

2020 ANNUAL REPORT



KOREAN AMERICAN FAMILY SERVICES
한인가정상담소

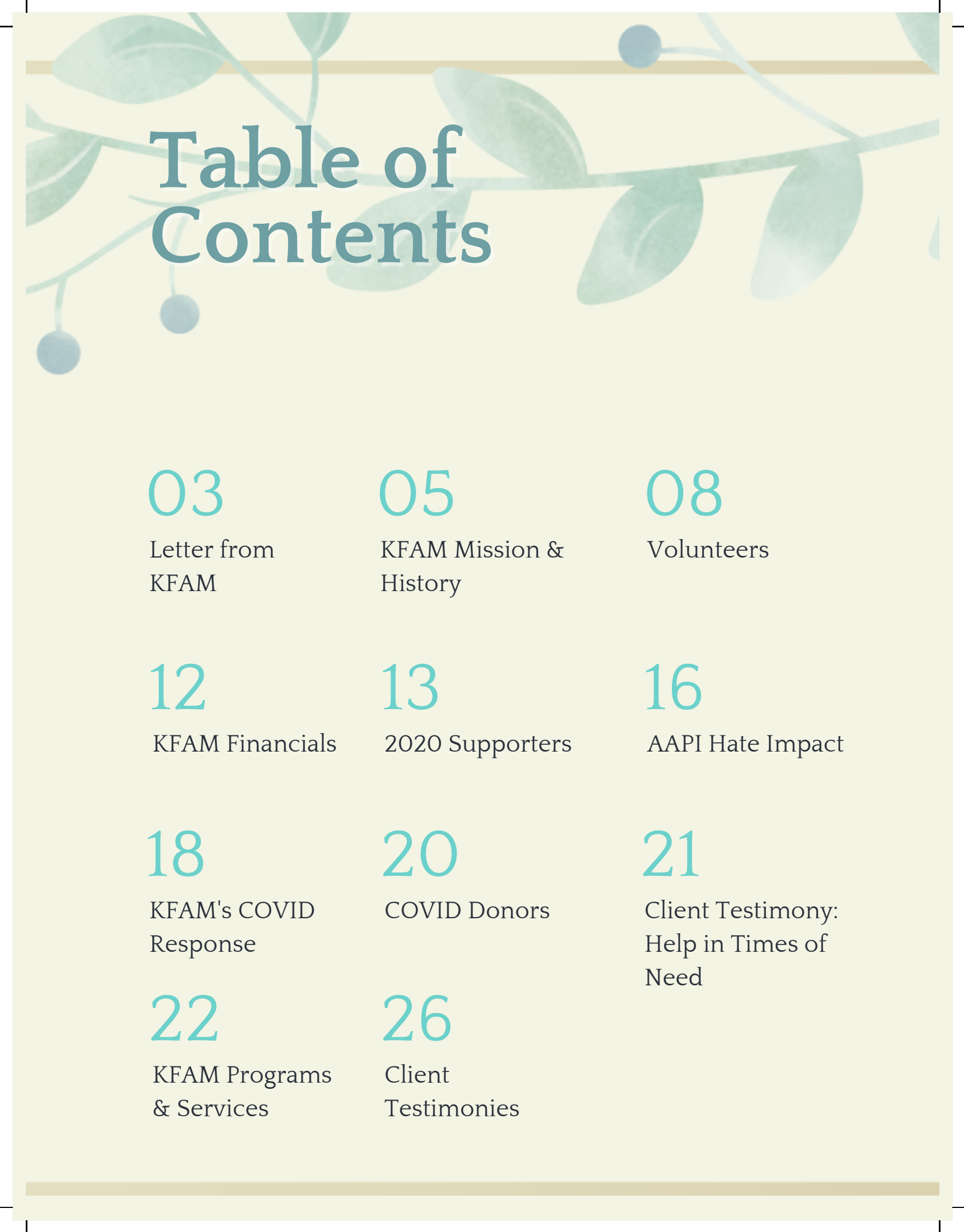


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Dear KFAM Friends,

KFAM(한인가정상담소)'s 2020 Annual Report is out!!

Last year, in 2020 KFAM faced many challenges created by the pandemic. We increased our range of services and scope of work by adding additional preventive and supportive programs for the underserved and most vulnerable members of our immigrant community. Through our culturally competent and vital programs in Clinical Counseling, Domestic and Family Violence, Asian Foster Family Initiative and Child and Adult Wellness, KFAM served over 10,000 individuals in 2020.

Every day we offer clients services that will keep them safe, healthy, and sheltered.

KFAM responded by providing anti-violence advocacy and hate crime reporting training, mental health and racial trauma counseling and education, providing housing and grocery delivery services and training law enforcement on cultural competency. We also provided \$370,000 pandemic financial relief for our clients, 338 PPE boxes, 350 gift cards to Foster Youth, Victims of Violence and Mental Health clients and educated over 20,000 individuals on COVID-19 Prevention in Korean, Chinese, Tagalog and Vietnamese.

KFAM's Mental Health Clinical Counseling program published our first Counseling Report with data from 2018-2020, provided 319 clients with individual therapy, 26 webinars to 807 participants. Our Asian Foster Family Initiative (AFFI) worked with Korean, Chinese, Filipino and Vietnamese foster children and families; we trained 69 API families, placed 23 children and reunited 7 children with their birth parents.

