Journey to Healing

Annual Report 2016



the tree house

CAC of Montgomery County, MD

www.TreeHouseMD.org

Where hope and healing take root

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Journey to Healing - Part One



The services provided by The Tree House CAC to children and families in need are divided into two categories, forensic, or fact-finding, and support. Forensic services include specialized Interviews and Medical Exams, while support services consist of Mental Health Services and Victim Advocacy. This is the story of Ethan and his mother as The Tree House provided these services and the family embarked on their Journey to Healing.

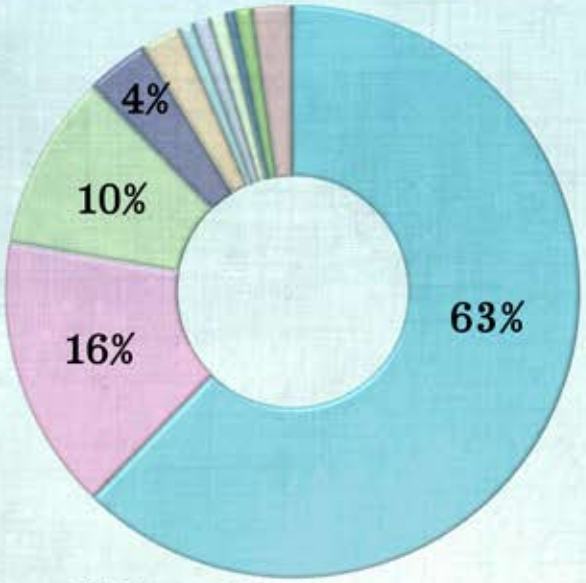
Ethan's journey began when he was referred for a forensic interview by Montgomery County, MD Child Welfare Services. Upon arrival, Ethan was angry and upset, yet, since our forensic interviewer is expertly trained to help children speak freely and without judgment, he was able to disclose being sexual abused by his cousin over the past three years. He told our interviewer the abuse took place at his home and at a local park. He also explained his cousin often enlisted a friend to "help" when at the park. Ethan went on to say his abuser gained his mother's trust as someone who could watch him, and she allowed the boy to spend time with Ethan alone without hesitation. His disclosure included a warning he received not to tell anyone, or worse things would happen to him and his family. The interview was recorded and shared with law enforcement. Ethan only had to tell his terrible story once.

Realizing Ethan would require further help to overcome the trauma of the abuse, our interviewer referred Ethan to The Tree House pediatrician and mental health director.

Children & Families Served & Services Provided

Victimization, Services, Age, Race and Gender

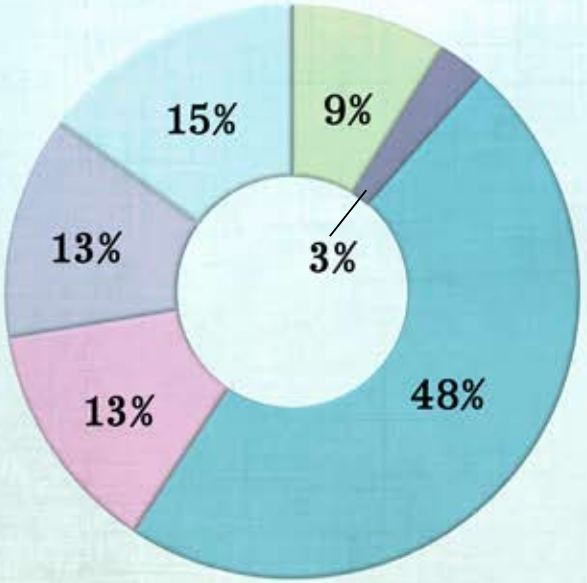
Type of Victimization - 963 clients total



- **Sexual Abuse** - 610 clients
- **Physical Abuse** - 152 clients
- **Neglect** - 98 clients
- **Parental Concern of Abuse** - 35 clients
- **Witness to Domestic Violence** - 22 clients (2%)
- **Other Service Not Abuse/Neglect** - 22 clients (2%)
- **Foster Care Exam** - 8 clients (1%)
- **Mental Injury/Abuse** - 9 clients (1%)
- **Mental Injury/Neglect** - 5 clients (1%)
- **Child Fatality** - 1 client (<1%)
- **Child Fatality in Family** - 1 client (<1%)

Children often experience more than one type of victimization.

