29 Facts about FCR, Childhood Trauma & How Your Support Helps Children Heal
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.
FCR serves children, adolescents, adults and families from over 70 communities throughout Massachusetts.
FCR was first established as Youth Resource Bureau by a group of Brockton residents concerned with helping at-risk youth in 1968.
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
1978 – FCR is licensed by the Commonwealth of Massachusetts as a Mental Health Clinic
In 1991 FCR opened the first Supervised Visitation Center in Massachusetts for non-custodial parents to visit their children in a safe, neutral setting.
In 2019 FCR served over 2,300 clients
An estimated 15.5 million children worldwide live in a household where violence has occurred at least once in the last year.
The 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. Masters-level, licensed clinicians assess and evaluate youth and conduct individual and group therapy sessions in a safe, friendly and nurturing environment. Clinicians also provide advocacy to children and adolescents and work with school and other youth service organizations to increase their understanding of and ability to care for traumatized youth. Our goal is to help them develop language that will allow them to express their feelings and process traumatic events so they can begin to heal.
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
FCR Advocates

- Work with school and other youth service organizations to increase their understanding of and ability to care for traumatized youth.
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.
Last year FCR worked with over 60 children in the CEDV program & Served over 700 families in our Visitation programs.
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
- Incarcerated Relative
- Mother treated violently
- Substance Abuse
- Divorce

www.cdc.org
Out of 17,000 ACE study participants,
• 64% have at least 1 ACE
• 12.4% have 4 or more ACEs
The risk for negative health and behavioral outcomes increase when the number of ACEs increases.
29 Facts

ACEs 101

Early Adversity has Lasting Impacts

Adverse Childhood Experiences

- Traumatic Brain Injury
- Fractures
- Bums
- Depression
- Anxiety
- Suicide
- PTSD
- Unintended pregnancy
- Pregnancy complications
- Fetal death
- HIV
- STDs
- Cancer
- Diabetes
- Alcohol & Drug Abuse
- Unsafe Sex
- Education
- Occupation
- Income

www.cdc.org
Children who witness violence are 4 times more likely to perpetrate violence as an adult, creating a vicious cycle.
2020
FCR launches Children’s Trauma Group
An educational weekly support group for children who have experienced trauma
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.
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.