



Casa de Esperanza, supported by Sutter County Community Action Agency CSBG grant funds, offers Hope Haven, a Counseling and Support Center dedicated to providing comprehensive services for adults and children affected by domestic and sexual violence.

In 2025, Casa de Esperanza's Hope for Children: Child Victim Advocacy and Counseling Program, was able to provide immediate advocacy, trauma informed counseling and comprehensive resources for several clients.

One example is a child client referred through Sutter County partners following abuse-related trauma. At intake, the child exhibited significant withdrawal, fear, and difficulty verbalizing their experiences. The trauma impacted emotional regulation, school engagement, and overall sense of safety. Like many children experiencing abuse, the client initially avoided eye contact, spoke very little, and presented with visible signs of anxiety and emotional shutdown.

The client was connected to trauma-informed counseling services through the Hope Haven Counseling and Support Center. Services included individual therapy with a trained clinician specializing in child-centered and developmentally appropriate therapeutic approaches, as well as advocacy support to ensure the client and family felt safe and supported throughout the process.

Therapy sessions focused on building trust, emotional expression, and trauma processing using age-appropriate methods. Family engagement was incorporated to support the child's healing and reinforce safety and stability outside of sessions.

Over time, the client demonstrated significant emotional and behavioral progress. The client gained the confidence to talk about the trauma they experienced and began working through those experiences in session.

As therapy continued, observable changes included arriving to sessions smiling, expressing enthusiasm for appointments, and no longer exhibiting avoidance behaviors present at intake. The client also began to assert personal initiative by expressing a desire to move forward with accountability related to the abuse, with appropriate support and guidance.

In another case served through the program, a child was able to disclose trauma during a counseling session with the support of both the therapist and caregiver, reporting feeling relieved and safe after sharing their experience. Continued engagement in therapy was welcomed by the client.

Additionally, one youth client served through Hope Haven successfully addressed anger related to abuse, completed probation requirements, transitioned out of an expulsion school setting, and returned to primary education while continuing therapy to support long-term stability.

These outcomes reflect the impact of accessible, trauma-informed counseling services in supporting healing, restoring stability, and improving long-term outcomes for children and families affected by violence and poverty-related barriers.

Hope Haven, located at 103 D St. in Marysville, is an extension of Casa de Esperanza. For more information or for support, contact 530-674-2040 or visit casaysc.org.

