

# Family Nurturing Center

*Ending the cycle of child abuse.*

## WHAT WE DO

The mission of Family Nurturing Center is to end the cycle of child abuse by promoting individual well-being and healthy family relationships. We envision a world with safe children, thriving families and nurturing communities, and offer a full range of evidenced based prevention and treatment services to make that dream a reality for our region.

### GUIDING PRINCIPLES

We help create a world where children live free of all forms of abuse and violence through a full range of prevention and treatment programs.

The entire community is needed to protect children. Family Nurturing Center is a leader in educating the community about its role in supporting a nurturing environment for all families.

Families play a critical role in promoting individual well-being and healthy relationships. Our family based services create the greatest opportunity for lasting change.

Children's well-being is an adult responsibility. Permanent cultural change in the way a community prevents and responds to child abuse occurs by educating adults and empowering individuals. Committing time and resources to do this is an investment in a better future.

## WHAT SETS US APART

For nearly 40 years, Family Nurturing Center has been at the forefront in providing quality, innovative and effective child abuse prevention, education and treatment services in the Greater Cincinnati region. We annually serve more than 30,000 children and families impacted by abuse and neglect.

Perhaps you've heard the phrase 'Culture eats strategy for lunch.' At Family Nurturing Center, we take that a bit further. In fact, in many ways, **culture is our strategy**, or at least a critical component. Because investing in our staff isn't just the nice thing to do, it's the right thing to do – for our staff, for our clients, and ultimately, for our mission. The work we do with children and families is critical, and the skill of the staff member directly impacts successful outcomes for the people that we serve.



**Trauma Informed Approach** is a treatment framework that involves understanding, recognizing and responding to the effects of all types of trauma. All Family Nurturing Center employees including clinical, administrative and support staff are trained on trauma informed care. We recognize the impact that trauma can have on an individual, a family and even a community. More than a change in language, it's a change in attitude that engages clients as partners in their

healing. Being trauma informed goes beyond the evidence based interventions that clinical staff use; it's a 360 degree effort to infuse this principal in all levels of our work, from the front desk to the paperwork and everything in between. It's embedded into performance expectations and evaluations, and an intentional part of supervision. And while there are tangible practices and skills associated with trauma informed care, it's also a philosophy and framework that guides our decision making, communication and interactions with clients, one another and the community at large. In short, Trauma Informed Approach is both art and science.

**Trauma Informed Approach** is more than the latest buzz word; it's a paradigm shift that at its most basic level, moves us from asking **'what's wrong with you'** to **'what's happened to you.'**

## HOW WE DO IT

Family Nurturing Center provides a comprehensive array of child abuse prevention and education programs and treatment services designed to help children and families in Greater Cincinnati and Northern Kentucky. Current services include:

- **Nurturing Parenting Program:** Family-based parenting education programs proven to help families develop healthier, stronger relationships. A variety of curricula are available including programs for parenting infants and toddlers, school age and adolescent children, as well as the Nurturing Fathers program.
- **Child Abuse Treatment Services:** Specialized, trauma-responsive therapy for child victims of abuse and their non-offending family members, as well as adult survivors of childhood abuse, including physical, sexual, emotional, neglect and witnessing domestic violence. Services include individual, family and group therapies using evidence based interventions.
- **Kids on the Block:** Child abuse education and awareness program using life-size puppets in local elementary schools and community events. This free traveling puppet troupe gives children the tools they need to recognize, resist and report child abuse. Performances are available that address child abuse (including physical abuse, sexual abuse and neglect) and bullying/peer abuse/school safety.
- **S.O.A.R.:** (Survivors of Abuse Recovery) A 12-week program serving adults who experienced childhood sexual abuse. Individual therapy for adult survivors of abuse is also available.
- **Stewards of Children:** Public education program designed to educate adults on how to prevent, recognize and respond to child sexual abuse. The curriculum employs a video format and professionally led instruction and discussion to educate and empower adults to protect children.
- **Visitation Program:** Supervised visitation services facilitate regular, positive interactions between parents and children who don't live together and have an open case with the child welfare system in Hamilton County. Degreed and trained program staff are trained to facilitate visits using evidence based practices including trauma responsive care, Child Adult Relationship Enhancement, Motivational Interviewing and Nurturing Parenting.



- **Specialized Counseling and Parent Enrichment Services:** Through partnerships, special funding and contracts for services, counseling for on site therapy services for clients of the YWCA and Women Helping Women. Parenting services for combined parent child cognitive behavior therapy to clients involved with the Ohio child welfare system, and launched a therapeutic Parent Enrichment Program in 2018.
- **Professional Trainings:** Variety of specialized trainings to help other professionals gain skills and competencies in working with children, adults and families. Fee based trainings include: Nurturing Parenting Program, Engaging Fathers, Trauma Informed Care, Trauma Informed Supervision, Child Adult Relationship Enhancement and more.