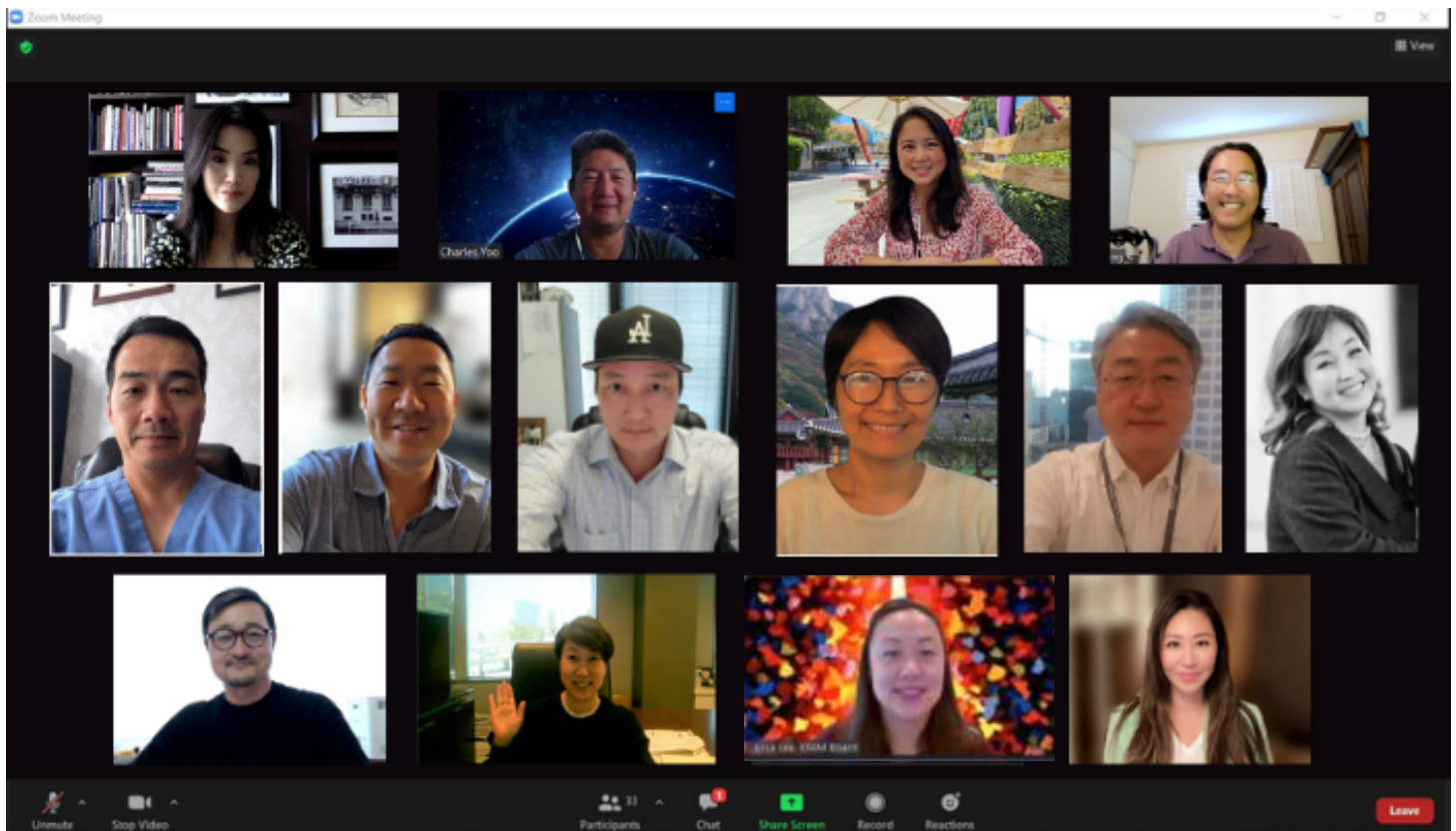
Under our Domestic Violence (DV) program, we provided rental and transportation support and other financial assistance to stabilize housing for 60 Korean immigrant DV survivors and helped 153 clients find safety. Since 2012, KFAM has provided training to a total of 1,400+ faith leaders to be firsthand responders and advocates to break cultural norms and stigma in the community; 216 faith leaders in 2020.

We continue to ensure over 3,000+ children receive healthy meals and snacks through our Child Care Food Program (CCFP), especially during the pandemic, our CCFP program was the only source for healthy nutritious meals and snacks for children 0-12 years old.

We hope you enjoy learning more about our accomplishments and successes in 2020 and thank you for your continuous support to KFAM.

Sincerely,

Katherine Yeom
Executive Director



Board of Directors

Nancy Pak, Chair, Bonita Fabrics

Charles Yoo, Vice Chair, Golf Co-Chair, Capital Group

Lisa Yang, Secretary, Governance, LimNexus LLP

Eugene Kim, Treasurer, Golf Co-Chair, Dr. Eugene Kim, Plastic Surgery

Jina Park, Event Co-Chair, PLUSH, LLC

Henry Byun, Event Co-Chair, Merrill Lynch

Anthony Kim, Hanmi Bank

Brian Choi, Centerstone SBA Lending, Inc.

Christine Oh, Open Bank

Elisa Lee, JC & Associates

Jay Park, JPark Architects

Samantha Han, Dr. Samantha Han, MD

Sunny Kang, United University Church

Yun Kim, Emperor's College of Traditional Oriental Medicine

KFAM's story

Our Mission

KFAM's mission is to empower underserved Korean American and Asian Pacific Islander families through culturally responsive programs.

Since its inception in 1983, KFAM has provided assistance to tens of thousands of Korean Americans – particularly women, children, immigrants and low-income families.

KFAM specializes in providing linguistically and culturally appropriate services through its multilingual and multicultural staff.



Our History

KFAM was founded in 1983 by the vision of Dr. Tae Young Lee, Korea's first female attorney and an early advocate for women and children.

KFAM opened its doors to help immigrant families devastated by economic hardships, immigration stress, and family strife.

The original mission and vision live on through KFAM's broad range of family intervention, mental health, and social services that provide an important safety net for community members. Our dedicated, skilled team of multilingual staff and volunteers serve over 10,000 adults and children each year with quality, culturally responsive services and passionate care that speak directly to the challenges among immigrant families undergoing trauma or adaptation stresses. Our services truly provide a vital safety net for resource-poor families without access to care.

