

# THE Advocate

TRAUMA. HEALING. RECOVERY.

FALL 2022 ISSUE

## Dear Friends

October 10th is World Mental Health Day and its objective is to raise awareness and mobilize efforts in support of mental health.

This is especially important as we look across the communities of New Mexico after the pandemic, which has made access to mental and behavioral health more burdensome for many who need it the most.

Our state is once again ranked 50th in the nation for child welfare and we at All Faiths Children's Advocacy Center know all too well what resources are needed – yet often missing – for families to raise themselves from poverty and trauma, and to be able to provide a safe environment for their children.

As we look at the data for mental well-being, a sad picture is drawn for the present state of New Mexico's children. All Faiths holds a valuable piece of our collective future because we use a holistic approach to work with families – engaging not only the child, but also their caretaker in therapy and case management services. This family wellness approach builds on the strengths of the family as a unit and enables them to rise to meet their challenges, emerging stronger and ready to become self-supporting and self-sufficient.

Our approach is unique and essential because it **empowers both child and parent** – setting them on a path of healing and recovery from trauma.

Innovative ideas don't come with built-in reimbursements, and each year, we must raise \$1,000,000 to support this program alone. Your support has direct impact on our ability to offer comprehensive services and this is where you and all our supporters have been indispensable, responding to this great need – to ensure that our clients, over 2500 of them each year, continue to have access to this program. We couldn't do it without you.

As World Mental Health Day approaches, I would like to thank you all for doing your part to make certain that our communities aren't forced to go without the services they so desperately need.

With gratitude,

*Krisztina* Krisztina Udvardi, Chief Executive Officer



**IMPACT: We served 2,473 children and families this year.**

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### VOLUNTEER SHOUT-OUT



Cyanne offers her time, talent, and treasure serving as the Board of Directors Vice-Chair as well as a member of the Noche Azul and Human Resources Committees. She works as the Director of Advancement for the Notah Begay III Foundation. She is from the Pueblo of Sandia where she resides with her family. Thank you Cyanne for advocating for the children and families we serve!

# Family Wellness Program: Healing the Whole Family

Our Family Wellness Program offers children and their families the support needed to heal from their current and past traumas through a variety of services.

Trauma can be emotional, physical, and sexual abuse, domestic violence, substance abuse, household mental illness, parental separation/divorce, incarceration of a household member, and emotional or physical neglect. Trauma has no boundaries with regard to age, gender, socioeconomic status, race, ethnicity, or sexual orientation.

Our Family Wellness team consists of master's level therapists and clinical social workers who provide evidence-based, trauma-informed Behavioral Therapy, Case Management resources and High Fidelity Wraparound services. Comprehensive Community Support Services are also available to children and families through Medicaid insurance. We work with each family to determine the best treatment options drawing upon a range of treatment modalities based on individual circumstances.

We know that childhood trauma can have long term impacts on behavioral health and chronic health conditions, but we also know the consequences of childhood trauma can be prevented. All Faiths Children's Advocacy Center offers a path towards healing and recovery from childhood trauma.

## THE THERAPY

Individual, family and group therapy are offered using the following techniques:

- **Trauma Focused Cognitive Behavioral Therapy**
- **Neurosequential Model of Therapeutics which emphasize the impact trauma on brain development,**
- **Self-regulation and overall functioning**
- **Child Parent Psychotherapy**
- **Use of play techniques, sand tray therapy, art therapy and music therapy**
- **Nurturing Parenting Model**
- **Treatment of youth who have caused sexual harm**
- **Circle of Security Model**
- **Nurtured Heart Approach**

## CASE MANAGEMENT

Case Management is the coordination of services to provide support for people experiencing frequent setbacks and challenges. Case Management helps to eliminate stressors and provides skills-based knowledge to help clients learn how to navigate complex systems to meet their needs as they recover from trauma. Our goal is to sustain healing that begins in our care and lasts long after they leave our services while working to prevent future Adverse Childhood Experiences (ACES).

