



Empowered Monthly

CEF Info Session on Teen Homelessness

On January 25th, our Executive Director, Renee Curry, presented on Youth Homelessness and Mental Illness trends in Los Angeles County at the LA County Probation Department's Field Directors Meeting. Mrs. Curry represented CEF as a provider of ongoing youth centered mentorship services throughout LA County. She shared observations and program outcomes from CEF's Youth Trauma Intervention Initiative with LA County Directors and Bureau Chiefs offering insight on identifying stigmas and characteristics of mental health and homelessness related needs. The discussion provided an opportunity to strategize



new implementation of service demands for youth in need of housing and mental health resources.

According to the LA Coalition To End Youth Homelessness, 60-80% of the homeless youth in LA County have prior involvement in the child welfare, juvenile justice or criminal justice systems; additionally, as measured by Alliance for Children's Rights, 50 percent of youth who age out of foster care end up homeless or incarcerated. Mrs. Curry presented the option of direct mentorship services for youth experiencing the anxiety of instability and re-

peated re-location. Homelessness is a trauma. Attendees left more informed of the signs of homelessness and intervention methods.



February

- CEF website relaunch
- DCFS class begins for trauma identified youth at Central JH
- Youth Trauma Intervention Mentorship group, Tuesdays 3:30-4:30pm
- Songs of Our Fathers (Fatherhood) group, Tuesdays 6:00-8:30pm
- Outpatient Mental Health/ Hospital Trauma Center Youth Sessions

March

- Trauma-Informed Care training
- Random act of Kindness Competition
- Back on Track: Girl mentor group launch for girls at-risk for school truancy

Interested in **mentoring** or **volunteering**?

Use your Power to Empower

and contact us!

855.299.9270

CEF Mentors Work with Homeless Youth

It is appropriate to assume that 14 year-old teens are seated in school classrooms on weekdays during the school year but in 2015, the Los Angeles Homeless Services Authority identified over 6,000 homeless teens throughout Los Angeles County. Last month, our CEF mentors met with several young girls who described different scenarios of daytime activity. One 14 year-old girl described creating a day-sleep routine so that she could be alert at night, to lower the possibility of sex trafficking and victimization. She described stress-riddled sleep over a nine month period in designated sheltered and unsheltered "hot spots" (seen in photo) to protect herself from predators.

Through CEF's YouthTrauma Intervention Initiative, our mentors and special guests work with youth weekly to serve homeless identified and DCFS eligible youth in Los Angeles County Districts. We also provide mentorship support services to youth referred through our mental health outpatient center partners and affiliates. Mentors provide follow up assistance to their existing benefits and services; skill based activity engagement; participation in educational systems and independent skill resources. Through our mentoring program, CEF mentors and facilitators use empathetic listening and engagement to identify solutions and provide the best strategies for service planning.



Youth affected by homelessness and youth at-risk of home insecurity are also vulnerable to other serious traumas. Our CEF mentors work to help increase their opportunities for higher education, teach healthy lifestyle skills and support character development. CEF expects to serve over 70 homeless identified youth in 2016. We are awarding 3 college scholarships to this population.



Holiday Event Benefit & Mentor Workshop

A top American Idol competitor, Jacob Lusk, and CEF mentors spent time with LA County Probations' DCFS eligible girls ages 13-18 at our Annual Holiday Benefit in December. These young girls face obstacles beyond their years that are made more turbulent when they are without guidance or housing security. During the event, girls expressed their desire for mentors who have consistency and the commitment to build trust. Toiletry bags were provided by Whole Foods and Music Is Unity, and the girls enjoyed baked goods while they entertained each other with spoken word and song selections.

Surrounded by CEF mentors and friends, the girls had the freedom to act their age and experience childhood.

Mentors demonstrated resilient behaviors and taught empathetic skills through engaging participants in games and laughter. The CEF team is scheduled to return to this group in February 2016 to start group mentoring classes.



Dale Henry Joins CEF's Board!

Dale Henry, EdD Curriculum Advisor: a special needs teacher for 8 years with a master's degree in special education and a doctorate of education from USC, Dale joins the CEF Board after tirelessly working at Central Juvenile Hall for 4 years with a continuing passion to help those in difficult circumstances become agents of positive change

Thanks to our 2015 newest mentors and volunteers:

- Erika Tucker
- Sara Kang
- RoShaun Ulmer-Windham
- Regina Husman
- Trinity Bailey-Lewis
- Casey Nguyen
- Caroline Johnson
- Latonya Sampson
- Deborah Lewis
- Tamika Hunter

CEF is Happy to Sponsor...

Miss Beach Cities & Miss Malibu Coast
FEBRUARY 14, 2016 | 5PM
EL SEGUNDO PERFORMING ARTS CENTER

MEET OUR 2016 CONTESTANTS

Miss Southern Coast
FEBRUARY 14, 2016 | 5PM
EL SEGUNDO PERFORMING ARTS CENTER

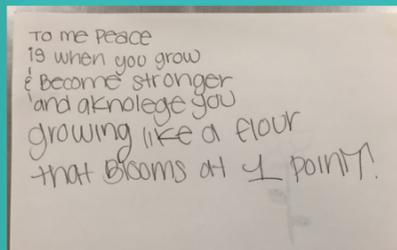
MEET THE 2016 CONTESTANTS

Miss Beach Cities, Miss Malibu Coast and Miss Southern Coast Pageant on February 14th. www.missbeachcities.org

CEF appreciates our Sponsors



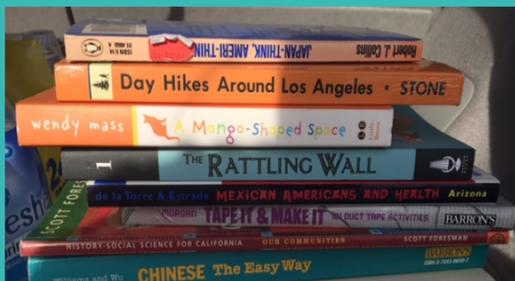
What We've Been Up To



Mentee sharing ideas about peace



Optimistic future discussion and role-play.



Personal Library development for mentees



Group mentoring class, Los Angeles

Trauma Resiliency & HIRI

The CEF staff recognizes the value Dr. Ann Noltz brings to trauma recovery from her ongoing research with the Headington Institute. In the first year of CEF's Youth Trauma Intervention Initiative, we knew the central role resiliency would have to play in providing youth with effective recovery. Yet, resilience is very vague. Dr. Ann Noltz, Neuropsychologist & Research Scientist, and her team have discovered factors critical for resilient individuals and have coined it the Headington Institute Resilience Inventory (HIRI). CEF's service model for resilient behaviors aims to stimulate healthy quality of life messages, habits, and commitment in children who are underperforming after trauma. CEF strongly supports research efforts to end the severity of impact and triggers experienced in children after their exposure to an unfortunate event.

Source: Headington-Institute.org

Past Events

- CII Trauma-Informed Care 2015 Conference
- Human Trafficking Awareness Training
- Mentoring Training Preview (Broken Child Screening)
- Crime Victims Service Providers Roundtable
- Holiday Benefit Workshop

CEF Mission

To provide culturally sensitive support systems to build and sustain healthy lifestyles.

"None of us arrive until all of us arrive."

-Dr. Sharon Rabb,
CEF Founder

Connect With Us



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