Speaker 1 ([10:23:55](https://www.rev.com/transcript-editor/shared/XN4V7rS0JbHE-8NC1hckeBQZL6-cIUFEErIWf29hS-hM634dfqVhYZ7XxYLv8WhS9DSZ6DmR-89LjF1O0yHlQbPBcvI?loadFrom=DocumentDeeplink&ts=0.27)):

Gabby, first thing's first. If I could just have you say and spell your first and last names, then you can give me your official title here at One Family Illinois.

Gabriella Chavarin ([10:24:01](https://www.rev.com/transcript-editor/shared/MNMq3kvii-LYoG8MGvQnK1c0xYgh3Um7OQQzqOMSaCb7x2qCmW16eKvGcNFh3omM3wGHVq-x5TJIq8KSzEyGtJejZn4?loadFrom=DocumentDeeplink&ts=6.12)):

Yes. My first name's Gabriella, it's G-A-B-R-I-E-L-L-A, last name is Chavarin, C-H-A-V-A-R-I-N, and I am a clinical therapist.

Speaker 1 ([10:24:12](https://www.rev.com/transcript-editor/shared/oB49D34sS3E91TqvFjCw0VUYwWDs1Eipu-HBQ_55FTc_q3fjHoTWcBXcpZdnu833xZzthD-NF5VehiaMbRs51rTaxGQ?loadFrom=DocumentDeeplink&ts=17.25)):

Tell me a little bit about One Family and what you do.

Gabriella Chavarin ([10:24:15](https://www.rev.com/transcript-editor/shared/w96okmA4J8Hr5cFVYEDeEJ8ubftrChzBfqypBdIsAn6enSh3mYvCzJ0Wo5EFYYWDlFsF2vz309N9zhnPH81XOLhRi0Y?loadFrom=DocumentDeeplink&ts=20.4899999)):

For One Family, I provide therapy services for the children and for sometimes their bioparents as well. I spend most of my days in session, which is my favorite part of my job is being one-on-one with the kids, with the parents. I also do group therapies. I help facilitate trainings for foster parents and for the kids themselves or for other staff. And then, of course, there's the admin side of the job, so making sure I have notes and reports and assessments. And I would say, other than that, mainly planning for sessions and making sure that I have everything in line leading up to a session for that day, whether I have three that day or five that day. It just depends.

Speaker 1 ([10:25:00](https://www.rev.com/transcript-editor/shared/sDCXDtRuMdzYFyIOfzXtajMa8ur9XVcv2quPUHdaXxtDWB5XmR6-WLvOzEj8WFGZ2nFUc9UW8D_NDZoUj9TfW6YdCNQ?loadFrom=DocumentDeeplink&ts=65.58)):

The wraparound services, and clinical therapy being a very important one, that One Family provides is a unique model. Could you tell me a little bit about why the services of clinical therapy are necessary in One Family?

Gabriella Chavarin ([10:25:13](https://www.rev.com/transcript-editor/shared/q_hGbbt1ig-ijRn_78FSxRo-_cFija4EqxaI-4cAh-I0XXSP_d9Ae_Apd5RkpEJT8raVysVuzNaQQvlrdqE3ziCMPxU?loadFrom=DocumentDeeplink&ts=78.8999999)):

Yes, absolutely. A lot of the children that come in, or I would say all of the children that come in, have experienced trauma at one point or another. And if they were born into One Family, meaning they were born and brought straight to One Family, even as a child, being in foster care, being away from a biological parent, it does harm the attachment between that child and the parent. You have trauma even if they didn't experience it directly.

([10:25:40](https://www.rev.com/transcript-editor/shared/lsTZKECJ6_0In4cBCnESuxVMmI4OviuySssu1uCDT3abd2gHPog83mstMfD3wFMFXzt9WdOEaU3-dIJwKPm0UvHLujQ?loadFrom=DocumentDeeplink&ts=105.27)):

And so being able to provide therapy services is just another way of making sure that the child is receiving all the care and support that they could possibly need throughout their time with us, but then also helping them on the future and what does the future look like? Where are they being adopted? Are they returning home? How long will they be living with us? And so to be able to provide that, you're giving them the necessary tools that they may have not had before, and so it's important in all areas of their development. It's important for you to hold that space for them and just to give them that space to share and to do things that they may have not thought were possible for them.

Speaker 1 ([10:26:23](https://www.rev.com/transcript-editor/shared/9MX4qWnHxB4R6RvTPLA6sK6WBHp-EXP2wSV7Hs2to6NRwYk5CUwkj-ecACuwFs1e5ujyVNyvykSuTHuxm4xeNohVOr8?loadFrom=DocumentDeeplink&ts=148.1399999)):

Can you just-

Gabriella Chavarin ([10:26:23](https://www.rev.com/transcript-editor/shared/CrJD8UqBWrmcVWI7ri2o0MDDaINr94Rx180dbyR8IAcZ45W6kSl5OVQJ8F85XHlO-UtuPloy2XnBrlqi5RFrlcIU7s8?loadFrom=DocumentDeeplink&ts=148.71)):

Oh, yes. Sorry.

Speaker 1 ([10:26:24](https://www.rev.com/transcript-editor/shared/8AZVvT4evc9J43vzCHuZ0S0LeLz2GiWVOs4BR8F3_QzyajuCqkA9VZ6o2aSWhrmcFHhQ6gBPafhsdGRhwGUwxRMpIhw?loadFrom=DocumentDeeplink&ts=149.88)):

... yeah, you just ... one hair that hit ...

Gabriella Chavarin ([10:26:26](https://www.rev.com/transcript-editor/shared/m3qe8kvU68bvMSvnDR8D5ot1L-oy5wleMeJGS3ImxtR3R91eNh0WD8aMdCUszVZWjkfEX6mTZfDfuk9w6mojazfhTWk?loadFrom=DocumentDeeplink&ts=151.83)):

Hits the lip gloss.

Speaker 1 ([10:26:27](https://www.rev.com/transcript-editor/shared/2UoFiUUzCXRi36azE9L21HMZEEOAyA8N1vtMqy2RmEhlZe0Ax03ARvDIJwWbbz1XyM0nLZXZh4WdCEQyhyVhdkg-jm8?loadFrom=DocumentDeeplink&ts=152.73)):

And then just off of your right shoulder.

Gabriella Chavarin ([10:26:30](https://www.rev.com/transcript-editor/shared/PyqvQPvprHsSJHQCM2bh_khHupQseOgun8GS5B6vou6uKotfzMOqLyGRYkdxTc_lvzuF-I7pEFreo5tV54V8VhOJrto?loadFrom=DocumentDeeplink&ts=155.37)):

Push it off completely?

Speaker 1 ([10:26:31](https://www.rev.com/transcript-editor/shared/sPmNNpIzgend5HHxfAFPsKRaL3TkUzw-eKhFnC67bBm_jW2nppSLkQwdpY_MUycovMTqlDkqRsbDrhqQBDrvkKt5Bd8?loadFrom=DocumentDeeplink&ts=156.66)):

There was just something that was coming off.

([10:26:34](https://www.rev.com/transcript-editor/shared/cSROXoh2qfpD9nXmI5Fvr-n6C5sSfiFD67tYpY2bTk1g51S1HnFxO-Evwq81M9ozYeRlq-dyJo6fA4Zz171xzovchjI?loadFrom=DocumentDeeplink&ts=159)):

[inaudible 10:26:34], Peggy? That's what she was calling out. Okay.

Peggy ([10:26:37](https://www.rev.com/transcript-editor/shared/0cFOd0jB0Yy7VpvPexVEJJhFo_iDJv4gKb5dJSjUnjInHf7gBLi2O_W4E5r6L7N0P3cNLkJe49Q8Zg1_lJVQbO6ISSI?loadFrom=DocumentDeeplink&ts=162.36)):

Yeah.

Gabriella Chavarin ([10:26:37](https://www.rev.com/transcript-editor/shared/vHRQiH79iJR7uT9oTIQVgapUacSbi6sYjdyRLojaPZp_LYJPpxCHvGPGw-al263iF0lymV7cR3lBb6lchZ84wVoQSR8?loadFrom=DocumentDeeplink&ts=37597.54)):

Thank you.

Speaker 1 ([10:26:37](https://www.rev.com/transcript-editor/shared/c0cu7m5GjPEyd6E9ctUc863SHThRk0bw7Jm1zLeDHVkR61LDpkeZNcohZjuOdsdd7wAvvWYjYcmIYj9l7uq1MbL-Ohk?loadFrom=DocumentDeeplink&ts=162.54)):

Thank you.

Peggy ([10:26:37](https://www.rev.com/transcript-editor/shared/2grTNsBwl1qyL56Wsv6iTPDOyqrp15r3FFw8LY1WrF4GzZW63UhKdvvIvZwtFcYsvS0fnB3Le-EC56Njr0WIqVh9q64?loadFrom=DocumentDeeplink&ts=162.84)):

You're welcome.

