



CHILDREN'S CENTER
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Cut along the dotted line to bring this handy donation drive wish list on your next shopping trip.

CUT HERE

Gift Card Wish List

Help make the holidays bright for kids and families in Clark County!

This year, Children's Center is collecting gift cards as a safer way to spread holiday cheer to kids and families in need.

GROCERIES, TOYS & GAS

Food on the table, fuel to get where they need to go, and a few treats to soothe the spirit can go a long way to reduce stress and help kids and families feel secure this holiday season.

Recommended increments: \$20-\$100

- Walmart
- Target
- Fred Meyer
- WinCo
- Safeway
- Gas Stations
- Amazon

COFFEE & FAST FOOD

For many of the teens we serve, a gift card can mean the difference between feeling excluded or being able to take part when their friends indulge in snacks and treats.

Recommended increments: \$10-\$20

- Dutch Bros
- Black Rock
- Starbucks
- Subway
- McDonald's
- Taco Bell
- Burger King
- Little Caesars
- Wendy's

TEENS

Teens often request gift cards for things that help them express themselves and build their identity: clothing, personal style, and entertainment.

Recommended increments: \$20-\$50

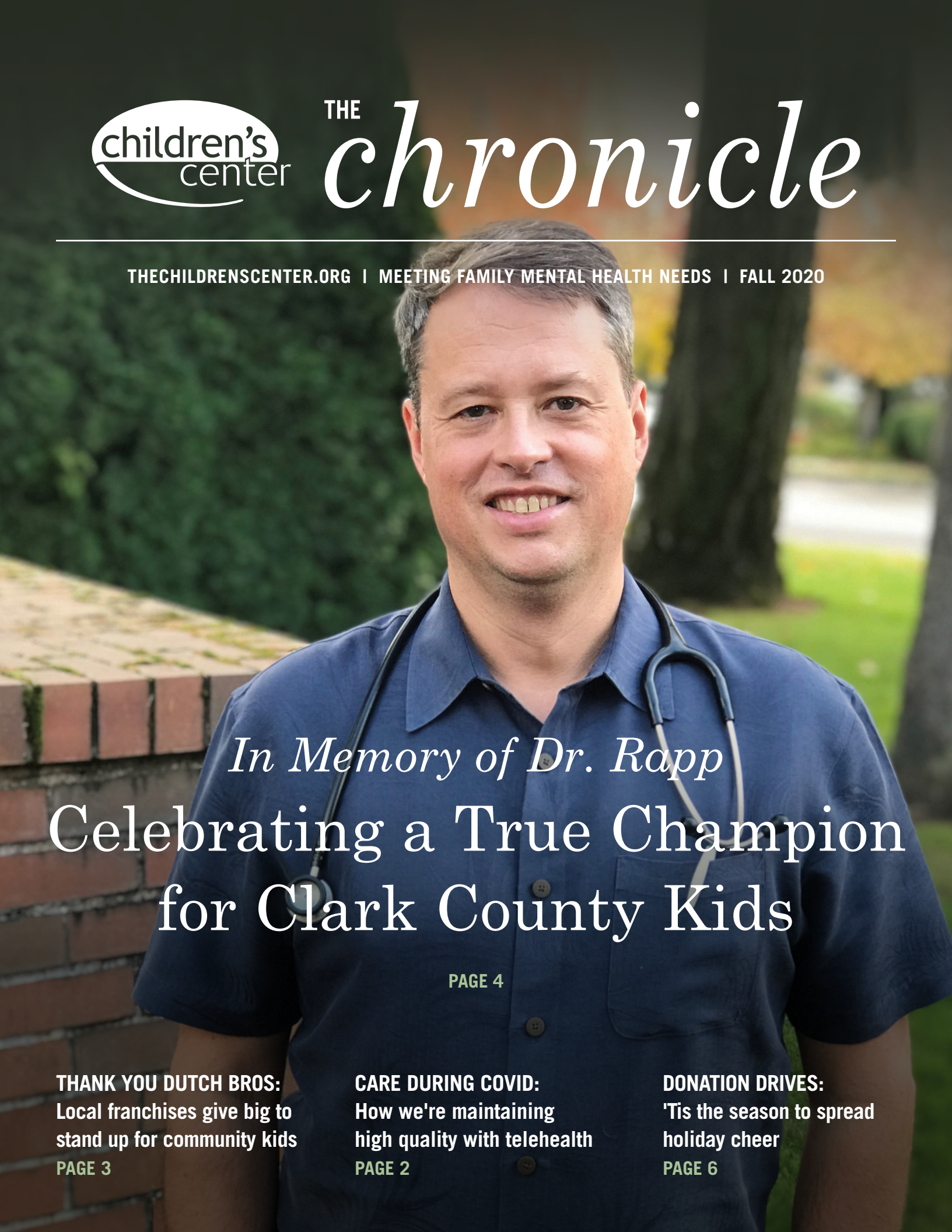
- Game Stop
- Ross
- Ulta

See reverse side of this page for donation delivery or drop off information!



THE *chronicle*

THECHILDRENSCENTER.ORG | MEETING FAMILY MENTAL HEALTH NEEDS | FALL 2020



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THE STRENGTH AND WISDOM OF GIVING

The nineteenth-century English critic and philosopher John Ruskin once wrote, *“A strong and wise person uses their gifts to support other people.”*

I'm reminded of this sentiment when time and time again, you, our Children's Center friends, use your gifts to support children and families in our community facing mental health challenges. You do not know their names but you do know they need your support now more than ever. Each time we ask for your help (as the pages of this newsletter reveal) you respond with generosity and kindness. There is indeed wisdom in this. Not only are you making a real difference in the lives of others, but research reveals that helping others actually fosters our own resilience — increasing our capacity to weather and grow from life's difficulties. And there are plenty of those at this time!

