

AMOR LATINO COUNSELING CENTER, INC.

GENERATIONS OF PEACE

Veteran Family Violence Prevention Pilot Program

Applicant	Amor Latino Counseling Center, Inc.
Program Area	Veteran Mental Health Family Strengthening Violence Prevention
Proposed Pilot	12 Months
Service Approach	Trauma-Informed Family-Centered Culturally Responsive

A prevention-centered model supporting veterans and military-connected families before family distress becomes crisis.

Project Purpose

Amor Latino Counseling Center, Inc. seeks grant funding for a 12-month pilot designed to prevent interpersonal and intergenerational violence among veteran and military-connected families through early intervention, trauma-informed behavioral health care, family strengthening, and culturally responsive community programming.

The program is grounded in the understanding that military service can affect an entire family system. Trauma exposure, prolonged separation, grief, reintegration challenges, changes in family roles, chronic stress, and difficulties with emotional regulation may contribute to relationship strain. The program does not presume veterans are violent; instead, it addresses modifiable risk factors and strengthens protective factors that support safe, connected families.

Population Served

- Veterans experiencing trauma-related family or relationship difficulties.
- Latino/Hispanic veterans and military-connected families seeking culturally responsive care.
- Spouses, intimate partners, caregivers, and children in veteran households.
- Families navigating reintegration, grief, relational disruption, parenting stress, or social isolation.
- Families seeking preventive support before conflict escalates into violence or crisis.

When appropriate, services will be available bilingually in English and Spanish.

Program Goals

Goal 1 - Prevent family and interpersonal violence

Increase participants' ability to recognize escalation patterns, identify triggers, regulate emotional responses, establish healthy boundaries, and use nonviolent conflict-resolution strategies.

Goal 2 - Address trauma underlying family distress

Increase access to trauma-informed behavioral health services, including evidence-informed psychotherapy and family interventions when clinically appropriate.

Goal 3 - Strengthen veteran families

Improve family communication, attachment, parenting, co-regulation, conflict repair, and connection to community supports.

Goal 4 - Expand culturally responsive access

Provide care that recognizes the influence of culture, language, migration history, racial and ethnic identity, spirituality, family expectations, gender roles, and military culture on family functioning and help-seeking.

Pilot Service Pathway

Phase I - Assessment & Safety

Participants receive behavioral-health screening, family-needs assessment, violence-risk and safety screening when indicated, identification of strengths and protective factors, and an individualized service plan.

Phase II - Stabilization

Participants learn grounding, nervous-system regulation, emotional awareness, distress-tolerance skills, anger-management strategies, communication skills, and crisis-prevention tools.

Phase III - Trauma & Family Healing

Eligible participants receive trauma-focused individual treatment and appropriate family interventions addressing attachment, grief, reintegration, parenting, communication, and relational repair.

Phase IV - Violence Prevention Education

Participants receive structured education addressing healthy relationships, power and control, boundaries, consent, conflict escalation, accountability, repair, and nonviolent communication.

Phase V - Family & Community Integration

Families participate in parenting education, community-building experiences, wellness activities, peer support, and linkage to longer-term resources.

Core Program Components

Trauma-Informed Counseling

Veterans may receive individual psychotherapy using evidence-informed approaches appropriate to their clinical presentation. Services may include EMDR, cognitive and behavioral interventions, somatic regulation, attachment-focused interventions, grief support, stress-management education, and other clinically appropriate modalities.

Family Therapy & Reintegration Support

Family sessions will examine the veteran's experience within the larger family system, including changes in roles, reintegration, attachment disruptions, communication, parenting, grief, cultural expectations, and intergenerational patterns.

Violence Prevention Education

- Conflict-escalation awareness and de-escalation.
- Emotional-regulation and distress-tolerance strategies.
- Recognition of power-and-control dynamics and coercive behavior.
- Healthy boundaries, consent, and relational respect.
- Assertive communication, accountability, and repair.
- Safety planning and appropriate referral when additional intervention is required.

