



# THE *chronicle*

THECHILDRENSCENTER.ORG | MEETING FAMILY MENTAL HEALTH NEEDS | FALL 2018



*Investing in the Future*  
Benefit Luncheon Donors  
Raise \$119,609 for Kids

PAGE 2

**PROGRAM UPDATE:** 1 year later we see the impact

PAGE 3

**Do good with this giving strategy**

PAGE 4

**WISH LIST:** Support holiday toy and food drives now!

PAGE 6



## A HABIT OF GIVING KEEPS US STRONG

The haze of a long, smoky summer is finally lifted. The kids are back in school and with that, many of us are feeling a return to routine. If summer is a time of exploration, fall and winter are a chance to settle in. It's a good time to examine the habits we want to build into that routine. Perhaps that means taking a few minutes to sit quietly before the first cup of coffee — or perhaps it means redoubling on an intention set earlier in the year. Monthly giving is an effective, efficient way to build charity into your routine. It's easy to set up and provides dependable funding to help keep us strong. Staying strong is a top priority as we head into 2019 — our 30th year changing and saving lives here in Clark County! We're counting on you to help make it happen.

Pat Beckett, Executive Director

## NEWS FROM CHILDREN'S CENTER

- **SAVE THE DATE: 30th Anniversary Celebration on July 14, 2019**  
2019 marks 30 years of changing and saving lives. Mark your calendars to help us celebrate on Sunday, July 14, 2019.
- **FOOD DRIVE: Now through October 31, 2018**  
During the month of October we double down on our food drive efforts so that we can give an extra bag of food to the families we serve in November, prior to the holidays.  
**Needed items: peanut butter, canned tuna fish, pasta & sauce can or jar, canned meat, rice, beans, canned fruit, canned chili, etc. Donation drop-off: Mon – Fri, 8 am – 7 pm**
- **TOY DRIVE: November 26 – December 19, 2018**  
Holiday gifts are a luxury and many of the families we serve go without. You can help make the holidays special for a child in need by donating a new toy.  
**See page 6 for suggested items. Donation drop-off: Mon – Fri, 8 am – 7 pm**

## COMMUNITY VOICES

What do you want people to know about children's mental health? Join the conversation by sending your thoughts to Matthew Butte at matthewb@thechildrenscenter.org.

*"(Children's Center staff) are the soldiers in your neighborhood who are helping the kids every day so they can have a better life."*  
— DR. HAROLD S. KOPEWICZ  
FOUNDER, CHILD MIND INSTITUTE

*"The Children's Center is doing something about social issues that many of us care about but don't know where or how to affect change."*  
— TRACEY JUDAH  
DOVE PROPERTY MANAGEMENT

*"I was reminded (at the benefit luncheon) of the important work happening nationally to stop the stigma...Help our communities' kids by not making mental health something bad but rather get them the help they need before it's too late!"*  
— LISA KEOHOKALOLE SCHAUER, CPSM  
VIA FACEBOOK  
CHILDREN'S CENTER BOARD MEMBER & PRESIDENT AT POINTNORTH CONSULTING

## OUR MISSION

*We serve children, youth and families through comprehensive community-based mental health services.*

## BOARD OF DIRECTORS

- Gerald Bader, M.D., Vice President
- Denise Burgoyne
- Peg Busick, Founding Board Member
- John Deeder
- Tracy Feno
- Wendy Kelley, Treasurer
- Kelly Love
- Liz Luce, Secretary
- Nancy Retsinas
- Tonya Rulli
- Lisa Keohokalole Schauer
- Mike Stromme, Ed.D., President
- Maggie Traverso
- Kristy Weaver

## CONTRIBUTORS

- Kat Liljegren, writing & design
- Cassee Fong, design
- Janell Marbrey, photography (cover, page 2, page 6)
- AdCo, printing

*Special thanks to Michael Burgoyne for his guidance on the article "3 Ways Your IRA Can Go Further as a Charitable Gift" on page 4.*

# Renowned Doctor Fights Stigma, Reassures Parents With Candid Keynote

Annual Benefit Luncheon Attendees Give \$119,609 for Clark County Children

*“Psychiatric disorders in children are not caused by your mother or father...they are caused by DNA roulette.”*

This straight-talking message formed the theme of the keynote address given by renowned child psychiatrist Dr. Harold Koplewicz at our annual benefit luncheon in June.

Dr. Koplewicz is founder of the Child Mind Institute, an independent, national nonprofit that aims to do for children’s mental health disorders what St. Jude Children’s Research Hospital has done for childhood cancer: 1) end the stigma, and 2) improve outcomes.

Stigma and outcomes are more connected than one might think.

“Stigma is what interferes today with kids getting the help they need,” said Koplewicz. Weaving together vivid anecdotes and hard-hitting facts, he illustrated the many ways stigma affects outcomes.

