

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



Exodus is a family-centered treatment program where the entire family resides in an individual family apartment within an 86 unit complex with comprehensive on-site services that meet the needs of homeless substance abusing women and their families.

Exodus



The SHIELDS for Families' Exodus Program is a unique model, in which comprehensive family-centered treatment, follow-up and related social services are provided within an 86-unit apartment complex. It is currently the only program in the United States that allows for the entire family unit to live in the treatment environment in individual family apartments while attending treatment. Services offered include: counseling, child development services, youth programs, individual therapy, educational groups, case management, and educational and vocational services. After completion of treatment, families are allowed to remain on-site for an additional year in order to transition back to the community with stabilized income and housing.



The mission of the Exodus Family Centered Treatment program is to provide a new beginning for substance abusing women and their families in South Central Los Angeles. Treatment, child development, youth services, case management and vocational services are offered on-site at the facility to a maximum of 45 families at any given time.



Upon admission to the program, clients sign a contract for treatment services and a lease agreement for their housing. Comprehensive psychosocial assessments are conducted on each woman and their family members within 30 days of admission. Additionally, clients receive medical, psychological and vocational assessments, as well as psychiatric evaluations when indicated. A treatment plan is developed by the primary counselor and the client along with her family and/or significant others, in conjunction with the multidisciplinary treatment team. A full range of mental health services is provided on-site by eight full-time therapists. This includes **individual, group and family therapy, psychological and psychiatric evaluations and medication support**. Crisis intervention services, as well as a 24-hour hotline, are available for clients in order to address situations which present an imminent risk to the client and/or her family. Individual and Group

counseling sessions focus on assisting the clients in dealing with psychological, social and economic issues that contributed to or may have developed as a result of the client's substance abuse. Educational groups are presented to all clients on health and nutrition, HIV/AIDS, tuberculosis, STDs, drugs and alcohol, as well as parenting, child development and family planning. Clients are maximally involved in all aspects of their treatment plan and program services. As clients progress through the program they are provided with the opportunity to serve as peer counselors for new clients. Clients are also asked to participate in program planning through participation in Client Council and the Consumer Advisory Board in order to ensure that services provided are sensitive and relevant to their needs.

Children and adolescents are provided mental health and substance abuse services through our on-site Child Development Center as well our Heros & Sheros program which integrates its programming within Exodus's treatment model. Our Child Development Center provides comprehensive services to children 0-5 including **developmental assessments, child development case management, and infant development (ECE's), home visits**, and early literacy skills. Heros & Sheros provides comprehensive afterschool and summer full day programming to adolescents 6 – 18 including **individual, group and family therapy, case management, academic support, educational groups, crisis intervention and Alcohol, Tobacco and Other Drugs (ATOD) prevention**.



Substance abuse affects the entire family of the identified client. Therefore, in order to treat the client the entire family must be treated. Family members are offered the opportunity to participate in family therapy, parenting and educational groups. In addition, significant others are provided with an on-site weekly support group and/or individual counseling. Referrals are provided to family members for services not provided by SHIELDS.

After completion of treatment services (12-24 months), families are able to remain in their housing for a transitional period of up to one year, allowing for adequate time to develop vocational, educational and/or supportive systems necessary for ongoing recovery and family maintenance. Lifetime aftercare is offered to all families including case management, support groups, crisis intervention and alumni activities.

Program Highlights

- The only program in the United States that allows for the entire family unit to live in the treatment environment in individual family apartments.
- 81.2% completion rate (national average=25%); in the last fiscal year this increased to 95.6%
- Family reunification rates of 95%.
- Average of 646 days in treatment (national average=less than 90 days).
- All clients obtained a high school diploma.
- Increase in parental knowledge of child development and parenting skills with parents scoring an average of 90% on post-test scores.
- Immunization rates among enrolled children averaged 80%.
- Results have shown that adolescents enrolled with in the Heros & Sheros component have 77% improved self-esteem, self-confidence and cultural awareness; 75% improved grades in Math and English; and 80% have committed to a drug free life.