



In 2023, Family Enhancement Center will celebrate 30 years of creating lasting solutions to prevent and treat child abuse and trauma. FEC has accomplished this mission through expert parent education and trauma informed psychotherapy with youth.

In 2019, Family Enhancement Center received a community based coordination grant through the Minnesota legislature. With that funding FEC onboarded 5 new therapists. Three of the 5 new therapists are persons of color. FEC decreased the waiting list and increased staff diversity.

FEC piloted 3 community-based programs that engage youth and their families in circles of mutual aid and support: NEST (a parent mentoring program), Fall Call to Movement (a community-based initiative to increase healthy activities that support recovery from mental health conditions), and Cook to Connect (a parent-child cooking activity that encourages attachment and community connection).

FEC seeks funding to allow youth and families who have experienced trauma to participate in social (community) engagement programs which will sustain their recovery and prevent relapse.

While mental health treatment is a critical service, community engagement is the missing component of the long-term solution to trauma recovery.

These social engagement programs will be available to youth and families who are waiting to receive mental health services which will stop serious mental health conditions from developing.

Government funding bill will allow Family Enhancement to:

- Increase NEST parent mentoring program to engage 20 volunteer mentors over 2 years
- Develop and maintain 2 community-based engagement programs including Cook to Connect and Call to Movement which will increase ongoing social and community ties for youth and families impacted by trauma
- Decrease the isolation of 100 vulnerable youth and families and assist them to develop strong ongoing community connections over the 2-year period

At the end of the 2 year period, Family Enhancement Center will evaluate the success of the project based on the following metrics:

- 75% of families engaged will show improvement on the Protective Factors survey which measures the support families experience from their community.
- 75% of the youth engaged will show an increase in feeling connected to community and a decrease in loneliness on the UCLA Children's Loneliness scale.



PHONE
612.827.3028



EMAIL
info@mnpreventabuse.org



ADDRESS
4826 Chicago Avenue
South #105
Minneapolis, MN 55417



During Family Enhancement Center’s first 30 years:

- 3,000 youth received psychotherapy to address Mental health concerns, regardless of insurance status or ability to pay
- 2,000 families received parent education, coaching or modeling
- FEC developed a Survivor Support program for youth impacted by trauma
- FEC developed a collaboration with Johns Hopkins University to prevent youth sexual assault

Family Enhancement Center Budget Proposal

2 FTE staff positions to create 3 social engagement and connection programs for vulnerable youth and families	\$ 133,120.00
Additional administrative support for increased clients and staff	\$ 45,760.00
Supervision and Coordination with FEC Leadership and Financial Oversight	\$ 39,520.00
Benefits and Taxes for salary above	\$ 32,760.00
Program supplies	\$ 7,000.00
Rental of Community Spaces for Gathering	\$ 15,000.00
Contracted Services: Social Media and Communications, Financial Auditing	\$ 76,160.00
Insurance: Liability and Cyber	\$ 1,373.00
Training for staff \$250/year for 2 staff for 2 years	\$ 1,000.00
Office Expenses: Rent, Phone, Internet, Electronic records, etc.	\$ 8,317.00
Total	\$ 360,010.00



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