

## Mission

### Vision

The UCLA Nathanson Family Resilience Center (NFRC) develops and implements programs to help families adapt to and overcome challenges. As leaders in the field of family resilience, we provide a bridge between research and service. Our team works with communities and systems of care to design and evaluate high-quality, preventive services that enhance family relationships and child development. Embracing innovative approaches to service-delivery, training, and dissemination, we provide families with access to resilience services where they live, work, and play. We also provide education and training to bring evidence-based, family-centered programs, and best practices to local agencies and community providers.

### History

Founded in 2002 by Jane and Marc Nathanson through their vision and passion for eradicating the stigma of mental illness, the Nathanson Family Resource Center connected parents and families dealing with mental illness to community programs and resources for support. In 2011, the Center expanded to become the Nathanson Family Resilience Center, continuing the commitment to supporting families through integrated research, education, and service programs designed to promote resilience.

### About Family Resilience

In the face of challenges such as illness, injury, trauma, or loss, families have an opportunity to adapt, grow, and thrive. This is possible when family members talk to each other, support each other, and work together to heal. The UCLA NFRC has pioneered a range of family-centered interventions that enhance the family's natural strengths and provides them with the tools to overcome present and future setbacks and challenges.

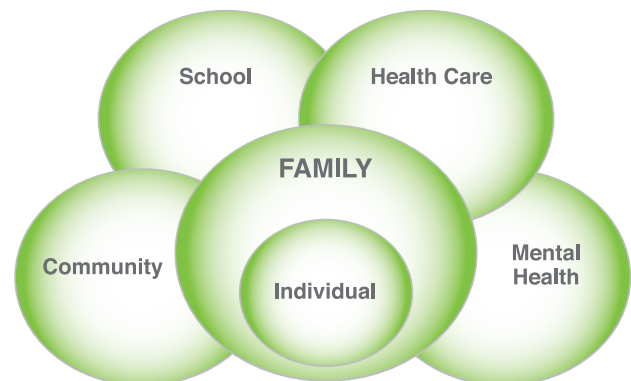
***“If a community values its children, it must cherish their parents...”***

- John Bowlby (1951)



### Connecting Community and Family

The UCLA NFRC recognizes that families interact with community systems, including schools, healthcare providers, and social service agencies. The UCLA NFRC partners with these organizations to develop and deliver family-centered services that support parents and other caregivers, children, and couples through community providers, training, technical support, and innovative technology platforms.



## Who We Are

The UCLA Nathanson Family Resilience Center (NFRC) is a team of passionate and caring professionals who bring together decades of hands-on experience, proven clinical practice, and the latest research and innovative technologies to support families in need. We are dedicated to the idea that science and compassion can be combined to enhance the quality of care for every family.



### Family Programs

The programs offered at the UCLA NFRC recognize and reflect the unique experiences of each family. These programs are designed for families affected by military service, teen pregnancy, serious illness, the child welfare system, a history of abuse or neglect, homelessness, or the juvenile justice system. The team at the UCLA NFRC helps individuals and families become happier, healthier, and more resilient.

### Professional Training

The UCLA NFRC is committed to training and supporting future generations of service providers, clinicians, and researchers. Each year, hundreds of community-based providers are trained to deliver evidence-based interventions and practices. Internships and fellowships offered through the UCLA NFRC also mentor new providers in becoming experts in the field of family resilience. Some of the Center's training initiatives include:

- Educational training programs focused on the needs of Military families.
- Partnerships with the Los Angeles County Department of Mental Health and Strategies, a professional training

alliance, to enhance the care of families facing adversity.

- Supervision and ongoing support for community leaders to expand access to FOCUS Family Resilience programming.

### Innovative Technologies

Technology allows the UCLA NFRC to bring programs and services to individuals and families where they live, work, and play. Through mobile apps, web-based self-assessment tools, online family games, and virtual training courses technology is used to make interventions accessible to busy families and providers.

### Linking Research and Service

The work of the UCLA NFRC is grounded in rigorous science. Its programs bridge the gap between research and service by translating new findings into practical applications that enhance health and well-being for families. This approach allows the UCLA NFRC team to connect clinicians, public health and education professionals, and families to the most current advances in behavioral research about family functioning and resilience.

## Programs

In order to serve a wide range of families with diverse needs, the UCLA Nathanson Family Resilience Center has developed a suite of services and programs for families:

### Family Development Project

The Family Development Project (FDP) empowers new mothers to approach parenting so that it can be joyful, intimate, and child-centered. The FDP educates mothers about early child development and helps them to sensitively respond to their babies. New mothers learn how to support their children so that they develop self-confidence and autonomy, the building blocks of future success in the elementary school classroom, in adolescence, and in developing strong, supportive relationships as adults. The program serves women receiving prenatal care and provides integrated postnatal mental health assessments to monitor for post-partum psychological health problems.

