



Healing HeARTS Through the Arts



Reimagining the approach to healing children, families, and communities from the trauma associated with Adverse Childhood Experiences (ACES) to build a better future...today.



“Safe, stable, nurturing relationships and environments are essential to ensure all children reach their full potential.”

—Center for Disease Control, Essentials for Childhood White Paper, September 2019



IF WE HEAL TRAUMA, WE HEAL THE WORLD:

The St. Clair Butterfly Foundation is seeking funding in order to provide lasting and measurable healing to children, families, and communities, through an expansion initiative within Florida, Michigan, and Kentucky schools. Nurturing these key partnerships and expanding our reach is critical to sparking a change that will ripple across generations. Our 3-Pronged approach:

Expressive Arts Programming

Helping traumatized young people find the necessary outlets and comprehensive strategies to address trauma in a productive way through evidence-based expressive arts programming.

Trauma-informed Training

Strengthening communities by training educators and frontline workers serving traumatized youth to understand and facilitate classroom management best practices for healthy social and emotional development.

Trauma Certification

Filling the quality gap by credentialing and qualifying institutions that work with traumatized individuals through a rigorous, standardized annual certification process—the first of its kind in the world.

**OVER 15,000 CHILDREN, TEENS,
AND FAMILY MEMBERS SERVED...
AND COUNTING.**

Trauma alters brain chemistry. It changes DNA. We fix it.

THE SITUATION

ACES can result in lifelong health and psychological complications when left untreated. Comprised of 10 categories, the ACE test measures exposure to poverty, crime, drug and alcohol abuse, suffering caused by constant physical, sexual, emotional abuse and neglect, human trafficking, and a condition of living in perpetual fear and dysfunction. Repeated exposure to ACES mean that disadvantaged youth are more likely to perpetuate the cycle of trauma in their own lives. Survivors of trauma often experience devastating physiological and psychological effects.



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“Before these programs, I didn't really have an outlet for my emotions. I bottled everything inside until I couldn't help it. Now I write, paint, or do yoga. I feel so good about life!” —Devyn W., 14

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THE SOLUTION

Meeting trauma where it lives is critical to mitigating its effects. That's why the growth and development of school partnerships are the opportunity of a lifetime for those we serve.

Experts worldwide are turning to therapeutic expressive arts programs as a means to healing trauma and opening doors to better coping

skills. In fact, expressive arts have been proven to reduce AND reverse the effects of trauma—including DNA expression, according to a study by the University of Zurich.

In 2007, SCBF introduced evidence-based expressive arts programs—music, art, writing, yoga, gardening, dance—to schools, juvenile detention facilities, domestic violence shelters, and community centers with dramatic results:

- **100% graduation rates**
- **80% reduction in suspensions**
- **90% reduction in violent behavior**
- **.8 GPA increase after enrollment in just one semester**

DID YOU KNOW?

Individuals exposed to 4+ ACEs are:

- 2.4X more likely to have a stroke
- 2X as likely to have cancer
- 12X more likely to attempt suicide
- 7X more likely to suffer from alcoholism
- 80X more likely to suffer from depression

THE PLAN

SCBF looks to build upon 15 years of success by partnering with 6 new schools to positively impact community mental health and the generational trauma cycle. By providing adolescents who face systemic and structural challenges the tools and environment to effectively overcome trauma, they can rewrite not only their future, but literally their DNA.

Through evidence-based expressive arts programming and trauma-informed trainings for frontline workers, the long-term impacts include:

- **A reduction in adolescents sent though the juvenile justice system**
- **An improvement in self-regulation, decision-making, coping skills, goal setting, interpersonal skills, peer relationships, school performance**
- **Alignment between schools, public agencies, and community stakeholders in understanding and disrupting the generational trauma cycle**
- **A reduction in trauma-induced psychological/physiological complications**
- **A reversal of trauma-induced damage on genetic expression**
- **Dramatic inter-agency cost savings.**
- **Implementation of trauma toolkits/ programs in schools across the nation**



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