

Meeting Family Mental Health Needs

www.thechildrenscenter.org

*"It's all About the Kids"*  
Annual Luncheon Raises Over \$89,000



**Speaker Linda Owen**, pictured with supporter **Ed Lynch**, delivered a pertinent address emphasizing the topic of bullying and the importance of intervention and mental health services.

*Make this a summer to remember for a child.*

See page 6 for details.



**Founder and current board member Peg Busick** was honored for her dedication in helping to establish Children's Center in 1989, for continuous service on the board and contributions to the betterment of children in Clark County. Executive Director Pat Beckett and board president Troy Thomas presented Peg with an engraved vase.



**New board member Kelly Parker**, President of the Greater Vancouver Chamber of Commerce, delivered a warm welcome to the audience and recognized elected officials and our valued community partners. **Master of Ceremonies Drew Carney** of KGW NewsChannel 8 was a superb host, engaging the audience with his wit and charm.



**VSAA Vitamente Sinfonietta Ensemble** directed by **Margaret Green** entertained the attendees during the social time prior to the luncheon. The Veloce Orchestra (not pictured) directed by Ann Medellin provided beautiful music for the dining pleasure of our guests.

**Susan Courtney, Kathy Corwin and Rhona Sen Hoss** enjoy the music provided by the Vancouver School of Arts and Academics prior to the luncheon.



**Shay Jennings, Kathy Deschner and Colleen Boccia** happily socialize at the luncheon.



Photos by Paul Montague and Bob Holcomb.

Thank you to all our Community Partners and supporters for making the luncheon a success!

Meet the winners of the Drew Carney Challenge! Page 5

# [Letter from Executive Director]



Pat Beckett addresses the audience at the annual luncheon.

## Every Child's Mental Health is Important

By Pat Beckett, Executive Director

April 21<sup>st</sup> we held our annual luncheon, "It's all About the Kids," at the Hilton Vancouver. Over 200 guests attended; some of whom have attended every luncheon Children's Center has ever had. It was wonderful seeing so many familiar faces in the audience as well as many new faces, all present to support the critical work of Children's Center.

Prior to the luncheon, I was contemplating my remarks. Originally, I was going to talk about what we do as an agency, how we do it and deliver a lot of information and statistics. Good judgment prevailed and I determined it was more important to explain *why* we do it.

I have been with Children's Center since the doors first opened in 1989. I can honestly say I came with the building. I am a social worker by education and training. The primary mission of the social work profession is to enhance human well-being and help meet the basic human needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty.

The core values of Social work that resonate with me are:

- Service to others
- Dignity and worth of the individual, and
- Social Justice
- The importance of human relationships

This agency was founded by a group of dedicated and concerned citizens who shared those same values and who were committed to providing quality mental health services for children in our community. Thus, Children's Center moved from an idea and became a reality. Our current board continues to guide the agency based on these values.

Why have I dedicated my career to this field? I do this work because:

- I believe that every child should have the opportunity for a full, healthy and productive life.
- I believe that every child's mental health is important.
- I believe that caring families and communities working together can help a child experiencing a mental health crisis.
- I believe that recovery from mental illness is not only possible; it happens all the time.

Children's Center is an important mental health resource in our community serving over 1,300 children, youth and their families annually. We do not do this work alone. Your contributions, concern and generous support make a vital difference in the lives of the kids and families we serve and help bring to life the mission and values that both inspire and guide us as an organization. Thank you.

*Warm regards, Pat Beckett*



Board members (left to right) Bill Roller, Lisa Schauer and Troy Thomas warmly welcome attendees at "It's all About the Kids."

