



Family CARES Center



children's home + aid • northwestern settlement

DID YOU KNOW?

CARES stands for Counseling and Advocacy Resources for Engaging Scholars



Northwestern Settlement nurtures, educates, and inspires children and families in need, empowering them to take personal responsibility and attain self-sufficiency.

In 2017, Northwestern Settlement partnered on the Family CARES Center initiative with Children's Home + Aid, an organization helping children recover their health, their hope, and their faith in the people around them.

BY THE NUMBERS

255 Years of combined experience between Northwestern Settlement and Children's Home + Aid serving people in need

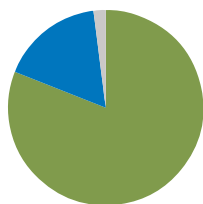
95 Neighbors served, at current capacity, via one-on-one sessions with counselors weekly

73% Community residents live below the poverty line, unable to access mental health services

4 Counselors carry caseloads, in addition to a Clinical Coordinator to liaise with families

DEMOGRAPHICS

Based on the Early Childhood Education & Rowe Elementary School programs served by the Family CARES Center



HISPANIC: 81%
BLACK: 17%
OTHER: 2%



LOW-INCOME: 100%
LIMITED ENGLISH: 23%



Need for mental health services in our community is high

ANXIETY
ADDICTION
CONDUCT DISORDER

DEPRESSION
EXPOSURE TO TRAUMA
FAMILY VIOLENCE

GRIEF
IMPULSE DISORDER
MENTAL HEALTH EDUCATION

SEXUAL ABUSE
WELLNESS & SELF-CARE

FAMILIES ENCOUNTER A VARIETY OF OBSTACLES IN SEEKING THESE SERVICES

Stigmas
Limited financial resources
Lack of transportation
Inconvenient & inflexible hours
Language barriers
Long waitlists
Bureaucratic processes & paperwork

These factors lead to an absence of treatment, which create strains and additional stressors leading to long-term barriers to success

THE FAMILY CARES CENTER REMOVES KEY OBSTACLES TO MENTAL HEALTH TREATMENT

Counseling occurs at the Settlement House
Location is close by for neighbors
No cost associated with services
Counselors are bilingual
Familiar faces for Rowe families
Initiative has potential to expand for neighbors across Settlement programs



northwestern settlement

FAMILY CARES CENTER