TRY leaders address traumatic stress nationwide

Abuse in the home. A major car accident. Witnessing a shooting in the neighborhood. Experiencing Hurricane Katrina.

More than one in four youth in Mississippi experience a traumatic event by the age of 16, and are at subsequent risk of developing child traumatic stress.

Traumatic stress can interfere with children’s ability to concentrate and learn, and can seriously delay development of their brains and bodies. It can lead to depression, substance abuse, other mental health problems, educational impairment, acting out, and future employment problems. It can change how children view the world and their own futures, and it can change their behavior, interests, and relationships with family and friends. It can take a toll on a family. Child traumatic stress is most effectively treated by specific therapies.

In 2001, The Donald J. Cohen National Child Traumatic Stress Initiative was established to improve access to care, treatment, and services for children and adolescents exposed to traumatic events and to encourage and promote collaboration between service providers in the field, through a series of grants totaling more than $30 million.

Grants were awarded by the Center for Mental Health Services (CMHS), Substance Abuse Mental Health Services Administration (SAMSHA), U.S. Department of Health and Human Services, to establish the National Child Traumatic Stress Network (NCTSN).

Catholic Charities Inc. of Jackson, Miss. established the Trauma Recovery for Youth Project (TRY) as a member site of the NCTSN in 2003.

One of the leaders in addressing child traumatic stress in Mississippi, TRY has worked to institute a trauma-informed system of care — focusing on providers serving youth and families who are underserved or are least likely to have access to quality, trauma-informed care.

In addition to raising awareness and providing presentations on the effects of trauma, TRY is providing training and implementation coaching in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT); and a group model, Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS).

Spanning the entire state, TRY has trained over 200 therapists in these evidence-based, trauma-specific treatments. Therapists trained by TRY predominantly serve the public through Mississippi’s Community Mental Health Centers. Being a part of providing this sector of Mississippi’s population with cutting edge, highly effective mental health treatment has been one of the great successes of TRY.

Collectively, all trained sites comprise a coverage area encompassing 61 of Mississippi’s 82 counties — approximately 84 percent of the state’s population. TRY is offering TF-CBT training in the remaining 21 counties in 2012, focusing on the resource-strapped Mississippi Delta.

TRY’s influence extends beyond Mississippi’s borders. They are working closely on an advisory and training level with the National Children’s Advocacy Center, including presenting at the 27th National Symposium on Child Abuse in Huntsville, Ala.

TRY’s original mentoring relationship with Catholic Charities Hawaii has evolved into a TF-CBT Learning Collaborative, being conducted through September 2012 in Honolulu, Hawaii. As word of their expertise in trauma-informed services has spread across the country, TRY has negotiated with sites in Florida, Louisiana, North Carolina, and Texas to provide TF-CBT consultation at their locations as well.

Not only does TRY prepare others to work with those affected by disaster, they provide direct assistance as well. Members of TRY are trained in Psychological First Aid, an intervention designed to help children, adolescents, and adults in the immediate aftermath of a disaster or terrorism.

They have been deployed following several local and statewide events — including the April 2010 tornadoes in Mississippi — and have provided onsite mental health consultation to affected Community Mental Health Centers.

TRY’s expertise in the field of traumatic stress has made them an invaluable resource for the state of Mississippi during times of crisis.

TRY provides direct services through the Solomon Counseling Center, a trauma-informed outpatient mental health counseling center at Catholic Charities of Jackson. The Solomon Counseling Center provides mental health treatment to adults, children, couples, and returning military in the Jackson metro area through a variety of therapeutic techniques, and is trusted by many local organizations as a referral for care following exposure to a traumatic event.

TRY and the Solomon Counseling Center have also worked with the Boys and Girls Clubs of Central Mississippi to provide skill-building groups to adolescents. Due to the positive feedback from participating parents and future groups are being planned at other clubs.

Over one million children and family members face challenges that come with a parent’s wartime deployment. TRY was one of a handful of programs in the country to be given the opportunity to assist returning military and their families with deployment transitions through the FOCUS Project (Families Overcoming Under Stress) at various military bases around the world.