## Welcoming of Four New Board Members



**Wendy Kelley** serves as National IRA Product Manager for US Bank's Wealth Management group.



**Kelly Parker** has served as President and CEO of the Greater Vancouver Chamber of Commerce (GVCC) since October 2010.



**Tonya Rulli** is a Senior Deputy Prosecuting Attorney in the Clark County Prosecuting Attorney's office.



**Darryl Walker** is the Labor and Employment Counsel for the Clark County Prosecutor's Office.

## Board of Directors

**Troy Thomas**, President

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

**Bill Roller**, Treasurer

**Barbara Brace**

**Peg Busick**

**Sally Charuhas**

**Robin Hayden**

**Wendy Kelley**

**Kelly Parker**

**Nancy Retsinas**

**Tonya Rulli**

**Lisa Schauer**

**Darryl Walker**

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## [Partners & Programs]

### Child Sexual Abuse Recovery program partners with the Arthur D. Curtis Children's Justice Center to promote healing

**Here is a shocking statistic: one in four girls and one in six boys under the age of 18 have been victims of sexual abuse.** Child sexual abuse crosses ethnic, racial, religious, and socioeconomic boundaries. It happens to children in every kind of family, neighborhood, and community.

The impact of sexual abuse can range from no apparent effects to very severe ones. Typically, children who experience the most serious types of abuse—abuse involving family members and high degrees of physical force—exhibit behavior problems ranging from separation anxiety to posttraumatic stress disorder.

Children's Center therapists Emily Schwartz-Dale and Erin Haley (pictured at right) said symptoms of abuse that they commonly see are those of developmental regression such as reversal of potty training skills, an inability to dress themselves, talking in baby talk or using language not typical for their age range. As a result of the abuse kids are confused about what is safe and unsafe. They often experience feelings of shame, guilt, and betrayal. Fear and anxiety are common as well as irritability.

One of our important partnerships is with Children's Justice Center (CJC), a nationally accredited Children's Advocacy Center that provides a safe space for child victims and their non-offending family members to effectively address incidents of child abuse, including sexual abuse, in Clark County. They investigate and prosecute perpetrators of felony child abuse and provide support services while also protecting and safeguarding the well-being of children throughout the investigation and court proceedings.



Pat Beckett, Executive Director for Children's Center, serves on the CJC Service Coordination Team which is comprised of leadership partners who meet weekly to utilize their supervisory and oversight authority to improve coordination and communication among responders. CJC staff recognize that many of the children and families they serve need mental health services and Children's Center plays a key role.

Children's Center's Child Sexual Abuse Treatment Program offers specialized treatment to address the effects of the emotional and psychological trauma the child has experienced. There is hope for children who have experienced sexual abuse. With the right kind of help children can recover completely. Therapists help children establish healthy boundaries, both physically and emotionally and to get them back on track developmentally. They teach children grounding techniques to help them manage anxiety and assist children to feel secure and regain trust.

Erin Haley said, "I first started working in the Child Sexual Abuse Recovery program at the recommendation of my supervisor. The work in this program has since become my passion as I have the privilege to help and the opportunity to see children and families heal from the trauma that results from sexual abuse."

### New Partnership Becomes an Instant Classic

**A very unique car show is coming to Vancouver on Sunday, August 7<sup>th</sup>, 2011.**



Classic cars will be highlighted, as will Children's Center. Tim Nielsen, Executive Vice President for Fullerton & Company said, "Fullerton & Company, Inc. Insurance is honored for the opportunity to support Children's Center at the 2011 Columbia River Concours d'Elegance and Car Show at Fort Vancouver." Fullerton & Company will utilize their sponsorship of this Rotary event as a platform to raise awareness and funds for the vital and invaluable work of Children's Center.

Fullerton & Company acquired Nies Insurance Agency which has served the personal, commercial, and employee benefits insurance needs to clients in the Vancouver, Washington area for 39 years. The acquisition of Nies allows Fullerton to build on the philanthropic mission that is an important part of their professional culture.

Under the leadership of Mr. Nielsen, Fullerton & Company is dedicated to being active in the communities in which they live and do business. "Fullerton & Company/Nies wanted to find an organization like Children's Center so that we could give back to the Greater Vancouver community," states Nielsen.

For more information on Fullerton & Company and the Columbia River Concours d'Elegance, please visit their websites at [www.fullertonco.com](http://www.fullertonco.com) and [www.columbiariverconcours.com](http://www.columbiariverconcours.com).

### Our Mission

To provide and advocate for comprehensive community-based mental health services that ensure the psychological and social well being of children, youth and families.

