

# We Can Help.

*Restore innocence. Strengthen families.*



the  
children's  
shelter

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a family  
of services

We're here  
to protect  
children and  
strengthen  
families  
in order to  
eliminate  
child abuse  
and neglect.  
And to  
create hope  
for those  
who feel lost.

## Since 1901,

The Children's Shelter has provided a safe haven for children who are survivors of chronic and/or complex trauma as a result of abuse, neglect, and/or abandonment. The Children's Shelter provides temporary and trauma-focused residential care for Bexar County children and family strengthening services to help families be successful caregivers.

We put children first. We work to restore innocence and break the cycle of abuse and neglect through education and prevention.



### **Mission**

Restore innocence and  
strengthen families.

### **Vision**

The premier agency  
in South Texas,  
transforming the lives  
of children and families.



# Residential Services

*Creating a safe, nurturing place in their uncertain world.*

## **TREATMENT FOSTER CARE**

The Children's Shelter provides treatment foster care for children from birth to 18 years old who have been removed from their birth families due to abuse, abandonment, and/or neglect.

There is an on-going need for licensed treatment foster families in Bexar County to provide the attention children need while awaiting their forever family. Treatment Foster Parents receive specialized training to care for children and adolescents with a wide variety of emotional, behavioral, social or medical needs. Foster care can range from overnight to several years.

In addition to the need for Treatment Foster Care families to address the specific needs of children and youth, The Children's Shelter is always recruiting respite homes to provide temporary care for foster families, from a few hours to up to 14 days.

The Children's Shelter works with relative caregivers of children and youth in foster care to assist in navigating the foster care system.

## **TOGETHER & SAFE KINSHIP PROGRAM**

Our Together & Safe Kinship Program allows children to remain with extended family members or close family, rather than to go into a foster home or an emergency shelter.



# Family Strengthening Programs

*Making a difference in the lives of families.*

## **COMPADRE Y COMPADRE™**

Compadre y Compadre exists to strengthen the male caregivers role—as father, provider and teacher. Male caregivers come together for 15 weeks in a group setting to build their knowledge and skills, which help them develop strong, nurturing relationships with their children and family. Fathers who complete the 15-week program are eligible to become a mentor by participating in aftercare services. Mentors participate in community service projects and support incoming participants.

A male caregiver can be a father, uncle, grandfather, or any male providing care of the child.

## **IPARENT SA®**

iParent SA works with all parents in Bexar County needing parenting support and resources. Parents will work with a trained Parent Educator who will help them identify strengths, develop goals and build self-sufficiency. The program offers both in-home and group-based parent education. They may access our network of services that include: 24/7 crisis intervention, basic needs support, family enrichment activities, developmental screening and assessments, and more!

## **NURSE-FAMILY PARTNERSHIP®**

Nurse-Family Partnership is dedicated to helping first time, low-income mothers become successful parents. BSN Registered Nurses begin home visits early in the mother's pregnancy and continue home visitation until the child's second birthday. The relationship that develops between mother and nurse promotes improved prenatal and maternal health, improved child development, and family self-sufficiency.





# Mental Health Services

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*Providing a continuum of trauma-informed care.*

## **HARVEY E. NAJIM HOPE CENTER**

The Hope Center is a specialized, trauma-focused outpatient mental health clinic for children ages three to 17 and families impacted by abuse, neglect, and/or abandonment. Therapy is also offered to adults of any age who are victims of crime and impacted by trauma. Under special conditions, children as young as two years may receive services.

Our model includes licensed therapist and social worker teams to deliver high quality, compassionate trauma-informed care by providing evidence-based treatment, such as Trauma-Focused Cognitive Behavioral Therapy\* (TF-CBT); Trust-Based Relational Intervention\* (TBRI); Parent-Child Interaction Therapy (PCIT) serves children ages two to seven; and Eye Movement Desensitization and Reprocessing (EMDR).

Families are paired with a licensed social worker to provide aftercare for up to 12 months after discharge.

**Foster**  
and be a  
safe haven  
in troubled  
waters.

**Volunteer**  
and  
experience  
the gift  
of your  
presence.

**Give**  
and we  
all receive.



# Trauma-Informed Care

is grounded in an understanding of and responsiveness to the impact of trauma which emphasizes physical, psychological, and emotional safety for both providers and survivors to rebuild a sense of control and empowerment. The following principles are infused throughout our agency culture, as well as services, and should be reflected in everyday activities:

## **SAFETY**

Our program activities and settings are designed to promote the physical and emotional safety of our clients and staff.