Soldiers and their families at the Naval Construction Battalion Center in Gulfport (Seabees) received help in honoring interfamily communication and resiliency skills, and addressing concerns related to parental combat operational stress injuries and combat-related physical injuries through the FOCUS Project, a service initiated by the Bureau of Medicine and Surgery (BUMED).

For more information about the Trauma Recovery for Youth Project and/or Solomon Counseling Center, contact Ben Garrett at 601-326-3774 or ben.garrett@ccjackson.org

2011 Annual Report
Diocese of Jackson, Mississippi
July 2010 — June 2011
Executive Director's Letter

Dear Friends of Catholic Charities,

Catholic Charities is so blessed to have friends like you. Because of your continued support, Catholic Charities is a visible sign of Christ’s love for many persons in the Diocese of Jackson.

This year, Catholic Charities served over 21,000 people through its diverse programs. We assisted young, pregnant women struggling with alcohol and drug abuse to find recovery and a healthy start for their babies. Battered women and their children found shelter and so much more at our two domestic violence centers in Jackson and Natchez.

Youth with serious emotional disturbances and their families found hope through Hope Haven Residential and Hope Haven Home-based services. Families seeking to adopt children received loving care in our adoption program. New comers to our country were welcomed through the Unaccompanied Refugee Minors program and our Immigration Clinic.

Children and families suffering from trauma found healing at our Solomon Counseling Center. Women who have been sexually assaulted were cared for by our two sexual assault clinics in Jackson and Natchez. We are working to strengthen families and reduce poverty in northeast Mississippi through the Vardaman Family Life Center. Regardless of the circumstances of their lives, their color, race or religious background, Catholic Charities was there to help.

In this annual report, you will read a few of our success stories and, hopefully, gain an understanding of the important work we do. We are also sharing, for the first time, some of the outcomes of our work. These are the ways that Catholic Charities is changing lives in our community.

Catholic Charities is able to provide help and create hope in so many lives because you invest in our services and programs. You help us be the face of Christ when so many are hurting and need a place of compassion and healing. Thank you for your continued support!

May God’s blessing be on each of you,

Greg Patin

20 families approved for adoption

MATERNITY
3 birth mothers were served

TRY/SOLOMON COUNSELING CENTER
243 cases served including 102 child trauma cases
93 percent of consumers reported they are better able to deal with similar situations in the future as a result of the services they received

OFFICE OF FAMILY MINISTRY
38 couples participated in When Families Marry
13 couples participated in “In a Redeeming State”
42 couples participated in World Marriage Day
81 FOCUS tests were scored

NATCHEZ OFFICE
797 emergency assistance requests, were able to help 218 households
708 children assisted thru the Christmas holidays

URM
28 minors and 2 children were served: 5 Sudanese, 2 Haitian, 3 Congolese, 4 Guatemalan, 8 Burmese, 4 Honduran, 2 Mexican, 2 El Salvadorian
85 percent of youth were able to converse in English after 1 year of admission
75% of the youth maintained passed grades

HOPE HAVEN HOME BASED
522 mobile crisis calls
64 children and youth served

HOPE HAVEN RESIDENTIAL
264 crisis hotline calls
98 youth served

RAPE CRISIS CENTER
107 females served, including 14 youth
2,002 workshop participants (prevention education & trainings)
727 crisis calls

PARISH SOCIAL MINISTRY
2,104 contacts made

DISASTER PREPAREDNESS & RESPONSE
615 men, women & children served
- tornadoes & flooding victims

SHELTER FOR BATTERED FAMILIES
152 women & children served
2,178 crisis calls
1,703 workshop participants (prevention education & trainings)
- 70 percent of the women discharged reported living violence free at follow-ups. During their shelter stay, no consumer reported a violent episode of domestic violence.
- Of the families discharged, 100 percent reported feeling more hopeful and knowing how to plan for their safety.
- 76 percent of women were discharged with employment or enrolled in a job development or an adult education program.