# [Volunteerism]

## Operation Fuzzy Friend

The state wide conference for the Washington Municipal Clerks Association (WMCA) took place on March 24 at the Heathman Lodge in Vancouver. As part of their conference, they launched "Operation Fuzzy Friend," asking all attendees to bring a stuffed animal for Children's Center. The stuffed animals will be turned into "Heavy Helpers," weighted stuffed animals (therapy tools in disguise) which are given to children who have sensory issues. Our sincere thanks to all the members of the association for their heartfelt response to "Operation Fuzzy Friend!" This opportunity came to Children's Center thanks to Beth O'Kelly and Debbie Jermann of C-TRAN who recommended Children's Center as a worthy non-profit to benefit. Thank you Beth & Debbie!



WMCA President Karen Kuznek-Reese, City Clerk of the City of Sequim, presents Kim Hash with over 200 stuffed animals at their annual conference.

## Fuzzy Friends Become Heavy Helpers

A team of volunteers from New Heights West gathered in the conference room of Children's Center in April armed with needle, thread and aquarium rock to turn ordinary stuffed animals into important therapy tools. They spent hours opening seams, taking out some of the regular stuffing and replacing it with the aquarium rock. Our great appreciation for all their hard work!

**children's center**  
Helping Clark County  
One Family at a Time

Children's Center is a private, non-profit state licensed and locally governed community mental health agency committed to providing quality mental health services for children, youth and families in our community for over twenty years.

Children's Center provides a range of mental health services for children/youth including:

- Mental Health Program (treatment for depression, anxiety, ADHD, etc.)
- School-based mental health program in Evergreen and Vancouver School Districts
- Child Sexual Abuse Recovery Program
- COACHES Program (specialized treatment and training program for preschool children, school-aged children/youth affected by methamphetamine)
- PATHWAYS (free clinic for uninsured or under-insured children & youth)

Make a difference in the life of a child!  
Donations to Children's Center stay in Clark County and are 100% tax deductible.

Children's Center  
415 W. 11<sup>th</sup> Street  
Vancouver, WA 98660  
360-699-2244  
www.thechildrenscenter.org

The Columbian promotes Children's Center as part of a program to provide complimentary ad space to select non-profits. Children's Center has received nearly \$25,000 worth of donated ad space. Our thanks to The Columbian!



Children's Center video debuted at the luncheon. Watch it now at: [www.youtube.com/ccentervancouver](http://www.youtube.com/ccentervancouver)  
Our thanks to video sponsors Columbia Credit Union and Smith-Root, Inc.

Ads like this have appeared in The Columbian

## Social Media Conference Benefits Children's Center



Front row: Volunteer Susanne Cox and board member Robin Hayden, back row: Kim Hash and volunteer Jen Shefner. A great team of volunteers spent the day collecting donations and sharing information about Children's Center.

CRESA Emergency Management (Clark Regional Emergency Services Agency) hosted a social media conference entitled "The 140 Character Conference Northwest," on May 19. Cheryl Bledsoe, Emergency Communications Manager and event organizer, encouraged attendees of the conference to support the efforts of Children's Center with a donation of either cash, a stuffed animal or a bag of aquarium rock (with which to make our "Heavy Helpers.") The event raised over \$500 for Children's Center and brought in 275 stuffed animals and 46 pounds of aquarium rock. Thank you!



The Lewis River Rotary Club held a personal items drive during the month of May for Children's Center. They presented the items to Kim Hash, who spoke to the club about the programs and needs of the clients. Items such as deodorant and laundry detergent are expensive and can't be purchased with food stamps. Thanks to all the club members for such generous donations!

# [Development]



## A Summer to Remember

By Kim Hash, Director of Development

“Summertime and the livin’ is easy. Fish are jumping and the cotton is high.”

**That wonderful song by George Gershwin creates images in my mind of those hot summer days of my youth when school was out for summer.** I fondly remember spending days splashing about in the local community swimming pool with my friends and siblings. Some of my treasured summer memories are of summer camp; sleeping in a little cabin, spending the day in a canoe on the lake and riding horses. Ah, those were the days!

When my children were young I enrolled them in classes and activities to fit their interests. My daughter participated in theater camps every summer even playing one of Robin Hood’s “merry men” when she was just five (it was a musical and absolutely adorable). My son preferred to take swimming lessons and go to science camps to learn about insects. I sent them each off to summer camp as well. I’ll never forget the year my son came home after a week in the woods and the only item he used out of his huge duffle bag was his swim suit. Oh, memories!