### FOCUS (Families OverComing Under Stress) Family Resilience Training

FOCUS strengthens families facing stressful or traumatic events. This prevention program helps promote psychological health in adults and children through practical education and skill-building that supports parenting and child development. Families learn skills to enhance communication through the expression of a shared family story and they develop key resilience skills, including emotional regulation, problem solving, and goal setting. FOCUS can be customized to the family's needs as they face a range of challenges.

### FOCUS Mobile App for Foster Families

Mobile FOCUS for Foster Families is a resilience gaming and resource mobile app. This entertaining app engages children in learning and practicing key resilience skills and provides parents/caregivers with educational resources and strategies for communicating with children about challenging issues. The included suite of games and tools support family strengths, including solving problems, understanding feelings, and improving communication.

### Nathanson Family Resource Center

The Nathanson Family Resource Center offers a comfortable and welcoming space to support families who have a loved



one receiving psychological health care and services at UCLA. This center is also home to a resource library, computer lounge, and children's playground.

### SEEDS (Strategies for Enhancing Early Developmental Success)

SEEDS provides early intervention, parenting, and school readiness programs for young, at-risk children and their families. Many of these families are in the child welfare system and dealing with early developmental challenges, including prenatal exposure to alcohol and other substances, trauma, and disruptions in parent-child attachment relationships. SEEDS also offers training and consultation to community providers working with these families.

### STRIVE (Support To Reunite, Involve, and Value Each Other)

STRIVE serves homeless and runaway youth, and juvenile justice system-involved youth who are returning to their communities and helps their families increase healthy communication and support within the family. Participating in STRIVE improves youth health and behavioral outcomes and reduces their risky behaviors. STRIVE also offers training and consultation to service providers working with youth.

### UCLA Family STAR (Stress, Trauma, And Resilience) Clinic

The UCLA Family STAR Clinic provides evaluation, consultation, prevention, and treatment services for children and family members affected by challenges such as medical illness, traumatic loss, community trauma, natural disasters, or combat stress.

## Military Family Programs

### For Active Duty Service Members:

#### Project FOCUS

Project FOCUS is a program of the Navy Bureau of Medicine and Surgery (BUMED) that provides FOCUS Family Resilience Training to active duty Service Members and their families who are dealing with deployment, combat stress, and/or physical injuries. This preventive program helps families to express a shared family story, which supports family communication and understanding. FOCUS Family Resilience Training teaches families practical skills to meet the challenges of military transitions, including clarifying misunderstandings, improving family communication, respecting individual points of view, and solving problems together. Project FOCUS is available to families on select military installations throughout the U.S. and Pacific Rim ([www.focusproject.org](http://www.focusproject.org)).

### For Veterans:

#### UCLA FOCUS Family Resilience Training

Families OverComing Under Stress (FOCUS) for Military and Veteran Families strengthens families facing transitions resulting from military service, including deployment stress, physical injuries, post-traumatic stress symptoms, and traumatic brain injury. Using an online family check-in to deliver customized and high quality service, FOCUS provides specialized services for Wounded Warrior families, Female Veterans, and families with children of any age.

#### Welcome Back Veterans Family Resilience Center

In partnership with the McCormick Foundation and Major League Baseball, the Welcome Back Veterans Center enhances community capacity to support and serve Veterans, Military Members, and their families. Through the integration of research and practice, and with the utilization of innovative technologies, the center develops family and community interventions, including web-based tools, education, and training materials, which can be implemented in a variety of contexts.

### For Wounded Warriors:

#### Operation Mend-FOCUS

Operation Mend-FOCUS extends family-centered mental health care and FOCUS Family Resilience Training services



to patients with combat-related injuries and their families. The program collaborates with expert surgeons at UCLA's world-class Operation Mend program to heal physical wounds while recognizing that comprehensive care requires loving attention to the needs of both the Service Member being treated and the whole family.

#### TeleFOCUS for Families of Wounded Warriors

TeleFOCUS helps the entire family heal from the visible and invisible wounds of war. Families "meet" with a live trainer using a videoconferencing platform. From the comfort of their own home, families learn new ways to identify individual and family strengths and challenges, set goals for family care routines, and improve communication about an injury or loss.

### For All Military Families:

#### FOCUS On the Go! Mobile App

FOCUS On the Go! is a resilience gaming and resource mobile app for Military children and families. This fun and engaging app guides children in learning and practicing key resilience skills and provides parents with educational resources. FOCUS



On the Go! includes a suite of games and tools that support family strengths, including solving problems, understanding feelings, and improving communication.

#### National Military Family Association Operation Purple™ Family Retreats and Healing Adventures

Family Retreats support Military families during the reunification process by bringing them together in beautiful National Park settings to strengthen and renew relationships using the FOCUS family-centered curriculum. Healing Adventures offer a similar experience with adaptive activities for wounded Service Members and their families. For more information visit [www.militaryfamily.org](http://www.militaryfamily.org).