Case Management supports are critical because, after exposure to trauma, people experience a surge of stress hormones in the body that don't go away. Continued exposure to stressors such as domestic violence, food scarcity, homelessness, lack of access to transportation, and legal issues continue to release stress hormones and compound the adverse effects they have on the body. Our trauma-informed service providers can support clients as they address any or all of the following areas:

- **Academic Success Support**
- **Financial Independence Support**
- **Legal/Court Support**
- **Life Skills/Self-Care Development**
- **Natural Support Development**
- **Parenting Support**
- **Safety/Crisis Support**
- **Transportation Support**
- **Service Coordination**

## HIGH FIDELITY WRAPAROUND

High Fidelity Wraparound services are available for children and youth experiencing serious emotional issues. This is a clinically guided approach to creating natural supports around children and youth who have experienced severe trauma. The High Fidelity Wraparound approach is driven by the youth's vision and needs. It puts the child or youth in the driver's seat while we build their support system to create lasting change.

Our team is guided by a set of values that results in a high quality level of care, which includes collaboration, cultural and linguistic humility, a holistic approach, individualized plans, natural supports, normalization and perseverance.

The goal of High Fidelity Wraparound is to support youth in their community and maintain their safety with a strong team, a strong crisis safety plan, and a solid plan of care that addresses their needs. In doing so, we help them realize their potential and begin building the life they deserve.



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## Wraparound Theory Of Change

People will make **POSITIVE** changes if they are **HONORED** for who they are, for the **STRENGTHS** they have, and, if they get their underlying **NEEDS MET**.

# Make the Biggest Impact Possible!

Carl & Marie Jo Anderson Charitable Foundation has generously agreed to match donations made on **GIVING TUESDAY, NOVEMBER 29, 2022.**

This is your opportunity to assure that your donation makes the biggest impact.

**VISIT ALLFAITHS.ORG.**

## POVERTY IN NEW MEXICO



The poverty level in New Mexico is high, with

**19.1% of the population living below the average American household income of \$67,521.**

**26%**

**of New Mexican children fall below the poverty level.**

That is equivalent to **237,000 children** that live below 200% of poverty.

Due to the poverty and the financial hardships families face, the number of child abuse or neglect victims increased.

**In 2021, there were 4,624 children who were victims of abuse or neglect in New Mexico.**

# Understanding Adverse Childhood Experiences

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

- **experiencing violence, abuse, or neglect**
- **witnessing violence in the home or community**
- **having a family member attempt or die by suicide**

Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding, such as growing up in a household with:

- **substance use problems**
- **mental health problems**
- **instability due to parental separation or household members being in jail or prison**

The examples above are not a complete list, as many other traumatic experiences may impact health and wellbeing.

ACEs are linked to chronic health problems, mental illness, and substance use problems in adolescence and adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. Despite the presence of these traumatic events, the negative impacts of ACEs can be prevented. Our Family Wellness program aids in the healing of trauma to decrease and/or eliminate the long term effects of Adverse Childhood Experiences.

### ACE Resources

<https://youtu.be/ccKFkcfXx-c> (ACE's video for the email newsletter/social media?)

<https://youtu.be/8gm-INpzU4g> (We Can Prevent ACEs-from CDC)

3. <https://www.cdc.gov/violenceprevention/aces/fastfact.html>

**18%** of children in New Mexico experienced 3-8 ACEs by the age of 18.

**66%** of children receiving services at All Faiths Children's Advocacy Center experienced 3-8 ACEs by the age of 18.



# Our Current Impact:

# 2,473

clients were served last year utilizing one of our services of: Behavioral Therapy, Case Management, Safehouse and High Fidelity Wraparound services.

**FROM 2021 TO 2022 WE INCREASED THE NUMBER OF CLIENTS SERVED AND WE CONTINUE TO MAKE LASTING CHANGE IN NEW MEXICO.**



## Why I Donate **A Donor Story**



Mrs. Helene Eckrich, a retired nurse, began her involvement with All Faiths Children's Advocacy Center five years ago when the love of her life passed away. A friend of hers, Carolyn Johns, was part of a group of women that gathered once a month to make blankets for kids who were going through tough times. Those kids were the clients of All Faiths Children's Advocacy Center and these ladies have been, "making

blankets out of love for fifteen years." After one meeting of The Blanket Makers, Helene had found her calling. She soon became the member delivering the blankets to the Children's Safehouse. After some time, The Blanket Makers wanted to see what was being done with their labors of love. Helene scheduled a tour of the Safehouse and intuitively knew that she could do more. As a mother of three and a grandmother of five, she realized how some children weren't as lucky as her own and she became a monthly donor. In addition to The Blanket Makers, Helene is a volunteer for ABQ Reads, and at The Ronald McDonald House.

World Mental Health Day:  
**OCTOBER 10, 2022**