Speaker 1 ([10:26:39](https://www.rev.com/transcript-editor/shared/_4Yq7bUHBd5LZYFJdqCRas6E55wuTxJTlY-mhNYP8HPjt5GXWEAkvIz_wr4cSrWfWxXBTiomXhsk7hyDqlLwYMOPj3g?loadFrom=DocumentDeeplink&ts=164.46)):

And actually, so I'm just going to have you do your ... sorry, the other shoulder.

Gabriella Chavarin ([10:26:42](https://www.rev.com/transcript-editor/shared/Bsz3tcQ9sAfEgZKzgWRjl_FHhK-DcOC_KyGoh-33g4hBrQOFIvZ9okIjpb4WUMkcyv18DjhfIjdtMmoi5COiquEmyfw?loadFrom=DocumentDeeplink&ts=167.52)):

Just completely brush it off?

Speaker 1 ([10:26:44](https://www.rev.com/transcript-editor/shared/iRnvX7ZqQd7bIddtgP-sF8R_rzTz-BEXNorDJxcAeAlJc4JvmuHSZb6LKV10_ajOFRmehBQw5hwp_65yQaulDCnu4NM?loadFrom=DocumentDeeplink&ts=169.35)):

Nope, it was good on the front. It was just hanging ... yeah.

Gabriella Chavarin ([10:26:46](https://www.rev.com/transcript-editor/shared/ZWbkhCwfLhIJ71OfidC0iMM0Vc-Lc7TLwZH24qbZBQaVKxsd15Ylsv9NymXfFZwgphy3j4F2kPRv_S1dbtWU03ukSZ4?loadFrom=DocumentDeeplink&ts=171.81)):

Oh, okay. We'll just all go to one side. Like this?

Speaker 1 ([10:26:49](https://www.rev.com/transcript-editor/shared/_k2CzXfx20hAPh7PPg7dblBZTNdZb8YrHdmVjRIpkfMX9AYl1XsA-ptJyfNN8Uts5IFbjbR5rewvVVtCeZb2abwLOEA?loadFrom=DocumentDeeplink&ts=174.3899999)):

Perfect. Awesome.

([10:26:51](https://www.rev.com/transcript-editor/shared/lv4SS9y9NwXk8UQqh3hplrf1-PLTBi4X7PBf8YyciHFJNTgREVCqBQYfNgsi-DyIU0iz1YYQFOe_v4VL-Xq32yPuifo?loadFrom=DocumentDeeplink&ts=176.31)):

Hair and makeup?

Gabriella Chavarin ([10:26:52](https://www.rev.com/transcript-editor/shared/mmAv8oCg8cSMTgQWBxxxNk8Mqw7SXTaE3-uFx6iFQDfO_Gsx7fv-naitzJUdE95hbMXanZkZrOPM6FzZJmI5uGULkDo?loadFrom=DocumentDeeplink&ts=177.18)):

Yep, please.

Peggy ([10:26:54](https://www.rev.com/transcript-editor/shared/hkYU4BxeSok1OO-7CJM2XgBnMceuMU71wu4Ql-lQMXrI8h6jH015kFaZ0Vah5Ez_4vV4xX0PzS636ZrhuxTPAoZrfUE?loadFrom=DocumentDeeplink&ts=179)):

Hair and [inaudible 10:26:54].

Gabriella Chavarin ([10:26:54](https://www.rev.com/transcript-editor/shared/QHoZsskCLSZWVjLW03IIMY2T-Q_RXFosWaNTTvknuJTD3mGBIt_esdgUYFEFrbQ3TxlHcqyNbR9JCtJ10egsjXZcUn0?loadFrom=DocumentDeeplink&ts=179.49)):

Please. Yes, come on over.

Speaker 1 ([10:26:55](https://www.rev.com/transcript-editor/shared/N16jv7yinKGB4XaktzjI6RtJUVLfRNlTAf0bA-7a1dc9yhEX9wZdEiSa85D2gcD6SELfLJBq3Ya5cWhGGyD_fqKhDEU?loadFrom=DocumentDeeplink&ts=180.75)):

That's good. That's important. I would love to just dig in a little bit to ... we mentioned trauma and we mentioned loss, but for people who haven't really thought about foster care and what this really does mean for these children, can you just explain a little bit more about what does trauma even mean for these kids and what kind of traumas and loss have they faced in their young lives?

Gabriella Chavarin ([10:27:20](https://www.rev.com/transcript-editor/shared/kLsDvBur_KsjndL3eNwFZgRdlCFUcMgpim0cNSMylaBF9pxnoKqaYVDUkyKl45yd_ZF7VW7cVX8IlAi_ln4K2GZMt6s?loadFrom=DocumentDeeplink&ts=205.32)):

Yeah, absolutely. There's two types of traumas. There's acute trauma and there's complex trauma. An acute trauma is maybe something more minor that happens that causes an emotional reaction that, in general terms, we wouldn't necessarily want. And then you have complex trauma, which can happen for a number of years, anything from physical abuse to sexual abuse, neglect. There's some kids that come in in terms of their health, so there's neglect for medical reasons, maybe a lack of food. They are not going to school. There's homelessness. There's a number of them. That's what we mainly call the complex trauma.

([10:28:00](https://www.rev.com/transcript-editor/shared/x4aIQliGBbrLBtqr30i8abDXc0Gc6vB12LnBSfji2is6KfgEog3RcayJ70BQNN8gp5VWH7wTuKj_j-MEiMFiir2imvg?loadFrom=DocumentDeeplink&ts=245.85)):

And for a number of kids, when they come in, especially in the therapy space, they are dealing with complex trauma and there's more than one thing, and it's that age-old saying of is it the chicken or the egg? Are we experiencing these big emotions or these trauma responses because we are in care or are we experiencing these things because of what we went through? And it's being able to distinguish between the two and then make the decision of where do we start first?

([10:28:29](https://www.rev.com/transcript-editor/shared/aCVL_dKPIt5fbk-ogfjKeD6DNlCOOWvezq2qFqgOGyl86bmU5ZuJVXw31KhSp_-Ndgs8Rbsx8bByNkdzEBBzZxDk9VM?loadFrom=DocumentDeeplink&ts=274.17)):

And that's why, a lot of the time, I give that space to my clients. I talk to them about, "What would be the most helpful for you today? What do you need out of today? What do you need out of this session?" Because, again, I'm there to hold the space, I'm there to teach, but I'm also there to learn about them and to learn about what they need. And so, when it comes to their traumas, it's trying to distinguish almost where do we start? But, for a lot of the kids, they know where to start and they will bring that to you. It is a little bit harder in the therapy space, if I can say, in this setting, because of the lack of trust.

([10:29:08](https://www.rev.com/transcript-editor/shared/KV3Zhf1fAmbiFAhQaMP3fMWtYV74VOeYuTx5ki5gHjynoruz4_g9mw5OvOeNG2O-l7mycYRSMZdUJi8_2JVtcmBvno8?loadFrom=DocumentDeeplink&ts=313.92)):

A lot of the kids come in and they have either no trust at all for any of the adults in their life or they are wanting more attention, and so they want to jump in right away in areas that a typical client may not. You may not see that in a private practice setting or a hospital. For them, the biggest thing is building that trust and creating that solid therapeutic relationship and foundation to allow them the space to share the worst experiences that they've ever experienced in their life and being able to navigate that with them and teach them the proper tools to get through what they have experienced and to talk about it so that it doesn't lead to behavioral or emotional or even mental illness later down the road in their lives as teenagers or young adults and then even into adulthood.

Speaker 1 ([10:30:04](https://www.rev.com/transcript-editor/shared/h4QDVUYFq4CRYLxiolVeR7aIOUVI4pVA_-5GLqpUT2nVP8VLUCVuCdtnoQ1wMLTxtoHGVUB1S411Rjm82xeBCtH2HGI?loadFrom=DocumentDeeplink&ts=369.7799999)):

And so you were touching all around it and you just mentioned mental illness. I would love to just get a picture of what a pretty standard mental health condition is for these children who are, first of all, they're dealing with being moved out of a place that they are comfortable with, from their parents, who they're comfortable with, even if it's not a healthy situation, into a stranger's home. What is the mental health challenges that most of these kids face?

Gabriella Chavarin ([10:30:32](https://www.rev.com/transcript-editor/shared/9WSgNrD9SrDghLD4DX4R51p_SdBU3R9wNrtAW6dkut1xcQDSqhDj234SYDvOgFwRd0zw2fH7M692xbsGVEMp2AEhMnA?loadFrom=DocumentDeeplink&ts=397.47)):

I would say the main one would be anxiety, different types of anxiety disorders.

