



CHILDREN'S ADVOCACY CENTER
of suffolk county



Promoting hope, healing, and justice for over 20 years

Winter News 2017

CFTSI Decreases Trauma Symptoms for Children & Their Caregivers

After exposure to violence and abuse, children can experience bad dreams, feel scared or worried, have trouble concentrating in school, and feel lonely or uninterested in playing. The Children's Advocacy Center of Suffolk County (CAC) offers the **Child and Family Traumatic Stress Intervention (CFTSI)** to help decrease children's trauma symptoms and increase effective, supportive communication in families after abuse.

CFTSI is a short-term trauma intervention provided by the CAC's Master's-level clinicians over 5-8 sessions. Standardized assessment takes place at the beginning of and throughout treatment to measure the impact of the intervention. The CAC has been providing CFTSI to children and families since 2015 – and the benefits are evident: children participating in CFTSI report significantly fewer symptoms and a greater sense of well-being. In a survey completed at the conclusion of CFTSI, 100% of participating caregivers report feeling better able to assist their children and 100% would suggest CFTSI to a friend who was dealing with a similar situation.

The CAC is pleased to be able to offer this evidence-based, highly effective intervention free of charge to our clients as a part of our growing mental health program. For more information about our mental health services, please contact Director of Mental Health & Advocacy Sharmar Nathanson at Sharmar.Nathanson@state.ma.us or visit our website at www.suffolkcac.org.

Step Up & Speak Out Raises Over \$250,000



(l to r) District Attorney Daniel F. Conley, Tricia Conley, and honorees Margot & Jonathan Davis

On October 4, the CAC welcomed over 300 community leaders, supporters, and partners to our third annual fall benefit, *Step Up & Speak Out*. Emceed by Margery Eagan, the event recognized the extraordinary contributions of our honorees, Senator Linda Dorcea Forry & Bill Forry, Jonathan & Margot Davis, and Jack & Carol Harrington, for their leadership and advocacy on behalf of children and families. The night also featured powerful remarks from Michelle, a survivor and advocate, about her own path to find her voice and the

importance of child victims having adults who hear them and respond when they disclose.

Step Up & Speak Out's success was a strong statement from our community about listening to survivors and galvanizing our commitment to raising the conversation around the issues of child

abuse and exploitation. These themes echo the CAC's public awareness campaign, "Sometimes Silence Speaks the Loudest," aimed at helping adults and caregivers recognize and support children exposed to violence.

We are grateful to the many sponsors, partners, and friends who made this event possible. Thank you for being a part of this important conversation, and we look forward to celebrating our accomplishments with you again next year!

Welcome Program Coordinator Ayjah Willis!

New staff position at the CAC streamlines partner communication and delivery of client services

The CAC is pleased to welcome Ayjah Willis in a new role designed to strengthen the CAC's multidisciplinary team. Ayjah comes to the CAC with an undergraduate degree in social work, prior experience in residential and child welfare settings, as well as a long affiliation with Camp Harbor View. She is passionate about working with youth and trauma, and excited to join the CAC!

SEEN program honored at YouthConnect Partnership Breakfast

On October 27, the CAC's Support to End Exploitation Now (SEEN) program was honored to be recognized at the 7th Annual YouthConnect Partnership Breakfast. Beth Bouchard, SEEN Program Manager, accepted the award on behalf of the CAC, emphasizing the integral role that partnerships with YouthConnect, the Boys & Girls Clubs of Boston, and our many partner agencies play in providing a safety net for vulnerable youth.

Since 2016, SEEN has expanded to 2.6 full time staff to address the increasing demand for client services. Last year, the program received a total of 191 referrals. In the first 11 months of 2017 alone, SEEN has received 229 referrals. Founded in 2006, SEEN was

one of the first programs of its kind in the country. More than a decade later, SEEN collaborates with and trains multidisciplinary teams throughout the Commonwealth and nationwide on best practices for supporting high risk and exploited youth.



SEEN Program Manager Beth Bouchard (right) with YouthConnect Executive Director Andrea Perry, LICSW (center) and fellow 2017 honoree Rev. Liz Walker of Roxbury Presbyterian Church (left)

Save the Date: April 7, 2018
5th Annual Ginormous Climb!

THE GINORMOUS CLIMB
CAC STAIRCLIMB | APRIL 7, 2018

Whether you're new to this challenge or will be celebrating your 5th climb to the top, mark your calendar now to join us at 200 Clarendon (formerly the Hancock Tower) for the 5th annual Ginormous Climb. Our superhero

climbers raise support & awareness in the community while helping kids feel safe, cope with trauma, seek justice and heal. We can't wait to see you at the top!

For more information, please contact Meredith Wood at meredith.wood@state.ma.us.

Make a gift to support our work

