



Helping Lives Achieve Wholeness

Family Restoration and Healing Center

2019 Impact Statement

(As of Dec 31, 2019)



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Family Restoration and Healing Center, Inc.

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Who are We?

We are a tax-exempt community organization. Our mission is to restore families – mind, body and spirit, through education, counseling and supportive services.

Who do we serve?

Youth, adults, and families. We serve people, and people helpers, who are at risk of being overwhelmed with life's stresses and hurts.

What do we do?

We restore and heal individuals and families experiencing stress, hurt and hardship, through life skills education and wrap around support services. Our program of services, called “360 Wholeness” is a holistic approach that impacts mind, body and spirit. Our wrap around services include: assessments, training, counseling, and referrals to additional services. **We focus on youth development, behavioral health, and workforce development.**



2019 Services Included:

- 8-12 week afterschool summer camp programs for youth on social/emotional skills, teen pregnancy prevention and healthy relationships
- 8-12 week workforce development trainings for adolescents and adults including: assessments, individual client plans, job readiness, and behavioral health skills. Adults also received linkage to skills training and job placement.
- 3-6 week parenting training on parent/child communication and family relationships
- Individual, Group, and Faith based Counseling; and Linkage to additional Supportive Services
- Mental Health Forum in the public school system
- Community Conversations on mental health in the community
- Stress Relief Fitness Community Outreach

Who do we reach?

- Since 2011, FRHC has averaged helping nearly 400 youth, adults and families annually with educational trainings & counseling to achieve wholeness; and averaged reaching 3000/year through community awareness activities.
- 70% of service recipients were from Prince George's County: (44% reside in District 3; 17% reside in District 5; 10% reside in District 4; 8% in District 8; 6% in each of Districts 1, 2, 6 and, 7; and 3% in District 9)
- 75% were African American or Latino



What is our Impact?

- **Overall Success in 2019**
 - 385 reached through educational trainings and counseling;
 - 2,265 reached in 2019 through community awareness activities & social media
 - Over 90-93% clients consistently report increased skills for success
 - 80% graduation rate from trainings
- **Success by service area**
- Behavioral Health/Youth Development (stress coping, social/emotional skills, prevention, parenting)
 - 260 youth & adults received educational trainings
 - 95% of youth participants reported increased strategies for successful transition to adulthood
 - 90% of parents increased parent/child communication skills
 - 90% of report increased awareness of prevention and behavioral health strategies
- Workforce development/Job readiness Training
 - 75 youth & adults reached in 2019 with assessments, individual client plans, job readiness skills, and linkage to further education or job placement
 - 80% graduation rate from job readiness training
 - 93% of job readiness participants increased skills to secure and retain employment
- Counseling
 - 50 counseling sessions held
 - 75% of families were reunited as a family
 - 91% of counseling clients are satisfied with their progress

Time and Intensity

- 175 hours of educational training to youth, parents and adults on relevant topics such as positive youth development, teen pregnancy prevention, workforce development, life skills, stress management, and parenting.
- 120 hours of individual and family counseling, case management, and linkage to supportive services in 2018

Example of types of lives we will continue to impact in 2020?

- 12 yr old Dawn whose classmate attempted suicide; we will provide social & emotional skills to their school in 2020
- 25 yr old Sonya, single mom of 4, in need of essential skills to get & keep a job
- 50 yr old Jim, overwhelmed with stress, seeking education and counseling to keep his family together

Community Partnerships

- Over 20 service partners in our coordinated care network in 2019
- Over 200 volunteers since 2011 for programs and annual outreaches

Financial Sustainability

- \$170,000 operating budget in 2019
- 90% of funds go directly to programs
- Last year, over \$60,000 value of donated in-kind services in 2018

Contact Info & Ways to Give:

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