Speaker 1 ([10:30:37](https://www.rev.com/transcript-editor/shared/07Bbq5jomrhzAf_-BxkneyWKVyCZQ6NQkJ_XIAAzSH25zNWYz-SDyDBxifZ-2gtMTBOLqFtOm6MRxOR-QMSCRPJDeUo?loadFrom=DocumentDeeplink&ts=402.42)):

Do you mind just starting that again and just working in the term mental health, just so we understand that we're putting that on [inaudible 10:30:43]?

Gabriella Chavarin ([10:30:42](https://www.rev.com/transcript-editor/shared/EdwUSwmXWoLL-qJE6vjcyXzzJAt1s7MBa95Iu9JdHrKURZCE5FjBNiVr91eRN5nQgXdcP9ZyvnU6F9Qs6uIDf5aqZtQ?loadFrom=DocumentDeeplink&ts=407.85)):

Oh, yes, yes, yes. In terms of the mental health disorders that a lot of the kids face, I would say the top one would be anxiety or different types of anxiety disorders. When it comes to, like we said, being in a new school, being in a new setting, in a new home, being away from a parental figure that they may have been with for the past 10 or 11 years, even if the circumstances prior to them coming to us wasn't optimal, that's still their parent and there is love there, and for them, it's that loss of an attachment that can cause anxiety. I would say that that's the biggest mental illness. From there, we do have some behavioral disorders, some maybe ADHD would be up there with some of them, but I would say, for the most part, it's anxiety.

Speaker 1 ([10:31:30](https://www.rev.com/transcript-editor/shared/yjMu67GwWdd2F-VA3Ux88-WnHyRi1LCZhM0FCrPHqvH60sQIYdohD1JDtaNSTn06UbMZURGKJBRlc-YZsgjerzAEn4U?loadFrom=DocumentDeeplink&ts=455.82)):

And what about sense of belonging? We take for granted the family unit and people that we're blood-related to and we feel this connection to. Can you speak to the loss of identity that these children often face when they're just put into foster care with strangers?

Gabriella Chavarin ([10:31:49](https://www.rev.com/transcript-editor/shared/z1W7s5GTogP3IKm5tpujF6h8dCS3pxSZiAx3xw2az4Tj-AMHZ8A4vSWRSYEQLKx_UkZP3nFnKsBvqEfyrqO6Q8gU5Vk?loadFrom=DocumentDeeplink&ts=474.75)):

Yeah, absolutely. And I think that that answer, it's a couple different parts to answer that question. The first is, the reason that One Family is unique is because the kids are with their siblings. We try to ensure that at least part of that sense of belonging is still there. They are with the people that they have been surviving their situations with for however many years, and they are still with them when they get to the Village. When it comes to a sense of belonging with their family, I think that we make it more of a cultural sense of, if a child comes from a certain culture or a certain heritage of some sort, are they losing that? Is there a way for us to incorporate that in their everyday? If they're used to a certain meal or is certain type of dress or certain music playing in the house, is there a way that we can incorporate that and keep that a part of them? Because that's a part of their identity and it's extremely important.

([10:32:47](https://www.rev.com/transcript-editor/shared/ZiZIkArkuR-h_kMmn5xJ2DeyhC6GC1OZ9CoXH7GV5SBvXojuOYRp8qGP9_sQ5gDXMVPvv-5A4oPYh7GwLzWrBnMxyOQ?loadFrom=DocumentDeeplink&ts=532.65)):

The sense of belonging when it comes to parental figures or whoever it was that they were living with prior to coming to us, that sense of belonging, I've seen it in different ways. I've seen it that, "I really miss my parents and I want to go home and I want nothing more than to be with them, and I'm missing a piece of myself because of that loss." In the other realm, some of the kids come to us and it's a sigh of relief, it's a sigh of freedom, it's, "I'm out of this situation and I'm looking forward to what the future is going to look like," potentially being adopted or living in their foster homes. Our foster parents are just so wonderful in ensuring all of that. But I would say that it's multifaceted, that sense of belonging. And if there's things that I can do or I know the caseworkers do or the foster parents do to try to give the children that sense of belonging and give them part of their identity back that may have been lost, we'll go to the ends of the earth to do it.

Speaker 1 ([10:33:56](https://www.rev.com/transcript-editor/shared/MWTkl-4rKrNTyCJ_r1izihtywAymDY0wyrjt4WclHOt5FuiSqMxCMpsa6ODvp2Km2SKpmU0vgrhNHFoZvBSqdPxf-gc?loadFrom=DocumentDeeplink&ts=601.5599999)):

Now the children are living not only with their siblings, but they're in a larger community of other foster children, and I imagine the stigma of being a foster child is a big thing for maybe people who are living in different parts within normal neighborhoods. Can you tell me a little bit about the model of the actual Village and how that also provides the sense of community for these children, being around other kids who are just like them?

Gabriella Chavarin ([10:34:20](https://www.rev.com/transcript-editor/shared/xOCfkRUUBWyzmn37fCN0j6VPFeYNoIqU0Y8yQF1qVMzwjTKQGtbPdyenppw5eqCa_BwGIeR4dn-VimnIQXfTE1EtZTI?loadFrom=DocumentDeeplink&ts=625.35)):

Yes, absolutely. The Village Model, I'm based out of Lockport, and so for our Village, we have the administrative building and then we have the resource building. That's where my office is, education, tutors, casework, all of them. And directly behind us, in a horseshoe shape, is all of the homes. And in the center there's a huge green field. There's a park. There's a basketball court. You have the walking paths. And so you look out your window and you see your best friend right across the way. And so having everything that the kids could possibly need at the drop of a second, within walking distance, I think it makes all the difference for them. They know that even, if it's not a day for session, but they had a bad day, "I'm walking over to the building, knocking on the door, getting in and finding Ms. Gabriella to talk."

([10:35:12](https://www.rev.com/transcript-editor/shared/wF5JccosDflTvGO-P5_AeB-XI-D0Lg4x7r5jFBMU_hxDqA_hI_tm9ssTbJPoeQUu02xGyOfr23Vg7KzPH5iGU8wv6lQ?loadFrom=DocumentDeeplink&ts=677.25)):

They have the people that they need, they have the support that they need, and having the other kids on the Village, they have that sense of connection of, "Okay, I'm not totally alone. I have somebody that I can go and talk to. I can meet up with, whoever, Susie at the park, and we can play and talk about our day. And Susie understands because she's also been there." And we try to do things probably every week of getting the kids together for parties or events or lunches or field days, or I do group therapy sometimes. You're really sitting with a group of your peers that understand what you have experienced. And, like I said, we try to do that often so that the kids never feel alone and that they never feel like they're on this island all by themselves not able to face the world, because they have 60-plus other kids that are there to hold their hand and help them through it and lean on one another.

Speaker 1 ([10:36:15](https://www.rev.com/transcript-editor/shared/hCUKVIEXqa6r1wninmVvtJxjyOZtmWZv7z56OIjADpoDmrS6uBDzyJgz9MAqmr-Sqvv8DL0Vjo_iw8qXwCfWfGY1CW0?loadFrom=DocumentDeeplink&ts=740.25)):

Hey, Jayron, do you mind going out in the hallway and just gently asking people if they can ...

([10:36:27](https://www.rev.com/transcript-editor/shared/iPMvlev6Qsu29poDDOkLEbH4ueZtwNTq7tNkp9sQQ04wbGa7Lil68NYDHtL4N-pSLlkcB8j6971iYOxv3QHKXeueZH4?loadFrom=DocumentDeeplink&ts=752.49)):

I want to talk about this quote that I had read from you. You've already talked about holding things for these kids. You had mentioned hurt and I want talk about the word hurt and just the sense that they need you to hold their hurt for them. Can you just talk me through that philosophy and how you view the important work you do in regards to how you're really helping these children through this?

Gabriella Chavarin ([10:36:51](https://www.rev.com/transcript-editor/shared/yUZCQkq-6d9mi-qUMh87OZxOS4RAxYM2M2U80uOHfHJkLho8MTyu_b_aL6-yBh0pAV912sRk3mpLyLBV2jqbCCg_NBA?loadFrom=DocumentDeeplink&ts=776.1)):

Yes, absolutely. I tell my kids, almost from the get, "I am here to hold the big scary feelings. I am here to hold the hurt. It's not something that you should have to hold on your own, and it's not something you should have to hold when you don't really understand what it even is that you feel." A lot of kids come in, and I would say that this is across the board for most children, emotions and how we feel emotions, and emotional regulation, those are things that we're taught. Those aren't things that we inherently have when we come into the world.

