

We Can Help.

Restore innocence. Strengthen families.



the
children's
shelter

**a family
of services**

We're here
to protect
children and
strengthen
families
in order to
eliminate
child abuse
and neglect.
And to
create hope
for those
who feel lost.

Since 1901,

The Children's Shelter has provided a safe haven for children who are survivors of chronic and/or complex trauma as a result of abuse, neglect, and/or abandonment. The Children's Shelter provides temporary and trauma-focused residential care for Bexar County children and family strengthening services to help families be successful caregivers.

We put children first. We work to restore innocence and break the cycle of abuse and neglect through education and prevention.



Mission

Restore innocence and
strengthen families.

Vision

The premier agency
in South Texas,
transforming the lives
of children and families.

Family Strengthening Programs

Making a difference in the lives of families.

COMPADRE Y COMPADRE™

Compadre y Compadre exists to strengthen the male caregivers role—as father, provider and teacher. Male caregivers come together for 15 weeks in a group setting to build their knowledge and skills, which help them develop strong, nurturing relationships with their children and family. Fathers who complete the 15-week program are eligible to become a mentor by participating in aftercare services. Mentors participate in community service projects and support incoming participants.

A male caregiver can be a father, uncle, grandfather, or any male providing care of the child.

iPARENT SA®

iParent SA works with all parents in Bexar County needing parenting support and resources. Parents will work with a trained Parent Educator who will help them identify strengths, develop goals and build self-sufficiency. The program offers both in-home and group-based parent education. They may access our network of services that include: 24/7 crisis intervention, basic needs support, family enrichment activities, and developmental screening and assessments, and more!

NURSE-FAMILY PARTNERSHIP®

Nurse-Family Partnership is dedicated to helping first time, low-income mothers become successful parents. BSN Registered Nurses begin home visits early in the mother's pregnancy and continue home visitation until the child's second birthday. The relationship that develops between mother and nurse promotes improved prenatal and maternal health, improved child development, and family self-sufficiency.





Mental Health Services

Providing a continuum of trauma-informed care.

HARVEY E. NAJIM HOPE CENTER

The Hope Center is a specialized, trauma-focused outpatient mental health clinic for children ages three to 17 and families impacted by abuse, neglect, and/or abandonment. Therapy is also offered to adults of any age who are victims of crime and impacted by trauma. Under special conditions, children as young as two years may receive services. Our model includes licensed therapist and social worker teams to deliver high quality, compassionate trauma-informed care by providing evidence-based treatment, such as Trauma-Focused Cognitive Behavioral Therapy® (TF-CBT); Trust-Based Relational Intervention® (TBRI); Parent-Child Interaction Therapy (PCIT) serves children ages two to seven; and Eye Movement Desensitization and Reprocessing (EMDR).

Families are paired with a licensed social worker to provide aftercare for up to 12 months after discharge.

Foster
and be a
safe haven
in troubled
waters.
Volunteer
and
experience
the gift
of your
presence.
Give
and we
all receive.



Trauma-Informed Care

is grounded in an understanding of and responsiveness to the impact of trauma which emphasizes physical, psychological, and emotional safety for both providers and survivors to rebuild a sense of control and empowerment. The following principles are infused throughout our agency culture, as well as services, and should be reflected in everyday activities:

SAFETY

Our program activities and settings are designed to promote the physical and emotional safety of our clients and staff.

COLLABORATION

We include our clients' input in planning and evaluating our service. We respect our clients' life experiences and history, and operate from a model of doing "with" rather than "to" or "for" our clients.

TRUSTWORTHINESS

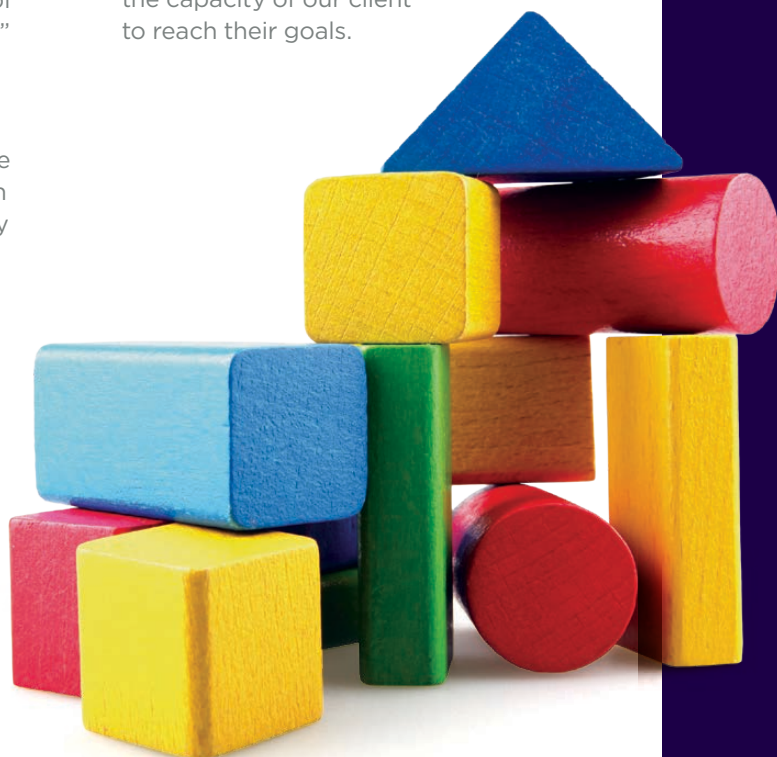
We build trust with those we serve by making the tasks in our service delivery clear, by ensuring consistency in practice, and maintaining appropriate boundaries in our programs.

