

My name is Alyssa. I am a proud and strong mother of two healthy boys. Over the course of this journey, both my fiancé and I have grown, learned, and changed for the better in order to keep our family together. Although dealing with CPS has been a painful and challenging experience, it has also been an opportunity for healing and growth—for us and our entire family.

In hindsight, I can now say that I'm grateful for how things unfolded, even though it was difficult. We didn't realize how much we needed help until we began this process. Through this case and the TBRI program, we've grown tremendously and learned so much about ourselves and our children.

Before I started this program, I didn't know what to expect or what I would gain from it. But the lessons I've learned have been life changing. Ms. Malee, our ACH instructor, has been incredibly kind, patient, and supportive throughout the entire process. She helped us understand that many of our children's behaviors come from a place of pain, fear, or unmet needs—not defiance.

I've learned that trauma changes how the brain functions. It impacts a child's ability to feel safe, regulate their emotions, and form healthy connections. Before this, I didn't understand the full impact trauma has on developing children. Now, I see my children's needs and behaviors through a new lens—one rooted in compassion, structure, and empowerment.

One of the most powerful things I learned is how important connection is. TBRI emphasizes the importance of building trust and forming strong, secure attachments with our children. Instead of focusing on punishment or reacting out of frustration, I've learned how to connect first—through eye contact, nurturing touch, and calm, consistent responses—so I can correct in a way that promotes learning and healing.

I've also learned how to empower my boys by meeting their physical and emotional needs—whether it's through regular meals, sleep routines, or helping them feel safe and heard. I now understand how to provide choices and use gentle redirection to guide them through difficult moments, rather than using fear or control.

I'm continuing to work closely with my boys and their dad to strengthen our bond and grow as a family. I now feel hopeful for our future. I'm grateful I was given the opportunity to be a part of this incredible program, and I will carry these lessons with me for the rest of my life.

Thanks to TBRI, I now understand that healing happens through connection, and that even the smallest moments of compassion and consistency can change a child's life.

❤️ Alyssa

**TBRI was developed by and is the signature therapeutic model of Texas Christian University's Karyn Purvis Institute of Child Development. Malee Sims is a Kinship Connections specialist in the ACH Foster Care and Adoption program. She feels honored to have trained Alyssa Garcia in the TBRI Partnering with Parents certification program. Discover more [on our website](#).*