([10:37:22](https://www.rev.com/transcript-editor/shared/NpS5n_tcD4w8hQyY-vI3g0uFvL37t5EEYVCuGA_fMcgh_PSGNoZTgcLnm9BoDOKtHX9E9gdYXJw7QFmfveE87EjmkEc?loadFrom=DocumentDeeplink&ts=807.36)):

And so it's really important for me to explain that to my kids, because I don't want them going through life alone. There's a lot of aspects of what they've been through that they do feel alone or they feel like they're by themselves. And, if they're holding onto all of these big emotions that they may not necessarily understand yet, somebody else needs to hold onto them, and that's my responsibility, and I take that responsibility very seriously. And so that's why I explain that to them, "If we're really, really angry today, give me your anger. Let's talk through it until you can hold some of that anger yourself because now you know what to do with it."

([10:38:02](https://www.rev.com/transcript-editor/shared/Kga9pGZdVUsLFGLbXH64n0oNvq_8V85NA4E0N1wur-1OT0F9Tde8417Qk7qOd-pTF1qvNK2AKTOorJVh3iLkXIEuqEY?loadFrom=DocumentDeeplink&ts=847.35)):

And so, when it comes to my job and working with these kids, nothing is more important to me than a kid feeling well in their skin, feeling accepted by others around them, loving and respecting themselves, because they may not have had that before, and being able to process things to live an optimally fulfilled life in the future. And so I want to hold that for them. That is my job, I can handle it, and that's what I tell them, "I can handle it. I can handle these big scary things. Tell me whatever they are, I'll hold the space for you. If we want to talk about that today, let's talk about it."

([10:38:42](https://www.rev.com/transcript-editor/shared/mLEFO8J-AJA9SbIwHFJAg9F2lpEXxF9qbLG7YqZUf5Y2qy6N0ssVES2U4n8mmfGR413dTpycwoosXz_DtmPNFSzUcSU?loadFrom=DocumentDeeplink&ts=887.25)):

And that's why, when a kid comes into a session, my first question is, "What will be helpful for you today? What is going to be helpful for you? Is this a we're just going to sit and play Uno today, because that's what you need? Are we switching gears and going away from what we were talking about last week because, today, it's just too much? You tell me." I know that they're children, and a lot of the time we want to tell children the way that things should be or how to go through life or how to do things. But these are their stories, these are their lives, and a lot of their life and what's going to be happening in the future, they have no choice in. And I want to give them that autonomy back therapy is the space for them to have that autonomy and for them to make decisions for themselves.

([10:39:27](https://www.rev.com/transcript-editor/shared/EcVnGBA6BfoQODnP5jDwO2CysxLvYMnxOeKeD7NVMN2ineA1G41ThhlTFOgL3tXFSmSTVH4YgViqA7nnuL7TKJA3bSY?loadFrom=DocumentDeeplink&ts=932.91)):

And I have all of them be a part of the treatment planning process. I may know, off the bat, based on the referral, based on talking with the child, based on working with the foster parent and the caseworker, I may know what the child needs, but nobody can tell me what a child needs better than the child themselves. Some of them, they recognize a problem that they're having that they need help with or that they want help with, and they'll bring that to me and I say, "Great, then that's where we start, because if that's where you're at in this journey, in this process, let's go with that. I'm not going to derail what you need from me. I'm here. I'm holding the space for you. I am present. You have my full attention. You tell me what it is that you need today." And I can build a treatment plan off of that. But I have them very involved in that process to give them back some of that autonomy.

Speaker 1 ([10:40:20](https://www.rev.com/transcript-editor/shared/QeNPrgRpTjOsF3ComxFxHhMQzeqAhMS20H8MUA4k2cIkc-Ykl5MlYxwfUcG5TvMl9wT0zEyUztrV00lZeDKYsMlkbYo?loadFrom=DocumentDeeplink&ts=985.83)):

The reason we're here this specific weekend is because there's going to be a playground being built. Travelers, with Kaboom, believe strongly in the power of play. Can you tell me a little bit about that from a therapist perspective of just the physical benefit of kids having a safe place outside, to get outside, have imaginations, play? Can you share the importance of what that'll be like for them?

Gabriella Chavarin ([10:40:44](https://www.rev.com/transcript-editor/shared/-TsJCPqOeJT9-L0pt0i1I2nZBwIt1LHA1hJwaPTAS0c8uDezA-8u4PYE3sY_xs-l429TK9kpsJnrPNz5g-5XJPKP_wc?loadFrom=DocumentDeeplink&ts=1009.2)):

Yes, absolutely. I want to start by saying play is not only important for kids, it's important for adults, and adults don't play. We go to work, we do this, we do that. We don't play. Everybody needs play, because it can bring you that sense of joy. You learn from it. It teaches you how to make decisions, how to maybe think analytically or logically about your next move on the playground or, "Where am I going to go? How am I going to get from this place to this place because the floor is lava and I don't want to touch the ground?"

([10:41:14](https://www.rev.com/transcript-editor/shared/-Ilh38lv8vab-MlqzUG1ktwLR8_O0esIQ6iP_e0YC5vL3riy3b4VGsafKYIoTNUX7V2a8g1DDkS9uXaqePMdGQVt4eM?loadFrom=DocumentDeeplink&ts=1039.8)):

For the kids having, number one, a safe space. Everywhere on our Villages, throughout One Family, needs to be a safe place for the kids. That is our priority number one. The second part of it is, obviously, we know the fresh air, okay, the sunshine, and even when it's a little chilly outside, it's still good for us. It's mentally stimulating, and for the kids to be able to play. We play in therapy, and sometimes that confuses people and they're like, "You're playing with Legos during therapy?" And I say, "Yes, absolutely, I'm playing with Legos during therapy, because you don't even know what that does for a kid's mind, or maybe it gets them talking or maybe it gets them to open up." And so for the kids to have a playground that is safe and new and aesthetically pleasing to the eye, it allows them to live in the moment. It allows them to be kids again and to not have to worry about everything that they have gone through, everything that they have experienced. It allows them to grow socially, emotionally, behaviorally.

([10:42:18](https://www.rev.com/transcript-editor/shared/v5OljGG89pwNB25Y70ORQDbcKVOPH4-RcVW3fX4Rhctot9RqC3aOYeOn6yQib6jnMjsllZ7Led5NKqsZ-uOgwxIL3oc?loadFrom=DocumentDeeplink&ts=1103.07)):

You're learning how to adapt and play with other children if maybe you weren't able to do that before. Maybe that's something that you're working on. I have a client of my own who ... a lot of anxiety, they were very shy, so that was something that we worked on was, "Okay, everybody's at the playground. Maybe it's too many people today, but if there's two people at the playground, it's not so scary. Let's go out and play with them. Maybe we can meet a new friend, or make a new friend, or at least say hello." And so play for kids, play for everybody, it brings you back to a time where we don't have to worry so much and we can just let our bodies go and let our minds escape.

([10:42:57](https://www.rev.com/transcript-editor/shared/6zxm1kg28JbJ8U7id-0bbjTsEBcAbfsmKzljh9DPqKRz1wgE4OnREd8369zBSwxlIILxFpCsUA42w7wsZ-nr9tJ-wAM?loadFrom=DocumentDeeplink&ts=1142.19)):

And so I think the park is going to be so crucial and essential for all of these kids, and for clinicians as well. There are times that I bring my kids out to the park, or we go to a therapy garden, we get outside and walk around. I have actually two clients where the entire hour we are together, our bodies are moving. We are playing basketball, we are running around, we are throwing something, because that is what works for them. They need to physically be moving to get the words out and to be able to share. And so I can almost guarantee you that the clinicians are going to be outside with one of their clients at the park because it's a very free space for the kids to be, and they open up more when they do play.

Speaker 1 ([10:43:42](https://www.rev.com/transcript-editor/shared/El93lZJlwJBqA753Qut83oE326mDELnLxSXW-uFljgtZ_Gc5olEhl7DiKSmuazYvZYDQzPkoVEosYMWfMo8SF3Xhhsg?loadFrom=DocumentDeeplink&ts=1187.88)):

Also a sense of community, right?

Gabriella Chavarin ([10:43:44](https://www.rev.com/transcript-editor/shared/FPrR5NvtKvIPw-8u3QzVSWiuHLx0Rf8Ain8C5fD2kPedSAoK_8kUmMidxNYEesBOrDZ85G3JzhtVLPFvGCsj_gpB2fc?loadFrom=DocumentDeeplink&ts=1189.47)):

Yes.

Speaker 1 ([10:43:44](https://www.rev.com/transcript-editor/shared/PWQt-KPyqfvqpDXpi7dThAy2M6zYpOgh3yJuU-GGBzk_7N0sLFOemevfhXJPAGeGFKJ6IKXVXWbaviZDbZFjKlec2VA?loadFrom=DocumentDeeplink&ts=1189.92)):

We've already talked about the Village being a sense of community, where they're with other children that are going through very similar things, but this is going to be a space that even the surrounding neighborhood and people can come in and enlarge their community a little bit. Is that how you see it?

