

CFAR CONNECT

CENTER FOR FAMILIES AND RELATIONSHIPS IS
A 501(C)(3) NONPROFIT COUNSELING CENTER
SERVING THE NEEDS OF INDIVIDUALS,
COUPLES, FAMILIES AND CHILDREN.

SUMMER 2018



HEALING THROUGH PLAY

BY: LUISA SILVA-CASULLO, M.A., MFT

When emotional or mental health challenges arise, adults are often more readily able to recognize them and to talk about them. For children, especially younger children, talking about emotional challenges and feelings is more difficult. Due to their difficulty with emotional expression, children will turn to play as a form of communication and as a means of processing what is going on in their lives.

Play is something that comes very naturally to children and through play therapy, children are offered a familiar channel to explore feelings, experiences, and the relationships in their lives. In play therapy, children utilize toys and objects to symbolically represent real aspects of their lives.

In doing so, this creates distance between the child and their challenging/traumatic experiences since, in the child's eye, everything that is being played out is happening in fantasy or pretend rather than reality based. This gives children an opportunity to safely process their feelings and thoughts without becoming overwhelmed.

Play therapy is an effective form of treatment for children experiencing a number of emotional/behavioral challenges. If you are interested in learning more about play therapy or if you are wondering if play therapy may be right for your child, please reach out to us.

"Play is a child's natural medium for self-expression."
- Virginia Axline

PRIDE

BY: MICHELLE SNAPP, M.A., MFT

June is PRIDE month! During this month, we celebrate the multifaceted and vibrant LGBTQ community, as well as focus on raising awareness of the unique and complex struggles those within this community may face as a minority community.

An individual's beliefs about what is appropriate in terms of sexual expression can be passed down from generation to generation and influenced by societal norms.

Sometimes when a person feels as though their personal identity and desires do not match up with what is "normal" or expected of them, it can lead to feelings of depression, loneliness, anxiety, low self-esteem, and suicidal thoughts.

The Family Acceptance Project reported statistics showing that, "LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection"

The support of family and community for an individual who identifies as LGBTQ is extremely important in preventing these sort of mental health struggles. When an individual is able to feel secure in who they are, and is celebrated for their individuality by their loved ones, they are more likely to have a happy and fulfilling life.

Family therapy offers a safe and supportive space in which family members can explore their beliefs about sexuality, sexual orientation, and gender expression, and learn how to best support individuals in their family who identify as LGBTQ.

If you or someone you know needs immediate crisis support, please reach out to:

Trevor Hotline: 866-488-7386 *24 Suicide Hotline for LGBTQ Youth

Suicide Hotline: 1-800-273-8255 *National Suicide Hotline



Intern Graduation Brunch - 2018

EXECUTIVE DIRECTOR REPORT

Spring was a busy time for CFAR and came with many changes. We were able to transition to **Credible**, a new Electronic Medical Records system which we hope will help us to streamline our intake process and assist us in continuing to get families into treatment quickly and with ease. We have been working diligently to acquire more space and hope to expand to incorporate another 8 therapy rooms, as well as large group rooms.

We are continuing in our implementation of Ecosystemic Structural Family Therapy and Trauma-Focused CBT and hope that by adding more space to our agency we will be able to expand in our ability to offer these specialized services.

As we look to the summer months and beyond, we would like you to keep an eye out for information regarding our **Fall Event**, typically held in October. This event is a time for us to meet with our sponsors, donors, allies, supporters, colleagues, friends... basically everyone who believes in the mission of CFAR. We are able to talk to you about the things that we are doing to promote Mental Health in Philadelphia and ways you can **get involved**.

We hope that your summer is full of fun, laughs and good times with the people you care about. Keep up to date with what is happening at CFAR by following us on our Social Media Pages!

Jordan Bogan
MFT

Follow Us On Social Media:



THERAPIST SPOTLIGHT:

Jenny graduated from Drexel University in 2017 with a Master's Degree in Couple and Family Therapy and has additional training (Core Skills Certification) in Emotionally Focused Couples Therapy (EFT). Jenny is a 13-year public service professional with a Master's in Public Health, a Level 2 Usui Reiki Practitioner and holistic wellness enthusiast.

