



# 29 Facts about FCR, Childhood Trauma & How Your Support Helps Children Heal

# 29 Facts

**Family and Community Resources** is dedicated to serving individuals and families whose lives are impacted by trauma including violence at home, school or in their community.



# 29 Facts

FCR serves children, adolescents, adults and families from over 70 communities throughout Massachusetts.



# 29 Facts

FCR was first established as Youth Resource Bureau by a group of Brockton residents concerned with helping at-risk youth in 1968.



# 29 Facts

1977- The group was incorporated as Brockton Family and Community Resources, Inc.

2010 - Name officially changed to *Family and Community Resources, Inc.* to reflect the expanded geographic area served





# 29 Facts

1978 – FCR is licensed by the Commonwealth of Massachusetts as a **Mental Health Clinic**





# 29 Facts



In 1991 FCR opened the first Supervised Visitation Center in Massachusetts for non-custodial parents to visit their children in a safe, neutral setting

# 29 Facts

In 2019 FCR served  
over  
2,300 clients



# 29 Facts

An estimated 15.5 million children worldwide live in a household where violence has occurred at least once in the last year.





# 29 Facts



FCR's *Child Exposed to Domestic Violence Program (CEDV)* is designed for children ages 2½ to 17 years old who have witnessed violence in their home, school or community.



# 29 Facts

*The goal of the CEDV program is to help children develop language that will allow them to express their feelings and process traumatic events so they can begin to heal.*

# 29 Facts

Masters-level, licensed clinicians in the CEDV

- Conduct individual and group therapy sessions in a safe, friendly and nurturing environment.
- Provide advocacy to children and adolescents





# 29 Facts

## FCR Advocates

- Work with school and other youth service organizations to increase their understanding of and ability to care for traumatized youth.



# 29 Facts



The most recent *National Survey of Children Exposed to Violence* found that 57.7% of children in the US experienced at least one exposure in the previous year.



# 29 Facts

Last year FCR  
worked with over  
60 children in the  
CEDV program

&

Served over 700  
families in our  
Visitation  
programs.



# 29 Facts

## WHAT ARE ACEs?

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years).



# 29 Facts

*The three types of ACEs include*

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



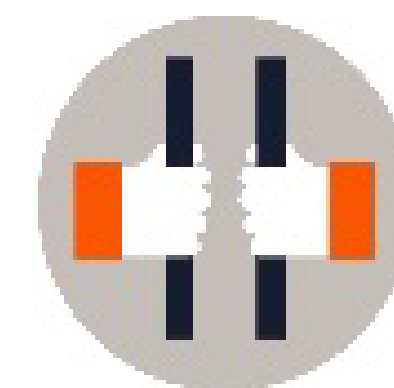
Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

