

Meeting Family Mental Health Needs

[www.thechildrenscenter.org](http://www.thechildrenscenter.org)



Front row: Nancy Retsinas, Paula Dunham, Pat Beckett, Bill Roller. Middle row: Helen Sullivan, Kate Sacamano, Tonya Rulli. Back row: Kim Hash, Darryl Walker.

Children's Center was honored to be selected as a recipient of the award, along with Share. The two organizations split the \$1,000 prize sponsored by Michael J. Plymale, Inc. P.S. Executive Director Pat Beckett accepted the award on behalf of Children's Center. In an interview with the Vancouver Business Journal, Pat said, "I think the biggest impact we have is changing lives for the kids that come through the program. We give children and families the skills and resources to be successful at home, at school and in the community."

We are grateful to Jeanne Kojis of the Nonprofit Network for designing a program that not only raises the visibility of nonprofits in our community, but also highlights the many significant contributions that continually improve the fabric of our community and the lives of our citizens, young and old.

## Recognized for MAKING AN IMPACT

On September 13 the Nonprofit Network Southwest Washington hosted the Nonprofit Excellence Awards for the first time in our community. The award program was designed to highlight the good work of the often unrecognized nonprofit organizations in our community. Held at the Red Cross House, the event was filled to capacity with an energized crowd. Awards were bestowed in four categories: Innovation, Excellence in Governance, Impact and Corporate Community Support. Children's Center was nominated for the Impact Award for "providing a service or program that has demonstrable and measurable impact on the issue being addressed."

Go to [www.thechildrenscenter.org](http://www.thechildrenscenter.org) and click



Summer events  
shine bright—  
See more on page 4 & 5

Enjoying the music of Tom Grant at this summer's Concert for a Cause were Pat Beckett, Cherry Shaw, Wayne Beckett and Ed Shaw.

End of  
the year  
donations  
appreciated!  
Page 6

# [Letter from Executive Director]

## Planning for the Future



By Pat Beckett, Executive Director

**Children's Center was truly honored to be recognized** for the impact the agency is making at the Nonprofit Excellence Awards in September. Our goal is to help children and youth thrive in their community to the best of their ability. We strive to provide quality programs and effective treatment services that help children succeed in school and in life.

I recently read an article written by National Council President and CEO Linda Rosenberg that was published in The Huffington Post. In it she stated, "The Centers for Disease Control and Prevention (CDC) find that about half of U.S. adults will develop a mental illness during their lifetime. One in four adults experiences a mental disorder in any given year, and one in 17 lives with a serious mental illness like schizophrenia, major depression or bipolar disorder. By 2020, mental and substance use disorders will surpass all physical diseases worldwide as major causes of disability."

She went on to say that, "Almost 40 percent of people with mental and substance use disorders never get treated. The good news is that treatment works. According to the National Advisory Mental Health Council, the treatment success rate for bipolar disorder is a remarkable 80 percent. The recovery rates for other serious mental illnesses follow suit: major depression (65-80 percent), schizophrenia (60 percent) and addiction (70 percent.)"

I have been in this field for 30 years. I have witnessed how successful mental health treatment transforms the child, the family and the community. Just as I reflect upon the past, I am also keenly aware that our programs will be needed in even greater capacity in the future. In an effort to ensure that we will be able to provide these critical mental health services into perpetuity, we are launching a planned giving program (see page 6).

Please consider joining our newly developed Keystone Community or consider making an end of year donation to Children's Center. Your generosity gives children the opportunity to take their first steps on a journey of hope, discovery and change.

*With appreciation for your support and with warmest wishes for a happy Holiday Season and a prosperous New Year,*

Pat Beckett

## Santa Claus is Coming to Town - And He Needs You!



Sadly his reindeer don't always stop at every home. Over ninety percent of the families we see at Children's Center live in poverty. They struggle to pay their utilities and to have enough food on the table. Christmas presents are a luxury. You can help make the holidays special for a child in need. Our goal is to send home a present for every child in the family, not just the client child. We see over 400 children every week, so we need a lot of toys!