Gabriella Chavarin ([10:43:59](https://www.rev.com/transcript-editor/shared/lYQ0v6jjdaSru1UhMCV9Yps02yQhMSVjCZzupAArMlnQJ8B7oEuXq4KxXVrO41MUpc60gJ0UKXKWhXp2OGbPfAXtJkE?loadFrom=DocumentDeeplink&ts=1204.5)):

Yes, absolutely. Community, I think ... with One Family, we do have some what we call community cases. There are some kids that do live off the Village that are still a part of One Family or their cases are overseen by One Family. But with the community in general, there is a stigma around foster care and what a foster care child may look like or act like or be like and where they came from. Or if they have visits with bioparents, the bioparents are looked down upon for whatever it is that happened in the past. And there's a judgment there that should not be there, but unfortunately, it is. And so for the community to also see a space where we have kids and they're running around, and it's a beautiful thing, and it can be used as a space to bring people together.

([10:44:54](https://www.rev.com/transcript-editor/shared/QnJNr_7FwrY38ukqpHkbQ11RYX68c9oD7XpjbMibl33lgdAu9JrguwnqYkqUXPERGzcBvznARPR-JmmxPw1OrZns_bg?loadFrom=DocumentDeeplink&ts=1259.94)):

When One Family and the community get together, we have a great time. They are invited to events and fundraisers and all of those types of things. And so we want there to be an enmeshment with the community because, yes, we have our own little Village here, but we're a part of something bigger. And all of the kids, they go to school in these communities. They're in the communities and they experience some of those judgments. And maybe other children may know where they live or where they come from, but if we can get them all together in one space, everybody can just realize, "We're all kids and we're all trying to survive to the next day, and this kid is actually my best friend now, and maybe he wouldn't have been because I didn't give him the chance."

([10:45:41](https://www.rev.com/transcript-editor/shared/XlhGBxx9ZuCw_d8tP64vqubJtXjDsXgTV5UyXSPjwJGxCDsn8AEppL-l37F2w6PBX3MyY4vzgjZKKQjgopMboiVa6w0?loadFrom=DocumentDeeplink&ts=1306.8599999)):

And so I think it's extremely important that we have a space that people can come together and realize that it's the world and this is where we are. And these kids are great kids and the foster parents are just phenomenal, and the bioparents, too, that come for visits, they have a space that they can go and sit with the kids and play with their kids and be in a space that they may not have been able to have before. It's extremely important

Speaker 1 ([10:46:09](https://www.rev.com/transcript-editor/shared/PsuDNeqzloRbGZkeI6CBnV5I93oF6U0dBbXgiw5vtD-LQ6WE5oSI6yMH46GaNUiKbYhMt3F6Y56ahKZ6gYJbVrh4hHM?loadFrom=DocumentDeeplink&ts=1334.6699999)):

When you talk about the community being bigger than what they just see in their little village, so on Saturday they're going to see a bunch of red shirts from Travelers here, building a playground. There's going to be Kaboom. There's going to be other community sponsors. There's going to be a huge group of adults that are coming together that they don't know to show them that they believe in this work. Can you tell me a little bit, from a therapist perspective, of what that means to a child, to not really know any of these people, but to know there's an army of people coming together because they care about them?

Gabriella Chavarin ([10:46:42](https://www.rev.com/transcript-editor/shared/8X0FERRInccOOWEau3MMBoZBHDPNGQHcA4bi8G67EtlvLEaVVkfuD6ZhwypmmnDVb6SWMvoZywMgd1KngKcCz2z4MXw?loadFrom=DocumentDeeplink&ts=1367.76)):

Yeah. It's, I would say, an extra leg of support. It's an extra leg of, "People care, and I am wanted. I am important. My life is important. People are recognizing that I'm a kid and I need these things too. I can't just live in this house and go to school and come home. It's more than that." I know I've been at events myself, with different donors and volunteers and whatnot, and the kids will go up and they take somebody's hand and they're like, "Come on, I want to show you my house," or, "Hey, come over here, look at this art project that's hung up on the wall in the building." And I think it just furthers that sense of community, but also, for the kids, it breaks that stigma a little bit and makes them realize, "Okay, people are doing this because they want to do this. They're nice, this is fun."

([10:47:35](https://www.rev.com/transcript-editor/shared/f4Ex4ArjYbkvDs9cP5gTUKf2jSWM30-umBhD8I7xwBA6M0KomuKOuXhq49OZGtgvY-UP1vnuyIHGg5t4sHPb56luKnE?loadFrom=DocumentDeeplink&ts=1420.26)):

And the kids jump in when other people are on the Village and it's not just us. And so I think it's extremely important in their building of even self-esteem. I would say that that's a big one, self-esteem of, "Okay, other people care. I can care about myself, and I have this sense of people coming together because they care about me." And that might be the first time that a child feels a sense of community or feels a sense of, "Wow, other people do care about me and my life, and they truly do care that I am happy," because, ultimately, that is what every child here deserves is they deserve to feel safe and they deserve to be happy. The kids go crazy when we have events and different people on the Villages. They absolutely love it.

Speaker 1 ([10:48:29](https://www.rev.com/transcript-editor/shared/tfZLoUyxN4xy3r4v9rhJObF-LQmtIzr1wYPOPIkRXmS375f8nBXdp-aTwmg69Pr-E7Tuf1svLIWAfb2lTvYLKlxSXEw?loadFrom=DocumentDeeplink&ts=1474.35)):

That's awesome. Let me think of where I want to go next because there's just a few more questions. The passion that you have for this work is evident. I would just love to know, what is it about this work that makes you so passionate? Why do you believe in this so much?

Gabriella Chavarin ([10:48:50](https://www.rev.com/transcript-editor/shared/R6rVL33riBMdjTY-3qQFakC_O9F4yP_KjCeflxgMmEljLVXAORTs6L4zaMrAXL_d86vVqhIHjrNnM7vThwWcnzIgRbQ?loadFrom=DocumentDeeplink&ts=1495.92)):

My whole mantra for myself, getting into this field and then even into One Family, is being able to advocate for those that cannot advocate for themselves. And children especially are typically put in these boxes of how we're supposed to be, of the way that we're supposed to act, of what we're supposed to be doing from the moment we wake up to the moment we go to sleep, and I want to give them their voices back. I want kids, especially these kids in our Village and at One Family, to be able to stick up for themselves and say, "No, I don't like when this happens. I don't appreciate it when you say this, or when my mom does this or my dad does this." I want them to have their voice, because they deserve it.

([10:49:41](https://www.rev.com/transcript-editor/shared/0cjproRpaDPzSoMsVizSJ73tFBAuuL5EogiX3Xj_d5Dh1CNG4d5KGL-ytPt5pOkAp-7kAmw3YuH-f4NZuf3-D5NUElg?loadFrom=DocumentDeeplink&ts=1546.2)):

I am very fortunate enough that I will probably never in my lifetime experience the things that a majority of these kids have gone through. I'm very fortunate in that way. And so, if I can hold a space for them, if I can guide them through this portion of their life, I can show them that I can't promise that it's going to be okay, but we're going to work hard to make sure that it is, and I am going to give you the tools to survive this. We are going to get through it together. You are not alone, but you are also very, very strong. And you have a voice and you can stick up for yourself and say what it is that you need when you need it. Because, for a lot of them, they come to us almost voiceless, and timid or scared, or they want to people please as to not upset anybody, but, no, you're a person too. You're allowed to say what you want. You're allowed to say what you need. You're allowed to advocate for yourself.

([10:50:45](https://www.rev.com/transcript-editor/shared/hdWrPaz1DfIBI-aG8vlb1jKDugrSmtFT7A1guE7H2s9eCdjSpH-d2CKJXYCKO5jycQ579F6DjFG0Ru9z9R7jr5dbGFg?loadFrom=DocumentDeeplink&ts=1610.43)):

And so if I can start that process, if I can start the advocating process for you, eventually we're going to get to a place where you're going to start advocating for yourself. And I think it's at that point in time that I know that I've done my job or that I've helped in a sliver of a way because it's that mindset. And people will say, and they tell therapists this often, you can't save everyone. And I heard this story a while back, I don't have to go into the whole story, but I heard this story a while back that, okay, no, you can't save everyone, but what about just one? Let's just start with one.

([10:51:18](https://www.rev.com/transcript-editor/shared/yFZ-bj2AKZGu-W4Zed0WuFOf9alo3OUM5_19RHFPLjKHi2_Dy57eAZSkCLH27wx1-fhMKsjU25pWOY6JafTttfeYnZs?loadFrom=DocumentDeeplink&ts=1643.43)):

Even if it's a very minor thing, even if it's the kid is scared to talk to their foster parent about something specific, okay, I'll help. I'll be a part of that conversation too, and we can all sit down and talk to the parent to show them this is how the conversation would go. And then maybe, next time, you could try the conversation on your own, but I'll be there as support. I do my best. I love my job. I care so very deeply that these kids have a positive experience while they're with us and that they have the tools that they need when it's time for their next journey or the next place that they go.