**Stigma delays families from seeking treatment.** The average patient exhibits symptoms for two years before getting help! Koplewicz attributes a portion of this delay to parents grappling with misplaced guilt that they’ve done something wrong.

**Stigma weakens public outcry.** It prevents people from demanding that Congress increase the budget of the National Institute of Mental Health, and specifically for children’s mental health.

“We spend \$240 million per year on children’s mental health research...out of the \$1.5 billion that the national institute of mental health gets,” said Koplewicz.

**Stigma degrades the person's perception of themselves.** Koplewicz shared a gut-wrenching story of one of his own patients who withheld details of his suicidal thoughts because he was ashamed of how sick he really was.

With 17 million kids suffering from a mental health disorder in the United States — and knowing that left untreated these kids will have more academic failure, be more likely to drop out of school, and more likely to go to jail — we can’t afford to allow stigma to impede their treatment.

Ken and Sally Rosengren have personally grappled with the stigma of mental health. Following Dr. Koplewicz’s remarks the couple bravely took the stage to share their own story.

“Parents shouldn’t have to feel that it’s their fault,” said Ken Rosengren. “We could get help for our daughter. What about everybody else who can’t?”

Thanks to their heartfelt appeal and your generosity, \$119,609 was raised at the luncheon, which was matched with a \$38,000 grant from community partners.



**Dr. Koplewicz spoke openly about the challenges kids and families face when handling mental health issues**

Photos: Janell Marbrey

*“Parents shouldn't have to feel that it's their fault.”*

— KEN ROSENGREN  
CHILDREN'S CENTER SUPPORTER

## COMMUNITY PARTNERS ADD \$38,000 TO TOTAL RAISED

The Tod and Maxine McClaskey Foundation, BNI Clark County, MacKay Sposito and two anonymous donors challenged luncheon guests to match a \$38,000 grant. You accepted, raising over \$119,609. Thank you all for being Champions of Hope for Clark County kids!

# Program Update: Reporting Back to You After 1 Year of Partnership with DVPC

## Partnership with Clark County Domestic Violence Prosecution Center Brings Mental Health Services to Abuse Survivors and Their Families

### PROGRAM IMPACT

- ✓ Over 84 families gained access to mental health support and other community resources
- ✓ New partnership with YWCA's Domestic Violence Program, to expand services to survivors outside the legal system
- ✓ Stronger relationships with the DVPC, YWCA, Children's Justice Center, local schools, and medical providers
- ✓ Formal and informal education to DVPC advocates about subtle ways children show a need for mental health support

*In our Fall 2017 issue of The Chronicle, we told you about a new program at the Clark County Domestic Violence Prosecution Center made possible by the Waldon M. Groves Fund, a Charitable Fund of the Community Foundation of Southwest Washington. Now, a year later, we're reporting back to you on the impact of this program!*

### RESPONDING TO VICTIMS' NEEDS

Children who witness domestic violence are six times more likely to commit suicide — so it's vital our services go hand in hand with those of the Clark County Domestic Violence Prosecution Center (DVPC). It can be difficult to recognize the more subtle ways in which children may demonstrate their need for mental health support. All too often, children who do not present with problematic behaviors are overlooked.

Our therapists knew regular face time with DVPC advocates would help keep mental health services top of mind when helping victims access services. And a flexible schedule would make it easier to attend court dates and respond to urgent crisis situations. These became key priorities for our program, and paid off when one such crisis occurred earlier this year.

### RAPID RESPONSE TO CRISIS

It all started one morning when Children's Center received a phone call about a woman and her three young children. They had recently escaped a long-term domestic

violence situation. *(Imagine for a moment the fear, distress, and uncertainty one would face under such circumstances!)*

A rapid response was initiated and by that afternoon, the woman and her children were able to meet with our therapist at the Domestic Violence Prosecution Center. The therapist greeted them with a bag of groceries provided by a Children's Center donor.

The therapist made sure the woman was connected to a domestic violence program and an immediate housing plan. She also connected the children to Children's Center's school-based therapists. *(Receiving treatment in the school context relieved the mother of the burden of transporting the children to the Center for multiple appointments.)* Since that initial meeting, the mother has continued to receive support from the on-site therapist.

*Collaborative partnerships like this help make Clark County a safe, strong community for every family and child. We're proud to play our part!*

### GRANT LOCKS IN PROGRAM FUNDING FOR 2019

We're thrilled to announce that the Community Foundation of Southwest Washington has provided a grant to continue the funding for this program for a second year. Your generosity is truly appreciated!

