# WE ARE CHOSEN

Chosen's mission is to help children heal from trauma by strengthening their families.

### CHOSEN<sup>®</sup> STRENGTHENING FAMILIES HELPING CHILDREN HEAL FROM TRAUMA

Chosen Care, Inc., "Chosen", supports foster, kinship, adoptive, and reunified families with a model of care to help children heal from trauma by strengthening their families. Chosen's proven model of care has been extremely effective in preventing kinship/foster care disruption and adoption dissolution. Chosen does *whatever it takes* to keep children in safe, loving families.

#### WHY WE HELP CHILDREN HEAL

Our purpose is to care for the most vulnerable children. We work with families who care for adopted, foster, or relative children to ensure homes do not break down and children are healing. It's that simple.

#### **HOW WE STRENGTHEN FAMILIES**

Chosen combines a unique blend of evidence-based tools coupled with qualified staff. Our team of telehealth professionals is prepared to support families wherever they are located.

### Families Receive:

- Individualized Parent Coaching
- Therapeutic Resources
- Personalized Case Management
- Crisis Support
- Trauma Education
- Clinical Assessments
- Aid that is customized to the family's unique needs

### Model of Care Includes:

- Trust-Based Relational Intervention<sup>®</sup> (TBRI<sup>®</sup>)
- Trauma Competent Caregiver Curriculum
- Adverse Childhood Experiences Score (ACEs)
- Dyadic Developmental Psychotherapy
- Motivational Interviewing
- Biopsychosocial Analysis
- Adult Attachment Interviews
- Dosing Methodology, based on the work of Dr. Bruce Perry

# How Chosen Heals the Hurt



#### FAMILY GROWS

A child or teen is brought into a family from foster care, through adoption, through a kinship placement, or by being reunified with a biological parent.

#### CHALLENGING BEHAVIORS EMERGE

As trauma-related behaviors emerge, caregivers begin to lose control. As they approach crisis mode, the probability of a child being returned to the child welfare system increases.



HELP IS HERE Caregivers contact Chosen.



#### **INITIAL ASSESSMENT**

Chosen's Care Managers use assessments and trauma-informed tools to develop the best possible treatment plan for the family.



#### CHOSEN'S PATH TO HEALING

Our unique model of care is comprised of three pillars to help children and families heal.

#### INDIVIDUALIZED PARENT COACHING

- Life-on-life coaching
- Accountability
- Trust-Based Relational Intervention (TBRI<sup>®</sup>)
- Caregiver self-care plan
- Attachment strengthening strategies

#### PERSONALIZED CASE MANAGEMENT

- Vetted, trauma-informed professional referrals
- Identification of community resources
- Development of deep, authentic relationships

#### THERAPEUTIC RESOURCES

- Adult Attachment Interviews
- Dyadic Developmental Psychotherapy
- Counseling
- Trauma-Focused Cognitive Behavioral Therapy
- Motivational Interviewing

Through Chosen, families receive a Trauma-Informed Action Plan® that offers actionable guidance and valuable resources for their family's long-term healing.



#### **RELIEF & STRONGER TIES**

By working with Chosen, over 2,000 clients have experienced stronger relationships, decreased stress, and decreased trauma symptoms in children.

# **Getting Started**

#### LENGTH OF SERVICES

For a family in crisis, services last for an average of six months. Each family has unique needs and is served according to presenting and revealed needs, so services may be lengthened or shortened, as appropriate.

#### **KEY OUTCOME**

100% of families who have worked with Chosen for 6+ months have avoided breakdown—meaning not a single child we serve has been returned to the child welfare system.

#### FROM A CHOSEN CLIENT:

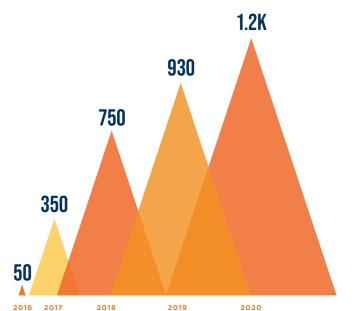
"We have seen more progress in the last 12 weeks than we have since Ryan has been home over the last two years. We are more relaxed, more connected, and feel more equipped. We tell people about Chosen all the time."

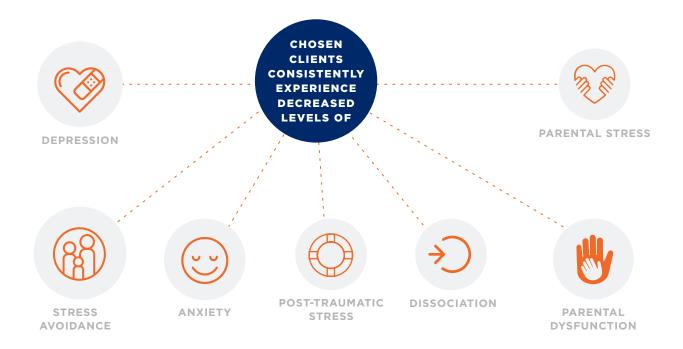




## THE CHOSEN EFFECT

Since 2016, Chosen has offered groundbreaking tools and strategies to help children overcome trauma and help families heal. Chosen was originally launched as a pilot program for 50 individuals, but we grew quickly as we discovered the incredible demand for our services. We continue to do whatever it takes to help every family that comes to us, and we are proud to showcase our Chosen Effect, which details the positive changes our clients have experienced when working with us.







#### COMMUNITY IMPACT:

"Chosen has amazing programs that come alongside our parents to be an extra leg of support during the good times, as well as in times of crisis."



# Letter from the CEO

Family is the backbone of society. We can rise on the wings of strong families or crumble under the weight of brokenness. The impact of abuse, neglect and abandonment can wreak havoc on a child's life and future in tragic ways, even shortening life expectancy. But what we know is that attachment to a loving caregiver can absolutely bring healing to a child. We can see this in relationships, as well as brain scans that illustrate healing and growth. Our Chosen team prioritizes attachment and relentlessly pursues children's healing and the restoration of families. We are devoted to continually providing exceptional care with our vision in mind: to see every child thriving in a family. I hope you will join us in this holy endeavor.

Best,

Jenni Lord, CEO



JOIN THE CHOSEN MISSION AT WWW.CHOSEN.CARE INFO@CHOSEN.CARE | 830-455-0101 Chosen's mission is to help children heal from trauma by strengthening their families.

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830-455-0101 | WWW.CHOSEN.CARE



Chosen is a non-profit organization dedicated to supporting families impacted by the child welfare system. As an organization designated by the IRS as having 501(c)(3) status, donations to Chosen are tax-exempt, and Chosen complies with all 501(c)(3) rules and regulations.