Matthew Butte

Matthew Butte, Executive Director

NEWS FROM CHILDREN'S CENTER

• SAVE THE DATE: VIRTUAL BENEFIT CONCERT FEBRUARY 27, 2021

Concert violinist Aaron Meyer and concert pianist Michael Alan Harrison are teaming up for a virtual benefit concert on February 27, 2021. **More information coming soon! You can also follow us on Facebook or Instagram to stay in the loop.**

• THANK YOU TO ALL OUR FALL FOOD DRIVE DONORS

Families face food insecurity this year more than ever. Our therapists identified families in need who will pick up extra groceries and a turkey at our “drive thru”. *Special thanks to St. Joseph School, Chuck's Produce, Halo Designs and Chloe Hill for their support!*

• HOLIDAY GIFT CARD DRIVE: Donate by December 11TH

Holiday gifts are a luxury and many of the families we serve go without. You can change that. **More information on page 6**

COMMUNITY VOICES

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

“The Children’s Center provides so many services to the children of our community! Heavy Helpers are a small part of that, but an important part. The (weighted) stuffed animals give the kids something to hold onto, to talk to, to cry to, to get comfort from. I’m very thankful to be part of that.”

— TRISH PETERS
TASECA WEATHERIZATION LLC

“Love and compassion are always in fashion when helping children smash through tough mental health barriers. This is the approach Children’s Center of Vancouver takes and it is the reason why they’re making such a positive difference in the lives of children and families in our community!”

— DAN GARRISON
OWNER, INSTANT IMPRINTS

OUR MISSION

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

BOARD OF DIRECTORS

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ADCO Printing & Graphics, *printing*
Kat Liljegren, *writing & design*

Champions in the Spotlight

MEET RYAN MOOR

Ryan has been a champion of Children's Center since 2014. He's been involved in many ways — from supporting our annual event, providing volunteer t-shirts, volunteering with his staff, and helping with our annual food and toy drives, to providing generous financial support and sponsorship.

What keeps you busy? As CEO of Ryonet and Allmade Apparel, Ryan helps "make t-shirt dreams come true!"