I was recently contacted by a woman that organizes art and music summer day camps for special needs children. She charges a nominal \$50 fee for her three-day long part-time camps. I couldn’t help but get excited thinking that many of Children’s Center’s clients would greatly enjoy and appreciate this camp.

**Sadly as 93% of our clients live in poverty this wonderful summer experience is beyond their financial reach.** I started thinking about all the other summer activities like swim lessons and arts and craft camps that I’ve always thought of as essential summer ingredients. Yet those too are out of reach for the families we serve.

I ask you to consider help make this a summer to remember for a child. Children’s Center sees approximately 400 children a week. Let’s give them some wonderful summer memories to cherish.

Please make a donation of any amount to our summer activity fund. To donate:

- Go on-line to [www.thechildrenscenter.org](http://www.thechildrenscenter.org), click on “donate now,” and write “summer activity fund” in the field marked “purpose.”
- Use the enclosed envelope and just note “summer activity fund” on your check or envelope.

## The Drew Carney Challenge

**The Master of Ceremonies** at our annual fundraising luncheon, “It’s all About the Kids,” was none other than Drew Carney, host of the popular KGW NewsChannel 8 morning show, “Out and About.” He issued the “Drew Carney Challenge!” Drew offered to provide a tour of the KGW “Studio in the Square” during a lunchtime broadcast to the table that donated the most to Children’s Center! In addition, Mark Matthias of Beaches Restaurant donated lunch for the group after the tour!



This special treat was made possible by:

**Drew Carney and  
KGW NewsChannel 8**

**BEACHES**  
RESTAURANT BAR CATERING

*Thanks for hosting our  
Challenge Winners!*

On June 1<sup>st</sup>, an enthusiastic group consisting of **Cherry Shaw, Carol Dickey, Colleen Thrift, Vicki Pahl, Karleen McKibben, Pat Clark, Cheryl Partridge, Alishia Topper, Connie Tygart and Kirsten Wallace** (Sharon Crowson was unable to attend) met in Pioneer Square to begin their adventure. We thank all of the Drew Carney Challenge winners for your valued support of Children’s Center!

## [Grants]

### Firstenburg Foundation Grant Provides Gift of Color

Mere color, unspoiled by meaning, and unallied with definite form, can speak to the soul in a thousand different ways. —Oscar Wilde (1854-1900) Irish poet and dramatist.

The purest and most thoughtful minds are those which love color the most.

—John Ruskin (1819-1900) English art critic.

Why do two colors, put one next to the other, sing? Can one really explain this? no. Just as one can never learn how to paint. —Pablo Picasso (1881-1973) Spanish painter.

**In April the Firstenburg Foundation generously provided Children's Center with a check for \$9,950** in response to a grant request to purchase a color copier/printer to enhance our capacity building efforts. With this printer we are now able to produce many documents in-house such as event calendars, flyers, and programs rather than sending these jobs to a print house. This ability will not only reduce expenses but streamline our processes to be more efficient and productive. Our sincere appreciation to the Firstenburg Foundation!



### Community Foundation for Southwest Washington Gives Weight to Heavy Helpers



Richard Melching, President of the Community Foundation for SouthWest Washington and Shirley Gross, Donor and Nonprofit Services Officer visited the May meeting of the Board of Directors to present a check for \$5,000 in support of a grant request for weighted therapy tools and fidget toys.

Many of our young clients, especially those children exposed to methamphetamine in utero, have sensory challenges which cause distraction, hyperactivity and sleep issues. Prior to treatment with our trained therapists, many of these children were being expelled from pre-school and kindergarten. We provide these children with a "heavy helper," stuffed animals weighted with up to 10 lbs of clean aquarium gravel inside, weighted blankets and "fidget toys."

Weight becomes a powerful tool by providing additional sensory input that helps a child feel more calm and organized and improve his environmental awareness. Weighted therapy tools help reduce distraction, hyperactivity, and may aid in concentration skills. Weighted blankets relax the body and central nervous system offering many children their first "good night" of sleep. We are grateful to our therapists for their impactful work and we thank the Community Foundation for their continued support of Children's Center!