## **COLLABORATION**

We include our clients' input in planning and evaluating our service. We respect our clients' life experiences and history, and operate from a model of doing "with" rather than "to" or "for" our clients.

## **TRUSTWORTHINESS**

We build trust with those we serve by making the tasks in our service delivery clear, by ensuring consistency in practice, and maintaining appropriate boundaries in our programs.

## **CHOICE**

We designed our services to ensure that our clients' experiences of choice and control are maximized.

## **EMPOWERMENT**

We recognize and emphasize our client's strengths and skills, by focusing on skill development and enhancement. We convey optimism about the capacity of our client to reach their goals.



Our Model of Care delivers high quality, compassionate trauma-informed care delivered to children and families impacted by or at-risk of abuse and neglect.

# the children's shelter

## values & services

### Transparency

We strive to create a culture of trust between our staff, children, families, and community partners by being open and honest about our strengths and challenges as an agency.

### Respect

We accept everyone as individuals without regard to their race, religious beliefs, political affiliation, sexual orientation, and cultural or economic status.

### Excellence

We offer superior, innovative services by thinking strategically, acting creatively, and using all resources wisely. We will model excellence to and for the community, holding ourselves to a higher standard.

### Teamwork

We work with a spirit of collaboration, inviting different people to participate with different ideas and perspectives, and skills to work towards a common goal.

### Family Strengthening

We offer a continuum of trauma-informed prevention and intervention services for families tailored to fit their needs. Family Strengthening Programs include: *Compadre y Compadre™*, which services any male caregiver; *Nurse-Family Partnership* works with first-time, low-income mothers; *IParent SA* offers various service tracks to work with parents as well as any caregiver with children ages 0-17 years.

### Treatment Foster care

Treatment foster families provide care for children birth through 18 years old who have faced acute or chronic trauma associated with abuse, neglect, and/or abandonment.

### FOUND in Southtown

Our thrift boutique - FOUND in Southtown, nestled in the heart of King William, provides shoppers and donors an opportunity to make an impact benefiting children and families.

Located at 1407 S. St. Mary's, we accept donations of gently-used clothes, furniture, toys, home accessories, and more.

All proceeds from the sale of these items help support The Children's Shelter.

### Together & Safe Kinship Program

Our Together & Safe Kinship Program allows children to remain with extended family members or close family, rather than to go into a foster home or an emergency shelter.

### Mental Health

Our mental health programs complete our continuum of care. We offer trauma-informed services to all children and families. We help children and families cope with and heal from previous exposure to child abuse, neglect, abandonment, and/or violence.

### Innovation

We seek effective solutions by bringing together various ideas that have a positive impact on staff, children, families, and the community.

### Integrity

We honor all commitments. We are truthful, honest, and adhere to high moral standards. Integrity shapes our character and influences how we meet the needs of the people we serve, and the decisions we make.



# Evidence-based practices



*We are committed to offering programs that are founded in research and have proven effectiveness.*

## **NURSE-FAMILY PARTNERSHIP\***

Nurse-Family Partnership is a maternal and early childhood health program that partners low-income, first-time mothers with registered nurses to receive the care and support they need to have a healthy pregnancy, provide responsible and competent care for their children, and become more economically self-sufficient.

## **NURTURING PARENT CURRICULUM**

The Nurturing Parent Program is a family-centered, trauma-informed initiative designed to build nurturing parenting skills and attitudes as an alternative to abusive and neglectful parenting and child-rearing practices. Practiced by *Compadre y Compadre*™.

## **ABRIENDO PUERTAS/OPENING DOORS**

Abriendo Puertas promotes school readiness, family well-being, and advocacy by addressing best practices in brain development, key aspects of early childhood development, early literacy, numeracy, bilingualism, health, attendance, civic engagement, parent leadership goal setting, and planning for family success. Practiced by *Compadre y Compadre*.