# 3 Ways Your IRA Can Go Further as a Charitable Gift

## You Can Reduce Taxable Income and Meet Required Minimum Distributions (RMDs) with Qualified Charitable Distributions (QCDs)

*They say there are only two things in life you can't escape: death and taxes. But did you know there's a way you can escape taxation of your IRA earnings? It's a smart way to make the most impact with your assets.*

Contributions to your traditional IRA grow tax-deferred; but when you eventually withdraw the money it's taxed as ordinary income. Once you reach age 70 ½ the IRS mandates a certain level of Required Minimum Distributions (RMD) which are subject to income taxes. Even IRAs passed on to heirs are subject to these income taxes. Today the highest federal income tax bracket is 37%, on top of which state income taxes could apply.

### SO HOW CAN YOU AVOID TAXATION OF IRA DISTRIBUTIONS?

If you're over 70 ½ you can make a donation directly from your IRA through a "qualified charitable distribution" (QCD). The transfer does not affect your taxable income, does not require you to itemize deductions, and it can satisfy all or part of your required minimum distribution. It's a win-win. You enjoy the benefit of watching your funds make positive change in your community, tax-free!

If you're under 70 ½ but over 59 ½ and looking for a way to boost your impact, you can still give directly through your IRA. The amount will be taxed as regular income, but you can claim the donation if you itemize deductions.

### CONSIDER TAX IMPLICATIONS FOR BENEFICIARIES

Not all assets are equal when it comes to the taxes your heirs will incur. IRA funds left to heirs are typically taxed as income, which means they could owe taxes of up

to 37% of your gift! Many people prefer to give family assets taxed at lower rates, and use their IRA to fund charitable giving. IRA funds left to a tax-exempt organization like Children's Center incur no tax at all.

AGE	TYPE OF GIFT	WHAT IT IS	TAX IMPLICATIONS
59 ½ - 70 ½	Distribution	<ul style="list-style-type: none"> <li>Penalty-free distribution</li> <li>Can be sent directly from your IRA to charity</li> </ul>	<ul style="list-style-type: none"> <li>Taxed as income</li> <li>Qualifies for itemized deduction</li> </ul>
70 ½ and better	Qualified Charitable Distribution (QCD)	<ul style="list-style-type: none"> <li>Penalty-free distribution</li> <li>Counts toward Required Minimum Distribution (RMD)</li> <li>Up to \$100,000 per year</li> </ul>	<ul style="list-style-type: none"> <li>Does not affect your taxable income</li> <li>No need to itemize</li> <li>Tax-exempt for all parties</li> </ul>
Any age	Qualified Charitable Distribution (QCD)	<ul style="list-style-type: none"> <li>Beneficiary distribution after your lifetime</li> <li>Any portion from 1-100%</li> </ul>	<ul style="list-style-type: none"> <li>Tax-exempt for all parties</li> </ul>

Contact your plan administrator to make or schedule distributions or add a beneficiary. We're happy to answer any questions you may have about giving to Children's Center! Please contact Matthew Butte at [matthew.butte@thechildrenscenter.org](mailto:matthew.butte@thechildrenscenter.org).

*The information contained herein should not be construed as tax advice or legal advice. Prior to making any major change in your estate or executing a strategy regarding taxable investments and charitable contributions you should check with your tax and legal consultants.*

# Champions of Hope

When you support Children's Center's mission, you become a "Champion of Hope" for a child in need. Here's what our Champions have been up to lately...



Students from the Metropolitan Performing Arts shared their talents on stage at our Annual Benefit Luncheon — then took to the floor to gather donations from our generous guests.



Long-time supporters and newfound Champions of Hope united at our Annual Benefit Luncheon.



Long-time Champion Pacific Lifestyle Homes made a splash with a \$500 donation of funds raised from their company picnic dunk tank!



You can BEAR-ly see Kendra Reed and Gabriel Larson from Opti Staffing behind the huge haul of donations they brought us, in partnership with Hilton Hotel, The Heathman Lodge, Evergreen Dental, Wendel Family Dental Centre, New Horizons Dental, Spanky's Legendary Consignment, Pipsqueak Resale Boutique and Denim & Frills Children's Boutique. (left) Volunteers from Unitarian Universalist Church of Vancouver and Board Member Wendy Kelley turned bears into weighted Heavy Helpers! (below)



Children's Center grounds and the Maxine McClaskey Therapy Garden got some TLC from Columbia Adventist Academy students, Larry Hiday, and Brian Thompson (left, middle), and from Tracey, Jessie, and Amber from Dove Property Management, Inc. (right).



# Champions in the Spotlight



## MEET LEANN DODGE

**What keeps you busy:** "I stay very busy running my (State Farm) business and being a wife and mom. I also like to stay active and bike, hike, travel and explore new places."

**What moved you to take action and support Children's Center?** "It all started when we met (Development Director) Matthew Butte. I was impressed with his humble approach...Then, learning what they're

doing every day with kids and in the school system really made me realize what a significant difference they have the potential to make in these young lives."

