



# FAMILY JUSTICE CENTER



## WHO WE ARE:

Welcome to the Hamilton County Family Justice Center. Knowing that Covid has made our world strange and challenging we hope everyone is staying healthy.

We, here at FJC, are open to the public and excited about new changes, new programs, and new agencies that are coming on board.

Did you know that we partner with agencies who give direct services to victims/survivors of domestic abuse, sexual assault, stalking, elder abuse, vulnerable adult abuse, child abuse, and human trafficking? We are a multidisciplinary service center. A one stop shop, so to speak.



## **OUR VISION**

**We are committed to providing safe spaces where survivors needs are met, children protected and hope realized. FJC staff, community partners, and allies work together with transparency, respect and trust. We share goals that ensure all voices are represented, promote healthy safe families, and engage neighborhoods and schools and drives social change and justice for survivors and their families.**

## **OUR MISSION**

**Our mission is to meet people where they are and provide inclusive survivor centered services that promote healing, transformation, and hope for the future; foster public safety; and drive social change through education and coordinated community collaborations.**



# **Director's Corner**

**By: Regina McDevitt**

**"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Meade**

**Dear Friends,**

**We hope this newsletter finds you safe and well. As Spring brings new life, we see flowers blooming and days become warmer and longer. I find myself eagerly considering new opportunities for serving others and reflecting on the past year. COVID has created a new way of thinking about social services and how we provide access. It has impacted business, education and family systems. Staying home during quarantine has become a frightening reality for those experiencing domestic violence, many survivors are "not safer-at-home". Survivors and children have been isolated with abusive caregivers and partners for over a year now, and that has impacted their safety.**



**The Family Justice Center and our great partners are here to support men, women, and children who are needing to find safety in a world where safety seems to have taken a back seat. Our goal is to provide a pathway to safety and hope as we meet people where they are. Our offices are open from 8:30-5:00 for walk-ins and for after hour emergencies, we are blessed to have the Partnership providing 24/7 hotline and safe space for emergency safety needs.**

**IThe FJC staff and I are honored and humbled to be part of a community like Chattanooga that places a priority on people. The Family Justice Center has grown from an idea 24 years ago into a space where survivors can be seen immediately and supported through referral and access to needed services in one space. We have 13 community partners on site and a host of off site agencies who work with survivors to ensure their voices are heard and safety is a priority.**



**Developing a coordinated community response is vital to serve the diverse needs of survivors. The FJC and over 50 community agencies engaged in a Strategic Revisioning last November that was facilitated by the Alliance for HOpe International. We envisioned how we could create an invigorating space that offers dynamic wraparound services in a trauma informed culture. The FJC operates from a framework that believes everyone has the right to live free of fear and violence and should have a place to tell their story. Our mission is to promote healing, transformation and hope for the future. Our work fosters public safety by engaging neighborhoods and schools through community collaborations that support social change and justice for survivors and their families.**

**We believe in the power of hope and in the power of one. Each person can make a difference in their community. We are looking for businesses, organizations, and individuals who will join our work to create a safer community. Email us if you are interested in a tour and/or participating on a personal or corporate level. Our staff and partners can provide support and training and additional opportunities for engagement.**



# **April is Sexual Assault Awareness Month**

*Drunk is not  
a yes*

*Silence is not  
a yes*

*Not sure is  
not a yes*

*Only  
Sober Yes  
is a yes*

*No is not  
a yes*

**Partnership's Rape Crisis Center provides emotional and procedural services to all survivors of sexual assault 13 years of age and older. We have trained Sexual Assault Advocates and specialized Sexual Assault Nurse Examiners available 24 hours a day, 7 days a week. If you need support or know someone who does, give us a call at 423.755.2700.**



April is child abuse awareness month

Nuture the Next is

Launching a campaign:

Lift a Parent Raise a Child

5705 Uptain Road

Chattanooga, TN 37411

Phone: (423) 643-7600

Fax: (423) 531-9539

Children's Advocacy Center:

The Emmy Haney House

5705 Uptain Road, Suite C,

Chattanooga, TN 37411

Phone: 423-266-6918





# Upcoming Events

## Partnership's RISE Event



**Featuring:  
Jimmy Wayne  
An award winning  
country music  
artist**

**Partnership for Families, Children, and Adults is hosting RISE on Wednesday, May 5.**

**RISE 2021 will showcase Partnership's youth services program, River City Youth Collective, which impacts the Chattanooga community offering services in financial literacy, life skills education, education and career coaching, therapy and independent living housing for at-risk youth and young adults aging out of foster care.**

**Rise 2021 luncheon will be held at The Chattanooga Hotel at 11:30 a.m. featuring Jimmy Wayne as the keynote speaker and honors several distinguished community advocates who have stepped up and positively impacted RCYC and the Chattanooga community. Jimmy Wayne will also be performing a one-hour concert for VIP Ticket holders on Tuesday, May 4, at The Granfalloon, starting at 5:30 p.m**



# **A nugget from Deana**

**Laugh because it's good for you!**

**Violence and abusers have had the perfect storm with this pandemic looming over the world. We are currently looking at different nontraditional therapies for our community to participate in here at FJC. One of the nontraditional therapies we are looking at is laugh therapy.**

**There are short and long term benefits from laugh therapy according to the Mayo Clinic:**

**A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.**

**Laughter can:**

**Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.**

**Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.**

**Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.**

**Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:**

**Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.**

**Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.**

**Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.**

**Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.**

**These are all positive things that are so good for us. Who doesn't want all these improvements? Nontraditional therapies will be a staple here at FJC so stay tuned!**



## **Outreach in our schools:**

**Via the Intervention Specialists of the Family Justice Center, an evidenced based and trauma-informed curriculum is implemented for at-risk youth who struggle with issues such as truancy, behaviors, substance abuse, and other markers that have a high likelihood of involvement in the criminal justice system. The curriculum helps students identify trauma in their lives that has impacted their decision-making process. Students are shown methods to self-regulate emotions, overcome adversity, and how to seek help from well qualified professionals and advocates.**

**Our Intervention Specialists certified counselors, and offer one on one and family counseling for students and families that request more individualized intervention at no cost to them. Intervention Specialists also make referrals to on-site and off-site partners when needs are identified that are outside their ability to address.**

**Through this curriculum, students have shown improvement in the aforementioned risk factors and have begun to also show improvement in their academic achievement, critical in their financial and social success in their futures.**



# Get Involved!

**Your voice matters to us. Please take a few seconds to complete this short survey- copy and paste this link in your browser.**

**<https://www.surveymonkey.com/r/8VH2C3H>**

Have you ever wanted to get involved and help your community but just didn't know how or where to begin? Well, we have the solution! We have many volunteer opportunities and training available.

Contact us and we can help get you started.

423-643-7600

<https://fjc.chattanooga.gov/>