



FOR IMMEDIATE RELEASE

Men's Mental Health Crisis: FFSC Combats Urban Trauma in Fathers with Clinical, Evidence-Based Solutions

ST. LOUIS, MO – October 17, 2025 – As Men's Mental Health Awareness Month focuses national attention on the crisis, Fathers & Families Support Center (FFSC) is spotlighting its unique, evidence-based method for healing **Adverse Childhood Experiences (ACEs)** in urban fathers. FFSC integrates clinical behavioral therapy with fatherhood programming to interrupt cycles of trauma that often manifest as depression, anxiety, substance misuse, and relationship instability.

Dr. Eddie McCaskill, MSW, EdD, LPC, LCSW, a clinical specialist at FFSC, emphasizes that for many men, especially Black fathers in urban areas, trauma symptoms are frequently mislabeled.

“The most common ways trauma manifests in the men who enroll in our programs are often misinterpreted as simply anger or ‘acting out’ behaviors,” Dr. McCaskill notes. **“In reality, these behaviors are clinical symptoms of depression, anxiety, low self-esteem, and difficulty trusting others, all rooted in unaddressed trauma.”**

The ACEs Connection: Data Driving the Solution

FFSC's trauma-informed model is grounded in established ACE research, including findings from the **Philadelphia Urban ACE Survey** (Merritt et al., 2013). This data demonstrates that individuals exposed to Adverse Childhood Experiences before the age of 18 are at a statistically **increased risk of being depressed, unhoused, and experiencing anxiety and substance use at a higher rate than the regular population.**

FFSC directly addresses these clinical indicators by providing intensive therapeutic interventions, ensuring men are equipped to stop the cycle of violence and instability. These modalities include:

- **Evidence-Based Therapies:** Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Narrative Exposure Therapy.
- **Reality-Based Therapy:** Focused on present behavior to empower men to take “control of the situation” rather than allowing the “situation to control them.”
- **Anxiety Reduction:** Practical techniques like journaling, mindful breathing, visualization, and physical activities to promote emotional regulation and well-being.

A Proven Path to Stability: Graduate Testimonial

The success of FFSC's trauma-informed approach is reflected in the lives of graduates who break generational cycles of pain. One recent graduate shared how the program immediately impacted his family:

“The therapists at FFSC gave me practical tools to keep my reactive emotions in check. When the co-parenting discussion got tense, I was able to use those skills to stay focused and respectful. This helped me successfully work out a visitation agreement and, more importantly, improved my relationship with the mother of my children. Because I gained control, our entire family is healthier today.”

“Our goal is to help fathers stabilize their lives and their co-parenting relationships by bringing meaning to the trauma’s impact,” Dr. McCaskill adds. “We encourage graduates to always remain focused on their goals, use their communication tools, and not be sidetracked by past pain.”

FFSC is dedicated to empowering fathers to become safe, healthy, and emotionally available parents, creating better outcomes for their children and the community.

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): 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](#)