



THE *chronicle*

THECHILDRENSCENTER.ORG | MEETING FAMILY MENTAL HEALTH NEEDS | SUMMER 2022



Virtual Benefit Concert Raises \$61,000 for Kids

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EQUITY IN ACTION

What we're doing to live our values and walk the talk

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BUMP, SET, SPIKE...GIVE!

High school volleyball team shows their support

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WINTER IS COMING

Holiday giving is just around the corner!

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DO WHAT YOU CAN WITH WHAT YOU HAVE

While chatting with a couple of our therapists recently I lamented that I'd like to be back to how things were before the pandemic — fully staffed so we can meet the high demand for our services! My skilled colleagues gave me some advice that I found helpful in the midst of all the challenges we are facing today.

The first thing they suggested is acceptance of reality. There are 30% less mental health professionals in Washington State than there were before the pandemic, and there are fewer students studying to enter in the field. We can't change that. But we can adapt to work within this new reality.

The second piece of advice was to celebrate what we do have, what we *are* able to do. With your help we impacted approximately 550 clients last month. Changing or saving the lives of these clients impacts their families, their future families, their friends — and many more in their community! That is something to celebrate. That is what gets those of us who have the privilege to work here up in the morning.

I don't know what tomorrow looks like, but I do know we'll continue doing all we can with what we have to help children and their families heal. And I know you'll be alongside us to help make it possible.

Thank you for your steadfast support,

Matthew Butte, Executive Director

NEWS FROM CHILDREN'S CENTER

- **THANK YOU TO CLARK COUNTY ASSOCIATION OF REALTORS**
CCAR awarded Children's Center a \$2,000 grant to purchase lock boxes for families whose children are struggling to stay safe. We appreciate your support!
- **GIVE MORE 24 IS SEPTEMBER 22!**
Give More 24! brings together our entire region for 24 hours of generosity. Visit thechildrenscenter.org or follow us on **Facebook** or **Instagram** for more information.
- **PLAN AHEAD FOR FALL FOOD AND TOY DRIVES**
Nonperishable foods are being accepted for fall food drives **now through November 15th!** Our holiday toy and gift card drive runs **Nov 14th–Dec 14th**. *See page 6 for suggested items. Donation drop-off: Mon–Thurs, 8am – 7pm*

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.

“We hope for a future where mental health is not treated like a stigma to be silenced, but an open conversation where generations of people can feel safe taking care of their mental wellness.”

— LESLIE MATHENEY
PEOPLE AND CULTURE MANAGER AT IDM

“The anxiety and depression children have experienced during the pandemic is flowing into classrooms and hallways. The education and guidance from Children's Center staff, was and will continue to be a valuable resource for these students of King's Way”

— JAMES ONEIL
BUSINESS OUTREACH AND DEVELOPMENT,
COLUMBIA CREDIT UNION

OUR MISSION

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

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CONTRIBUTORS

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

Local Teens Turn Volleyball Fundraiser into Benefit Tournament

Two philanthropic students saw an opportunity to help others while raising funds for new gear

Last season, the King's Way Christian School girls high school volleyball team organized a tournament to raise funds for new equipment. Organizers Natalie Oneil (#4) and Melody Muntz (#2), who are members of the Varsity team, decided they would give a portion of the proceeds to charity and chose Children's Center.

Mental health is a topic discussed often at King's Way, and with the pandemic being at the front of kids minds they were eager to find ways to make a difference.

"The idea of a non-profit drew me to Children's Center, and I thought that was something that we as a community need to take part in to help" said Oneil. "Mental health issues have spiked so much since Covid, that having an event in our school that focused on mental health fulfilled a purpose — we wanted to do this so that kids know there is help out there."

After clearing the idea with Principal Allison Hillstrom, it took some planning and tenacity on the part of Natalie and Melody to find a date they could have the gym, arrange for a sponsor, get volunteers to run concessions and coordinate players. The girls and their teammates worked for months to promote the event and plan how the tournament would work.

Rules were established and teams formed, Freshman / Sophomore boys vs. Juniors / Seniors. Volleyball players from the corresponding classes acted as coaches



for the boys. There was an entrance fee for players as well as for spectators at the door. With about 75 people in attendance, everyone had a great time. Natalie and Melody stated they have already had players sign up for next year as well as other schools reach out to see how they could get involved.

Hillstrom said she feels that next year, without COVID-19 restrictions and a longer planning period, the event could be even bigger. She stated that volunteering is emphasized at King's Way and that this event happened due to Natalie's persistence and planning.

When asked why she decided to give a portion of the funds to charity Natalie stated, *"If you want to be part of a community and you want that community to be great, then you have to take part in making it great. You have to know that*

there are people who do not have the same opportunities as you and to give them the opportunities they deserve is a really big part of the way we need to live life."