CHOICE

We designed our services to ensure that our clients' experiences of choice and control are maximized.

EMPOWERMENT

We recognize and emphasize our client's strengths and skills, by focusing on skill development and enhancement. We convey optimism about the capacity of our client to reach their goals.



Our
Model of Care
delivers
high quality,
compassionate
trauma-
informed
care delivered
to children
and families
impacted by or
at-risk of abuse
and neglect.

the children's shelter

values & services

Transparency

We strive to create a culture of trust between our staff, children, families, and community partners by being open and honest about our strengths and challenges as an agency.

Respect

We accept everyone as individuals without regard to their race, religious beliefs, political affiliation, sexual orientation, and cultural or economic status.

Excellence

We offer superior, innovative services by thinking strategically, acting creatively, and using all resources wisely. We will model excellence to and for the community, holding ourselves to a higher standard.

Teamwork

We work with a spirit of collaboration, inviting different people to participate with different ideas and perspectives, and skills to work towards a common goal.

Family Strengthening

We offer a continuum of trauma-informed prevention and intervention services for families tailored to fit their needs. Family Strengthening Programs include: *Compadre y Compadre™*, which services any male caregiver; *Nurse-Family Partnership®* works with first-time, low-income mothers; *iParent SA®* offers various service tracks to work with parents as well as any caregiver with children ages 0-17 years.

Treatment Foster care

Treatment foster families provide care for children birth through 18 years old who have faced acute or chronic trauma associated with abuse, neglect, and/or abandonment.

Innovation

We seek effective solutions by bringing together various ideas that have a positive impact on staff, children, families, and the community.

Emergency Shelter

In a trauma-informed environment, we provide temporary care for children birth to 12 who have been removed from their homes due to traumatic experiences such as abuse, neglect, and/or abandonment.

Mental Health

Our mental health programs complete our continuum of care. We offer trauma-informed services to all children and families. We help children and families cope with and heal from previous exposure to child abuse, neglect, abandonment, and/or violence.

Integrity

We honor all commitments. We are truthful, honest, and adhere to high moral standards. Integrity shapes our character and influences how we meet the needs of the people we serve, and the decisions we make.



Evidence-based practices

We are committed to offering programs that are founded in research and have proven effectiveness.



NURSE-FAMILY PARTNERSHIP®

Nurse-Family Partnership is a maternal and early childhood health program that partners low-income, first-time mothers with registered nurses to receive the care and support they need to have a healthy pregnancy, provide responsible and competent care for their children, and become more economically self-sufficient.

NURTURING PARENT CURRICULUM

The Nurturing Parent Program is a family-centered, trauma-informed initiative designed to build nurturing parenting skills and attitudes as an alternative to abusive and neglectful parenting and child-rearing practices. Practiced by Compadre y Compadre™.

ABRIENDO PUERTAS/OPENING DOORS

Abriendo Puertas promotes school readiness, family well-being, and advocacy by addressing best practices in brain development, key aspects of early childhood development, early literacy, numeracy, bilingualism, health, attendance, civic engagement, parent leadership goal setting, and planning for family success. Practiced by Compadre y Compadre.

REFLECTIVE SUPERVISION

Reflective Supervision is the regular collaborative exchange between staff and supervisor that builds on the supervisee's use of his/her thoughts, feelings, and values within a service encounter. Reflective Supervision is an evidence-based practice that compliments the goals and practices of trauma-informed care.

MOTIVATIONAL INTERVIEWING

Motivational interviewing is a person-centered counseling style of working with clients in a collaborative, respectful, and empathetic manner that research has shown to be broadly effective in positive change. Practiced by Treatment Foster Care and Nurse-Family Partnership.

TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY®

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a psychosocial treatment model designed to treat post-traumatic stress and related emotional and behavioral problems in children and adolescents. Practiced by Treatment Foster Care and the Harvey E. Najim Hope Center.