Born in Haiti, Jenny spent the first seven years of her life on the "Great Already" island before immigrating to New York. She is proud to call Philadelphia, PA home for the past eighteen years.

Jenny believes in the power of the personal narrative in radically re-shaping one's life, relationships and experiences. Her mission is to elevate and encourage the practice of self-love and relationship repair through awareness, acceptance, compassion and appreciation; with the knowledge that people are genuinely doing the best they can with the mindsets and resources they have. Her aim is to support clients in vibrating higher in all aspects of their human experience by helping them improve the quality of the tools within their internal and external reach. From the concrete and analytical to the experiential and spiritual, Jenny utilizes an integrative approach to cultivate healing and hold space for individuals, families, and partners.



JENNY D. BRICE, MPH, MFT
COUPLES & FAMILY THERAPIST

CFAR IN THE COMMUNITY:

One of the things we love to do at CFAR is to be out in the community, promoting Mental Health, fighting against stigma and getting to connect people to services that will help them on their road to change.

Over the past few months we have been at **La Salle University** talking to students about the exciting internship opportunities that we offer at CFAR and have also been able to take a trip downtown to Thomas Paine Plaza to partner with DBHIDS as they hosted the **Youth Mental Health Awareness Day Resource Fair!** We have been able to partner with the amazing **Ashley Assists, LLC** for the **"Cocktails & Conversation"** event that we had at the Pyramid Club where we were able to talk about the vision that CFAR has and how we are attempting to bring change and awareness to the way Mental Health is viewed in the Philadelphia area. We have also partnered with **Healthy Minds Philly** by providing Behavioral Health Screenings at events throughout the Philadelphia area in hopes that we can connect with community members and direct them to services that will help them to prosper.

Interested in having CFAR host a table at your event? Contact our **Community Engagement Specialist** at (215)-537-5367 ext. 169.



OPINION PIECE: RAISE YOUR VOICE

BY: JAMICA CROPPER-PAM, M.A, MFT

Let's talk about mental health in minority communities. Many of us who are apart of minority communities know about the stigma around mental illness and seeking support. We are often told to simply "pray about it", that we have to "be strong", or we need to "get over it". It's safe to assume that this advice is never helpful and only leads to exacerbating whatever we are struggling with. The belief that asking for help is a sign of weakness is a huge misconception and with suicide rates within minority communities on the rise, now, more than ever, we need to raise our voices and begin encouraging each other to reach out for support.

The first step is finding a culturally competent therapist. The culturally competent therapist takes into consideration your cultural background, beliefs, values, sexual orientation, gender identity, and the social and economic inequalities that different groups face. All of these areas play a role in who you are and therefore need to be considered in your treatment. Starting the process can be nerve-racking but we all deserve support from someone who understands us and respects our experiences and point of view. I stand with you and believe that asking for help is a sign of great strength and self-awareness.

We can't do it all by ourselves.

7-DAYS OF SELF-DEVOTION WORKBOOK

BY: RANDI CUTLER, M.S, MFT

When we nourish our minds, bodies, and spirits, all other realms of our lives and our relationships reap the benefits.

Additionally, Self-Devotion enhances mindfulness, self-acceptance, authenticity, and creates new reservoirs of love within us that energize us and radiate out into the broader universe. Taking time regularly to get to know yourself, to love and appreciate your body and all that it does for you, to explore the unique gifts of your mind and spirit, and to practice creativity and playfulness will ultimately provide you with the building blocks to cultivate your inner connection.

The exercises in this guide are designed to help you explore different aspects of yourself each day. You can spend anywhere from 5 minutes to an hour for each one, or even more if you're really feeling it! For each activity I provide a materials list, an explanation of purpose, step by step instructions, a suggested intention and a suggested mantra to repeat throughout the exercise to help you stay present in the experience. Feel free to make up your own if the ones I offer don't resonate with you!

[Link: 7-Days of Self-Devotion Workbook](#)

CLIENT CORNER:

"CFAR has given me **hope** for a better future!

It is giving me a chance to start
a new happier life, one of fulfillment,
smiles and laughter.

Thank you so much!"

- Susan L.