

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 2022

IN FY 2022, ROCA SERVED

257

YOUNG MOTHERS AND 337 CHILDREN FROM 14 MASSACHUSETTS COMMUNITIES

88%

RETAINED IN THE MODEL THROUGHOUT THE YEAR

96%

MADE IMPROVEMENTS IN BEHAVIORAL HEALTH AFTER 18 MONTHS

77%

DEMONSTRATED WORK READINESS GAINS

93%

DELAYED SUBSEQUENT PREGNANCIES UNDER THE AGE OF 24

93%

OF CHILDREN DEMONSTRATED ON-TIME DEVELOPMENT

Massachusetts, Fiscal 2022

ROCA'S INTERVENTION MODEL



1 START WITH THE HEART

Trauma is fear, so we start by providing safety and stability. We find young people at the center of violence and show up at their door—and we keep showing up every day until they open up.



2 REWIRE THE BRAIN

Trauma keeps young people stuck in survival mode, so they keep repeating the same negative behaviors. Roca's cognitive-behavioral theory (Rewire CBT) skills heal trauma by building new neural pathways.



3 PRACTICE RELENTLESS PATIENCE

Relapse is a crucial moment of learning so we relentlessly support each young person through temporary failures, no matter how many times it takes.



4 REWIRE THE SYSTEM

We relentlessly engage a vast array of police and other system partners to test new strategies, share critical information, and coordinate case management to improve outcomes for young people and the whole community.

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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