Why does children's mental health matter to you? When you're a child, you are molded for life. You develop habits and create your life identity, your experiences and mind drive this. If we can help give the best future to a child in need, we will not only save and change one life, we will create



a better world and planet for us all. This is my mission and this is why I support Children's Center. It's investing in life and our collective future.

Learn how Ryan supported our GiveMore24! fundraising campaign on page 5.

"Not everything that is faced can be changed, but nothing can be changed until it is faced."

— JAMES BALDWIN

Become a Champion of Hope

HERE HOW TO HELP KIDS IN NEED THIS SEASON

Supporting our annual toy drive is an easy (and rewarding!) way to do good and directly impact kids and families in our community.

HOLIDAY GIFT CARD DRIVE - DONATE BY DECEMBER 11TH

Due to the heightened health and sanitation concerns during the COVID-19 pandemic, we are requesting Gift Cards in lieu of toys. This will be a safer way to help our families in need. Gift cards also help ensure kids and families can choose appropriate items for their age, needs, culture, and personal interests. *Gifts are needed now more than ever due to hardships suffered during the pandemic!*

HELP CHECK OFF OUR WISHLIST

On the back of this page, you'll find a handy shopping list you can cut out and take with you as you do your holiday shopping.

DONATION DROP-OFF

Shopping online? You can have donations sent to us directly! Ship to:

Children's Center
Attn: Jennie Hoheisel
13500 SE 7th Street
Vancouver, WA 98683

No-contact donation drop-off is available by appointment!

Contact Jennie Hoheisel at jennieh@techildrencenter.org to arrange a time.



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...



Vickie Forrester donated 11 bags of handmade pillowcases/pj's and 11 bags of coloring supplies to be distributed to clients in need



A volunteer helps sort through non-perishable foods to be given to families during our holiday food drive



Volunteers continue to make our 'Heavy Helpers' through the pandemic. Volunteers can pick up supplies and drop off via drive thru, or a masked and socially distanced meeting. These weighted, cuddly friends are soothing to patients with sensory processing issues.

THANK YOU to our GiveMore24! donors, who raised \$56,000 for Clark County kids and families!

For over 30 years Children's Center has been fundraising in one way or another. From luncheons and gala's to drives and auctions, small groups up to 250 guests, we haven't missed a year of connecting with our community. Until now...

With the arrival of COVID-19 and our annual benefit luncheon cancelled, we have had to get creative with the ways in which we are reaching out to our community for help.

One way is by participating in the GiveMore24! event sponsored by the Southwest Washington Community Foundation. GiveMore24! is a community-wide, twenty-four-hour fundraising drive to support local nonprofits. It's a way to celebrate and show support for local nonprofits — and support us you did!

In just 24 hours, your donations raised over \$56,000 to fund our mission to serve kids and families in Clark County.

SPECIAL THANKS TO:

- THANK YOU to The Tod and Maxine McClaskey Family Foundation, Michael and Denise Burgoyne Family Foundation, Keown Speidel Fund and an anonymous donor whose matching donations helped inspire others to give!
- THANK YOU to long-time Champion and State Farm insurance agent LeAnne Dodge, who rallied State Farm to provide a \$1,000 matching grant!
- THANK YOU to Ryan Moor and Allmade Apparel for providing custom Children's Center branded 'Allmade Allmask' as a thank you gift to donors who gave over \$100.
- THANK YOU to the 60 individual donors who who generously gave to help change and save lives in our community!
- THANK YOU — and a warm welcome — to the 8 new donors who gave to Children's Center for the very first time! You're a Champion of Hope for Clark County kids.

WANT TO SEE MORE PHOTOS?

Find us on  & 

Children's Center Clark County
@childrenscenter_clarkcounty

**GIVE
MORE
24!**
COMMUNITY FOUNDATION
FOR SOUTHWEST WASHINGTON



Ryan Moor models a Children's Center branded mask created by his company Allmade Apparel

A COVID-19 Update: Open for Intakes

All around the agency, staff seeks creative solutions to maintain quality of care despite ongoing effects of global pandemic

As we continue to see clients through Zoom telehealth, our clinicians and support staff are working hard to keep connections with their clients and families strong to provide the care they need. They are becoming even more creative with the tools they use to reach their clients — including one unFURgettable co-therapist.

