



Lili's Story

Lili's story is one of resilience and hope.

At just 14 years old, Lili was struggling with anxiety, depression, and self-harming behaviors, which led to multiple Baker Act (mental health emergency hospitalization) situations. Her experiences included early childhood physical abuse, domestic violence, and later bullying in middle school. She had a great deal of difficulty processing her emotions and did not feel safe.

She was referred to Center for Child Counseling by her pediatrician at Palm Beach Pediatrics, through our collaboration to provide integrated care for children, teens, and their families. Initially very hesitant, with the help of her therapist, Lili was able to slowly find a positive path forward.

Despite the difficulties she faced, Lili showed remarkable strength and grace during her time in therapy. Through a trauma narrative, Lili was able to confront the trauma of her early childhood, her parents' violence toward each other, and the bullying she experienced.

Lili learned daily positive affirmations and adaptive coping skills, such as progressive muscle relaxation, grounding techniques, music, and playing with her animals.

Thanks to her hard work and the support of her therapist, Lili's anxiety and depression have significantly decreased. Her journey is a testament to the power of therapy and the resilience of the human spirit. Despite the challenges she has faced, Lili is proof that healing and hope are possible, even in the face of the toughest of circumstances.

Because of the generosity of donors like you, Lili no longer self-harms and has so much hope for the future.