### Bank of America Charitable Foundation Invests Dollars, Time and Talent

David Moss, SW Washington Market President for Bank of America, and Nora Allen, Vice President Client Sales and Service at U.S. Trust recently presented a \$5,000 check on behalf of the Bank of America Charitable Foundation to Children's Center to support the good work of the agency.

But David and Nora went beyond just presenting the check. David mentioned that Bank of America employees often volunteer with Evergreen Habitat for Humanity. In discussing some of Children's Center's much needed landscaping and building renovations, David and Nora suggested that a group of Bank of America employee volunteers could roll up their sleeves and assist with some of the Children's Center projects through Habitat for Humanity.

"At Bank of America, we know we have a responsibility to strengthen our community, and one important way we achieve that is by supporting our local nonprofit partners. We're committed to building vibrant communities by partnering with local nonprofits through Foundation support and our own local time and talent," said David. "Together, we're working hard to create community-building opportunities like this one between Children's Center and Habitat for Humanity, and I can't wait to help create a welcoming place for families coming to Children's Center for their valuable services."

It speaks volumes when executives like David and Nora value the mission of Children's Center to the level of dedicating their personal time and talents. Our great appreciation to the Bank of America Charitable Foundation, and the more than 200 Clark County Bank of America, Merrill Lynch and U.S. Trust employees for all of their important contributions now and into the future.



# [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 5/31/11*

### Strength

*\$5,000 to \$9,999*

The Community Foundation of Southwest Washington

Richard and Carol Dickey

Firstenburg Foundation

Jo Marie and Steve Hansen

Kiewit Bridge and Marine District

Allan and Sandra Kirkwood

Joe and Teresa Pauletto Family Fund, *a charitable fund of the Community Foundation for SW Washington*

John J. & Lois A. Tennant Foundation

U.S. Trust, Bank of America Private Wealth Management

### Balance

*\$2,500 to \$4,999*

Cherry and Ed Shaw

### Hope

*\$1,000 to \$2,499*

Pat and Wayne Beckett

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Lewis River Rotary

Mary Alice Miller

New Heights West

Think Tank It

Vancouver Business Journal

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## Please support upcoming events to benefit Children's Center.

- **Independence Day at Fort Vancouver – July 4** Children's Center will receive donated tickets to the event for the families we serve. Donate some tickets today: [www.fortvan.org](http://www.fortvan.org)
- **Riverview Six to Sunset Concert Series - July through August**



Enjoy this popular concert series at a reserved table in the VIP section. Purchase a table for 10 at any concert for \$250. Save \$500 by reserving a table at all six concerts for \$1,000. Includes dinner and two drink tickets per person. 50% of the VIP table package benefits the Children's Center. 360.699.2244 or [kimh@thechildrenscenter.org](mailto:kimh@thechildrenscenter.org)



- **Girlfriends and Dudes Triathlon, NW Personal Training – July 17** Of course you can do it! It's only a 1/2 mile swim, 12.5 mile bike and a 3 mile run. And if you don't want to do it all by yourself, you can do a relay. Donations of cash, snacks and personal items will go to Children's Center. [www.nwpersonaltraining.com](http://www.nwpersonaltraining.com)

## GIRLFRIENDS & DUDES TRIATHLON

- **Concerts for a Cause sponsored by Tommy O's – August 3** Tom Grant, 6 pm - 8 pm at Camas Meadows Golf Club. \$5 suggested donation. Reserved tables available, contact Kim Hash, 360.699.2244. Volunteers Needed!
- **2011 Columbia River Concours d'Elegance and Car Show – August 7, 2011** Stage sponsor



Fullerton & Company is highlighting Children's Center at this classic car event. [www.columbiariverconcours.com](http://www.columbiariverconcours.com)

- **Vancouver's New Year's Eve Gala – Dec. 31** Hosted by the Greater Clark County Rotary Foundation, a portion of the net proceeds benefit Children's Center. Ring in the New Year with Patrick Lamb. [newyeareve-vancouverwa.org](http://newyeareve-vancouverwa.org)



Robert Holcomb

**SAVE THE DATE!**  
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**NEW YEAR'S EVE**  
*Gala*  
 DECEMBER 31<sup>ST</sup>  
**2011**

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