Speaker 1 ([10:51:59](https://www.rev.com/transcript-editor/shared/J36F8wiAHo8Fgs-j5Ga2T6R602X9e_P6NnlWBGGXNsQA_HXozP7QtMtVJrlpKBMR85SZjovs0irIKtLKRAAPRbrE2Xg?loadFrom=DocumentDeeplink&ts=1684.35)):

You're speaking a lot to transformation. What kind of transformations, just generally speaking, have you seen here at One Family?

Gabriella Chavarin ([10:52:07](https://www.rev.com/transcript-editor/shared/mUSJeJHMSGXKRnXXMLeFM_0-4Z4GH9Dk5HtbCjUDodVC-Ajkugwd649lEAXtfDexks82PODaA9M9tV8LYOjvo37U1qQ?loadFrom=DocumentDeeplink&ts=1692.81)):

Do you mean specifically through therapy or just in general?

Speaker 1 ([10:52:11](https://www.rev.com/transcript-editor/shared/IgdQbXVewAOoRw7oTD6XVT47Spd5q6-kgXDBA5Tm-ntOoalWuEVJyHpdWk-W1MtaEI1IRgBsz037hY4sCbMfdjQUfd4?loadFrom=DocumentDeeplink&ts=1696.47)):

Yeah, through therapy, but I just think in general with just the services the One Family overall umbrella provides. They're coming from maybe a place where they don't feel loved and they're coming into a place that's focusing on how to love them well.

[NEW\_PARAGRAPH]Can you just speak to the general transformations that you've seen firsthand through the work that One Family does?

Gabriella Chavarin ([10:52:32](https://www.rev.com/transcript-editor/shared/aImEZhIZVW6p35WrDgWVevqJ0XTcQdi9jlygrXJqU2yU_6lG1PMOj929wZTdCObBdm3PO_3DgWR7C6jUpvObT0S7tkA?loadFrom=DocumentDeeplink&ts=1717.32)):

Yeah. I would say it's an element of happiness that they did not experience before. It's starting to excel in the school setting. It's being able to wake up and feel comfortable in your space.

Speaker 1 ([10:52:49](https://www.rev.com/transcript-editor/shared/miRuQpZjiI6w7q00bkdxy8m5E8p1OF6xfp_BSnTtW2otSgoOw5Ddjt4e-zkCVaSzizroeoC2kSDEjyXd7d0ZxwAI1Ng?loadFrom=DocumentDeeplink&ts=1734.42)):

One second. This is a great answer. I didn't [inaudible 10:52:52].

Gabriella Chavarin ([10:52:53](https://www.rev.com/transcript-editor/shared/vTRlVLiFmXwr87xH77mj4jnYrFf_kFP2ptG2lWru75AxWgHLO49IuwsI_qEffAfwwtSguP78hoAcUkNaH2S2groMd00?loadFrom=DocumentDeeplink&ts=1738.29)):

No, that's okay. I hope it comes back to me.

Speaker 1 ([10:52:58](https://www.rev.com/transcript-editor/shared/yndVz1IY8biRJ8eT3TO6dR4kKXTdM45duMM8vBahO268VNUHiO8qv479vzBovS9jtvZvDccKbxV1qqttiYf8NS5KwY0?loadFrom=DocumentDeeplink&ts=1743)):

[inaudible 10:52:58].

([10:53:00](https://www.rev.com/transcript-editor/shared/Y2L0FSGRzbDKPLf_RT1-jBjsivLjMRkV53Zoitg-rJin-aOV4yFMa4fPkCk-eNwX7QPOSFN4suZGSQTji6uAWX7KNf8?loadFrom=DocumentDeeplink&ts=1745.79)):

Sorry, I really hated to cut that one [inaudible 10:53:02].

Gabriella Chavarin ([10:53:02](https://www.rev.com/transcript-editor/shared/eYcQL1nSkmR8nvXt5GjOrDHKgv6mNldtoXuS2Cg0HnPNwMbJRaLswLVjON3HM8njPAAKlNQrRznEDN992gDCafi2glA?loadFrom=DocumentDeeplink&ts=1747.41)):

No, that's okay.

Speaker 1 ([10:53:03](https://www.rev.com/transcript-editor/shared/QLDgE8Em_ZjHyNfC32i8wTxoqpXb3Bh2c4P28fXVCyzDjcTRIarf7h84_rc_xN2tWD0Ly7Sl8ERH_gW2QMn1l2_thk0?loadFrom=DocumentDeeplink&ts=1748.13)):

We wouldn't have been able to use it. And if you could start off the answer just however, I don't want to put the words into your mouth-

Gabriella Chavarin ([10:53:11](https://www.rev.com/transcript-editor/shared/G78V2kuFIMRWDNtjkOM_-cXQ8PAJLgZiDwNwSDf_5AMuWQ1L2IqXbp5XnK3LutvQVmvUtpUXp0JEYwcr5766c_F26CU?loadFrom=DocumentDeeplink&ts=1756.29)):

No, that's okay.

Speaker 1 ([10:53:11](https://www.rev.com/transcript-editor/shared/-G4n7g9Wb9xYvG0Vk5JnfG3_o5BWCxfLoKkR-FAwAgH-khZL5KRZns95Rl_cyyFxwuOPG-f66HNZBlASMVFLxROkyx0?loadFrom=DocumentDeeplink&ts=1756.35)):

... however you would vocalize that you have seen transformation.

Gabriella Chavarin ([10:53:15](https://www.rev.com/transcript-editor/shared/xE-PaIF6ZNBCjmyY5GnVLnAxU4yfqvLX3XC5SdEm0ZU9v0HfPqTU6I2Zqp5cZUKFYQ-c3ihEq8QxSTWv3LPmOefAwlw?loadFrom=DocumentDeeplink&ts=1760.1)):

Oh, work that in there, okay.

Speaker 1 ([10:53:17](https://www.rev.com/transcript-editor/shared/sCpHE8xaiAmo0n_il_zFekB7VPaHRciEi-nCP1jgXCn-d58-E88tnGKSOKxg-nU9hs5hHY08XbmdnVqmIqh9KHGDK3s?loadFrom=DocumentDeeplink&ts=1762.38)):

If you don't mind [inaudible 10:53:18]-

Gabriella Chavarin ([10:53:17](https://www.rev.com/transcript-editor/shared/5yIs2cmOVt3p7tNHA1CgcvIGlWfKdynteZLPUhuwbdzP3yt56OZIdrMzpGY_mJ-YqkHXLLo86Wjm2UqyUxWhzxX1XPw?loadFrom=DocumentDeeplink&ts=1762.77)):

No, I don't, I don't. Yeah.

Speaker 1 ([10:53:20](https://www.rev.com/transcript-editor/shared/phyaafBF_RS-ijF8y4U4Cu7-d2dnLWo7ve0whLarxFIfqGJWRCEb96rlrs5KdRDQ1tjQwvgfo5eqZKAnK6pibS4x-BQ?loadFrom=DocumentDeeplink&ts=1765.02)):

... and then going into what has that looked

Gabriella Chavarin ([10:53:23](https://www.rev.com/transcript-editor/shared/GxnbLamY0tgJRK_J_raS3Rtct0Dk68nC1ZtkPCAisf9E7zgf5Ksk6OUUQqVmMva7XOYYzJGdjaNb6Yf5QsKByFP8A-c?loadFrom=DocumentDeeplink&ts=1768.2)):

Okay. Okay. Let me know when.

Speaker 1 ([10:53:23](https://www.rev.com/transcript-editor/shared/zeh3_X_ENmSuz4VEWwJbtZNgLshVfXdfc6mLtx1_LumBbS3TvVriiZSdz4IqsWZyyjjXVAZ75ku_EtwRFDESrOyQ-4w?loadFrom=DocumentDeeplink&ts=1768.89)):

Dustin will settle and let us know if we're good.

Dustin ([10:53:28](https://www.rev.com/transcript-editor/shared/v47wQz021L4Arto6okR4mmh0DJiIIa5Omj7fx720x3J5W9nKJUdjazAtTsxqXMJ8AW898lEWufnwFDGq-VOcurqdA3g?loadFrom=DocumentDeeplink&ts=1773)):

[inaudible 10:53:28].

Speaker 1 ([10:53:28](https://www.rev.com/transcript-editor/shared/f0NQKIRn3aFMSzkUSKCMVItCwFYGpczQj8FXCxP3JG1c17mdprRrn37INH16igZwIMmXtsnkqG9ts5hZefxijypO9to?loadFrom=DocumentDeeplink&ts=1773.72)):

Okay.