This is a partial list of donation locations: **Java House, Halo Designs, most Umpqua Bank branches and Kazoodles Toy Store.**

For a complete list of suggested toys and location addresses that are collecting for us, please see our website at [www.thechildrenscenter.org](http://www.thechildrenscenter.org)

## Welcoming of Two New Board Members



**MaryAnn Holbert**, SPHR, is the Human Resources Director for the Legacy Health System.



**Michael Stromme** is the Associate Superintendent, Chief Information Officer for the Vancouver School District.

## Congratulations to board member Tonya Rulli



who was selected as one of the 2011 recipients of the "Accomplished and Under 40" award. Tonya is a Senior Deputy Prosecuting

Attorney in the Clark County Prosecuting Attorney's office.

## Board of Directors

**Troy Thomas**, President

**Kate Sacamano**,  
Vice-President/Secretary

**Bill Roller**, Treasurer

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**Robin Hayden**

**MaryAnn Holbert**

**Wendy Kelley**

**Kelly Parker**

**Nancy Retsinas**

**Tonya Rulli**

**Lisa Schauer**

**Michael Stromme**

**Darryl Walker**

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[www.thechildrenscenter.org](http://www.thechildrenscenter.org)

## [Partners & Programs]

### Calming Over Aroused Children for a Healthy Early Start = COACHES

**Imagine working in your office, focused on the task at hand.** Suddenly, a child screams just down the hall. Not a single scream that jolts you and then is over. The child is in the midst of a complete melt-down, the screams are high-pitched, at the top of her lungs and continue relentlessly. Several years ago, Children's Center began to see a marked increase in the number of young children who were exposed to methamphetamine, either in utero or environmentally.

In addition to raging during office visits, these children also displayed excessively high levels of energy, a very low threshold for frustration and an inability to sleep. Some were prescribed medication to assist with sleep, with no impact whatsoever. The children had a hyper-sensitive fight or flight response triggered by noises or light which would cause some children to hide under tables or chairs. Conversely, others would display unusually high levels of aggression. By the time a parent brings a child with such symptoms in for treatment, they are exhausted. Many marriages suffer under the stress and frequently these children end up in foster care. Many of the children are expelled from preschool and kindergarten classes.



**Holly Crossen, Psychologist, holds a "heavy helper" and a fidget toy.**

Therapists advanced educational training does not address how to work with children with drug/alcohol effects, especially those with meth affects and most agencies are at a loss as to how to help these children. Thanks to a generous three year grant from the Legacy Health Foundation in 2006, Children's Center developed the COACHES program to work with these over-aroused children. Holly Crossen, a psychologist at Children's Center, provides specialized psychological testing that identifies a child's strengths as well as challenges in functioning. Holly uses tools like weighted blankets, "heavy helpers" and fidget toys with the children. The weighted blankets can help calm the children's over-active nervous system, allows them to sleep and is the beginning step to learn self-regulation.

Our program teaches the child and the parents strategies to deal with the severe dysregulation and builds on the child's strengths and abilities. It's important to determine what the child "can't do" versus "won't do." For children exposed to methamphetamine, there are many things that their brain simply can't do. Holly said, "Just as you wouldn't punish a blind person for not being able to read off the board or insist that a deaf student enroll in a music class, these children shouldn't be punished for not being able to thrive in a noisy environment, such as a gym class. The typical gym is cavernous with glaring lights and screaming kids throwing balls. This type of environment is torturous to children with sensory issues."

The COACHES program also trains caregivers and school personnel in neurobehavioral strategies to coach calming techniques at home and other environments. These strategies allow a child to learn to function in a family in a safe and developmentally appropriate way. As parents and children learn these new strategies, remarkable progress is made in their ability to "practice safety" when their distress level spikes and to use their newly-found techniques to "stay safe and calm."

An adoptive parent of meth affected twins said, "We were lucky enough to have our children go through the COACHES program. It changed our lives."

### Children's Center had a Make-Over

Thanks to a grant from Clark County and the efforts of Facilities Management and Public Works, Children's Center now boasts new paint, landscaping and a replaced patio cover. Our board, staff and the families we serve have all enjoyed the beautification! Thank you, Clark County! To see more pictures of the make-over, go to our website.



Before



After

### Heavy Helpers

Some of our young clients with sensory issues greatly appreciate the calming influence of a weighted stuffed animal. Our "heavy helpers" weigh between 5-8 pounds. To make a "heavy helper," volunteers take a new donated stuffed animal, open a seam and remove most of the stuffing. They replace the stuffing with clean aquarium gravel then carefully sew the seam shut.