Changing Lives. Strengthening Families

Since 1983



Jan



Feb



Mar



Apr

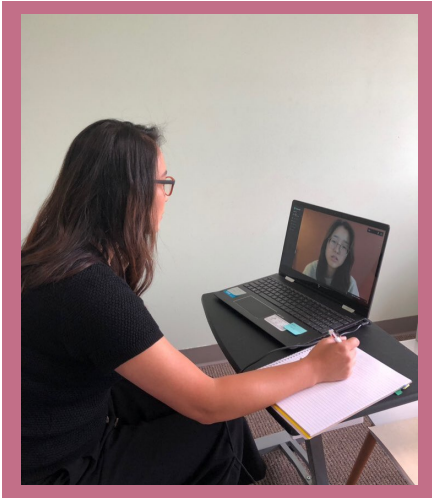


May



Jun

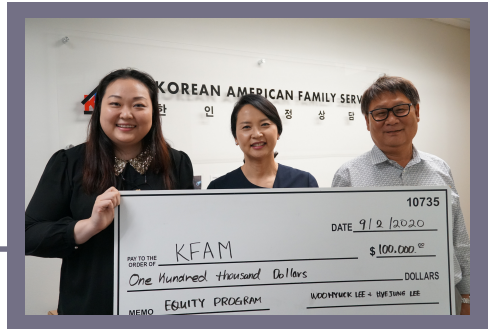




July



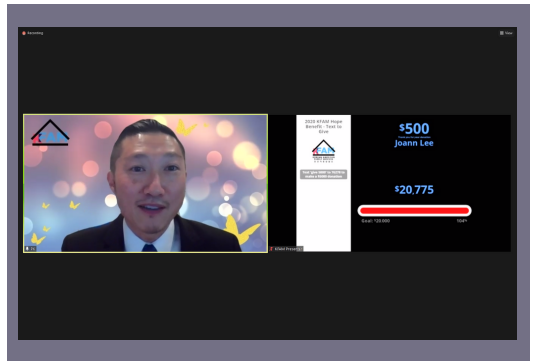
Aug



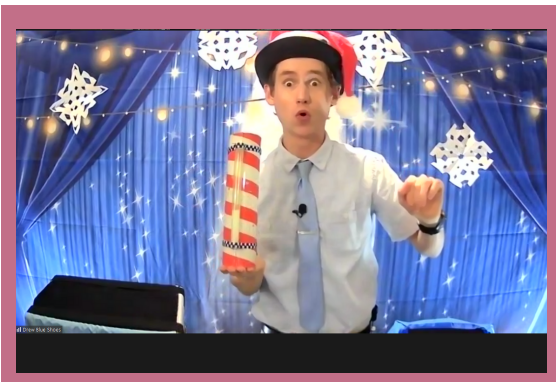
Sept



Oct



Nov



Dec



Volunteers

A PERSON WHO EXPRESSES A WILLINGNESS TO CONTRIBUTE
TIME, EFFORT OR TALENT TO MEET A NEED AND FURTHER
KFAM'S MISSION

Alexandria Park
Ann Yeom
Brendan Park, (President's Volunteer Service Award)
Edward Lee
Hwarang Youth Foundation
Jaden Park
Jane Kim
Jonathan Kim
Kaitlyn Lee
Kum Yei Kim
Mina Yoo
Mira Kwon
Nimiko Lograsso
Rachel Kwon
Rotary Club : Koreatown
Samuel Ko
Sohyun Park
Soma Chu
Sowon Han
Young Hwan Ahn
Yung Choi
William Choi



Alice Lee, MBA, AFFI Manager
Amanda Jeon, AFFI Administrative Assistant
Bola Kim, AMFT, Clinical Counselor
Catherine Feng, ASW, AFFI Social Worker
Charlie Cho, Bookkeeper
Chloe Kim, LMFT, DV Family Advocate
Christine Chu, CCFP Home Manager
Edward Kim, AFFI Intern
Emily Xu, AFFI Intern
Erica Nam, TCPP Coordinator
Erica Lee, AFFI Intern
Esther Moon Wu, LCSW, AFFI Clinical Supervisor
Eunice Lee, MFT Trainee
EunYoung Chung, LMFT, Clinical Supervisor
Grace Kim, DV Program Coordinator
Hellen Hu, AFFI Intern
Hyunmi An, LMFT, Clinical Counseling Manager
Jamie Yang, ASW, AFFI Social Worker
Jane Park, AMFT, Clinical Case Manager
Janelle Paule, TCPP Coordinator
Jeehye Kim, ASW, Clinical Counselor
Jennifer Oh, LCSW, Deputy Director
Jina Kim, AMFT, AFFI Social Worker
Jinsung Jeon, MFT Trainee
Jonathan Chan, Asian Foster Family Initiative Intern
Joyce Kim, ASW, Domestic Violence Family Advocate
Katherine Yeom, MAT, Executive Director
Lauren Kwon, MEd, LMFT, Sexual Assault Advocate

Mariah Oca, ASW, FFA Supervisor
Mariel Sarmiento, AFFI Intern
Mark Han, TCPP Project Coordinator
Mia Kim, MFT Trainee
Mina Yoon, MFT Trainee
Miri Lee, Community Relations Manager
Miyong Kim, AMFT, Clinical Counselor
Na Young Ko, CCFP Center Manager
Patrick Fu, TCPP Coordinator
Robyn Harrod, LCSW, AFFI Coordinator
Sam Lee, LCSW, Clinical Coordinator
Serin Woo, DV Family Advocate
Shana Lee, Development Manager
Siyang Yu, ASW, AFFI Social Worker
Sophia Kang, CCFP Coordinator
Summer Lim, Finance Manager
Sunhee Kim, LMFT, DV Program Manager
Susan Chung, MD, Psychiatrist
Yena Kim, Administrator
Youngil Chae, DV Family Advocate
Yunsook Choi, Office Support Specialist

Staff



**Thank you
Connie!**



**For 11 years of your leadership,
dedication and contributions to
KFAM**



WELCOME!



