

# Alabama Agency Offers Help and Healing for Traumatized Teens



Sabrina Underwood

The voice on the other end of the line said “I just needed to check on you and see if you were okay.”

You might think that’s a rather insignificant call, but for Sabrina Underwood, it was validation of a job well done.

Sabrina is a licensed social worker with Christian Services for Children in Alabama, working with 10-17 year-old children and youth. These young people come from very difficult and abusive environments, where their own pain and struggles are so intense it’s all they can do to cope, much less have concern for others.

When the youth are referred to CSCA, they are immediately connected to a variety of resource partners, including birth families, foster families, schools, courts, medical professional, mental health services, board members, volunteers and businesses, all working together for the benefit of the youth.

CSCA’s CEO Cynthia Stinson, said that “without these many resources, our work could not be accomplished. Each partner brings richness to our work and a shared goal of bringing hope and healing to each youth.”

Added to those partnerships are the understanding, patience and kindness of CSCA’s professional therapeutic staff. In almost 20 years of helping at-risk children and youth, CSCA has proven that they have the characteristics and sensitivity to successfully help these children.

Sabrina, who is passionate about serving these children, said, “You know your work has come full circle when someone you have worked so closely with has moved on in their journey and calls back to check on you!”