



Treating Childhood Trauma

In March 2018, Oprah Winfrey presented a 60 Minutes segment on the role trauma plays in a child's development and the new methods being used to help youth experiencing trauma.

Since 2014, Trauma Informed Care has been the core of Directions for Youth & Families counseling services in Columbus, Ohio. Our 50 licensed counselors provide behavioral health services utilizing a community based outreach model and we operate two after school youth centers. Our staff is trained to provide therapy dealing with a variety of issues including physical/sexual abuse, domestic violence, and children of murdered parents/siblings, anger, drugs or other social challenges.



Directions for Youth & Families is one of 12 agencies nationally that piloted the ACE (Adverse Childhood Experiences) Trauma assessment tool with Dr. Roy Wade of Children's Hospital of Philadelphia and National Crittenton. The testing ensured the inclusion of issues experienced by inner-city people of color. This initiative led to our CEO, Duane Casares, being invited by President Obama's administration to present the findings at the White House in September of 2016.



Paper Tigers, a documentary that captures the pain, danger and hopes of struggling teens, showcases a trauma informed approach that is making a significant impact on improving lives. Directions for Youth & Families hosted a screening of the movie in April of 2016 for the Columbus community followed by a panel discussion of experts as an opportunity to understand and embrace the model in our community.

Our vision for a trauma informed Crittenton Community Center will provide a safe place for youth and neighbors in the community to come together working to transform their community without gentrification. The Center will provide an opportunity for youth to find purpose, connections and relationships that promote confidence and well-being. It will be a place for homework help, recreational activities, music, dance, art and learning of critical life skills.

The Aspen Institute defined our vision for the new Crittenton Community Center as "leading edge in this country." We are combining our 4+ years of individual trauma work with our *Community Restoration* model to help a community heal itself.

Life is difficult and we all need a grounded safe place to dream and create hopeful futures.

We believe in kids. We believe in families. We believe in communities.