ROCA’S YOUNG MOTHERS’ PROGRAM IS A HIGH-TOUCH, TRAUMA-INFORMED INTERVENTION FOR ONE OF THE HARDEST GROUPS TO REACH: YOUNG WOMEN AT THE CENTER OF URBAN VIOLENCE.

WE SPECIALIZE IN SERVING 16-24 YEAR OLD MOTHERS WHO ARE UNTRUSTING VICTIMS OF TRAUMA AND VIOLENCE AND ARE FEARFUL OF LOSING THEIR CHILDREN.

ROCA’S HIGH-RISK YOUNG MOTHERS ARE:

• Not in school, not working
• Gang- and street-involved
• Using drugs and alcohol
• Involved in the justice system
• Suffer from violence, abuse and trauma
• Not attending parenting programs
• Not responsive to home visiting programs

OUTCOMES 2021

SERVED
186 YOUNG MOTHERS AND
240 CHILDREN*
FROM 11 MASSACHUSETTS COMMUNITIES

90% RETAINED IN THE MODEL THROUGHOUT THE YEAR*

95% PRACTICED AND APPLIED CBT*

73% WHO PRACTICED CBT MADE MEASURABLE EMOTIONAL REGULATION GAINS*

90% DEMONSTRATED WORKFORCE READINESS GAINS*

74% OF MOTHERS WHO COMPLETED THE FIRST TWO YEARS PLACED IN OUTSIDE JOBS*

87% DELAYED SUBSEQUENT PREGNANCIES UNDER THE AGE OF 25*

98% OF MOTHERS WHO COMPLETED THE FIRST TWO YEARS HAD NO NEW ARRESTS*

* Massachusetts, Fiscal 2021

ROCA’S INTERVENTION MODEL

1. CREATE SAFETY AND STABILITY
Roca builds trust with young people through relentless outreach - even through setbacks. Because you can’t undo a lifetime of trauma overnight, Roca youth workers develop deep relationships over 2-4 years that help young people begin to heal from their hurt and anger, the key to success later on.

2. TEACH LIFE-SAVING SKILLS
We teach a relatable and simple version of cognitive behavioral theory (CBT) in the streets, so young people can choose how they want to respond, disrupt negative cycles, and take control over their lives.

3. PRACTICE SKILLS, RELAPSE, AND REPEAT
Roca provides trauma-informed employment, education, parenting and life skills programs that serve as spaces for young people to change, relapse, and change further – not when they are “ready” to participate, but while they still struggle to move steadily forward. Relapse is a critical stage of change.

4. ENGAGE INSTITUTIONS AND SYSTEMS
We relentlessly and intentionally partner with police departments and systems that directly face urban violence. We build meaningful relationships, coordinate intervention strategies, and share data to improve outcomes for young people.

ROCA’S MISSION IS TO BE A RELENTLESS FORCE IN DISRUPTING INCARCERATION, POVERTY, AND RACISM BY ENGAGING THE YOUNG ADULTS, POLICE, AND SYSTEMS AT THE CENTER OF URBAN VIOLENCE IN RELATIONSHIPS TO ADDRESS TRAUMA, FIND HOPE, AND DRIVE CHANGE.

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