



“Adopt” a Child of Children’s Safety Project

(Names have been changed to maintain anonymity)

With a donation of \$2500 or more, you can “adopt” a child in the Children’s Safety Project, supporting their therapy. While we must maintain the anonymity of the child, we will provide you with biannual updates on their progress.

(All donations are fully tax deductible)

1. At the young age of seven, Jake has lived in various places with his mother, who struggles with substance abuse. Many times, those homes were not safe or suitable for a child – being exposed to illegal drug use. Jake was not provided regular meals, let alone nutritious ones, eating junk food for days and left unsupervised for long periods of time. Today, Jake lives with his grandmother, who is now his legal guardian. She brought him to CSP where he is working with his therapist to build healthy attachments to his family members.
2. Charlotte was three when she was referred to the Children’s Safety Project by the New York City Administration of Children’s Services with problems managing her feelings; she becomes very upset easily, which results in uncontrollable crying, hitting, biting and kicking. At the Children’s Safety Project, her therapist works to make Charlotte feel appreciated and loved, increasing her self-esteem and decreasing her desire to act out. Through play therapy and child centered psychotherapy, her therapist is currently working with Charlotte to increase her tolerance for upsetting scenarios, providing her with age appropriate tools to help her cope
3. Ten year old Gabby came to the Children’s Safety Project after she was sexually assaulted by a family member. She suffers from a mood disorder as a result of being the victim of that assault. Gabby developed uncontrolled mood swings, often becoming angry and frustrated. The goal for her CSP therapist is to provide methods for her to manage her thoughts and feelings of anger and frustration due to the trauma. Gabby is in the beginning stages of treatment and is receptive and engaged in play therapy. As well, she responds well to trauma focused therapy.
4. Mike is a nine year old caught in the middle of his parents’ ongoing separation, a stress that exacerbated his previously diagnosed ADHD. With his parents using him as in intermediary, Mike had no one to confide in and express his feeling about his parents’ divorce. At the Children’s Safety Project, therapists have been teaching Mike new skills to help him maintain his focus and concentrate on tasks at hand. Building on his growing ability to focus, therapists have also been working to help him better express and manage his feelings both to his therapists and parents. Mike continues show improvement at each therapy session at the Children’s Safety Project.
5. Randy, 11, is a new patient at the Children’s Safety Project. He came to the CSP after he was sexually assaulted by a cousin; the trauma from the incident resulted in Randy being diagnosed with PTSD. At the Children’s Safety Project, therapists have worked to create new goals for Randy’s mental health, including teaching him strong coping skills, how to express his feeling and how to rebuild trust in others. Using the principles of trauma informed care, therapists are confident Randy will learn and embrace valuable methods to help him overcome her PTSD.

6. Emily, 15, came to the Children's Safety Project after she was sexually abused by her grandmother's second husband. Emily was depressed, irritable and fatigued – unable to focus, she was continually acting out in school. Her loss of trust in others also isolated her as she struggled to make friends and new supportive relationships. At the Children's Safety Project, Emily has formed a strong bond with her therapist though. Through the methods of Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and building on their bond, Emily and her therapist are working to help her develop a sense of empowerment and build her self-esteem. Methods they rely on include poetry writing to help her express her grief of past trauma and current stressors.

7. Rachel was three when her father passed away from diabetes. Following his death her mother and sole caregiver began a series of abusive relationships, exposing both Rachel and her mother to domestic violence by various partners.

At age five, Rachel was referred to the Children's Safety Project by ACS after being molested by her mother's boyfriend. Up to that point, Rachel's life had been rife with trauma: she moved from one shelter to another, rotating through a series of unstable caregivers, including her mother. As a result of her transience and abuse at a young age, Rachel had difficulty establishing relationships and maintaining healthy boundaries with others.

Rachel, however, is a strong and resilient young girl; she instantly felt comfortable at Greenwich House. Through TF-CBT, writing, art and play therapy, Rachel has learned coping mechanisms for her stress as well as how to express emotions that have allowed her to develop into a sympathetic, friendly and caring young girl.

8. Madison was referred to therapy at the Children's Safety Project because she experienced a lot of trauma at a very young age. Madison was routinely witness to physical, emotional and verbal abuse by her father that peaked when he threatened her mother with a knife.

Madison's mother is in the process of fighting for full custody rights, but her father is still currently afforded supervised visits with his daughter. These visits make Madison incredibly anxious. She often becomes extremely upset before and after each visit.

At the Children's Safety Project, Madison easily engages in the therapeutic process and feels comfortable expressing her feelings relating to past events. Her therapists employ talk, art and play therapy to help her process her internalized feelings and to develop healthy coping skills.

9. Owen had a long history of being bullied at school and often felt sad, lonely and isolated. At home, his mother suffered from a mental illness, further increasing his sense of isolation and worry. At only 14, Owen constantly worries if he and his mom will not have enough money to make rent or for food.

At the Children's Safety Project, role playing with therapists has helped him learn to effectively express and communicate his needs, feelings and desires to his mother, as well as other family members. Through learning healthy communication habits, Owen is also starting to gain confidence, reduce his fear of rejection and improve his self-esteem.

To support a child's therapy at the Children's Safety Project please contact Andrea Newman, Director of Development at anewman@greenwichhouse.org or call at 212-991-0003 ext. 400