

Everyone  
deserves a  
chance to fly!

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

Founded in 2008 by a young married couple who beat the odds and proved that our past does not define us, SCBF brings therapeutic Expressive Arts Programs to trauma survivors across the country while offering training and education to stop the generational trauma-drama cycle and help everyone—especially young people—learn to soar.



With your support, we can continue to make a dramatic impact across the country, filling the ever-growing need to provide trauma survivors access to healing and hope.

For as little as \$2 a day, you can help us bring trauma education and therapeutic expressive arts healing to the communities who need us most.

**Get involved.** Help us help them find their wings.



Make a donation  
Attend an event  
Sponsor a program or event  
Volunteer and so much more

Visit us: [www.scbf.org](http://www.scbf.org)  
Contact us: [info@scbf.org](mailto:info@scbf.org)

PO box 210643, Auburn Hills, MI 48326  
SCBF is a registered 501C3 nonprofit organization



**HEALING  
HEARTS  
THROUGH  
THE ARTS**



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15 Years  
15,000 served

We're not just rewriting their future; we're rewriting their DNA.

#### **Our Mission**

St. Clair Butterfly Foundation (SCBF) empowers survivors of emotional trauma to reach their potential to soar. Through evidence-based, therapeutic Expressive Arts Programming for trauma survivors, along with trauma-informed training for those on the front lines, SCBF impacts communities and inspires positive change that ripples across generations.

#### **Expressive Arts Programs Offered:**

- Yoga/Movement
- Creative Writing
- Gardening
- Visual Art
- Music
- Dance



# The Trauma-Drama Cycle

Extreme and chronic trauma and stress, especially during childhood, can result in lifelong health and psychological complications when left untreated.

## **Symptoms of PTSD:**

### **Behavioral Symptoms:**

- Social isolation/withdrawal
- Reckless behavior
- Aggressive outbursts
- Bullying

### **Physical Symptoms:**

- Smaller hippocampal volume
- Altered metabolism
- Sleep disturbances
- Tachycardia
- Fatigue/exhaustion
- Random aches and pains

### **Cognitive Symptoms:**

- Trouble concentrating
- Memory disturbances
- Difficulty planning/problem-solving
- Flashbacks/nightmares

### **Psychological Symptoms:**

- Overwhelming fear/shame/guilt
- Obsessive/compulsive behaviors
- Detachment
- Depression/anxiety/panic attacks
- Anger/irritability
- Inability to trust others

Our programs are designed to improve or eliminate the symptoms of PTSD and trauma related ailments.

### **Our accomplishments so far:**

100% of high school seniors in SCBF programs graduated during the 2019-2020 school year, compared to just 73% of the remaining high school seniors.

Absences lessened by 32%.

There was a 90% decrease in violent behavior among those students participating in at least one SCBF program.

### **Teachers observed an increase in:**

- Self Esteem
- Peer Relationships
- Proficiency in writing, grammar, reading comprehension, and critical thinking skills

