



FREDERICK COUNTY GOVERNMENT

OFFICE OF THE COUNTY EXECUTIVE

Jessica Fitzwater
County Executive

News Release

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Using Nature to Heal Children

*Child Advocacy Center, ThorpeWood Partner
to Support Youth and Caregivers Dealing with Trauma*

FREDERICK, Md. – Children who have been traumatized may find healing through nature, thanks to a new partnership between the Child Advocacy Center and ThorpeWood. The Child Advocacy Center (CAC) is operated by the Frederick County Division of Family Services to assist children who have been maltreated. CAC's partnership with the environmental learning center creates opportunities for ecotherapy and nature-based mental health activities for children and their caregivers at no cost.

“Nature can have a healing effect on someone who has experienced trauma,” Frederick County Executive Jessica Fitzwater said. “This partnership between the Child Advocacy Center and ThorpeWood is an innovative way to empower children and get them on a path to recovery.”

“We are honored to partner with the Child Advocacy Center of Frederick County to support their vital work of helping children and families during their most vulnerable moments,” said ThorpeWood Executive Director Kaili van Waveren. “At ThorpeWood, we are committed to fostering healing and resilience through nature-based mental health and social emotional learning programs. This partnership allows us to extend that mission not only to children and caregivers in need, but also to the incredible and dedicated CAC staff.”

Programming at ThorpeWood will teach life skills, including:

- mindfulness,
- emotional regulation,
- resiliency,
- self-esteem, and
- coping skills to use outside of the home environment.

ThorpeWood is a registered Maryland corporation whose mission is to reconnect humans and nature to promote mental health, wellness, and environmental stewardship, and who fulfills its mission in part through free ecotherapy-based mental health programming.

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