Our New Executive Director Katherine Yeom

Katherine has been a staff at KFAM since 2009, she has held various positions in multiple departments at KFAM.

Our New Deputy Director

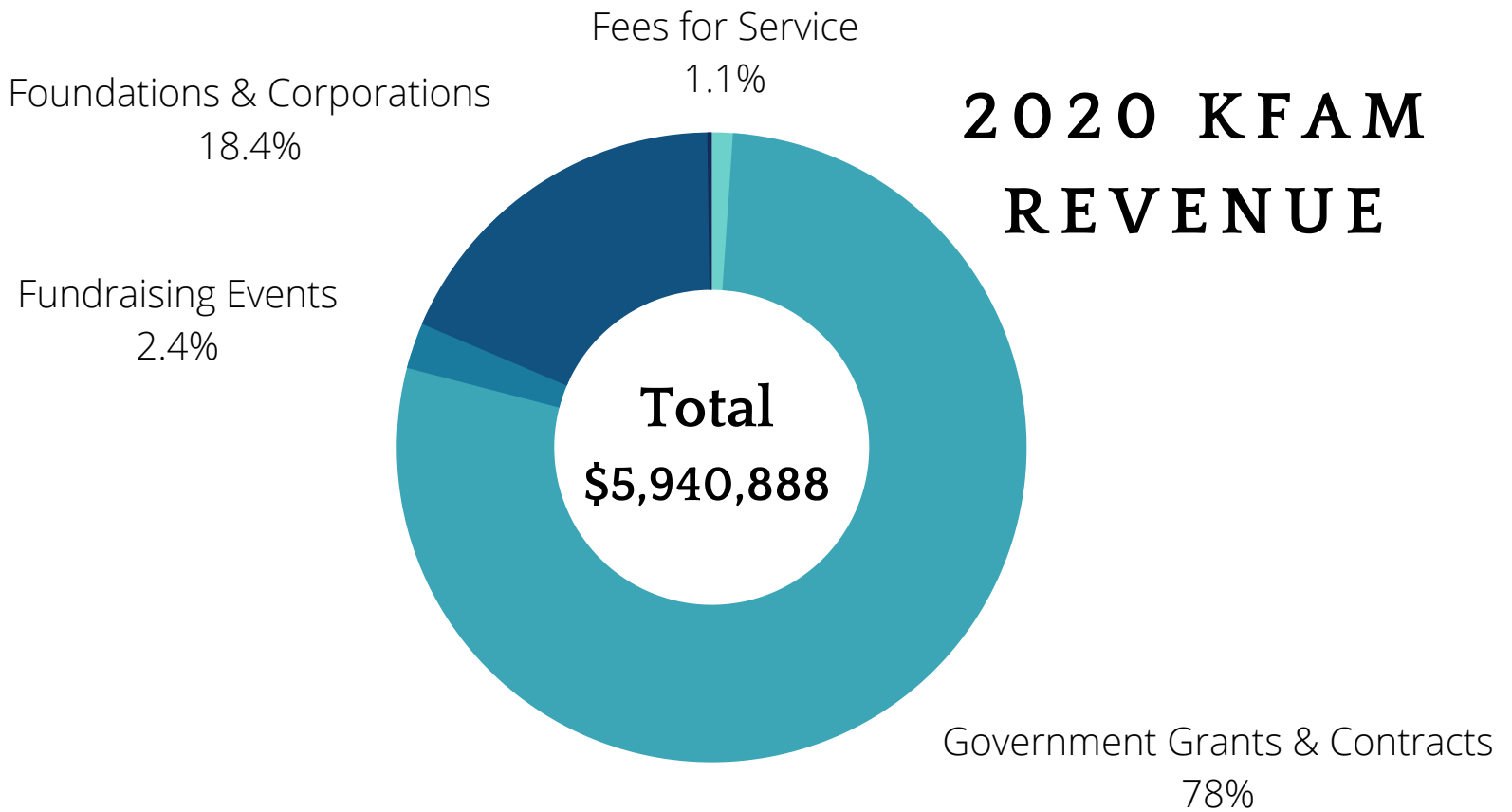
Jennifer Oh

Jennifer has been a staff at KFAM since 2012, she has held various positions in multiple departments at KFAM.