Services Provided - 4003 services for 1123 clients



- **Mental Health** (excluding intake only clients)
  1912 services, 138 clients
- **Victim Advocacy**
  602 services, 119 clients
- **Forensic Interviews**
  503 services, 471 clients
- **Multidisciplinary Team Meetings**
  526 services, 54 clients
- **Medical Exams and Records Review**
  353 services, 247 clients
- **Mental Health Intakes**
  107 services, 94 clients

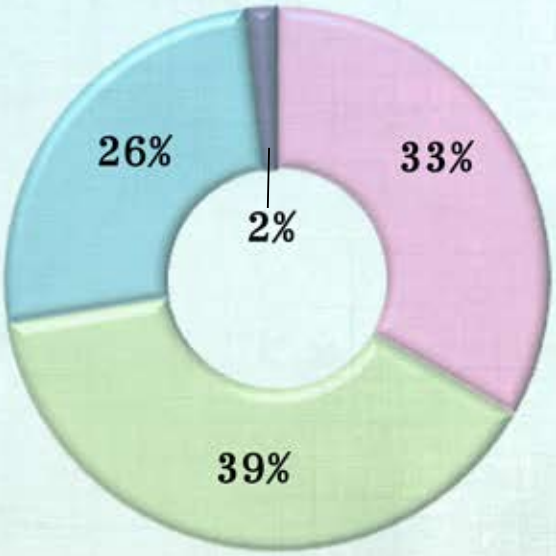
Percentages represent clients receiving each service.
Children often receive multiple services at The Tree House.

Children & Families Served & Services Provided (continued)

Charts and figures reflect data July 1, 2015 - June 30, 2016

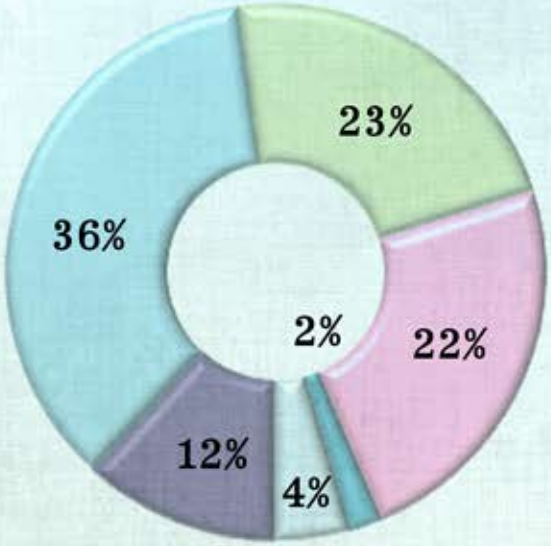
692 New Clients, 164 Ongoing Clients, **856 Total Clients**

Age



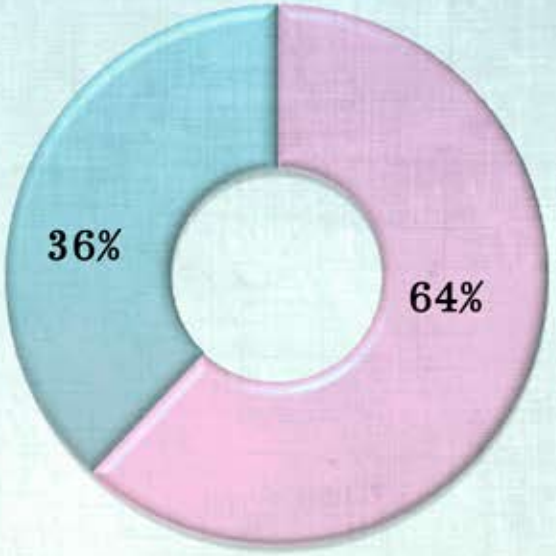
- 0 - 6 years - 285 clients
- 7 - 12 years - 335 clients
- 13 - 17 years - 220 clients
- 18+ years - 16 clients

Race



- Hispanic - 308 clients
- White, Non-Hispanic - 201 clients
- Black/African-American - 191 clients
- More than one race - 101 clients
- Not specified - 38 clients
- Asian - 17 clients

Gender



- Female - 552 clients
- Male - 304 clients

Journey to Healing - Part Two

Ethan's journey continued with a visit with our board-certified child abuse pediatrician in her office, across the hall from the forensic interview room. She calmly explained who she was and asked if Ethan knew why he was there. He responded he was there for an exam due to the abuse. He felt safe with the pediatrician and explained to her he could finally tell what was happening, after years of abuse, because he was now older and felt stronger. He was then led down the hall to the child-friendly exam room, where he was examined for evidence of the abuse and tests were run for sexually-transmitted diseases. Thankfully, Ethan presented no lasting physical injuries and the tests returned as negative. The pediatrician filed a report of her findings with law enforcement, to be used in the criminal investigation.