SECOND STAGE TRANSITIONAL HOUSING
51 women and children served
- 86 percent of program participants maintained employment.
- 100 percent of program participants were successful in obtaining assistance with child care, food stamps, and some employment.
- 79 percent of participants who left the program exited for a permanent housing situation and remained in a least restrictive environment free
Blessings come in all shapes and forms

According to Zeily Adali Orozco-Miranda, the word “blessing” is a synonym for her foster mom, Christina Bach. How did Zeily get from Guatemala to Christina’s home in Jackson? Zeily was smuggled into Texas by a drug cartel. One can only imagine the horrific experiences she endured. In Zeily’s sweet words, “her life was very challenging.”

Well, they were caught and arrested by the U.S. government. After the officials learned from the Guatemalan consul that Zeily was only 17 years old, she was placed in a shelter in Texas. Her court date arrived and she pleaded with the judge for asylum in this country. The judge believed her story and granted her plea. Since she had no immediate family in the U.S., her caseworker brought her to Jackson.

Zeily arrived in Jackson on Dec. 10, 2008, and was placed in the Unaccompanied Refugee Minor Therapeutic Foster Care Program. Christina, who is affiliated with the Solomon Center at Catholic Charities, had heard Zeily’s story from the director of the URM program.

Christina had been widowed at a young age and had never had children of her own. Something moved Christina about Zeily’s story. Suddenly, she felt that she should become a foster parent... “not just for any child... for Zeily.”

Christina could speak a little Spanish and Zeily spoke no English and both were very nervous. Yet when they met they had no trouble communicating. There were many hurdles to overcome; however, Zeily was a determined young woman and Christina was a loving, supportive mom.

In Guatemala, Zeily had received the equivalent of a second grade education. Since she has been with Christina she has gotten her GED and is now enrolled in college. She is gainfully employed at “Sal and Mockey’s” where she recently received the highest employee evaluation rating.

Probably the accomplishment that she is most proud of is that she is helping her family in Guatemala. She has already purchased land in Guatemala and plans to start construction on a home for her family in a few months.

In Zeily’s words, Christina has “helped me become independent. She helps me with homework; taught me how to drive; how to go to the bank; how to go to the hospital; and how to find a job.” “I learn something new everyday.” In Christina’s words, “Zeily has overcome a lot of obstacles. The words no or can’t are not in her vocabulary. When she makes up her mind about something, there is no way to stop her. She is kind, compassionate and considerate.”

Zeily was emancipated on Dec. 23, 2011. She continues to live with Christina because Christina said to her, “This is your home always.” Zeily now has a sister who is from the Sudan. They all three get in the kitchen and cook together and laugh a lot. That’s what blessings are made of!!

From a nightmare to a fulfilling life

Ann Marie was the oldest of 4 children. Her mother and father divorced right after her fifth birthday. In order to keep food on the table and a roof over their heads, her mother had to work long hours. This left a lot of responsibility on Ann Marie because she had to practically raise the 3 younger children.

Her days consisted of getting up, waking her siblings, giving them breakfast, and seeing that they got dressed and ready before the school bus arrived for all of them. Her mother left for work before they got up in the morning and did not arrive home until they were all asleep at night!

Ann Marie made very good grades in school. Her senior year she was awarded a scholarship to the local university. She completed one year of college; however, during that year she met her “prince charming.”

He took her out to eat, took her dancing, took her to fraternity events... things that she had never done before. She felt young and carefree for the first time in her 19 years of life. When John Robert asked her to marry him she said “Yes, Yes, Yes.”

Her mother had not even met him. They ran off and got married by a Justice of the Peace. Needless to say, when she called her mother from a motel room and told her that she was married she did not get a happy reaction. Her new husband said “Don’t worry, Baby you don’t need her, I will take care of you.”

After 4 years of marriage and the birth of two boys nine months apart, Ann Marie found herself living in a nightmare. John Robert had an explosive temper which got worse after the birth of each child. He started physically abusing her and verbally abusing the boys.