TRUST-BASED RELATIONAL INTERVENTION®

Developed by Dr. Karyn Purvis and Dr. David Cross at the Texas Christian University Institute of Child Development, Trust-Based Rational Intervention (TBRI) is an emerging intervention model for a wide-range of childhood

behavioral problems. It is a family-based intervention designed for children who have experienced relationship-based traumas, such as institutionalization, multiple foster placements, maltreatment, and/or neglect. Practiced by emergency shelter, Treatment Foster Care, the Harvey E. Najim Hope Center, and family strengthening.

ATTACHMENT, REGULATION AND COMPETENCY MODEL

Attachment, Regulation, and Competency (ARC) is a framework for intervention with youth and families who have experienced multiple, and/or prolonged traumatic stress. ARC identifies three core domains that are frequently impacted among traumatized youth, and which are relevant to future resiliency: attachment, regulation, and competency.

PARENT-CHILD INTERACTION THERAPY

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. Developed by Sheila Eyberg in the 1970s at the Oregon Health Sciences University. Practiced by the Harvey E. Najim Hope Center.

EYE MOVEMENT DESENSITIZATION AND REPROCESSING

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. EMDR therapy is an eight-phase treatment. Eye movements (or other bilateral stimulation) are used during one part of the session. It combines different elements to maximize treatment effects. EMDR therapy involves attention to three time periods: the past, present, and future. Focus is given to past disturbing memories and related events. Also, it is given to current situations that cause distress and to developing the skills and attitudes needed for positive future actions. Practiced by the Harvey E. Najim Hope Center.



How you can help

Break the cycle of neglect and abuse.

BECOME A TREATMENT FOSTER PARENT

The Children's Shelter is always in need of nurturing, loving, and therapeutic foster families for children and youth who are survivors of abuse and neglect. Become their safe haven.

BECOME A RESPITE PROVIDER

Respite providers are trained to allow foster parents a break, which alleviates burnout, compassion fatigue, and placement disruption. Additionally, it allows children and youth a break. Respite providers receive payment for respite, and it is a brief and specified time frame.

SEND A MONETARY CONTRIBUTION

The need is great. Our children depend on the generosity and kind hearts of people like you. The Children's Shelter accepts donations of cash, check (payable to The Children's Shelter), or credit card. Please contact us for giving opportunities.

DONATE IN-KIND GIFTS

The Children's Shelter needs in-kind donations such as clothes, diapers, and books to provide comfort and relief for our children. Please contact us to learn more about specific needs.

GIVE TO THE CHILDREN'S SHELTER FOUND IN SOUTHTOWN

Located at 1407 S. St. Mary's, our thrift boutique—FOUND in Southtown—accepts donations of gently-used clothes, furniture, toys, home accessories, and more. All proceeds from the sale of these items help support The Children's Shelter.

BECOME A VOLUNTEER

It would be impossible to care for children without our dedicated volunteers. There are a variety of areas to help—including visiting and playing with children, assisting with special events and activities, or performing service projects. The greatest reward of volunteering is guiding our children and youth in the development of meaningful relationships and healthy attachments.

CONTACT US

2939 West Woodlawn
San Antonio, Texas 78228
t 210.212.2500
childrensshelter.org



DEVELOPMENT

t 210.212.2571

development@chshel.org

VOLUNTEER

t 210.212.2508

volunteer@chshel.org

TREATMENT FOSTER CARE

t 210.212.2590

877.212.2590 (out of area)

f 210.785.9231

fostercareinquiry@chshel.org

HARVEY E. NAJIM**HOPE CENTER**

2939 West Woodlawn

San Antonio, Texas 78228

t 210.503.4500

hope@chshel.org

COMPADRE Y COMPADRE™

1209 South St. Mary's St.

San Antonio, Texas 78210

t 210.212.2559

compadre@chshel.org

FOUND IN SOUTHTOWN

1407 South St. Mary's St.

San Antonio, Texas 78210

t 210.534.5437

IPARENT SA®

1209 South St. Mary's St.

San Antonio, Texas 78210

t 210.212.2576

crisis line 210.383.3239

iparentsa@chshel.org

NURSE-FAMILY**PARTNERSHIP**

1209 South St. Mary's St.

San Antonio, Texas 78210

t 210.212.2534

f 210.223.2142

nfp@chshel.org

EMERGENCY SHELTER

2939 West Woodlawn

San Antonio, Texas 78228

t 210.212.2500



the
children's
shelter
a family
of services

**THE CHILDREN'S
SHELTER**

2939 West Woodlawn

San Antonio, Texas 78228

t 210.212.2500

f 210.785.9268

childrensshelter.org