Veteran Parenting Support

Veteran parents will receive support reconnecting with children, understanding children's behavioral responses to stress, practicing co-regulation, using developmentally appropriate communication, strengthening consistency, repairing after conflict, and avoiding placing children in emotional caretaker roles.

Culturally Responsive Family Practice

Programming will recognize cultural identity and family context as potential sources of resilience. For Latino families, this may include attention to familismo, migration and acculturation experiences, language, spirituality, gender expectations, extended-family relationships, discrimination, and multigenerational experiences. Cultural context will never be used to excuse coercion, abuse, or violence.

Optional Restorative Wellness

Complementary wellness experiences may include breathwork, meditation, mindfulness, grounding, sound-based relaxation, Reiki, or community wellness gatherings. These services will be voluntary, clearly distinguished from psychotherapy, and will not substitute for clinically indicated mental-health treatment.

Proposed 12-Month Pilot Targets

Final targets will be adjusted to the grant award, staffing capacity, referral volume, and funder requirements. Initial targets include:

- Enroll approximately 20-30 veteran or military-connected households.
- Complete individualized behavioral-health and family-needs assessments.

- Deliver individual and/or family behavioral-health sessions based on clinical need.
- Conduct at least six violence-prevention and family-strengthening workshops.
- Provide veteran-parenting education and family reintegration support.
- Host community wellness and connection opportunities.
- Develop individualized safety and wellness plans when indicated.
- Establish referral relationships with veteran-serving and community organizations.
- Collect pre/post program outcome and participant-satisfaction data.

Evaluation & Outcomes

Amor Latino Counseling Center will use a practical program-evaluation framework to assess reach, participant experience, skill development, and family protective factors.

Domain	Illustrative Measures
Access	Households enrolled; sessions completed; workshop attendance; referrals completed
Knowledge	Understanding of trauma responses, escalation, boundaries, communication, and prevention
Skills	Self-reported emotional regulation, conflict resolution, communication, parenting, and help-seeking
Protective Factors	Perceived family connection, social support, safety, stability, and resource access
Satisfaction	Accessibility, cultural responsiveness, usefulness, and perceived impact

Safety and Ethical Standards

The program will maintain clear distinctions between psychotherapy, psychoeducation, community programming, and complementary wellness services. Licensed clinical services will be delivered within applicable professional scopes of practice and organizational policies.

Program protocols will address:

- Intimate partner violence screening and response.
- Suicide and self-harm risk assessment and referral.
- Child safety and mandated reporting.
- Confidentiality and informed consent.
- Crisis response and emergency referral.
- Clinical documentation and supervision.
- Voluntary participation in complementary or spiritual services.

Couples or family therapy will not be presumed appropriate when coercive control or active intimate partner violence is identified. Individualized assessment, safety planning, referral, and specialized intervention will take priority.

Funding Use

Grant funds would support the infrastructure and direct services required to operate the pilot.

Category	Purpose
Clinical Personnel	Therapist time and clinical supervision
Program Personnel	Veteran/family program coordination, facilitators, and outreach
Direct Services	Subsidized behavioral-health and family-support services
Violence Prevention	Curriculum, workshops, educational materials, and safety resources
Community Engagement	Outreach, family wellness programming, and partnership development
Evaluation	Assessment, outcome measurement, data collection, and reporting
Administration	Allowable insurance, technology, supplies, and indirect expenses

Sustainability

The pilot will create an outcome base that can support future applications for veteran-services funding, family-violence prevention funding, behavioral-health grants, county and municipal funding, corporate philanthropy, and private foundations. Amor Latino Counseling Center will also cultivate partnerships with veteran-serving agencies, clinicians, healthcare providers, community organizations, and family-support programs.

Closing Statement

Violence prevention does not begin at the moment violence occurs. It begins earlier - with connection, regulation, accessible mental-health care, healthy relationships, cultural belonging, accountability, parenting support, and communities willing to intervene before a family reaches crisis.

Those who served our communities deserve support building safe, connected homes - and their children deserve the opportunity to inherit healing rather than trauma.