**What do you wish people knew about Children's Center?** "The sheer NUMBER of young people the Center is helping. The increase in the number of kids using their services over the last few years is staggering. It's a crisis really, and the Children's Center is trying to fill a void that is getting bigger every year."

**How does supporting Children's Center enrich your own life?** "Our family is the center of everything for us so giving back to an organization that helps kids feel secure and more confident in their ability to cope with life's challenges is very meaningful to us. Every child deserves that."

*"Every time a child is saved from the dark side of life, every time one of us makes the effort to make a difference in a child's life, we add light and healing to our own lives."*

— OPRAH WINFREY

# Become a Champion of Hope

## SHARE THIS NOW

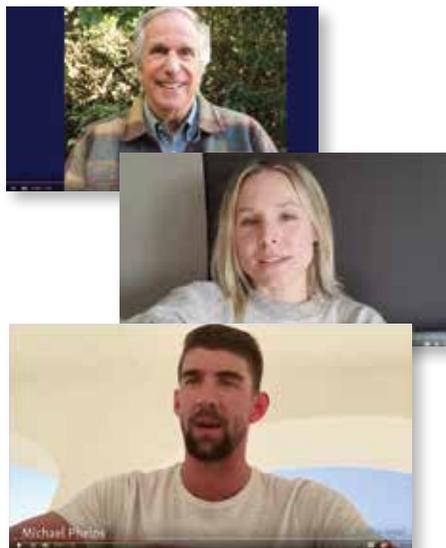
Those of you who attended our Annual Benefit Luncheon in June may recall the star-studded viral video Dr. Koplewicz shared in which celebrities shared messages of hope in response to the topic: *What I would tell my younger self (about growing up with a mental health disorder).*

The campaign uses the hashtag **#MyYoungerSelf** to encourage everyone to add their story. Why not add yours?

You can view and share the video by visiting: <http://youtu.be/IOiTrNRM6Us>

Or, learn more about the **#MyYoungerSelf** campaign at:

[www.childmind.org/myyoungerself](http://www.childmind.org/myyoungerself).



## DONATION WISH LIST

**Food and Toy Drives are happening now through Dec 15th. See page 1 for details!**

- Stuffed animals (new, large size):** With the help of volunteer sewers we create cuddly, weighted, "Heavy Helpers" which are calming for young clients with sensory issues.
- Personal items:** toilet paper, soap, shampoo, toothpaste, deodorant, dish soap, and laundry detergent.
- Healthy snacks:** It's hard to focus on therapy when your tummy is rumbling because you didn't get breakfast or lunch. Suggested items: protein bars, peanut butter crackers, fruit leather.
- Holiday gifts:** Gifts for preschoolers to teenagers are needed. Suggested items: board games, sporting equipment, Koosh balls and "figet" toys, movie passes, iTunes gift cards, locking diaries, personal care items, games, books, art supplies...

**Donation drop-off: Mon – Fri., 8 am to 7 pm**  
**To host a drive, contact Eileen Shine at**  
[eileens@thechildrenscenter.org](mailto:eileens@thechildrenscenter.org)

## SHARE YOUR TALENTS AS A VOLUNTEER

Opportunities to make a difference abound — from toy drive assistance, to sewing our "Heavy Helpers" weighted stuffed animals, to helping out with events and more! Contact Eileen Shine at [eileens@thechildrenscenter.org](mailto:eileens@thechildrenscenter.org).

## How to Host a Donation Drive in 6 Easy Steps

The kids are back in school, the days are getting shorter, and pumpkin spice is popping up in just about everything — it must be donation drive season! Could this be the year you plan a food or toy drive to help kids and families in our community?

### 1 Plan dates

Allow yourself 3-6 weeks to advertise, and at least 1 full week for drop off. Have a plan for late drop-offs too!

### 2 Advertise

Spread the word, hang posters, and make use of group news outlets like a newsletter or Facebook group.

### 4 Collect donations

It's go-time! Send out reminders, check in to empty the bin as needed, and make sure signs are visible.

### 3 Set up Drop-off Point

Pick an easily-accessible and high-traffic location such as a break room, lobby, or cafeteria.

### 5 Deliver donations to Children's Center

We'd love to meet you and your group! Donations are accepted Mon-Fri from 8 am - 7 pm.

### 6 Brighten the holidays for kids in need

We'll distribute donations to families in need just in time for the holidays!

Find more tips & inspiration at:  
[www.thechildrenscenter.org/drive](http://www.thechildrenscenter.org/drive)

Ready to get started?  
Contact Eileen Shine at [eileens@thechildrenscenter.org](mailto:eileens@thechildrenscenter.org)