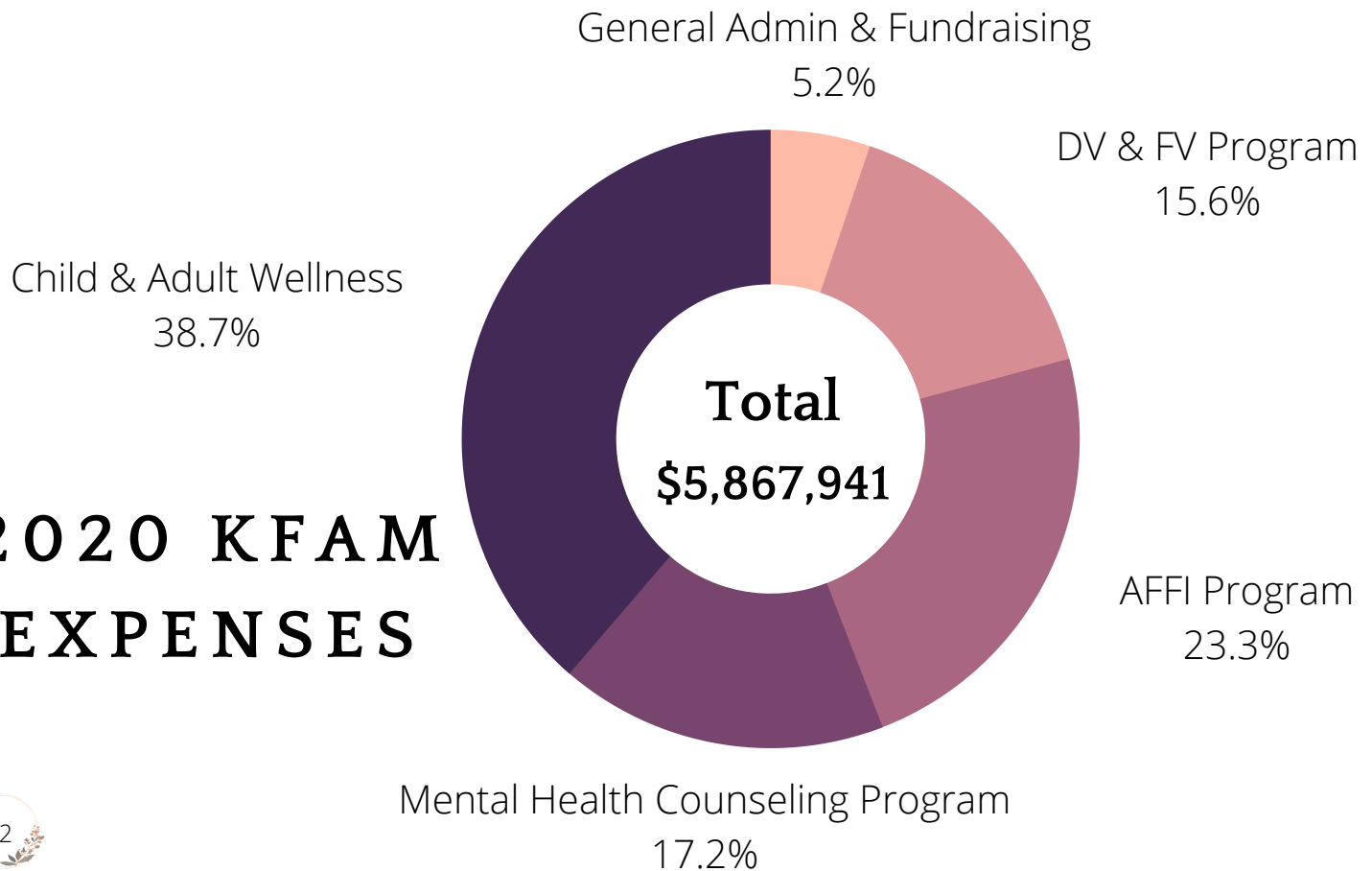


2020 FINANCIALS

2020 KFAM REVENUE



2020 KFAM EXPENSES



2020 SUPPORTERS

GOVERNMENT

California Department of Education
California Offices of Emergency Services
Friends of Korea
LA City 4th District Councilmember David Ryu
LA County 1st District Board of Supervisor Hilda L. Solis
LA County 2nd District Board of Supervisor Mark Ridley-Thomas
LA County Department of Children and Family Services
LA County Department of Mental Health
LA County Department of Public Health
LA County Department of Public Social Services
Orange County Children and Family Services
Overseas Korean Foundation
US Department of Health and Human Services
US Department of Justice Engaging Men
US Department of Justice Transitional Housing
US Department of Justice Office for Victims of Crime
US Department of Justice Office on Violence Against Women

\$200,000 AND UP

J.B. and Emily Van Nuys Charities
The Albert Kim Foundation

\$50,000 TO \$199,999

Cedars- Sinai Medical Center
Hanmi Bank
Open Bank
Parsons Foundation
Steve and Grace Kim Foundation
Woohyuck and Hye Jung Lee Foundation

\$10,000 TO \$49,000

Allergan Foundation
AMKO Restaurant Furniture
Blue Shield of CA Foundation
CalCASA
Capital Group
Centerstone SBA Lending
Council of Korean Americans
Eugene Kim, MD
Green Foundation
Jamison Foundation
Kim Yong Hwan Foundation
Law Offices of Richard D. Hoffman

New Breath Foundation
Oh Family Foundation
Open Stewardship Foundation
Santa Monica Nikkei Hall Fund
State Fund
Steve Y. Kim
The Chung Family Inter Vivos Trust
Thomas Clement
Turbo Air
United Way
Wells Fargo Bank
Women's Foundation
Youngbum Song Foundation

\$5,000 TO \$9,999

All Nations Church
Bank of Hope
Christine Chang
Commonwealth Business Bank
Connie Chung Joe
Emperor's College of Traditional Oriental
Medicine
Jay Hong
JC & Associates
Jeremy Joe and Connie Chung Joe
Jina and David Park
Pacific City Bank
Saint Cross
Steven C. Kim
Terrakan
The Chung and Soon Pak Family Foundation

\$3,000 TO \$4,999

Angela Yoon
Anthem, Inc.
Atomy America Inc.
Cerritos Eye Medical Center
CHA Hollywood Presbyterian Medical Center
Charles Yoo
City National Bank
Crowe LLP
Hanna Kim Yoon

2020 SUPPORTERS

Henry Byun
In N Out Foundation
Kang Dream Foundation
LimNexus LLP
LPL Lawyers
Min S. and Kim O. Park
Mindy Kim
Samantha Han, MD
Terrakan
Wonsook Chong
Yun Kim

\$2,000 TO \$2,999

Alvin and Joyce Kang
Anthony Kim
Asian Americans Advancing
Justice
Bongdal and Chunghyun Suri Kim
C. G. Kum
CBRE
Choi, Kim, and Park, LLP
Freedman & Taitelman, LLP
Eugene K. Kim, MD
JC Sales
John Ryu
Koreatown Organization
Association
Lisa Yang
Nancy Pak
Pacific City Bank
Saegil Christian Church
Scott Yang
Suri Kim