SUPPORTING KIDS AT HOME, VIRTUALLY

Our Home Support Specialists (HSS), who typically visit families in person in their homes, are committed to continuing their important work via Zoom — particularly as many families struggle to transition to school at home. One young client was particularly struggling with the focus, attention, and listening skills online school demands. Our HSS was able, through Zoom, to help create structure in the home to keep consistency in the daily schedule. By HSS working with the child over Zoom, the child is better able to use those same skills with online school and is making great progress.

OUR LOBBY IS LONELY!

We miss seeing little faces at Children's Center and are anxiously planning for when we are back in the office. One way we are doing this is by creating sanitized bags of toiletry items. Items such as shampoo and

conditioner, soap, lotion and dental care products are placed in zip lock bags to be given to families.

With help from a grant by The Gibney Foundation, Children Center founder Cherry Shaw and granddaughters Emilie Surface and Hannah Reddick made close to 50 "Hope Boxes" for kids of all ages. These boxes include a collection of items that remind clients who are really struggling that their life is meaningful and worth living. Also included are items that can serve as a distraction to negative thoughts such as puzzles, a journal, calming coloring books, drawing materials, or fidget toys.

A TELEHEALTH TAIL

One of our therapists shared this story of finding an unexpected way to engage clients in teletherapy sessions.

"With the stress and uncertainty of COVID-19, and changes to therapeutic modalities, it's been essential to come up with new and engaging methods via telehealth. To engage some client resistance and challenging behaviors, an effective therapeutic tool has presented itself: The family dog! What's more therapeutic than a goofy Golden Retriever? Hatcher is a lovable four year old Golden Retriever who is often drawn to the playful voices he hears coming from the computer. His presence has been a soothing one for therapist and client alike. Often times, Hatcher finds himself in the limelight, taking part in guided meditation



4 year-old Golden Retriever Hatcher helps keep kids engaged in telehealth

and calming techniques, mediating sibling conflicts, practicing a trick as a refocusing strategy, demonstrating his perfected downward dog, and at times, entertaining children with a silly costume or two. Most importantly, he has been a steadfast source of smiles and cheer, engaging children in therapy when appropriate. Even if lazing about in the background, Hatcher has provided opportunity for the children to practice their social skills, communication skills, and demonstrate empathy. This co-therapist is paid handsomely with treats and cuddles! While he may not be a certified therapy dog, he has certainly been a joy to have available for clients, and his owner, during these trying times."



Dutch Bros Doubles Down on Support for Clark County Kids & Families

Local coffee shop franchise owners raised \$17,700 in donations and grants

When East Vancouver Dutch Bros franchise owner Jessica Simon said that she had a surprise, Children's Center staff thought she meant coffee, or maybe some pastries too. Instead, Jessica, along with her husband Gary and fellow franchise owners JJ Herzog (Battleground) and Kenny Stromer (West Vancouver) blew away Children's Center staff with a \$10,000 grant from Dutch Bros. Foundation!

It was a shock — but it's just the whipped cream on top of the Dutch cocoa of support that Vancouver-area Dutch Bros coffee shops have shown Children's Center over the years.

Each year, during their Buck for Kids event, \$1 from every drink purchased is donated to local charities. This year three franchises chose Children's Center and together they raised \$7,700 to support our mission to serve Clark County kids and families.

"Dutch Bros is committed to supporting programs and projects that impact the day-to-day lives of children. Buck for Kids gives local operators the opportunity to direct funds to youth organizations that speak to the needs of their specific communities," according to the Dutch Bros website.

Jessica and Gary Simon have been huge supporters of Children's Center for the last several years. Gary used to work at Trillium Family Services in Portland, and through his experiences there, they became advocates for children's mental health.

