



SPRING 2023

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Tinis & Tapas

Answering the Call for Therapy

There is a growing demand for therapy nationwide, and like many communities, Spartanburg has historically had limited resources to meet the increasing need. The Association of American Medical Colleges reports that much of the current increase in need is due to the pandemic. The fear of contracting the virus, the loss of loved ones, painful social isolation, economic setbacks, and other powerful stressors eroded the well-being of communities across the country. To put the increasing mental health need into perspective, at the height of the pandemic 40% of adults in the US reported symptoms of anxiety or depression compared to 11% pre-covid.

To help answer the call in Spartanburg, Hope Center for Children has sought new avenues to expand the reach of our therapy program. Our Clinical Support Services (CSS) program serves youth in our residential programs as well as adults, children, and families in the community.

Therapy services in our residential programs include individual, group, and family therapy depending on the needs of the youth in our care. While treatment is individualized and addresses any needs of the child, it often focuses on trauma, anxiety, depression, and anger. Our therapists are trained in Trauma Focused-Cognitive Behavioral Therapy and are seeking to further their training in other trauma approaches as well. One of our current therapists is also trained in music therapy and utilizes those approaches when appropriate. Referrals for youth in our residential programs come directly from the residential staff upon youth's admission. These services are provided as a result of grant funding.

The community arm of our CSS program accepts clients community-wide. Intake assessments determine medical necessity and recommendations for an individualized treatment plan. Our therapists treat many issues, most commonly trauma, anxiety, depression, adjustment, and mood disorders. Play therapy is also offered for younger children. Services are billed to insurance or Medicaid, and self-pay or sliding fee services are offered when appropriate. Our CSS program is growing and has already significantly increased their client load and volume of therapy sessions since last year.

Referrals for clients in our community program can be directed to Shenra Cunningham, Social Worker, at (864) 529-8164 or scunningham@hopecfc.org.

P.O. Box 1731
Spartanburg, SC 29304
(864) 583-7688

www.hopecfc.org





Protecting Children. Supporting Families.

Building stable, healthy families and providing children a safe place from abuse and neglect.

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A Role Model in Perseverance

Too often youth in foster care learn to give up. Why not? They are often bounced from home to home. They learn that people give up on them, so why try? Hope Center for Children strives to teach the youth in our care something different. Here, they are encouraged to set goals and work hard to achieve them. Adam*, a youth in Anchor House, exemplifies the hard work and resilience needed to achieve goals.



Adam has lived at Hope Center for Children for four years. Upon arrival, his ambition was to be in school and play soccer. Adam was very quickly enrolled in school and, of course, tried out for the soccer team. Much to his disappointment, Adam did not make the team. To add to his sorrow and grief, Adam's grandmother passed away. The Hope Center staff continued to support Adam and encouraged him to not give up on his goals. As a result, Adam persevered. He continued to practice with the soccer team even though he did not make the team and was not an official member. He showed the coaches his dedication and commitment and improved as a player along the way. When Adam tried out again, he not only made the team, but he was named a starter in a recent game.

While working hard to make the soccer team, Adam did not give up on his goal to attend school either. As a matter of fact, he made the most of it. Throughout this time, Adam maintained grades to be on the A-B Honor Roll. In addition, he took the initiative to begin a self-study to teach himself Japanese, and is excelling at learning a difficult language. He is also taking the necessary steps for early college admission to further his education.

Adam is an example to us all!

**Name and image changed for privacy.*

CURRENT NEEDS

General:

- Paper towels
- Facial tissues
- Paper plates
- Disposable utensils
- Hand soap

Visit our Amazon Wishlist here: rb.gy/hokwac

For more information about our in-kind donation needs, please contact **Brandi Hamrick** at brandi@hopecfc.org or visit <https://hopecfc.org/donate/>.

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HCFC 2022 Outcomes

5,843

INDIVIDUALS SERVED

3,808

CHILDREN SERVED

1,825

FAMILIES SERVED

98% were served through our prevention programming.

RESIDENTIAL PROGRAMS

100%

of youth in Faucette House and Anchor House attended school regularly, visited regularly with appropriate family, and reported they felt safe.

100%

of youth in our Transitional Living Program had safe housing at discharge, were connected with a primary care physician, and improved in life skills.

COMMUNITY-BASED PROGRAMS

94% of families who completed Triple P services reported knowing how to handle difficult situations, **96%** regularly give praise to their children, and **100%** reported that they don't lose control.

100%

of families who completed our Family Centered Community Support Services showed a reduction in risk factors

100%

of clients in our Clinical Support Services program showed stability and understanding of the implications of their trauma.

Thank you to these generous funders for grant awards:

Allegra FootPRINT Fund

Children's Trust of SC

County of Spartanburg

Mary Black Foundation

Spartanburg Regional Foundation

Timken Foundation of Canton

Join Our Team

Check out our website to see employment opportunities at Hope Center for Children! Click **Get Involved** on the menu, then **Employment**.

www.hopecfc.org



Child Abuse Prevention Month



April is National Child Abuse Prevention Month, a time to recognize the importance of families and communities working together to prevent child abuse and neglect. In Spartanburg County, there were 525 substantiated cases of abuse and neglect reported in 2022. In the effort to reduce the number of cases in our community, Hope Center for Children will continue to connect with and educate our community on ways to recognize and prevent child abuse and neglect, and help increase protective factors for families. We believe that **everyone** can play a role in building safe, stable families and environments for children to thrive.

Be sure to like/follow us on social media to learn more about what's happening at Hope Center for Children and how you can help prevent child abuse, not only in April, but all year long!

Tinis & Tapas 2023

Thanks to all who supported our 15th Annual Tinis & Tapas held on February 11, 2023. Your support at events like this makes it possible for Hope Center for Children to continue to provide care for the families and children we serve.

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The Great Gatsby
PEOPLE'S CHOICE WINNER!



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Jeep Ram

Mamma Mia!
Wofford Kappa Delta Sorority

Shrek
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Architecture



SAVE THE DATE!
8.11.23