Thank you Natalie, Melody, Ms. Hillstrom and all at King's Way for your support!

"If you want to be part of a community and you want that community to be great, then you have to take part in making it great."

— NATALIE ONEIL
KING'S WAY STUDENT
& VARSITY VOLLEYBALL PLAYER

Striving to Improve Diversity, Equity & Inclusion Takes Many Forms

Here's how we're working to live up to the ideals expressed in our Mission & Values

"The diversity among us shall be valued as a strength of the organization. All individuals will be treated with respect, courtesy, kindness and concern, and, there shall be no discrimination based upon ethnicity, race, color, national origin, religion, age, sex, sexual orientation, disability, financial status or political beliefs."

The diversity statement above, from our Mission and Values, speaks to Children's Center's commitment to equity. The social climate of our community, our nation, our world has changed dramatically in the last couple of years. As an agency, Children's Center has been working to improve the equity within our organization as well as our community. We have taken a closer look at areas in need and formed internal workgroups, held ongoing trainings, joined outside organizations and created workflows to bring us closer to our goals.

TRAUMA-INFORMED CARE

We're partnering with the National Council for Mental Wellbeing: in a program called "Trauma-Informed, Resilience-Oriented Equitable Care Call to Action Community of Practice, 2021-2022." This community of practice has monthly trainings, resources and 6 coaching calls with trainers to help our agency develop goals for improvement at our agency around trauma informed care and equity, inclusion, and diversity. Management has also been working closely with consultant Ami Roeschlein, DSW, MA, LMFT to get additional coaching and support around how to shift the culture and



Artist Marianna Cruz with the mural she painted for Children's Center

services at our agency to be more trauma informed and to reduce barriers for the community to access services.

HELPING STAFF THRIVE

One of the areas we are working on within the agency is staff staff wellness. Helping prevent burnout, secondary traumatic stress, and compassion fatigue are at the center of this initiative. The equity team has begun Thriving Thursday's to try and engage all staff in staff wellness. In June, staff gathered in the therapy garden, got their hands dirty and learned how to plant a snake plant for their office.

REPRESENTATION MATTERS

Another way in which we are working to improve the diversity and equity in our organization is through commissioning art work by local artists from cultures that are representative of the families we serve. Our newest addition to this is a beautiful mural by Marianna Cruz. Marianna is a young Latina artist who is currently a

student at WSU- Vancouver, studying Digital Technology and Culture. Many of her art pieces focus on diversity, social justice awareness and her Latina background. Marianna says this about her piece: *"This piece captures the definition of joy through a child's perspective and how they imagine a world where every kid of every background finds happiness in their own way. In the center, the "artist" painting this piece is a young girl who envisions this world and adds her own imagination by having the Sun shining bright for everyone below."*

While many challenges existed for children's mental health prior to the pandemic, Covid-19 has magnified the shortfalls and inequities while increasing the need for services. For these and other reasons, we are committed to the work ahead. Working with the National Council for Mental Wellbeing and partnering with diverse cultures in our community are just some of the tools that will help us reach our goals!

Virtual Benefit Concert Raises Funds & Lifts Hearts with Music

Donors gave \$61,000 to support our work serving kids and families in Clark County

Our 2nd Virtual Benefit Concert premiered Saturday, June 25th. Things were a little different this year as the concert was actually filmed Saturday, April 23rd instead of being live streamed. We did this to showcase the Marilyn Moyer Building, Maxine McClaskey Therapy Garden, and all the good that happens here at Children's Center on a daily basis.

Concert Rock Violinist Aaron Meyer along with keyboardist Jean-Pierre Garau and The Brown Sisters on vocals, brought down the "house" with amazing performances of classics like Amazing Grace and Hallelujah along with some new favorites. Children's Center Board member, Tonya Rulli shared stories of hope through difficult situations that inspired her to serve. And therapist Sam B. taught a therapeutic technique called Tapping. Many of our clinicians use tapping with clients but anyone can use this technique. Tapping various acupressure points on the body while making a positive statement calms the emotional response of our brain, changes the electrical signals in the somatosensory cortex, lowers blood pressure, decreases anxiety and can even help reduce pain perception. Children and adults of all ages feel its benefits.

Don't worry if you missed the concert- you can still watch the recording at thechildrenscenter.org/watch22

Thank you to our sponsors: the Tod and Maxine McClaskey Foundation as our matching sponsor, Cherry and Ed Shaw, Colleen and Jon Thrift, Marilyn Kimble, Evergreen Pediatrics, Providence Health & Services, Columbia Credit Union, and the Vancouver Clinic. Your support made this event possible. And a huge thank you to you, our donors, who not only gave the night of event but in the weeks since!