Jessica and Gary rallied their franchise cohorts and together they applied for a grant from Dutch Bros. Foundation that would more than double the amount they'd already raised during Buck for Kids! The grant was approved for \$10,000, and

Jessica, Gary, JJ, and Kenny presented a check to Children's Center in November.

"Our children are our future and we want to help support them as much as possible," said Jessica.

Thank you Jessica, Gary, JJ, Kenny, and everyone at Dutch Bros for the generous support — and all you do to serve our community!



The Dutch Bros team is masked up and ready to (safely) serve at the drive-thru



Dutch Bros delivers check and gift basket to Children's Center. (L-R: Gary and Jessica Simon with their 3 year-old son, Jennie Hoheisel, Matthew Butte, JJ Herzog.)

KEEP US STRONG DURING THE COVID-19 CRISIS

In this time of crisis and uncertainty, children and families need our help more than ever— and we need your support to ensure we can continue to provide the mental health care our community deserves. So many of us feel helpless in the face of this crisis, but you can make a difference.

Donate today at: thechildrenscenter.org/donate

In Memory of Dr. Charles Rapp

Celebrating the life and legacy of an esteemed local pediatrician and a dedicated 'Champion of Hope' for Clark County children

It was with great sorrow that Children's Center mourned the loss of Dr. Charles Rapp this past May. Dr. Rapp was a well-respected pediatrician at Evergreen Pediatric Clinic in Vancouver, WA. He was a champion for children's mental health and proponent of early intervention.

Dr. Rapp's distinguished career began with a degree in history from Amherst College in Massachusetts, followed by neuroscience research at Johns Hopkins University in Baltimore and at the National Institute of Mental Health in Bethesda, Maryland. He continued his training at Temple University School of Medicine in Philadelphia and completed his pediatric residency at Children's Hospital Los Angeles.

Dr. Rapp is survived by his wife and three children, among countless other family and friends. He is mourned by loyal and adoring patients, colleagues who admired him and a community who was made better through the life he lived.

Donations in Dr. Rapp's memory were graciously received by Children's Center. Many of these donations included heartfelt messages that make clear the positive impact he had on those around him. We share these messages here to celebrate Dr. Rapp's life and his legacy that lives on.

"To continue the good work of Dr. Rapp remembering his spirit of gentleness, kindness, love of the outdoors and caring for people. Heartbroken for those closest to Charlie and all of us whose lives he touched!"

— **Barbara Stefanides**

"This donation is to honor the memory of Dr. Charles Rapp, a world-class pediatrician and gift to our local medical community who tragically died too soon."

— **Lindsay Yousey**

"He was an exceptional provider and person who provided care for our son from his birth – 15 years of age. It is with great sadness we send our deepest condolences to his family."

— **Kristy Makowichuk**

"Dr. Rapp was dedicated to the mental health and well being of children. He will be sorely missed by all, especially his residency colleagues from CHLA."

— **Danelle Fisher**

"In memory of a tremendous human and gifted pediatrician! My family is forever grateful for his loving and compassionate care!"

— **Alyssa Wilson**

"Dr. Rapp saved my sons life (sent us to the ER where he was diagnosed with a severe UTI) and was a huge help to us in finding specialty care for my two daughters. What a huge loss to our community."

— **Tara Glines**

"To a wonderful friend and colleague. Love you!"

— **Morris Yen**

"Charlie Rapp was a kind, smart man who worked hard to make hundreds of children's lives better (and the lives of the adults who knew him, too.) May his memory be a blessing."

— **Alan Dybner**

"I miss you Charlie. I'm so sad. I hope you have found peace. RIP, my friend."

— **Kyle Yost**



The late Dr. Rapp touched the lives of numerous local families as a pediatrician at Evergreen Pediatrics and advocate for children's mental health.

"Dr. Rapp was dedicated to the mental health and well being of children. He will be sorely missed by all..."

— **DANELLE FISHER**