\$1,000 TO \$1,999

Abe Lim
Ann Menzie
Anzell Collections, Inc.
Bennett Kim
Byung No and Jung Hwa Ree
Catherin Hsia
Chang Kyu Kim
Charles Hung
Christine Oh
Cindy Lee
David Kim
DJ Sun
Edward Lee

Edward Stark
Ellis Choi
Fengxian Jin
Inkook and Cathleen Chung
Jae Chung
Jai Choi
James and Jenny Ma
James Ko
Jessica Wi
Ji Hyun Nam
Jina Park
Jinna Kang
Jisun and Monica Ryoo
Joanne Kim
John Chang
John Kim
Jungyeol Oh
Kay Jin
Korean American Bar Association
Koreatown Rotary Club
Kwang Suk Chung
Law Offices of Alex Cha
Law Offices of Jinna Kang
Law Offices of John Oh &
Associates
New Creation Church
OPN Healthcare
Pamela Wright
Paul Song
Paul Inho Song
Ricky Seung
Rob Kim
Scott Cha-Choe
Seoul Medical Group
Stewart Kim
Sunny and Maryan Kang
Susan Chung
Yeda Lee

\$500 TO \$999

Al Park
Allison Y. Kim
Angie Chang
Ann Yeom
Bonnie Lee Rhow
Byung No and Jung Hwa Ree
Choi In Ok

CRBE
General Financial Group, Inc.
Jeremy Joe
Jinsun and Roger Kim
Julianna Mather
Legal Aid Foundation of Los
Angeles
Pilgrim Mission Center
Richard Kim
Roger and Jinsun Kim
Ryan Lee
Saeri Dobson
Scott S. Kim
Sophia Pak
Vivian Nguyen
Vivian Tran
Yongsusan

\$200 TO \$499

Ann H. Park
Anthony Kim
Arden Lee
Benedict Pak
Christine Lee
Cliff Hong
David Kim
Elize Park
Ellen Park
eqHR Solutions
Ga Young Kim
Gary Davis
Grace S. Kim
Grace Yoon-Taylor
HB Home Bridge
Harim Lee
James Im
James Park
Jennifer Yang
Joshua Kim
Ju Park
Kum Yei Kim
Kyung Yoon Pak
Linda Han
Mark Demos
Mark Rhee
Nancy Lee
Poms & Associates

2020 SUPPORTERS

Rosa Chang
Saera Lee
Sang Hyun
Sarah Jo
Shaun Kwon
Shiratori Family
Sophia Chang
Steve Chun
Steve Oh
Su Min Bae
Sungwoon Sarah Bae
Thomas Chun
Woodman of the World
Yonsei University Women's Alumni
Association of SC
Zella Cherchian

\$20 TO \$199

Andrew Lee
Ann Yamamoto
Baishali Sen
Barbara Kim
Bryan Kim
Celeste Sibolboro
Chris Cook
Christina Mak
Christopher Castonguay
Dana Park
Daniel Cheng Chen Yang
Daniel Chiu
Dax Lee
Deborah Mulholland
Debra Fong
Eric Park
Eric Toya
Esther Rha
Eugene Oh
Eunji Yoo
Frank Aum
George Park
Ginam Lee
Grace Lee
Hana Carr
Helen Kim
Helen Park
Helena Ku
Hsiang Lin Chen

Irene Jun
Jane Kim
Jane Lee
Jay H. Park
Jeannette Chun
Jeannie Jun
Jeehye Kim
Jennifer Chung
Jennifer Sun
Jihyun Hong
Jim Park
Joanne Kim
Joel McLeod
John Ko
Jooyeon Kim
Jung In Lee
Krista Niemczyk
Lena Yang
Lillian Chang
Lisa Seo
Lloyd Yang
Lois Park
Milena Acosta
Nancy Tarr
Neha Patel
Nicole Kim
Patrick Chon
Paul Kim
Peggy Kauh
Pretty Park
Rachel Carfora
Ray Jan
Robert Shen
Ron Woodson
Rosellen Fujimoto
Ruby Kuo
Sandra Kang
Sang and Melissa Lee
Sarah DeGuzman
Sue Cleaners
Sunet and Mee Son
Susan Palmer
Talita Choudhury
Teresa Liang
Tim Yu
Trish Nicholson

IN-KIND DONATION

Albert Kim
Aritaum Amore Plaza Cosmetics
Arnold Chen
Atomy America Inc.
Baby2Baby
Connie Chung Joe
CORE Foods
Dunn Edwards Paint
Eiger Marketing
Everest Trading Corporation
Harvest Pack, Inc.
J. WestAmerica Company
Jane Kim
Jina Park
JSJ Entertainment
Julie Yuen
Katherine Yeom
Major League Baseball
Michelob
Nancy Pak
Natural History Museum
Navien, Inc.
Nongshim, USA
Poms & Associates
Sand Canyon Country Club
Sangkeum Lee
Sohyun Park
Susan Chung
Thomas Hung
Vlado Footwear

AAPI HATE IMPACT

REPORTS OF DISCRIMINATION

6,603

ACROSS THE COUNTRY



**VERBAL
HARASSMENT**

**4 CLIENTS
RELOCATED**

HATE INCIDENTS
**33% of clients
reported they
feared for
their lives**



AAPI HATE IMPACT



KFAM saw

**60% increase
of mental
health services**

**76% of
clients
experienced
racial trauma**



Racial trauma, or race-based traumatic stress (RBTS), refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes, can be first hand or exposed secondarily.