## WHO WE SERVE

Families typically live in Boone, Campbell, Grant and Kenton counties of KY and Hamilton County, OH. However, since Family Nurturing Center provides the only service of its kind in the region, we do get referrals from Clermont, Butler and Warren counties of Ohio, and Pendleton, Gallatin and Owen counties of Kentucky and Indiana.

*Family Nurturing Center does not restrict participation based on income or residence.*

While child abuse impacts individuals of all socio-economic backgrounds, the majority of our clients do fall below the federal poverty guidelines. These individuals are less likely to have access to other resources, and may be referred through other systems.

## HOW WE INVEST



Expenses	FY 17
Program services	
Children's services	\$2,297,770
Community education	\$ 160,084
Nurturing services	\$ 370,908
<b>Total program services</b>	<b>\$2,828,762</b>
Supporting services	
Management and general	\$343,820
Development	\$136,207
<b>Total Expenses</b>	<b>\$3,308,789</b>

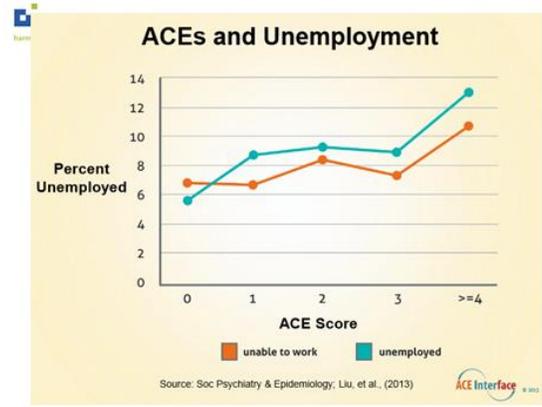
## WHY IT MATTERS



Child abuse is a public health problem with far reaching implications. The statistics are staggering: **1 in 10 children will be sexually abused** by the time they reach 18. Most will never tell. Researchers estimate that as many as 85% of child sexual abuse cases are never reported. And while the rate of physical abuse and neglect far exceeds the rate of child sexual abuse, it too is underreported.

Local statistics validate these figures. Recent reports indicate that child abuse **reports have increased 55%** over the last four years in Kentucky. Hamilton County Job and Family Services received over 67,547 calls to its 241-KIDS child abuse reporting hotline in 2017, and served more than 20,000 children through the child welfare system.. Local officials report a worrisome increase in the need, driven in part by the heroin crisis that is so prevalent in our region. More children are taken into care, and reunification is more challenging because of the relapse rate involved with this epidemic.

**Child abuse** is related to **negative impacts** on **income, education** and **health**. The well respected Adverse Childhood Experience Study (ACE) provides evidence of the lifelong impact of abuse, along with other chronic or acute negative childhood experiences. For example, adult victims of child abuse have higher healthcare utilization, report higher health concerns and have a greater rate of chronic but non life threatening conditions as well as more serious medical conditions, including, cancer, heart disease and stroke. Individuals with a high ACE score have higher rates of depression, obesity, substance abuse and anxiety disorders. Adults who report three or more ACEs are more likely to experience **periods of unemployment**, and less likely to graduate high school which **impacts career choices** and **lifelong earning potential**.



**As separate issues, they are problematic, but taken together, children who experience abuse and other risk factors impact individual potential as well as overall community health and success, contributing to cycles of abuse, poverty, and other negative outcomes.**

## MAKING A DIFFERENCE

Family Nurturing Center uses evidence based models for measurable impact on children and families. During FY18, we served more than **31,000** individuals.

**407** individuals served in our Nurturing Parenting programs, with **89%** of parents who used corporal punishment prior to groups reported practicing alternative forms of discipline at completion.

**467** individuals served for child abuse treatment service, with **96%** of children completing individual counseling demonstrated improved coping skills.

