

Who is providing counseling and skill-building for struggling families? ACH is.

Real Help for Real Life

Free Counseling and Skill-BUILDER Classes

In 2020, the two top reasons people called ACH were for counseling and skill building. Counseling and skill building are the least intrusive intervention services provided to families struggling with family conflict, anger issues, school related issues, mental health issues, trauma, bullying and other issues. Over and over again, research points to a correlation between prevention programs and the reduction in child abuse and neglect.



The ACH Real Help for Real Life program provides help and support for youth and help and support for youth and their families through ACH's Youth and Family Counseling and skill-building classes. Since 2005, Real Help for Real Life has provided free, bilingual counseling and skills building groups to Tarrant, Johnson, Parker, Palo Pinto and Hill counties through the Family and Youth Success program. On average, Real Help for Real Life annually serves approximately 1,600 youth and their families.



Tools and hope for a better future.

Each family that receives counseling or a skill-based group intervention meets with a counselor or family support specialist one-on-one for an initial session to determine the goal for the family and provide the family with tools and hope for a better future. The families receive strength-based counseling, education about trauma and how it affects the brain and the body and tangible tools to take home to reduce instances of conflict and increase protective factors that lead to positive outcomes.

In 2021, Real Help for Real Life served 1,339 unduplicated clients. Over 88% of families demonstrated improvement in at least one of the following protective factors: Knowledge of parenting, concrete supports, Family Functioning and resilience, nurturing and attachment, and social support. Program services seek to increase protective factors that make youth and families stronger.

Overall, services in 2021 were valued at more than \$1.2 million, all free of charge to families.

Your support ensures quality services.

Real Help for Real Life is funded in part by Texas Prevention and Early Intervention, but additional funding is necessary to provide assistance for families seeking services.

1. Most families receive counseling after school or close to dinner time. To accommodate the families and ensure the youth and parents are able to focus on the counseling session, all counselors and support staff offer snacks to each client and family.
2. Supplies such as crayons, coloring books, games and other therapeutic tools are needed for all counselors and sessions.
3. Training and support for counselors to ensure quality services are provided to the clients.