Planning has begun for an in person event in 2023! Having gone virtual the last few years due to the pandemic we are excited to see you all in person again! Outside or indoors, spring or summer, music or speaker...stay tuned for more information.



ABOVE: Rock violinist Aaron Meyers feels the music

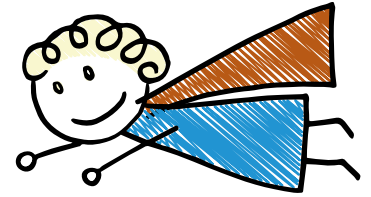
BELOW LEFT: For Leah Harrison, Dorcas Smith and Rachel Harrison of The Brown Sisters, harmonizing is a sister act

BELOW RIGHT: Pianist Jean-Pierre Garau jams out on the keyboard



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 generous Champions have been up to lately...



For two weeks, employees at The Ginn Group volunteered a few hours out of their busy day to create 70+ 'Heavy Helpers'. These weighted stuffed animals help soothe clients with sensory issues and anxiety and are a tool they can use in daily life. Special thanks to Finance Manager Bridget Estrada for championing the cause!

We are always in need of new, large, stuffed animals and aquarium rock to make more. See page 6 for donation drop-off info.

In February, Charter Communications showed us some love by hosting a donation drive. Led by HR Coordinator Ed Peterson, the team raised over \$760 — making it possible to purchase weighted blankets for some of our older clients for the first time ever. Donors wrote special messages on paper hearts that were displayed at Charters offices, and each dollar raised bought a box of conversations hearts as a special Valentine's Day treat for our families!



Volunteers from IDM Companies spent a beautiful sunny spring day sprucing up our therapy garden and surrounding landscaping. Led by IDM's People and Culture Manager Leslie Matheny, the volunteers pulled weeds, picked up trash, trimmed bushes and hauled away debris. Their positivity, bright smiles, and hard work helped to keep the garden client-ready so it can serve its important role as a tranquil space for healing all summer long.

WANT TO SEE MORE PHOTOS?

Find us on  & 

Children's Center Clark County
@childrenscenter_clarkcounty



Left: Kevin and Nikki Wann from Pacific Lifestyle Homes helped make the season bright. Right: Volunteers tame the chaos to keep fall food drive donations organized!

Champions in the Spotlight

MEET DENISE AND MICHAEL BURGoyNE

Denise and Michael are long-time supporters of Children's Center who love traveling with their twin sons (who recently graduated high school), watching soccer and F1, and reading. Denise sits on the Board of Directors and Michael, who is the founder of Laurus Wealth Management, supports our work in various ways.



Why does children's mental health matter to you? *"(Mental health issues) make being a kid that much harder...while at the same time causing parents to question their parenting skills.*

Helping children find joy, coping skills, creative outlets, and therapy that works makes the next generation more ready when it is their time to shine."

Why is supporting Children's Center important to you? *"The many positive stories that have come out of Children's Center might get a hesitant family to seek the help that would benefit them and their children. Mentioning the work done at Children's Center might also encourage someone with a passion to help to give of their time or their money so that*

"Giving produces results greater than my gift."

— JEFF OLSON

Children's Center can continue to impact families and our community in so many positive ways."

What do you wish people knew about Children's Center? *"The team at Children's Center is absolutely committed to the mental health and well being of our families in Clark County!"*

Become a Champion of Hope

3 EASY WAYS TO SUPPORT OUR MISSION THIS FALL

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

1 - STOCK OUR CLIENT SNACK CLOSET

It's hard to focus on therapy when your tummy is rumbling! A healthy snack helps clients fuel up for in-person therapy sessions, so they can do the hard work to heal.

2 - DONATE TO OUR FOOD DRIVE

Every fall 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.

3 - ORGANIZE A TOY OR GIFT CARD DRIVE

Donate toys for our in-person clients or gift cards for our clients on telehealth. Gifts are needed now more than ever due to hardships suffered during the pandemic!

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 to arrange a time at jennieh@thechildrenscenter.org.



Michelle from Kids Club Fun & Fitness (top) and Nancy from Rosemere Tavern (above) spreading holiday cheer

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

CUT HERE

Holiday Drive Wish Lists

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

FALL FOOD DRIVE

Now – November 15th

- Peanut butter
- Tuna fish
- Pasta & sauce
- Canned meat
- Rice
- Beans
- Canned fruit
- Canned chili or stew
- Canned vegetables
- Cereal
- Applesauce
- Cooking oil (Olive or Canola)

TOYS & TEEN GIFTS

November 14th – December 14th

- