.

Dr. Brady's commitment to community development extends to her neighborhood, in Hurricane's Bloomingdale subdivision, where she has lived for the past 10 years. The festive spirit, friendly neighbors, and a strong sense of community make it an ideal place for her and her husband, Rich. Their home is often filled with the laughter and energy of their combined five children and ten grandchildren.

Rich, too, is actively involved in IDN, utilizing his skills to design the website and create promotional videos for training events. The entire family, including their children, cheers them on, shares events and resources, and takes pride in the impactful work done through IDN.

As Dr. Brady looks ahead, she invites community members to join IDN's efforts. "We invite community members to reach out to us to get involved in our work," she says. The IDN landing page serves as a gateway for those willing to contribute to a brighter future for West Virginia's youth. You can visit the website at [www.inspiringdreamsnetwork.org](http://www.inspiringdreamsnetwork.org)

Dr. Barb Brady's journey with IDN embodies the transformative power of dedicated individuals coming together to create a positive impact on the lives of young people. Through her leadership and the collaborative efforts of the IDN team, they continue to inspire, develop, and nurture the youth of West Virginia, fostering stronger, more connected communities.



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