

The logo for CTL (Center for Trauma-Informed Care and Learning) is displayed in a large, white, serif font on a black, tilted rectangular background.

ON THE CUTTING EDGE

Strength United: Trauma-Informed Care by CSUN's Community Agency

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Research has documented high prevalence rates of trauma, ranging from 50% to over 60% of the population being exposed to at least one traumatic event during their lifetime. Eight-five percent of college students have experienced at least one trauma (Frazier et al., 2009; U.S. Department of Veteran Affairs, 2018). For individuals who experience trauma, 8% develop trauma related symptoms (U.S. Department of Veteran Affairs, 2018). It is well documented that sexual assault occurs in over 1 in 5 women and 1 in 71 men nationwide, with over half of these assaults occurring by intimate partners or acquaintances. Further, over 25% of college women and 15% of college men are victims of sexual assault, while more than 90% of sexual assault victims on college campuses do not report. The LGBTQIA community experience higher rates of traumatic experiences and assault (Brown & Herman, 2015). For children, there are over 700,000 victims of child abuse nationwide, an underestimate of the true prevalence given the tendency of not reporting (U.S. Department of Health and Human Services, 2016). Research has noted that trauma has a negative impact on neurobiological, social, behavioral, psychological, physiological, and cognitive functioning (Cozolino, 2017; Vander-Kolk, 2016). Thus, trauma-informed care and supportive services require a comprehensive approach to address the negative outcomes that result from traumatic experiences (SAMHSA, 2016).

Strength United (SU) is a CSUN community agency that provides these much-needed trauma-informed services. SU is dedicated to ending abuse, empowering families, and developing leaders. Founded in 1986, SU is the largest chartered center for CSUN. Operating within the Michael D. Eisner College of Education Department of Educational Psychology and Counseling, SU provides comprehensive short- and long-term counseling to individuals, families, and their significant others of all ages, who have had traumatic experiences in their lifetime. Located at four sites, SU serves over 4,000 residents within the San Fernando and Santa Clarita Valleys. SU is staffed largely by CSUN students and alumni: 59% of staff are CSUN alumni, while 120 CSUN students staff the 24/7 response team and over 30 graduate MSW and MFT students provide clinical services.

SU utilizes a multidisciplinary service delivery model that includes the first County Family Justice Center in Los Angeles which is a co-located model of first responders to child maltreatment, domestic violence and sexual assault. Onsite partners include LAPD Major Assault Crimes Detectives, Los Angeles City Attorney, Neighborhood Legal Services Attorneys, Center for Assault Treatment Services Forensic Nurse Examiners, and SU's Comprehensive Programs. SU also has Sexual and Domestic Violence Response Teams and sexual assault and prevention for men and boys through MenCare and Project Fatherhood. More recently, SU launched Pride United: the first LGBTQIA+ 24/7 domestic and sexual violence programming. Pride United is dedicated to supporting, affirming, and empowering LGBTQIA+ survivors of violence through education and advocacy.

SU also provides services for the CSUN community. The recently expanded Campus Care Advocate program for CSUN provides on-campus advocacy, education, prevention, and treatment of trauma. Two full-time Campus Care Advocates are available to provide the trauma-informed services for CSUN students, faculty and staff.

Dr. Jennifer Vargas Pemberton is Assistant Professor in the Marriage and Family Therapy Program in the Michael D. Eisner College of Education at CSUN. She has over 20 years in trauma-informed care, supervision and training. **Kim Goldberg-Roth, LMFT**, is Executive Director of Strength United and Adjunct Professor in the Marriage and Family Therapy Program in the Michael D. Eisner College of Education at CSUN. She has over 20 years in trauma-informed care and managing non-profit organizations, and has been recognized for her accomplishments and expertise at both the state and national level.

Strength United: Trauma-Informed Care References and Resources

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Services Provided by Strength United

- ◆ 24-Hour support line and crisis response
- ◆ Family Justice Center
- ◆ Family support and empowerment
- ◆ Advocacy
- ◆ Individual, family and group counseling
- ◆ Adoption support for abused children
- ◆ Education and prevention programs
- ◆ Advocate, prevention, and clinical training internships
- ◆ Pride United
- ◆ Sexual Assault and Domestic Violence Response Teams
- ◆ MenCare
- ◆ Project Fatherhood

Interested in Learning More About Strength United?

For more information on Strength United, please visit our website:

www.strengthunited.org

[facebook.com/strengthunited](https://www.facebook.com/strengthunited) and [LinkedIn](https://www.linkedin.com/company/strengthunited)

strengthunited
a CSUN community agency

If you or someone you know needs help, please contact Strength United's 24/7 support lines:
818-886-0453 or 661-253-0258

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