SENIOR'S PTSD

**KFAM received 27 calls from
seniors who were re-living
the 1992 riots triggered by
Asian Hate Crimes**

KFAM'S COVID RESPONSE

131 Youth and Adults

supported through prevention and aftercare cases

Over 250+ Crisis Hotline Calls

50 Single Mothers

supported with maternity essential items



338 PPE Boxes

filled with cleaning supplies, masks, hand sanitizers, & toilet paper

1,330 Food Boxes

delivered to Seniors and Community Members to provide AAPI produce and groceries



KFAM's COVID RESPONSE



62 Children

attended Virtual Summer and Winter camp with NHM focusing on Science and History

\$74,000 in rental assistance & relocation move due to racism

\$210,000 financial support in providing basic necessities

\$370,000 total pandemic relief provided

350 Gift Cards to Foster Youth, Victims of Violence and Mental Health Counseling Clients

20,000 Community Members

Educated around COVID-19 Prevention and Education in Korean, Chinese, Tagalog, and Vietnamese



8 Educational Seminars

around Racial Trauma, Child Abuse/Neglect Education & Awareness, Parenting Skills, Coping Skills during COVID-19 and Hate Crime Reporting

COVID DONOR HEROES

\$50,000 AND ABOVE

Open Bank

\$5,000 - \$9,999

Christine Chang
Steven C. Kim & Associates

\$1,000 - \$4,999

Al Kang
Catherine Hsia
Charles Yoo
DJ Sun
James Ma
Koreatown Rotary Club
Kyunggi Girls' Alumnae Association
Marlborough School (EAST Club)
Michael Yang
Min S. & Kum Park
New Creation Church
Pacific City Bank
Pilgrim Mission Center
Law Offices of Richard D. Hoffman
Susan Chung

In-Kind Donations

Bank of Hope
CHA Hollywood Presbyterian Medical Center
Disney
John Nahm
Masks for Life
Pacific City Bank
South Baylo University

Up to \$999

A to Z Seat Cover
Andrew Lee
Angela F. Yoon
Angie Chang
Ann Menzie
Anonymous

Anthony Kim
Barbara Kim
Christina Mak
Connie Chung Joe
Debra Fong
Eunji Yoo
Eric Park
Eric Toya
Eugene Oh
Gary Davis
Ginam Lee
Hae Kyung Yoo
Inkook and Cathy Chung
Jane Lee
Jeannie Jun
John Ko
Joshua Kim
Julianna Mather
Jung In Lee
Katherine Yeom
Krista Niemczyk
Linda Han
Mi Soon Moon
Geum Hee Yoon
Young Sun Han
Gi Sook Lee
Ryan Lee
Saeri Dobson
Seung Ryong Park
Sophia Chang
Susan Palmer
Talita Choudhury
Tim Yu
Trish Nicholson
Y. Anne Kwun
Zella Cherchian

Help in Times of Need

What if you didn't feel safe in your home?

At the end of 2019, my son and I moved to an apartment complex in Koreatown. In March 2020, the situation got more and more serious until eventually LA was in lock down. The news, social media and political leaders focused on the origin of the pandemic and began blaming China and Asian countries for the pandemic and people dying. In the beginning, our apartment manager would joke when he saw me and my son, "Do you have Covid? Of course, you must have Covid because you are Asian." I felt sad and attacked, I thought, did he ask anyone else this or is he asking me because I am Asian? On April 17, he told me, you should move out because I have Covid and I would spread it to other people who lived in the building."



I remember this day clearly because I felt so small.

I didn't say anything and just ran into my apartment crying. I don't like to cry in front, I want him to know that I am a strong woman. So I cried in the bathroom. When I went to KFAM, I told my therapist and she said this is not right and he was being racist, but I still wanted to make it work. Then a couple of weeks later, he told me, "Don't bring weird meat or weird food to the apartment because it can have Covid and make them sick" and every time he saw me, he looked at me like I was a disgusting bug. It seemed like it was getting better but then I lost my job and my son's school closed. I was late with the rent a couple of days and he began coming to my apartment every day asking for rent. With the financial help from KFAM, I paid the late rent. When I took the rent, he sprayed the envelope with hand sanitizer, and told me not to be late next month or he would kick me out of the apartment.

I was scared and I felt so hopeless. My son didn't know what was going on. We didn't leave our apartment for 15 days. I started to feel worse as time passed, I felt like all my neighbors were staring at me and my son and blaming us for the pandemic.

Talking to my therapist, I realized this is not healthy and it was changing me into a person I didn't recognize. My son was acting different and he was always scared too. So, I got the courage to look for other places to move. I called over 30 places, but everything was so expensive and I couldn't afford the deposit. I told my therapist that I could not live like this anymore and she told me that KFAM had a program that could help me move and pay for the deposit. When I heard that, I started to cry and knew there was hope. KFAM helped me find a new place that was safe, paid for the deposit and helped me and my son move. I don't regret telling her. ***KFAM saved me and my son.***

Asian Foster Family Initiative

KFAM's Asian Family Foster Initiative recruits, trains and supports Asian Pacific Islander (API) resource parents to provide culturally and linguistically sensitive homes to API foster children in LA and OC County. KFAM is the nation's first and only Asian Pacific Islander (API)-focused Foster Family Agency with services available in Korean, Mandarin, Cantonese, Tagalog and Vietnamese.

Programs and Services

Public Awareness Campaigns
Information Sessions and Orientation
API Language 20+ Hour Resource (Foster) Parent Training
Application Clinics
First Aid/CPR Classes
Case Management
Counseling with Positive Parenting Program
In-Home Support for Families

Foster Parent Support Group
Faith Based Support and Church Partnership
Referrals & Linkages
Volunteer Training and Respite Care
Gifts from the Heart: Backpack Drive
Holiday Gift Drive
Hanmi Dream Scholarship Program
Supervised Visitation

In 2020...

32 Million Media Impressions

144 Recruitment Activities

69 Resource Families Trained; 260 in total

23 Foster Children Placed; 91 in total

2 Children Adopted; 16 in total





Child & Adult Wellness

KFAM's Child & Adult Wellness Program provides individuals with the tools, support and resources to meet their diverse needs and enhance their quality of life. We also connect our community members to a broad range of government, health, legal and social services to more comprehensively meet gaps in essential health and human services.