She finally found enough strength to leave after a terrible argument and physical abuse ensued. She dragged her through the house, all the while hitting — Continued on page 4 —
Catholic Charities Annual Report

Continued from page 3 —

her. The boys huddled in a corner of their bedroom terrified.

After John Robert fell asleep, Ann Marie packed a bag and she and her two boys quietly sneaked out of the house ... never to return. She found a pay phone, looked in the yellow pages and found the national abuse hotline. This is how she became a part of Catholic Charities Domestic Abuse Shelter.

Ann Marie and her two boys remained in the shelter for 20 days. Catholic Charities helped her qualify for low income housing which is where she remains today. She supports her family as a free lance graphic designer as well as by selling her pecan pralines. Her sons are home schooled and are doing very well.

Ann Marie is a part of Catholic Charities Domestic Violence Supportive Services Program. She has worked hard to become educated in the area of domestic abuse, as well as unhealthy relationships, and most importantly the effects of violence on her children.

She has renewed her relationship with her mother and siblings. With the aid of Catholic Charities she and her boys were able to spend Christmas with her family.

Ann Marie says that Catholic Charities saved her life and her sons’ lives. She was able to walk out of a nightmare into a happy, fulfilling life.

Statement of Financial Activities
June 30, 2011 and 2010

INCOME
2011       2010
Catholic Service Appeal          448,613      456,281
Contributions, Bequests &       891,397      778,659
Donated Goods
Grants from Governmental &       6,199,723    6,760,552
Private Agencies
Program Service Fees &           1,191,711    1,417,623
Other Income
TOTAL INCOME                  8,731,444    9,413,115

EXPENSES
Adoptions                        124,343      126,400
Ministries for Parishes/       572,881      625,596
Counseling Center
Refugee Programs                955,776      833,189
Rape and Domestic Violence     1,219,254    1,329,385
Programs
Natchez Programs*               1,737,680    1,832,925
Runaway Youth Services          65,616       310,041
Children’s Mental Health Services 2,224,735    2,290,461
Alcohol & Drug Abuse Programs   594,515       612,919
Northeast Services              57,237       81,699
Disaster Preparedness           140,105     136,675
Support Services & Fundraising  1,096,634    1,161,998
TOTAL EXPENSES                 8,788,676    9,341,288
EXCESS OF INCOME OVER EXPENSES (57,232)     71,827

ASSETS
2011       2010
Cash & Equivalents              27,067       26,395
Prepaid Expenses                32,788       80,803
Restricted Funds                816,377      728,886
Grants and Pledges Receivable   829,285      951,414

Total Current Assets            1,705,517    1,787,498
Non-Current Assets              126,709      160,577
Total Assets                    1,832,226    1,948,075

LIABILITIES & NET ASSETS
Accounts Payable &              202,329      295,973
Accrued Expenses
Accrued Salaries                56,258       45,884
Excess of Outstanding Checks   71,904       49,251
over Bank Balance

Total Current Liabilities       332,491      391,108

NET ASSETS
Unrestricted                    460,056      201,501
Temporarily Restricted         973,116     1,285,088
Permanently Restricted          66,563       70,378

Total Net Assets                1,499,735    1,566,967

Total Liabilities & Net Assets  1,832,226    1,948,075

* Natheer Programs include Domestic Violence Shelter, Rape Crisis,
Emergency Assistance, Food Pantry, Counseling, Children’s Mental Health Services

Donate CARS for Charity
1-877-530-GIVE

2011 Functional Expense

Program Services  Fundraising  Management & General

87%  3%  10%

From the Independent Auditor’s Report
In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of the organization as of June 30, 2010 and 2009, and the changes in its net assets and its cash flows for the years ended June 30, 2010 and 2009, in conformity with accounting principles generally accepted in the United States of America.

Horne LLP

2011 Annual Report
Diocese of Jackson, Mississippi
July 2010 — June 2011