

## MISSION STATEMENT

SHIELDS for families is a non-profit community-based organization dedicated to developing, delivering, and evaluating culturally sensitive, comprehensive service models that empower and advocate for high-risk families for over 20 years.



We believe that with education, access to appropriate services and caring guidance, families can rebuild their lives and become productive members of the community, nurturing parents and achieve all of their dreams.

## HISTORY

SHIELDS was formed in 1987 in response to high incidence of infants born prenatally exposed to drugs at Martin Luther King Hospital in South Central Los Angeles.

SHIELDS began providing services to this unique population and has since grown to provide over 30 comprehensive, family-centered, wrap-around programs addressing issues facing high-risk families in South LA.



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SHIELDS for Families is an equal opportunity service provider that does not discriminate against any individual on the basis of race, color, religion, sex, national origin, age, disability, political affiliation or belief, citizenship/status as a lawfully admitted immigrant authorized to work in the United States, or participation in any WIA Title I-financially assisted program or activity. Auxiliary aids and services are available upon request to individuals with disabilities.

[www.shieldsforfamilies.org](http://www.shieldsforfamilies.org)

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[www.facebook.com/shields4family](http://www.facebook.com/shields4family)

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### Blog

[www.shieldsforfamilies.blogspot.com](http://www.shieldsforfamilies.blogspot.com)

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## Mental Health Division



At SHIELDS, we help build healthy minds, bodies and souls. We offer the community a comprehensive lineup of services in both English and Spanish that are certified by the Los Angeles County Department of Mental Health.



**At SHIELDS, we help build healthy minds, bodies and souls.** Poor mental health and poverty are inextricably linked: People living in poverty are inextricably linked. People living in poverty are more likely to suffer from poor mental health, and people with mental health problems are more likely to slide into poverty. And the number of children experiencing mental health problems – especially immigrant children – is on the rise. That is why we offer the community a comprehensive lineup of services in both English and Spanish that are certified by the Los Angeles County Department of Mental Health.

### FOR CHILDREN

SHIELDS' range of services for children begins with our **Therapeutic Nursery**. Our nursery serves 30 children ages 3 to 5 who are unable to attend preschool due to severe emotional and behavioral problems. In a structured setting, children participate in art and play therapy, story time, music and more. Our professionals work with parents to increase bonding and positive parenting skills. In the last year, more than 93% of the children in the program were able to transition to regular school settings.



Our **HUB Outpatient Mental Health Clinic** provides assessments, individualized therapy, and therapeutic and support groups to children ages 0 to 18 and their families who are under the supervision of DCFS. In 2009, we served 150 children and their families.

We also bring intensive counseling to elementary, middle and high schools. Located in 20 schools in the Los Angeles and Compton school districts, the students we serve have experienced or witnessed traumatic events. We also work with students at risk for academic and delinquency problems. Our services include assessments, evaluations, individual and group therapy, and medication support for students needing psychiatric services. In 2009, 250 students and their families received these services.

### FOR YOUTH

The teen years are especially risky for those growing up in poverty, and many youth in our area are already in trouble and on probation. SHIELDS provides two programs: **Multi-systemic Therapy**, an intensive in-home, evidence-based program, is provided to 60 Los Angeles County youth on probation; and **Functional Family Therapy** is offered to 156 youth who are on informal probation with the Los Angeles County Department of Probation. These programs successfully decrease delinquent behavior and recidivism, increase prosocial interaction, and empower parents and caregivers to effectively handle issues that arise. We also offer **Revelation**, an intensive outpatient program that provides services to youth ages 13 to 21 who present co-occurring substance abuse and mental health disorders. In 2009, 70 youth participated in this program.

### FOR FAMILIES

To strengthen families, overcome addiction and address underlying mental health issues, SHIELDS has a range of programs to adults and families. **Eden**, our full-time treatment program, offers mental health services and substance abuse treatment to women with a dual diagnosis and their children. **CalWORKS Mental Health** provides outpatient services for participants with mental health barriers to employment. **CalWORKS Homeless Families** outpatient services assist those who are homeless or at risk for being homeless by helping develop skills needed to sustain permanent independent housing. GROW offers outpatient services to general-relief recipients whose mental health is a barrier to employment.