**2,329** adults trained on how to prevent and respond to child sexual abuse in the Stewards of Children training.

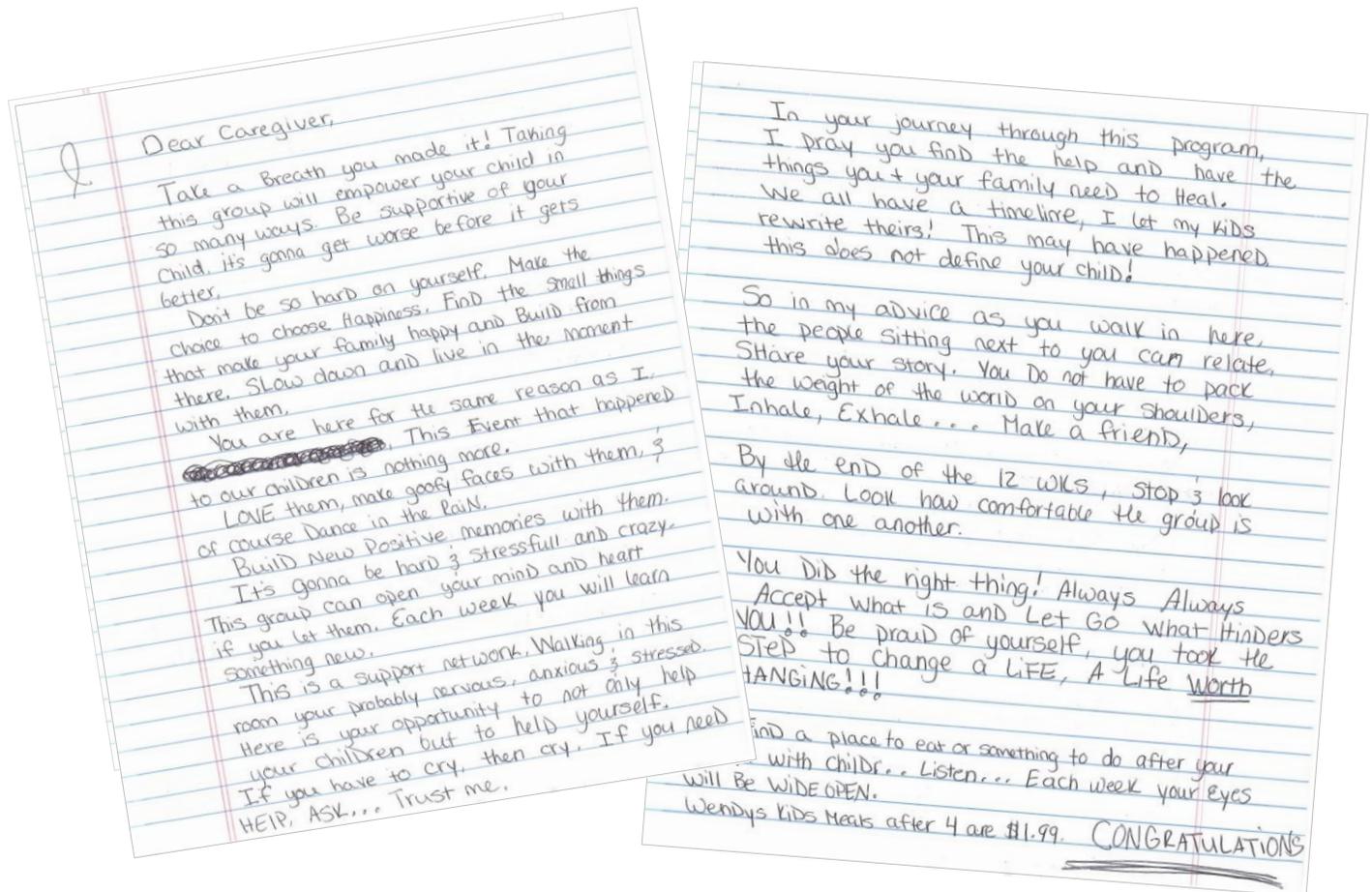
**2,418** individuals served in Visitation program through **11,992** on and off site visits.

**22,676** children were educated on how to recognize, resist and report abuse through the Kids on the Block puppet show with **99%** of their **2,243** teachers stating the program was helpful.



## WHAT OUR CLIENTS SAY ABOUT US

At the completion of a 12-week Child Abuse Treatment Services group, parent participants are asked to write a welcome letter for the next round of incoming group members. Their honest words of anxiety, fear, and apprehension when first attending the group transition in real life time into positive attitudes and the realization that they can help their child and themselves become nurturing families.



## WHAT YOU CAN DO TODAY

- Tell two friends about the information you just read about in this document.
- Take two hours out of your day to learn how to protect a child from abuse by taking a Stewards of Children training.
- Like, follow and share Family Nurturing Center's social media accounts on Facebook and Twitter.
- Reach out to a struggling family in need and show compassion, instead of judgement.
- Talk to your child about sexual abuse. *No matter how uncomfortable it makes you feel.*



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