**Children's Center sets the standard for mental health expertise and services geared toward children and youth. Responsive to the changes in the community, we develop innovative new programs and services to help families and to improve the fabric of our community.**

# Summer Events Shine *Bright* for Children's Center

## Concerts for a Cause



**A big Mahalo** to Tommy Owens and Camas Meadows Golf Club for starting a fabulous new summer concert series to benefit local nonprofits. Kim Hash, Director of Development, welcomed the crowd and thanked them for their support. Left to right: Joshua Owens, Kim Hash and Tommy Owens.

Camas Meadows Golf Club was an idyllic setting for the wonderful Tom Grant concert on August 3<sup>rd</sup>. Children's Center was pleased to receive over \$2,600 in proceeds from the evening!



## Six to Sunset Concert Series

Board members Nancy Retsinas, Peg Busick and Kate Sacamano enjoyed both the music and the opportunity to mingle in the Pub in the Park VIP area at a Six to Sunset concert. Children's Center was one of several nonprofits that participated in table sales for the Pub in the Park. Over \$1,700 was raised for Children's Center! Our appreciation to all involved including K.C. Fuller and the Columbian.

Every Thursday evening for six weeks at Esther Short Park, our community is treated to a wonderful free concert. The Six to Sunset concert series is presented by Riverview Bank and organized by the City of Vancouver. A special thank you to Kohl's for both their support and team of volunteers at every concert.



## First Indy's Summer Picnic

First Independent Bank employees Alan Hamilton and JoEll Zumwalt present executive director Pat Beckett with over 900 personal items that were donated by First Indy employees at their summer company picnic!

These items are distributed to the families served by Children's Center and make a tremendous impact as food stamps do not cover items such as shampoo, toothpaste or soap. Thank you to First Indy and all the wonderful employees for such incredible generosity!

## NW Personal Training's Girlfriends and Dudes Triathlon

A great team of enthusiastic Children's Center volunteers braved the rain to cheer on the runners at the aid station. Thanks to Sherri McMillan and the hard working staff at N.W. Personal Training, Children's Center received over \$2,700 plus a large supply of personal items and snacks that were donated by participants! Thank you all!



Left to right: Shantina Weston, Kristin Healey, Kim Hash, Rob Cloke, Pat Beckett, Sherri McMillan, Becky Edgren and Justin Hughes pose with a check representing the proceeds donated to Children's Center from the successful event.



## Columbia Credit Union donates books!

Left to right: Pat Beckett, Ron Entenman, Jill Kusmirek, Robert Stewart, Todd Shobert, Kim Hash. In celebration of Children's Book Week, May 2 - 8, 2011, the Registered Representatives in Columbia Credit Union's Wealth Management Department ran a referral contest. For every referral they received from front line staff, they would purchase a children's book to be donated to the Children's Center. Thank you, Columbia Credit Union!

## In June, Legacy Salmon Creek Medical Center

hosted their annual Healthy Kids Fair. This year, Legacy incorporated a food drive element for Children's Center which brought in over 500 pounds of food! As 98% of the families we see live in poverty, it is not uncommon that by the end of the month the cupboards are empty. At Children's Center, we try to aid these families by having bags of food on hand that our therapists send home with them after a session. Our great thanks to Brian Willoughby for arranging this beneficial drive for our families! Left to right: David Kennelly (Children's Center volunteer), Kim Hash (Director of Development), Brian Willoughby (Legacy Public Relations Specialist), Jonathan Avery (Legacy CAO) and his son.



## The 2011 Columbia River Concours d'Elegance and Car Show

came to Vancouver on Sunday, August 7<sup>th</sup>. Fullerton & Company and Nies Insurance utilized their sponsorship of this Rotary event as a platform to raise awareness and funds for the vital and invaluable work of the Children's Center. \$1000.00 was raised for the programs of the Children's Center.

## [Development]

### Year-End Support is Greatly Needed



By Kim Hash, Director of Development

**Day after day**, our waiting room is filled with children who really need our help. As is often the case with mental health issues, by the time people finally come to get counseling they are usually in crisis. Over ninety percent of the children and families we see live in poverty and have limited financial or personal resources to deal with the many life challenges they face.

If it weren't for Children's Center, many of these children wouldn't be able to access the help they need elsewhere. That was the issue that inspired a group of concerned citizens to create Children's Center over 22 years ago. Vulnerable children had to wait for an excessive period of time to access mental health services as there was a shortage of agencies that served children. When a child is in crisis, a week is too long. Children's Center provides critical services to our most vulnerable citizens in a timely manner with the goal of healthy children for a healthy community.