## **REFLECTIVE SUPERVISION**

Reflective Supervision is the regular collaborative exchange between staff and supervisor that builds on the supervisee's use of his/her thoughts, feelings, and values within a service encounter. Reflective Supervision is an evidence-based practice that compliments the goals and practices of trauma-informed care.

## **MOTIVATIONAL INTERVIEWING**

Motivational interviewing is a person-centered counseling style of working with clients in a collaborative, respectful, and empathetic manner that research has shown to be broadly effective in positive change. Practiced by Treatment Foster Care and Nurse-Family Partnership.

## **TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY\***

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a psychosocial treatment model designed to treat post-traumatic stress and related emotional and behavioral problems in children and adolescents. Practiced by Treatment Foster Care and the Harvey E. Najim Hope Center.

## **TRUST-BASED RELATIONAL INTERVENTION\***

Developed by Dr. Karyn Purvis and Dr. David Cross at the Texas Christian University Institute of Child Development, Trust-Based Rational Intervention (TBRI) is an emerging intervention model for a wide-range of childhood

behavioral problems. It is a family-based intervention designed for children who have experienced relationship-based traumas, such as institutionalization, multiple foster placements, maltreatment, and/or neglect. Practiced by emergency shelter, Treatment Foster Care, the Harvey E. Najim Hope Center, and family strengthening.

## **ATTACHMENT, REGULATION AND COMPETENCY MODEL**

Attachment, Regulation, and Competency (ARC) is a framework for intervention with youth and families who have experienced multiple, and/or prolonged traumatic stress. ARC identifies three core domains that are frequently impacted among traumatized youth, and which are relevant to future resiliency: attachment, regulation, and competency.

## **PARENT-CHILD INTERACTION THERAPY**

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. Developed by Sheila Eyberg in the 1970s at the Oregon Health Sciences University. Practiced by the Harvey E. Najim Hope Center.

## **EYE MOVEMENT DESENSITIZATION AND REPROCESSING**

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. EMDR therapy is an eight-phase treatment. Eye movements (or other bilateral stimulation) are used during one part of the session. It combines different elements to maximize treatment effects. EMDR therapy involves attention to three time periods: the past, present, and future. Focus is given to past disturbing memories and related events. Also, it is given to current situations that cause distress and to developing the skills and attitudes needed for positive future actions. Practiced by the Harvey E. Najim Hope Center.



# How you can help

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## *Break the cycle of neglect and abuse.*

### **BECOME A TREATMENT FOSTER PARENT**

The Children's Shelter is always in need of nurturing, loving, and therapeutic foster families for children and youth who are survivors of abuse and neglect. Become their safe haven.

### **BECOME A RESPITE PROVIDER**

Respite providers are trained to allow foster parents a break, which alleviates burnout, compassion fatigue, and placement disruption. Additionally, it allows children and youth a break. Respite providers receive payment for respite, and it is a brief and specified time frame.

### **SEND A MONETARY CONTRIBUTION**

The need is great. Our children depend on the generosity and kind hearts of people like you. The Children's Shelter accepts donations of cash, check (payable to The Children's Shelter), or credit card. Please contact us for giving opportunities.

### **DONATE IN-KIND GIFTS**

The Children's Shelter needs in-kind donations such as clothes, diapers, and books to provide comfort and relief for our children. Please contact us to learn more about specific needs.

### **GIVE TO THE CHILDREN'S SHELTER FOUND IN SOUTHTOWN**

Located at 1407 S. St. Mary's, our thrift boutique—FOUND in Southtown—accepts donations of gently-used clothes, furniture, toys, home accessories, and more. All proceeds from the sale of these items help support The Children's Shelter.

### **BECOME A VOLUNTEER**

It would be impossible to care for children without our dedicated volunteers. There are a variety of areas to help—including assisting with special events and activities, or performing service projects. The greatest reward of volunteering is guiding our children and youth in the development of meaningful relationships and healthy attachments.

### **CONTACT US**

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**DEVELOPMENT**

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**VOLUNTEER**

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volunteer@chshel.org

**TREATMENT FOSTER CARE**

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877.212.2590 (out of area)  
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**HARVEY E. NAJIM  
HOPE CENTER**

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**COMPADRE Y COMPADRE™**

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**FOUND IN SOUTHTOWN**

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**IPARENT SA'**

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**NURSE-FAMILY  
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the  
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