Gabriella Chavarin ([10:53:29](https://www.rev.com/transcript-editor/shared/YJMWT2N9KMfCG5EfmmEOb7AIWd6fY5m9wxgZN5xNsBft2DOXXW517PG6kSbRglFcVlGy2FSKvEnvZ0pJ8n0JjV5ryW4?loadFrom=DocumentDeeplink&ts=1774.98)):

The children with One Family, they do undergo a positive transformation, and it's a beautiful transformation to be able to witness. We see kids starting to ... even something as minor as waking up in the morning and feeling safe in your space, going downstairs and being greeted with a hug and a good morning, and seeing the other kids in their home running around and already wanting to play before school. It teaches them into going into the school setting. And having the extra resources that we do at One Family, which is our tutoring programs, we have an education liaison who works very closely with the schools, she's wonderful, and they transform in almost every area of their life. We talk a lot in therapy about social-emotional wellness, and-

Speaker 1 ([10:54:17](https://www.rev.com/transcript-editor/shared/2NA-q9r9A_nYARuQUfyH2tqwooNm8kUCGjYjcvi1qmL9_6viUp_ilSLDv1D1qRNT4wtyj1xzvDuhAYMozQ-lprltGyA?loadFrom=DocumentDeeplink&ts=1822.8)):

I'm so sorry.

Gabriella Chavarin ([10:54:19](https://www.rev.com/transcript-editor/shared/8dYL10rBFR6dKnSwRhWtCIpwYHK8FKHEa_EtCkRXR_6r9zvKHxlvf60JgUUfNPBn7-eqBzfgO9VdWwnKAFdBpooTO48?loadFrom=DocumentDeeplink&ts=1824.06)):

That's okay.

Speaker 1 ([10:54:20](https://www.rev.com/transcript-editor/shared/4mmjC9L_wdMUIbf0nGir66yx0XC3uoLhGRty8hrBlBQZu0Rloiw64i45zE5n223McNCQDFtTWa1Bwybcwj70rbllfMI?loadFrom=DocumentDeeplink&ts=1825.02)):

We talk a lot in therapy. Sorry.

Gabriella Chavarin ([10:54:21](https://www.rev.com/transcript-editor/shared/1sRqw2dMbn3bzhDGOpvSZb2BIi1nbo5A6fkgg_uxorEsJW03Tv_xdjIReQzDavXIUSar0x2U5kbj5SIoAWdBFjtqn9A?loadFrom=DocumentDeeplink&ts=1826.37)):

That's okay. And their social-emotional wellness and being able to grow in all of those aspects. As people, as humans, we are multifaceted. We have all of these different areas of our lives that we need to grow and we need to have at a level that works for us. And so, through One Family, through the resources, and even through the community opportunities, we see it's almost like building blocks continue to be built onto each child and into their lives. And you see them just become smarter and happier and livelier. You see a bigger smile on their faces when they come through the door. They recognize all the people that are around them that support them, and they're able to pick out who they need to talk to that day or who they want to see that day, and it's a really beautiful thing to watch.

([10:55:15](https://www.rev.com/transcript-editor/shared/Mp8nCyK1MDMV0UpxGh8NmKgzTYD4_WgxfpQT-HhkgQQvUtP3ePAD_ve0pjBgua-eCt_hTAInAszAalQV9Lx3p_vpG5g?loadFrom=DocumentDeeplink&ts=1880.61)):

I can think of one child specifically go from being very shy and timid, and sad all the time would be the only way to describe it, and now she's running around, and she has all these friends, and she's being pulled in multiple directions. And she's doing wonderfully at school, and she's on a sports team, in the community, she's on a sports team, and just so, with all of it, it's really a beautiful thing. And I'll be honest, it takes time, it does. It's not a fast process. And like I tell people with therapy, "You are not going to see results overnight. I'm not a fixer. That is not my job to be a fixer." And so I just encourage all the parents, and I even encourage the kids too, "Give yourself time, give yourself grace, and be patient with yourself and you're going to get there. It may not be fast, but you will." And so the, transformation, it's unlike anything I've ever seen, if I'm being honest.

Speaker 1 ([10:56:18](https://www.rev.com/transcript-editor/shared/_I7JvrfSQa5QcI0FQUwBGisrHaRuO2zpnQ20fgTHyQToDjCJ7Xcolaj_XvY3acPudWVr1gkKSU2p8RHWRIXuAf5WV80?loadFrom=DocumentDeeplink&ts=1943.19)):

That's wonderful. Peggy, is there anything that we didn't touch on that you think ... You've given me a lot of good answers.

Peggy ([10:56:32](https://www.rev.com/transcript-editor/shared/GDDUSZfMWuAc6zl9y_bvjzyUUNXe8Kw1Tj1OgdYJ_sWbLwVWdO3oRznOf6nRzUiaAkp7G79eGDoW4KwvQuftLHPidvc?loadFrom=DocumentDeeplink&ts=1957.83)):

Yeah, you covered a lot.

Gabriella Chavarin ([10:56:32](https://www.rev.com/transcript-editor/shared/ia7IOT6bbOsQ1VllVs7FsN46CfeeGdXARtf1D5Od5GaM0BsDqCzaor07EFsf-f2r7OHihZQEjH6AwqVOi-3Ao2pSGok?loadFrom=DocumentDeeplink&ts=39392.89)):

I'm sorry. I'm a chatter. I'm chatty.

Speaker 1 ([10:56:33](https://www.rev.com/transcript-editor/shared/VomG6DSDZoOzSaDVylKWYFkTKDAq4irS_jY_huP8AjxMpMbP13YDXJxIu0B9JHGiAZnwfd6QcGyostrxGb-QB-rt5kE?loadFrom=DocumentDeeplink&ts=1958.04)):

No, it's so good. It's a lot of really good things that we'll never have time for. That's the sad part. You've really given us a lot. You could be the whole video.

Gabriella Chavarin ([10:56:37](https://www.rev.com/transcript-editor/shared/7A3ssFDb-xIrXTN2qUzwrPqGMo1vO87NME8lXQABvfvTXA9dXQuP8ZKn_peA_4hLXq58CJPzN4HbumO1FuHc5J2GR1g?loadFrom=DocumentDeeplink&ts=1962.75)):

Oh, gosh.

Peggy ([10:56:39](https://www.rev.com/transcript-editor/shared/xhecfKD9mzbMT_vgDA6udkhLiUl3gqvCF8_iYaL4jaj2rS25OCJv-6JR1YmWQ0WxatkH-dVz2FuADolPbDe3sCfUf_o?loadFrom=DocumentDeeplink&ts=1964.4)):

Well, how about the transformation of the space and how will that be helpful? You don't sit in this office though, right?

Gabriella Chavarin ([10:56:44](https://www.rev.com/transcript-editor/shared/CYTtpSAeaQtobli86FopGWAwpEJMqpAOb-imXaTYhEx4k4ONNUruPNWT5BY3J2rdNWdze-duyj72cdmWFeg2ZFEBg88?loadFrom=DocumentDeeplink&ts=1969.77)):

No. My home location is Lockport. I'm willing to talk about the new space. I can't say too much about it because I literally never am in this ... this is my first time ever being at this Village, so I can't speak to, but I know a new space creates-

Speaker 1 ([10:57:05](https://www.rev.com/transcript-editor/shared/3A00kefAz_4Q2CXkpkJjy8Yeik7utA8g-k2sVzLto1fKuThzw4PKl-yvmUAZP6Xxy_K82bQ0h0k8sBUhwgpD-TMBICM?loadFrom=DocumentDeeplink&ts=1990.14)):

We've had a few people that are really intimately familiar with this location to speak on that.

Gabriella Chavarin ([10:57:05](https://www.rev.com/transcript-editor/shared/isGlb35C0gD_BbQlMIxvNIxPx2qApGM-ET7GFLPHY0iW2bdgemXbBjIiPIdMkTvFB0_Di6iJDMQCJZQ6SwH6QVBfGQU?loadFrom=DocumentDeeplink&ts=39425.32)):

Okay.

Speaker 1 ([10:57:14](https://www.rev.com/transcript-editor/shared/mZOR8ZGaLmPeuvlpa3fw0cY3aDekQCilqoaG9PyvL_e_rRfzyTM8Z5l6sAdTH0tp6QYz4GfFyLp7UPtIhvP8L9xhEf4?loadFrom=DocumentDeeplink&ts=1999.62)):

One question I do want to ask is what does ... so One Family, right? Family is obviously a prominent name of the organization. What does family mean to you?