# 29 Facts

Out of 17,000 ACE study participants,

- 64% have at least 1 ACE
- 12.4% have 4 or more ACEs



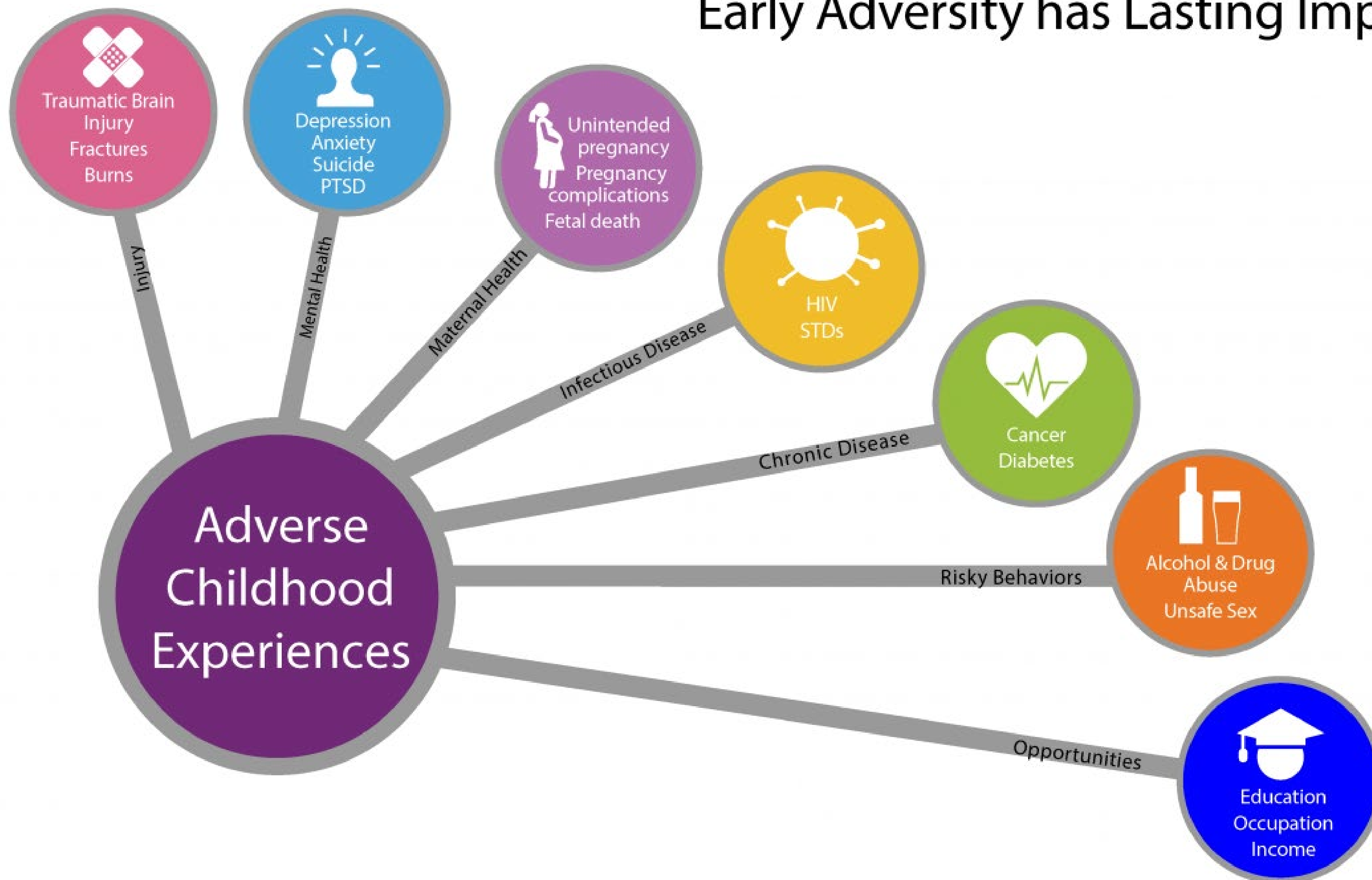
# 29 Facts

The risk for negative health and behavioral outcomes increase when the number of ACEs increases.

# 29 Facts

## ACEs 101

Early Adversity has Lasting Impacts





# 29 Facts

Children who witness violence are 4 times more likely to perpetrate violence as an adult, creating a vicious cycle.

# 29 Facts

2020

FCR launches Children's Trauma Group

An educational weekly support group for children who have experienced trauma





# 29 Facts

*Did you know:*



**Group therapy** can build self-confidence and assertiveness and empower kids to sidestep negative peer pressure.

It can also equip kids with the tools they need to process and manage negative emotions and work through stress and anxiety.

# 29 Facts

*Children recover from witnessing or experiencing domestic violence or abuse*

- through the help of a good support system,
- developing high self-esteem,
- healthy friendships &
- healthy ways to deal with emotions.



# 29 Facts

With Your Support for FCR's

Child Exposed to Domestic  
Violence Program

We can help children  
exposed to trauma and  
violence feel safe &  
supported and help them  
learn healthy ways to deal  
with their emotions &  
memories as they mature.