Programs and Services

Child Care Food Programs
Substance Abuse Workshops
Youth Mentorship and Health Education Program
College Readiness Workshop
Family Law Clinics
Financial Literacy Workshops
Tobacco Control Prevention and Policy
Senior Yoga

In 2020...

487,032 Nutritious Meals Served
2,345 Children Served Daily
104 Clients Served through Law Clinics
11 Wellness Educational Seminars

Clinical Counseling

KFAM's mental health services are culturally and linguistically tailored for adults and children. Our professional bilingual and bicultural counseling services promote recovery, resilience and positive change in the lives of our clients and their families. Our highly-trained counselors work with clients on personal conflicts, relationship problems, and other life challenges such as: depression, anxiety, grief, or loss, trauma, marital conflicts, parent-child conflicts, family violence, anger, acculturation stresses, and workplace issues. Counseling services are private and confidential. Our services are open to everyone regardless of income, insurance, immigration status, or other barriers.

Programs and Services

Child, Adolescent, and Adult Individual Counseling
Couples and Family Group Counseling
Psychiatric Medication Support
Prevention and Early Intervention Services

Integrated Services
1:1 Counseling
Parenting Class
Triple P: Positive Parenting Program

In 2020...

319 Clients Served

28 Workshops around Mental Health

807 Participants

5,200 Youtube views around Trauma and Coping





Family & Domestic Violence

KFAM's Center for Women and Children provides free culturally specific and trauma-informed care support for gender based violence such as domestic violence, sexual assault, stalking and human trafficking and including victims of violence or crime. Our continuum of care - from crisis help, case management, to survivor support - helps them achieve safety, while empowering them as they journey toward healthy, violence-free lives. Our advocacy and prevention work involves training faith leaders to become first hand responders to victims of violence and partners in prevention education in the community.

Programs and Services

Counseling Services
 Case Management and Advocacy Services
 Public Benefits Assistance
 Restraining Orders
 Translation and Interpretation
 Court/Policy/Hospital Accompaniment
 Housing Assistance and Shelter Linkage

52 Weeks Batterer's Intervention Program
 Teen Dating Violence Seminars
 Financial Counseling & Workforce Development
 40 Hour Domestic Violence Training
 Life Beyond Weekly Survivor Support Group
 Art Workshops for Exposed Children
 DV Education and Training to Community/Faith Leaders

In 2020...

153 Clients Served

318 Hotline Calls Received

60 Clients received Financial Support

479 Outreach to Faith and Community Based Organizations

216 Faith Leaders trained; 1,300+ in total

CLIENT

Our clients took the courage to share their amazing story of recovery

Ms. G has been receiving therapy for the past 1.5 yrs at KFAM due to severe trauma involving sexual, physical, emotional/verbal, and domestic violence and abuse within the home and from multiple perpetrators throughout her life.

These have resulted in PTSD, depression, multiple attempts of self-harming, anxiety, significant damage to her self-esteem, and a deep fear of going outside or interacting with people. She kept everything in for too long and thought it was her way of being strong and moving forward. But these issues were actually holding her back from moving forward.

In Korea, she received medication support and psychotherapy from multiple service providers, but she did not witness much progress or recovery due. At the brink of giving up on treatment, she was filled with hesitation and doubt.

However, Ms. G knocked on KFAM's door as her last opportunity. She picked up the phone and made a call to schedule her first session.

After a couple months of therapy, she slowly began to see noticeable changes and took courageous steps towards her path to recovery and healing. She felt a big change overcome her and she wanted to engage in more activities to enhance her skills in English by enrolling in ESL classes and took art classes to express herself.

Despite not having to fully meet her all her goals of living a "normal" life – going outside, engaging with people, and working (undocumented status has also placed significant barriers), **Ms. G expressed feeling more hopeful than ever in reclaiming herself and restoring her identity.** She shared her deep and sincere gratitude towards KFAM and our staff. Every day, she is still making progress in strengthening her self-esteem.

TESTIMONIES

in hopes of inspiring others who might be going through similar situations.

I first met my counselor in the summer of 2017. The first day, I cried so much that I couldn't carry on a conversation with the counselor. I kept thinking "How do I live?", It was tiring to breathe that I desperately wished for death so I wouldn't have to open my eyes the next morning. When I opened my mouth, the only words that came out were "I'm sick of this" and "I don't want to live." I blamed my child for what I have become, I yelled and took my anger out at my child every time my in-laws made it hard for me. One time, I became really sick and just laid in bed, my child said to me **"I don't want you to be sick, but I like how you don't yell when you are sick."** My child's words shocked me.

I knew I needed to change. So, my child and I can both live. I tried to make progress little by little, the first step was to receive counseling. My Counseling sessions that had started with me crying is coming to an end now. I have stopped saying "I'm sick of this" and "I don't want to live." When my child doesn't do well on a test, instead of yelling, I say, "It's okay, next time you can do better, just learn from your mistakes." My child who would always be cautious around me now hums around me, shows childish antics that he couldn't before and tells me he is happy.

One month ago, a former roommate stayed over for a week. She commented on how much both the child and I have changed and how much brighter my child has become, she said "Your new relationship looks good." I have started to say "I'm happy" occasionally at home. **I have started finding happiness in the small things, I'm happy to eat delicious food, I'm happy to be with my child.** I am relieved to be alive. I want to share this message with people who struggle with their children. Your child only changes when you change, and your attitude only changes when you change. I lacked the confidence that I can move forward on my own, so I got help from my counselor. If you need help, reach out to a professional for help. They understand you, believe in you and went to school to help and heal us. No one should feel ashamed or embarrassed, ***we all need help and support at different parts of our lives.***

我是亚洲人

saya orang asia

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I AM ASIAN

Asyano ako

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私はアジア人だ

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Kuv yog neeg asian



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