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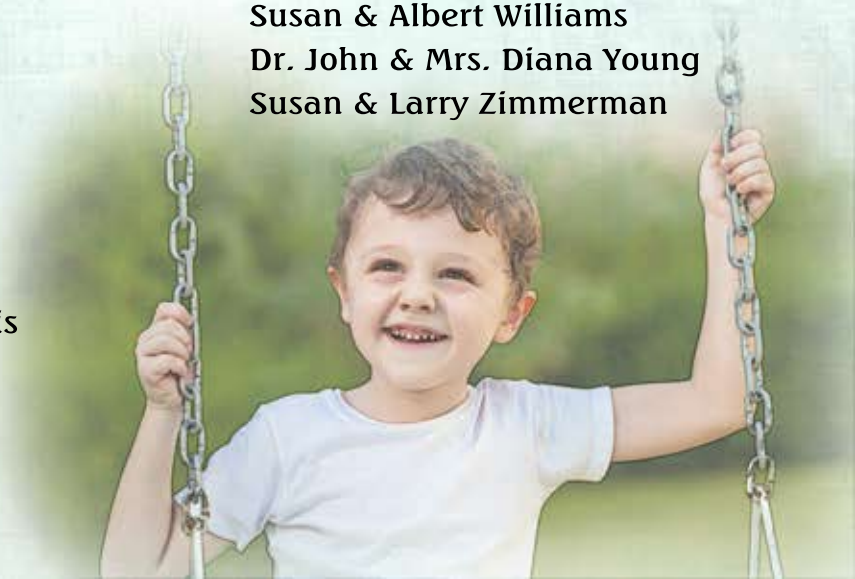
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Journey to Healing - Part Three

Ethan's journey to healing brought him to one of The Tree House's trauma-trained therapists. He was evaluated and then received counseling for over a year. At the start of treatment, Ethan was diagnosed with post-traumatic stress disorder (PTSD). He exhibited intrusive memories of the abuse, nightmares, and flashbacks. He experienced emotional distress and strong physical fear when he encountered trauma reminders, and so he avoided things associated with the abuse: thoughts, feelings, and memories, as well as people, places, and activities. He experienced aggressive outbursts and persistent feelings of anger and fear.



Ethan was engaged and enthusiastic in therapy. Initially, he had a difficult time writing the trauma narrative, a process by which children are asked to remember the details of their abuse and identify their thoughts and feelings associated with it. Slowly, with gentle encouragement from his therapist, he was able to complete his narrative. He successfully shared his story with his mother, who was supportive, loving, and empathic.

By the end of treatment, Ethan's mother reported that he greatly benefited from the therapy. He was now much happier and less angry. He was more comfortable talking about his trauma history, as well as his thoughts and feelings in general. He graduated from therapy clear of any mental health diagnoses!

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Journey to Healing -Part Four

The last leg of Ethan's journey was with The Tree House's victim advocate. While undergoing therapy at the Tree House, Ethan was again approached by his abuser. He was emotionally able to handle seeing his perpetrator again, and responded by immediately reporting the incident to his mother. Ethan's therapist promptly referred the family to The Tree House's victim advocate.



With her help, Ethan's mother filed a petition for a Peace Order (a form of legal protection that enables an individual who wishes to be protected to ask the Court to order another person to stay away and refrain from any contact with them). The victim advocate helped Ethan's mother complete the paperwork and accompanied the family to court. She also gave them information regarding victimization, victim's rights, what to expect in court, and helped them navigate the legal process from a temporary Peace Order to an extension on the Order and finally receiving the final Peace Order. They were thankful and grateful for the assistance they received throughout the entire process. With the Peace Order in place, both Ethan and his mother feel safer, more secure and protected.

Ethan faced a long and arduous road to overcome the trauma of his abuse and to feel safe and secure again. Thanks to The Tree House, and their hard work, Ethan and his mother were able to move past the ordeal he experienced as they completed their Journey of Healing.

Our Financial Roots

Financial Statement FY16 (July 1, 2015 - June 30, 2016)

REVENUE		EXPENSES	
County Contracts	$533,061	Consultant Staff	$278,167
Foundation Grants	$56,500	Salaries and Benefits	$341,366
State Grants	$50,164	Program Overhead Expenses	$47,406
Event Income	$47,680	Office Supplies and Expenses	$16,296
Contributions	$30,397	Direct Client Services	$18,665
Federal Grants	$30,500	Community Outreach	$28,752
Service Fees	$16,480	Training and Membership	$6,592
TOTAL	**$764,782**	**TOTAL**	**$737,243**

Excess Revenue Over (Under) Expenditures $27,539



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Your donation serves our local families and children

$5 Pays for bubbles used in breathing exercises during therapy

$10 Provides snacks and drinks for 10 children waiting for services

$20 Allows us to buy new toys and books for our waiting room

$25 Provides first aid supplies for one month

$30 Allows our Victim Advocate to attend court with our children for one hour

$50 Provides one hour of Mental Health Therapy

$75 Provides round trip transportation for a child in need

$100 Provides one hour of Physician care

$250 Pays for 14 days of HIV prophylaxis for one child

$500 Allows us to perform a full psychological assessment of a child

Allows us to perform a full medical exam including all lab work for a child

$1,000 Allows us to perform a complete forensic evaluation of a child

$5,000 Enables us to provide one family with a full course of medical, therapeutic, and victim assistance services

Tax deductible donations can be made **online** at TreeHouseMD.org (click on "Donate Today")
or **by mail** (please make check payable to The Tree House CAC) and send to:
The Tree House CAC, 7300 Calhoun Place, Suite 600, Rockville, MD 20855

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The Tree House CAC is an accredited member of
The National Children's Alliance.

Illustrations in this report are not depictions of actual clients
to protect client privacy. The story, however, is very real.