Please make a donation today to help the children of our community live a fuller life and enjoy a better future.



### Keystone Community Launched!

The Children's Center is pleased to announce the formation of the 'Keystone Community,' a planned giving program developed and dedicated to community members who will be supporting our organization through future gift commitments. This effort is designed to ensure quality mental health services are available for future generations. There are various ways you can become involved in the Keystone Community.

**BEQUESTS:** Statistics suggest that nearly 70% of all gifts charitable organizations will receive over time will come through "bequests" that people leave to their favorite charitable causes through estate planning.

**BENEFICIARY DESIGNATIONS:** Retirement accounts, investments and life insurance are also welcome gifts! Often, you can simply complete a form that includes Children's Center as a future beneficiary.

**LIFE INCOME ARRANGEMENTS:** A charitable trust is another way to be involved in the Keystone Community. If you have an asset(s) that has appreciated in value, you might consider giving it to Children's Center. You can avoid capital gain tax, get an income tax deduction, and often a lifetime of guaranteed income in the process.

Once a year Children's Center will list all of the new Keystone Community members (who are willing to be identified), on an insert that will be published in our spring newsletter. Additionally, all Keystone Community members will have their names added to a reader board at administrative headquarters in Vancouver, Washington. And finally, once a year we will invite our Keystone Community Members to come for a special lunch as a way to honor and thank them.

In the weeks and months to come you will hear Children's Center talk more about the importance of this new program as a way to sustain and stabilize our funding sources. You will also hear more about the estate planning services Children Center will begin to offer as well.

Please consider becoming a charter member of the Keystone Community to provide mental health services to the children of our community into perpetuity.

### I Want to Make Your Day

Nonprofit organizations provide businesses and individuals alike the opportunity to make a difference in the lives of others be it with a cash donation, volunteering or hosting a drive. Kim Hash, Development Director, recently wrote a guest article for the Vancouver Business Journal on the many ways people can make a contribution. Read the full article at: <http://www.vbjusa.com/2011/09/16/nonprofit-opinion-i-want-to-make-your-day>

### K. Gene Christian



We would like to introduce Gene Christian who will be developing a planned giving program for Children's Center. Gene has

26 years of experience serving nonprofit organizations, primarily in the western United States. He is considered one of the regions foremost authorities in the fields of estate planning and planned giving. He writes regularly for regional and national publications and speaks in conference settings all over the country. He has served on Planned Giving Today's advisory board. He has been quoted several times in the *Chronicle of Philanthropy* and has been asked to testify before the Oregon State Legislature on matters involving charitable tax planning.

For information contact Kim Hash at 360.699.2244 or email [kimh@thechildrenscenter.org](mailto:kimh@thechildrenscenter.org)

# [Donors]

## Our great appreciation to our donors who have made a difference in the life of a child

*This list reflects donations received between 1/01/11 and 10/28/11*

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\$5,000 - \$9,999

BNSF Foundation  
The Community Foundation of Southwest Washington  
Richard and Carol Dickey  
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Joe and Teresa Pauletto Family Fund, *a charitable fund of the Community Foundation for SW Washington*  
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### Balance

\$2,500 to \$4,999

NW Personal Training  
Cherry and Ed Shaw

### Hope

\$1,000 to \$2,499

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YWCA

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Brighten the holidays for a  
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 a child (pre-school- teenagers)

See page 2 for more information  
 and go to our website for a full  
 list of locations:  
[www.thechildrenscenter.org](http://www.thechildrenscenter.org)

Save the Date!

children's center **Annual Luncheon  
 and Fundraiser**



*It's all about the Kids!*

April 26, 2012  
 11:00 am • Hilton Vancouver



The **Honorable Brian Baird**  
 will be our featured guest  
 speaker. Dr. Baird holds a Ph.D.  
 in Clinical Psychology with a  
 license to practice in Washington  
 State. His clinical experience  
 spans more than two decades  
 and encompasses a wide variety

of settings and patient groups. Dr. Baird served for twelve years  
 in the United States House of Representatives, where he focused  
 on science and technology, energy, health care - especially mental  
 health, oceans, foreign policy, fiscal discipline and Congressional  
 integrity. Join us!