

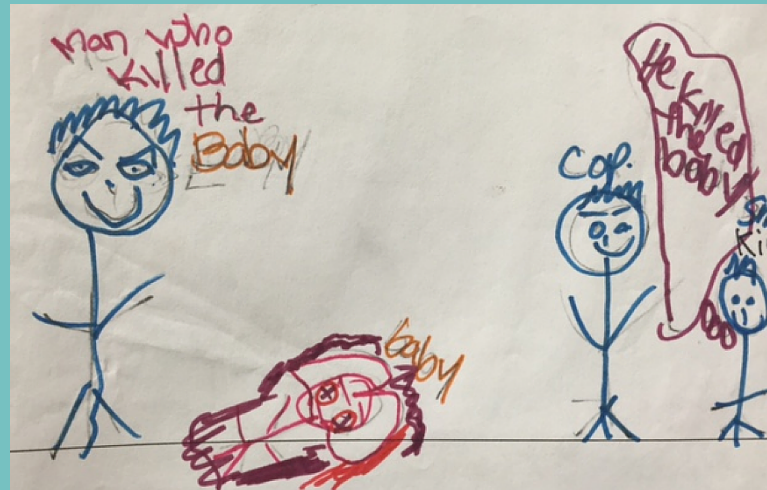
CENTER FOR THE EMPOWERMENT OF FAMILIES



The Family Fourm

Youth Trauma Intervention Initiative

In 2013, Center for the Empowerment of Families provided curriculum services to 580 male youth offenders, ages 13-17, at a Los Angeles County juvenile hall facility where 95% of the participants expressed experiences and symptoms of untreated chronic and complex trauma. Inmate feedback from intake interviews, journaling sessions and illustration activities showed evidence of their own victimization, neglect and abandonment, unexpected loss of a loved one, domestic violence, torture, and evidence of their witnessing homicidal events.



growing up I never seen
my parents happy.
and everytime they
would fight it would affect
me and I never wanna
put my son in that
position that I was
in once.

MY STEP FATHER TOOK SOMETHING THAT WAS
VERY SPECIAL TO ME AND I WILL NEVER GET IT
BACK. THEN MY MOM HURTS ME TIME AND TIME AGAIN,
I MEAN IF I CAN'T TRUST FAMILY NOT TO HURT AND
DECEIVE ME HOW COULD I TRUST ANYONE ELSE IN
THE WORLD. EVERYBODY I TRUST EITHER LEAVES ME OR

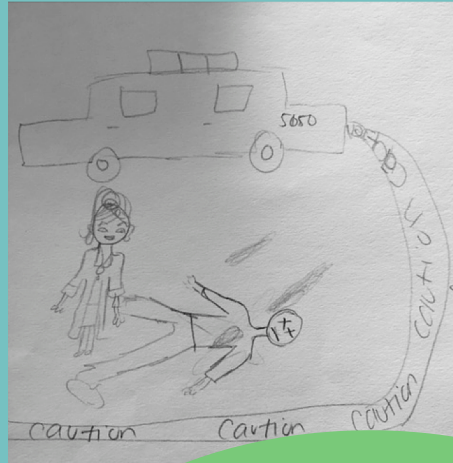
Youth Trauma Intervention Initiative

--83% of the youth offenders in our program reported exposure to dangerous and life threatening events.

--Juvenile offenders in our program reported posttraumatic stress that included hypervigilance symptoms [high responsiveness to stimuli, obsessive behavior patterns, difficulties with social interaction and relationships] resulting from a traumatic event.

--Long-term effects of juveniles affected by untreated traumatic events are recidivism, brain development problems, increased murder and violent crime acts from retaliation.

--In our work with minors who are tried as adults because their crimes are determined inappropriate for the juvenile justice system, 98% youth self reported exposure to traumatic events without proper intervention and were not first time offenders.



Me: You locked me in a closet and abused me and you let your son abuse me..

Them: I did it because you were weak, too happy, and I needed to take my anger out on you.

--Anonymous, LA County Juvenile

Youth do not know how to articulate mental health needs, and most youth cannot identify positive role models to help with traumatic experiences. There is also a cultural barrier and stigma to reach out for mental health contributing to their lack of coping skills in dealing with traumatic experiences.

Our program consists of trauma informed mental health services provided to youth throughout Los Angeles and San Bernardino Counties. Eligible survivors are partnered with culturally sensitive and trauma informed trained licensed clinicians for therapeutic services free of charge.

THE INSIDE SCOOP

Center for the Empowerment of Families (CEF), a 501(c) 3 organization, is a community-based organization that serves as the voice of the voiceless for some discarded populations. For others, CEF serves to turn up the volume. We welcome and are humbly proud to partner with community-based organizations whose missions resonate with empowering those individuals, families, as well as communities rendered and perceived as powerless. CEF and our collaborative community partners are working to improve resilient behaviors and lower acts of violence caused by trauma-affected youth; reduce juvenile recidivism, guide young fathers in becoming empowered Dads as well as encourage teens and young girls to have fulfilling lives.



SONGS OF OUR FATHERS

“This class help me to be a better young father.”—Anonymous, LA County Juvenile Hall

“Forgiveness, to understand that I am not the only one in the picture.”—Anonymous, CRC

“This class help me to learn a lot about myself and my baby. I know how to calm her down and why she cries. Now I am more confident. I did not want to hold her, now I do.”—Anonymous, LA County Juvenile Hall

CHARACTER EDUCATION

How will you use the skills learned:

“To have patience. Not to be so stubborn and selfish.”—Patrick, CRC



“I can more easily avoid situations that would normally get a rise out of me.”—Michael, CRC

“Think before ‘Acting.’”—Alma, SHIELDS for Families



Words matter and a few carefully placed ones can mean a worlds worth of a difference in the lives of youth who have no empowering place, person, or words to turn to when they feel down and out.

—Roz Freeman, Board Director



OUR FOUNDER

"...there is much work to be done for we know that none of us have arrived until we all arrive—and so our advocacy for healthy families continues..."

--Since 2011, CEF has had a 48% average increase in classroom attendance per class.

--CEF's WoMentoring program provides professional mentorship to over 130 teen girls annually with our community partners.

--80% of the juvenile youth in our curricula report that they have better coping skills when dealing with trauma, anxiety, and depression.

--In 2014, 95% of CEF Character Education and Fatherhood program participants reported "improved optimism" and "resilient behaviors" after program completion.

CEF is a grassroots organization that was founded in 2006 by the late Dr. Sharon Jacques-Rabb, a Clinical Psychologist and Licensed M.F.C.C., educator, lead pastoral counselor, and a guest speaker at various conferences and workshops. Dr. Rabb's purpose and part of CEF's mission is to address the problem of the disintegration of the family.

Because of Dr. Rabb, CEF is able to provide services to neglected and traumatized victims in underserved communities and develop leaders to empower disenfranchised populations by eradicating the silence, shame and stigma that destroys lives of marginalized groups.

CONNECT

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EVENT SPOTLIGHT

--WoMentoring Holiday Boutique--

The new and young mothers at Thomas Riley High school received mentorship and living essentials for the holidays.

--Songs of our Fathers Kick-back--

Since 2012, CEF has helped young fathers walk the road of responsible fatherhood and celebrating their progress.

--Concerts Under the Stars--

2015, CEF's 9th annual fundraiser supporting our services. This year benefited our Trauma Intervention Initiative.