

On **TARGET** ...to understanding each other better



*“T*ARGET is like a puzzle; and every time we met it was like adding a new piece,” is how Lucretia* describes the weekly sessions she did with her mom Abigail.

“We never really did much one-on-one before... But with TARGET, we focused on each other for an hour each week and it paid off!”

– *Lucretia’s mom*

They keep the poster with the 7 FREEDOM steps taped to the refrigerator as a reminder. The plan is to keep their “talk times” going, even after completing the sessions with Liz, their TARGET coach.

“This has done wonders for our relationship. I learned that I can communicate better. Where

before I would have hollered, now I can stay calm,” Abigail said.

With the TARGET activities and games, she came to realize that kids go through stress too. Together, the TARGET sessions became a relaxing time

they carved out...just for them.

Lucretia likes that now she doesn’t jump to conclusions when one of her “alarms” goes off. “I don’t have to react,” she said. “Things are so much smoother now.”

* Quotes from actual TARGET participants with names changed for privacy

TARGET (Trauma Affect Regulation: Guide for Education and Therapy)

is a free program that is being offered to Illinois adoptive and guardianship families. The 7 FREEDOM steps are shared in a series of in-home sessions so youth and their families can understand and control trauma-related reactions to everyday life stresses.



Learn more about how TARGET helps families stay on track after adoption or guardianship

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Lucretia and her mom’s FREEDOM steps success

MAKE a contribution

OPTIONS for good choices

DEFINE goals, not quick fixes

EVALUATE thoughts

EMOTION self-check

RECOGNIZE triggers

FOCUS