



FOR IMMEDIATE RELEASE

HEALING THE ROOTS OF VIOLENCE

FFSC Combats Urban Trauma and Domestic Abuse with Cutting-Edge On-Site Therapy and New Prevention Resources

ST. LOUIS, MO – October 6, 2025 – In observance of **Domestic Violence Awareness Month**, Fathers & Families Support Center (FFSC) is spotlighting its comprehensive, two-pronged strategy to combat violence by providing intensive, **on-site therapy** and leveraging crucial research into urban trauma. This approach focuses on healing the wounds of **Adverse Childhood Experiences (ACEs)—a leading predictor of adult crisis and violence**—in the parents they serve.

FFSC's success in stabilizing families and breaking the cycle of poverty and abuse is driven by its dedicated on-site therapy team: **Dr. Eddie McCaskill** and Trauma Specialist **Lisa Williams**.

Unmasking the Urban Trauma Epidemic

The foundation of FFSC's work is its commitment to **trauma-informed care**, which is now guided by groundbreaking research. FFSC's on-site therapist, **Dr. Eddie McCaskill**, recently presented findings that expand the traditional definition of ACEs to include urban stressors like **witnessing violence, neighborhood safety issues, and racism**.

Dr. McCaskill's research highlights the profound impact of these often-overlooked environmental factors:

- **40.5%** of adults studied witnessed violence while growing up.
- Over **37%** reported experiencing four or more total ACEs.
- Dr. McCaskill's own work shows a direct link: Black fathers with ACEs had significantly higher depression scores, illustrating how trauma can derail responsible fatherhood.

“We can’t solve domestic violence or family instability until we address the deep, generational trauma fueling it,” Dr. McCaskill states. “Our findings underscore the need for interventions that are specifically tailored to the unique stressors of our urban clients.”

Therapy and Tools: FFSC’s Dual Intervention Strategy

FFSC’s on-site clinical team provides parents (dads and moms) with a spectrum of evidence-based interventions to process traumatic memories and regain emotional control, including **EMDR (Eye Movement Desensitization and Reprocessing)**, **Cognitive Behavioral Therapy (CBT)**, and **Narrative Exposure Therapy (NET)**.

Complementing this intensive clinical work, [FFSC Trauma Specialist Lisa Williams](#) has authored [two critical books](#) to empower children and teens with the vocabulary of safety and prevention:

1. ***Good Touch Bad Touch: A Journey of Safety and Respect***: Teaches young children to trust their instincts and use their voice.
2. ***What Human Traffickers Don’t Want You to Know***: Equips teens to recognize and resist grooming and exploitation.

“These books turn the silence surrounding trauma into a **shared, safe language** for families,” Williams explains. “Seeing a parent finally equipped to have these life-saving conversations with their child is the real reward. It’s prevention in the form of a conversation.”

A Proven Return on Investment: Building Stable Families

FFSC’s holistic approach, which couples trauma therapy with job training, life skills and parenting tools, yields tangible results that demonstrate the power of healing to stabilize entire communities:

- **Stronger Families: 259** parents graduated in 2024, positively impacting **782** children. **83%** reported increased parenting skills.
- **Economic Stability**: Graduates achieved an average wage of **\$18.16 per hour**. The program helped secure or maintain employment for **298** participants, injecting **\$10.7 million** into the local economy.

- **Reduced Recidivism:** The Re-Entry Project boasts a remarkable **3% recidivism rate**—a fraction of the 35% Missouri average—showing that emotional healing and job readiness are powerful deterrents to re-offense.
- **Fiscal Responsibility:** FFSC returns nearly **\$5.00 to the community for every \$1 invested**.

FFSC is not just treating symptoms; it's transforming individuals into responsible, emotionally resilient parents who can support their children—materially, emotionally, and developmentally.

About Fathers & Families Support Center (FFSC): The Fathers & Families Support Center is a certified, comprehensive social service agency dedicated to assisting fathers in becoming responsible parents and contributing members of their communities. FFSC serves families across four locations in Missouri and Illinois. **Since 1998, FFSC has supported nearly 22,000 men on their journey to Responsible Fatherhood, positively impacting over 53,000 sons and daughters who have more responsible parents today.**

Contact: Sid Officer at 314-351-2818 (text/call) or visit our website at <https://www.fatherssupportcenter.org>; [Press Kit](#)