Gabriella Chavarin ([10:57:24](https://www.rev.com/transcript-editor/shared/p2YVcbF8Vd4AEmti8lfzhMJG-DFC7eVrL83soD1A2lxF8c6UD1uFk_I6uSX4i8sjRRoSg08lIpflhoZLkT4nLGj5ozU?loadFrom=DocumentDeeplink&ts=2009.67)):

What does family mean to me? Family, to me, is an unconditional level of support. It's an unconditional level of love. It is the people that show up, no matter what, and are there to help you and guide you, support you, listen to you, share and hold a space with you. And family does not need to be blood. Family can very much be chosen. And I would say, at One Family, that's our model, is that it literally takes a village. The foster parents depend on one another to help out, "Hey, so-and-so is having a bad day today. Can you come and watch them? Because I know you have a great relationship with them." You have kids, some of them call their foster parents mom or dad, pops, nana, granny, whatever it is. And so they're creating this sense of family, but they're also learning what family should be.

([10:58:27](https://www.rev.com/transcript-editor/shared/4gVWeDLF47Fv4GKwzSC5Zv5I7xv-0uaFc1tvmEnfMPdOgBaSfPICJ0nX6842-3Vtu4uX2e7-Z0_Mk_TMonssHyjRWNc?loadFrom=DocumentDeeplink&ts=2072.19)):

It's all the things that I just listed, all the support and the love and everything, but you're learning a new way of how to have a family, what a family could look like, a blended family. You have siblings from another family that don't look anything like you, but we are family because we care about one another. We love one another. We spend time together. When you're having a bad day, I'll have a bad day with you just because. It's this sense of belonging, a true sense of belonging, and an unconditional sense of belonging.

Speaker 1 ([10:59:06](https://www.rev.com/transcript-editor/shared/ILRAd8awBrCc6wkmuNe0Lqs-nFE41iuCjiPKyHMFX2nw2ld_uQXfIDjnjvnUMsOgXka7uf7-7598uvWbZzdaB9IDJU0?loadFrom=DocumentDeeplink&ts=2111.85)):

Travelers is the organization that's sponsoring this build, and you might not be familiar with Travelers, but could you speak to your gratitude? I know this isn't the Village that you work in, but just to have a community partner like Travelers that would come in and partner with One Family, can you speak to what that means to you?

Gabriella Chavarin ([10:59:25](https://www.rev.com/transcript-editor/shared/MyIQSa7tKUZY4JmS0hDCO6bQmhBtE1HTk29XTrF-7xm5gPR_7YK2DaEEx8hAIyx08YeNEMRysSt7usaodKFqnQ89aso?loadFrom=DocumentDeeplink&ts=2130.75)):

Yeah. I'm more than grateful for Travelers and for them able to build this space. I may not be in this space all of the time, but I know what it does for the kids, and I know what it does for the community, and I know what it does for the foster parents and the other staff members here. And we all need a place to be, and it's a beautiful thing that Travelers is able to give that space to the Village. And we have kids sometimes that, because of geographical things or whatnot, they may move to another Village. I may have some of my own kids right now at the other Village that end up living here, or we come here for events, and guess where all the kids are going to be? They're all going to be at the park, and we're not going to be able to get them away from the park to focus on anything else, but that's fine, let them play.

([11:00:16](https://www.rev.com/transcript-editor/shared/A1PkjHLqQ3HxwgPybHeJpFqYcvZ-ceDQer82Nd0_u9nWLw8v_q7QVihUyGCeoZedvS6wtnEqt4qYb6vLS5Tmgp0r-tY?loadFrom=DocumentDeeplink&ts=2181.93)):

And so the park, it's not only good for this specific Village or the community behind them, it's good for all of the Villages, because we have a Village-wide model and all of the Villages come together often for different events or get-togethers or barbecues or whatever it is. And so it's going to be able to be utilized, I guarantee you, by almost every single kid that steps through One Family on their journey.

Speaker 1 ([11:00:43](https://www.rev.com/transcript-editor/shared/-ZdscxyuAxUO4YMzHXt2fqYaK1Vww6rshFAVxNRLixwK0x01orom-fUk67FKVFFEFjw3Sr1vcGKgtuvaQFhv51jN6z8?loadFrom=DocumentDeeplink&ts=2208.66)):

Go ahead. You can do it.

Gabriella Chavarin ([11:00:44](https://www.rev.com/transcript-editor/shared/YCEQ4r0UXW50OUg4MxUbQf__jm3I94Cx_fAfyqzrEzy4dqrmJI4tlH4Gopb_GFfVD31QPz3MbrdEgCVmlszaPXvzrus?loadFrom=DocumentDeeplink&ts=2209.41)):

The screen, sit here and think about your why.

([11:01:56](https://www.rev.com/transcript-editor/shared/ip8ZHTOCnwXxQpESNvKcOsfC6kEY6LvHhiG5zPLqXTYcRPaIuwxgsGTx-i6_dMBLvXr02WrkMPZa1uLdYsTTKYZcfCs?loadFrom=DocumentDeeplink&ts=2281.8200001)):

Am I just going to start talking or are you going to ask? Just start talking?

Speaker 1 ([11:02:01](https://www.rev.com/transcript-editor/shared/AUWKJ-5UBWVZ3ramUlV-Sl_sUo1lEo-fh_hd1HDuUAs3nRyftGjicU-7pcGdextvhjrtm41c8MxE0BoU486ZvmGnl5w?loadFrom=DocumentDeeplink&ts=2219.94)):

What is your why?

Gabriella Chavarin ([11:02:01](https://www.rev.com/transcript-editor/shared/_g5B-RSK0mpJy0pMVS4sBtELoahxbJMjIQAMHLsnBOcVmwoVd4PKbtUt44-YdV4jGUMm7lSraiRAfBJfmxFWoqqhKpA?loadFrom=DocumentDeeplink&ts=2220.21)):

What is my why? My purpose for doing this job, for being in this field, for being on the Village, for being in this community, as mundane as it may sound, I feel like I have to, somebody has to. And I'm not trying to save the world, and I don't think that I'm going to go and do all these big great things and make a huge difference. It's the everyday that matters. It's the small parts of the job that matter. You can have this fancy title, and you're licensed by the state, and all of these things that, yes, are necessary to do your job, but that's not the job. It's just about showing up, and it's about being present, and those are things that I enjoy doing. And I want to give these kids and every client that I have here going forward just that space to be themselves.

([11:02:56](https://www.rev.com/transcript-editor/shared/yN_HvJfQI1Cn7Svl3qBn3H68GQgEB33d85PN35Sr1vrTtRWGpNN_ZMgTjIzWP_1gLItE0JVqzxnldXcsZwOySQtRKp8?loadFrom=DocumentDeeplink&ts=2275.32)):

And I don't know if part of it is maybe because that's something I've had myself and I've seen what it can do, but I know that I'm supposed to be here. And I may not have a full why, but I just know that I am. And I wake up every morning and I enjoy going to work. And somebody told me once to never have a job where you wake up and you feel miserable to go, wake up and be excited to go to work, because that means you care about what you're doing and you're passionate about what you're doing. And I love my drive to work, and I love showing up at the office, and I sit there and I wait until 3:00 rolls around when my kids are out of school and the first one can come running through the door for session.

([11:03:44](https://www.rev.com/transcript-editor/shared/b6B7Rtcba_4ZbiWfL-aT1Ly-1DJK3yFd-yaHE8-Ikk6-l8YWNX7kY-qF6nllGNNbUnB4i5WFaAVnZS-iux4bNFJ17Es?loadFrom=DocumentDeeplink&ts=2323.08)):

And it is a very fulfilling feeling, I'll be honest, but I can't imagine myself anywhere else. And I can't imagine myself doing anything else at this time in my life. And I am newer to the organization. I've only been here full-time about a year. I did my internship here prior to that. But I love every minute of it. Something I will say, and I think this is a big thing with the organization, we are very much a team. Each child has a designated team for them. Every single day, I am having conversations with their caseworker, their education liaison, somebody at the school, their foster parent, and depending on where they're at, in their case, their biological parent too. We are all working for the betterment of one child.

([11:04:40](https://www.rev.com/transcript-editor/shared/HNuibqNm_DtBNJ6GvuiZDBA2WcFchrJbFSRfg2mlsYlKh63CWCYJLy4EqYVaH7tZ7x9SCKYv1eUhXZZRF_5b9YudtNo?loadFrom=DocumentDeeplink&ts=2379.27)):

You can't say that everywhere. You can't say that this one individual has a whole team of people rooting for them and doing their best to support them. And I think that's something that made me really fall in love with the organization itself is that I'm not solo. I'm not the solo therapist that comes in and does therapy and turns around and goes home. We are all extremely enmeshed with each child and their journey and the next steps and in working with them. And I think that that's a really wonderful thing because the children deserve that. They deserve to have those people that are fighting for them day in and day out.

Speaker 1 ([11:05:17](https://www.rev.com/transcript-editor/shared/x9kFZVQxOKZ3tdXURw2cpvhMSgPx0oVDk6UW6sepRKZ8yP6gwQg52xGJtq5f3WyoJhSamvS9Mh5IDOoaafg4o4pqu6w?loadFrom=DocumentDeeplink&ts=2415.84)):

Awesome.