

FOR IMMEDIATE RELEASE

Beyond 'Anger Management': How FFSC is Healing Urban Trauma to Build Emotionally Resilient Fathers



ST. LOUIS, MO – May 1, 2026 – As Mental Health Awareness Month focuses national attention on the crisis, [Fathers & Families Support Center](http://FathersSupportCenter.org) (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, addressing clinical indicators by providing intensive therapeutic interventions to stop the cycle of 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”.
- **Anxiety Reduction:** Practical techniques like journaling, mindful breathing, visualization, and physical activities to promote emotional regulation.

A Proven Path to Stability: 2025 Impact Data

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

- **Massive Economic Return:** In 2025, FFSC returned an estimated **\$17,898,337** to the St. Louis community on a program investment of \$3.6 million.
- **Stronger Families:**
 - **81%** of participants reported **increased parenting skills**.
 - **78%** reported **increased co-parenting relationship skills**.
 - **71%** reported **increased interaction with their children**.
- **Economic Stability:**
 - Graduates achieved an average wage of **\$18.65 per hour**, significantly higher than the state's **\$13.75** minimum wage.
 - **267 participants** agency-wide obtained or maintained employment, reinvesting **\$10.3M+** back into the local economy.
- **Reduced Recidivism:** The Re-Entry Project boasts a remarkable **7% recidivism rate**—a fraction of the 2025 Missouri average of 35%.
- **Youth Success:** **74% of youth** enrolled in FFSC’s Youth Leadership & Development Program (YLDP) decreased risky behaviors in 2025.

Excellence in Accountability

FFSC is proud to hold full recognition from the **National Council on Accreditation (COA)**, reflecting adherence to the highest standards in client services and accountability. FFSC is one of only **44 out of 54,000** not-for-profits in Missouri to achieve this distinction.

About Fathers & Families Support Center (FFSC)

FFSC is a nationally recognized agency dedicated to breaking the cycle of poverty and child neglect by preparing fathers and mothers to be financially and emotionally present. **Since its first class in 1998, FFSC has supported 23,000 men on their journey to responsible fatherhood, benefitting over 57,000 children** with parents who can support them emotionally, developmentally and materially. As a United Way Member Agency, FFSC provides "full immersion" parenting education, legal services, and employment mentoring to foster healthy, cohesive families.

- [Agency Programs and Outcomes](#)
- [2025 Annual Report](#)
- [Watch what we do!](#)

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