



This is a nice place.
They help us and they care.

Faith's Story



THIS IS HOW 13-YEAR-OLD FAITH describes Hoffman Homes, where she's been in care for the past 10 months. She entered the program to help her work through some issues related to verbal aggression, aggressive behavior, hitting and biting—things she did in response to some painful past experiences. Faith's an old soul, thoughtful and curious, and lights up whenever she talks about her pets at home (a fish, a hermit crab, a bunny and a kitten!), and art—one of the things she loves most about her time here.

"Art therapy is my favorite," she says, because "we can do anything...We make Play-Doh, draw pictures, make sculptures, paint, and take photographs...It's like a summer camp, except it's a treatment facility...They make it fun!"

Though Faith looks forward to soon going home to her mom, her friends and her new school, she knows that her time here was needed, and helpful. "Hoffman Homes is a nice place. They help us," she says. "The staff is always there for me," and the connections she's made with her caregivers have given her a sense of acceptance and stability that has helped her grow, heal and, well, shine. "I'm proud of [mental health workers]

Ms. Inayah and Ms. Jules because they're always there for me, redirecting me when I do something wrong, calming me down, making sure I'm safe." She particularly likes it when they go on walks, especially to the catch-and-release fishing pond on campus. "I caught a few fish," she says happily, "and they took a picture for me, for my memory book for when I leave."

Faith's pride is as well earned as it is well deserved. "I learned how to handle my anger when I'm angry, and to ask when I need help." And, perhaps most importantly, she's learned coping skills—including art, animals and listening to music—that will last her a lifetime. "It's never too late to ask for help, or use coping skills," she says in a way that makes this bubbly teen sound much older and wiser than her years.

As young as she is, Faith knows that the help and support she got at Hoffman Homes have made a tremendous difference in her health and future: "Hoffman Homes has changed my life." When asked to name the best thing her stay here has given her, she thinks for a minute about the way she used to react and how far she's come in these few, short months. "I know better now," she says with certainty. "I know better."

Words of Faith*

If I wanted to let the community know something about Hoffman Homes, it would be...

“That Hoffman Homes is a nice treatment facility. They help us and they care. We have three different creative therapies here [art, pet and horse], and we’re trying to raise money for music therapy. I like all kinds of music, and I think it would be a great thing to have for the kids here.”

***The Great News:** Shortly after she shared her story, Faith was successfully discharged and has returned home.

Our story



FOUNDED IN 1910, Hoffman Homes for Youth is a not-for-profit residential treatment facility in Littlestown, Pennsylvania, providing comprehensive psychiatric care, treatment and education to emotionally and behaviorally troubled children. We are a Sanctuary® certified provider, committed to offering a higher level of care in a trauma-sensitive environment. Your partnership ensures that we can continue to offer vital, life-affirming help and healing for these most vulnerable of kids, giving them a chance at a brighter future.

Music as medicine

All the children in care at Hoffman Homes have mental health diagnoses, and are coping with the crippling effects of trauma, abuse, neglect and loss.

Because of their trauma experiences, many of our kids are at high risk for aggressive behavior and self-harm. Our treatment program features an array of innovative creative therapies—art, pet and horse—designed to help reach the most vulnerable of children in a way that traditional talk therapy often can't. Music therapy will provide our children with another safe, productive and lifelong coping skill that encourages positive behavior, self-realization and self-expression. Our hope is to use music as the basis for evidence-based self-discovery, personal growth and healing.

For information, visit [GoFundMe.com/HoffmanHomes](https://www.gofundme.com/HoffmanHomes).

What our kids are saying

Over 95% of our kids have expressed a desire to have a music therapy program at Hoffman Homes:

“**MUSIC** enlightens the heart...[and] carries joy and

comfort through our spirits, to let ourselves get through whatever we are facing.”

“**SONGS TEACH US** that we can survive hard times. They allow us to hope for a better future and try to get there.”

“**IF THERE WAS MUSIC** therapy [at Hoffman Homes], we would all do better in some parts of our treatment.”

“**I KNOW IF WE HAD** music [therapy], we would have a better life, [and it would be a way to help me] stay from hurting myself.”



Living our mission

Our children’s needs are great, and so is our mission: We are committed to making brighter futures for children suffering from abuse, trauma, neglect and loss by providing evidence-based, trauma-informed care and innovative therapies in a supportive, nurturing and positive living environment.

We are always seeking support for clinical program development—including music therapy—educational programming and ongoing needs. If you feel called to help, please give us a call.

Share in our story & change lives

Your support offers hope and healing—and a new future—for the children in our care. To learn more and to arrange a personalized tour, please call our Development Office at 717-359-7148, ext. 4502; we’re always happy to meet new friends! **Visit us online at [HoffmanHomes.com](https://www.HoffmanHomes.com).**