



# APRIL 2021 NEWSLETTER



The Chosen team is wearing blue this month in recognition of Child Abuse Prevention Month.

Throughout April, we are focusing on increasing awareness and helping families heal from the trauma of child abuse.

Read below for resources, tools, and information related to Chosen's fight against the effects of child abuse.

## A LETTER FROM THE CHIEF EXECUTIVE OFFICER

*“Childhood trauma increases the risk for **seven out of ten** of the leading causes of death in the United States. In high doses, it affects brain development, the immune system, hormonal systems, and even the way our DNA is read and transcribed. Folks who are exposed in very high doses have triple the lifetime risk of heart disease and lung cancer and a **20-year difference** in life expectancy.”*

– [Dr. Nadine Burke Harris](#), Founder of Center for Youth Wellness and current Surgeon General of California

The quote above is a reference to the CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study, conducted in the 90s. The research found that the long-term impact of ACEs determined future health risks and affected mental health outcomes. An ACEs tool is used in our practice every day with both children and parents to evaluate history and help determine a baseline.

ACE scores are raw numbers, but the long-term negative effects of adverse childhood experiences can be mitigated by [positive childhood experiences](#), which includes *felt safety* by a trusted adult at home. Being safe and feeling safe are two different things, especially for the children we serve. **That is why we work so hard to build the relationship between caregiver and child.**

Often, both the children and caregivers in a household have high ACEs, which impedes the relationship and healing. But Chosen is working closely to remedy this; our direct care staff provide the trauma-informed education and therapeutic resources to help children heal and attach in a healthy way.

April is Child Abuse Prevention Month, where we work to prevent and raise awareness about the negative effects of child abuse. Despite this dark issue, we do have HOPE. We see healing every day. Sometimes, that healing is happening backwards -- starting with "mom and dad" and flowing down to children.

Chosen is relentless in the fight against the effects of child abuse. Your support makes this life-altering work possible. Together, we can continue advancing the vision of **every child thriving in a family.**

With deep gratitude,



Jenni Lord | Chosen Care  
Chief Executive Officer

## Resources

Often, families who are parenting hurting children feel unequipped to manage their children's trauma. With little advice and few resources, the parents of vulnerable children are left wondering what to do, wondering who can help them through.

That's where Chosen comes in - our care managers do *whatever it takes* to help families heal, and they work hard to provide resources that are tailored to each family's unique needs.

Check out this list of resources and helpful tips recommended by our care managers. Each are related to helping children heal from the trauma of abuse and neglect:

- [Ten Keys To Heal Trauma In The Adopted And Foster Child](#)
- [Trauma: How You Can Help Your Child and Family Survive?](#)

- [The Repair of Early Trauma: A "Bottom Up" Approach](#)
- [When Mental Health and Trauma Intersect: Finding the Path Towards Healing](#)
- [Strengthening Our Children's Stories](#)

Be sure to check out all other Chosen resources at [www.chosen.care](http://www.chosen.care)!

## A CHOSEN STORY: The Dykstra Family's Story



To fill their challenge by God, Adam and Taylor decided to open up their home to children in need. They had always seen adoption in their future but had never considered fostering as their way of being the hands and feet of Christ.

Just as they began to feel like they were getting the hang of things a worldwide pandemic struck. Adam and Taylor felt gut wrenching panic as they wondered how life would work in this new unknown.

As a plea, they told God that he was the only one that will get them through this, and that was when they were introduced to Chosen.

Read the family's full story [here](#).

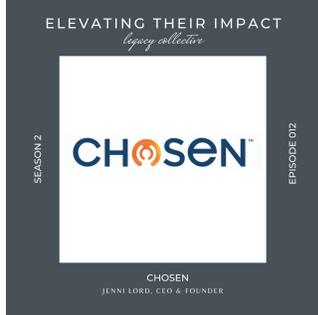
**Chosen's CEO, Jenni Lord, is spreading the word about Chosen! She was recently featured in a podcast and a national publication.**

**Check out her two pieces below:**

### **Legacy Collective's "Elevate Their Impact" Podcast**

Have you ever wondered how Chosen was founded and how we have sustained continuous growth in recent years?

Listen [here](#) as Jenni shares the story of Chosen and dives deep into the transformative work currently being done.



## Article for FOCUS, Family Focused Treatment Association Newsletter



The Family Focused Treatment Association newsletter gave Jenni the opportunity to share the unique techniques we use to help families heal.

This write-up includes details on evidence-based tools and the importance of being intentional when making connections.

Read the full article [here](#).

## Meet Our Interns

Did you know that April is also Volunteer Appreciation Month? Chosen has three amazing interns who donate their time to our organization; this month, help us recognize their amazing work!



**Marissa Butler**

Marissa is a Programs intern at Chosen. She will be graduating this spring from Texas State University with a bachelor's degree in social work and a minor in psychology. Soon after, she will attend the University of Houston for a master's



**Gabriela Cedillo**

Gabriela is Chosen's Mission Advancement intern. She will be graduating in May from Sam Houston State University with a bachelor's degree in public relations and advertising. This fall, she will attend Our Lady of the

degree in nonprofit management.

Lake University for a master's degree in nonprofit management.



**Emily Lopez**

Emily Lopez is a Programs intern for Chosen. She will be graduating this year with a bachelor's degree in social work and a minor in criminal justice from Texas State University.

## IN CASE YOU MISSED IT



## Have you committed to being part of the healing in 2021?

By joining our community of monthly donors, you can help Chosen bring hope into homes across the country! Committing to automated giving is fast and easy, and will ensure that Chosen can continue to provide services to every hurting family who comes to us.

Monthly commitments of **any amount** can be made [here](#).

*connect with us*



# CH<sup>osen</sup>

STRENGTHENING FAMILIES | HELPING CHILDREN HEAL | CHOSEN CARE