



# Holiday

Newsletter 2019



**The Priority Center**  
Ending the Cycle of Generational Trauma



The  
Priority  
Center

Ending the Cycle of  
Generational Trauma

## *Start Again and Again*

It takes years to grow, mature and become independent human beings. And what happens when a child experiences extreme loss, neglect, and abuse? Many children survive but few thrive after experiencing severe trauma without proper intervention and therapeutic care.

Just last month we served a 7-year-old boy who was referred to us by CAT team. Sadly, Jimmy had difficulty advocating for himself in order to get the care and healing he needed. We learned that he had been tortured and raped for a long period of time and was afraid to go out in public. He had severe anxiety, nightmares and difficulty trusting others.

Our In-Home Crisis team was able to build rapport with Jimmy and enable him to leave his house to attend therapy appointments. Our team was able to advocate for Jimmy and place him in long term therapy alongside his mother, who also needed counseling and access to long term resources in the community.

The mental-health effects of torture are severe, and we focus on the child's emotional adjustment and social competency to improve their overall well-being.

We thank you for your support and assistance in moving these real-life stories from darkness into light. With your help the children, families and adults we serve can dramatically improve their lives, and be linked to long term care that strengthens them socially, mentally and emotionally.

From the bottom of our hearts, THANK YOU!





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## *Lisa's Corner*

**Lisa Fujimoto**  
Executive Director  
The Priority Center



The age-old yuletide season is about to slip in the door once again . And if you're not careful the crowds and commercialism will weigh you down like a fourth helping of stuffing at Thanksgiving dinner. And there's nothing worse than a jaded attitude that resists the true spirit of the season.

Although this has been a challenging year in numerous ways, we have reasons to reflect on it with gratitude and grace. This reflection sets in motion the proper attitude to carry us through the weeks ahead. In other words, a sustained spirit of gratitude will make the period leading up to December 25 an integral part of the Holiday celebration rather than a painful run toward the finish.

We live in a world fraught with sadness—one in which innocent people are abused, abandoned and neglected. Meanwhile, the community goes about its business, and individuals who have experienced years of trauma feel fearful, depressed and powerless. But we cannot afford to end the year in frustration. During this holiday season, let's pledge to not let ingratitude or cynicism be our stumbling blocks. Let us think about the opportunity we have to serve others. Become a regular visitor to a senior who is lonely and has no one to care for them. Adopt a Family during The Priority Center's Families Helping Family Campaign ([www.preventioncenter.org](http://www.preventioncenter.org)). Make others a priority!

As we remind ourselves of the bountiful provision in the lives of ourselves and our loved ones, the holidays become a special time of blessings and renewal.

The true spirit of the season is helping others with humility and gratitude.

Happy Holidays to you all!

-Lisa

# Save the Date

**Families Helping Families**

December 13 -15, 2019  
For more information,  
[www.preventioncenter.org](http://www.preventioncenter.org)

**22nd Annual Gala**

Saturday, March 21, 2020  
Pasea Hotel, Huntington Beach

**Ragnar**

Friday, April 3, 2020  
Saturday, April 4, 2020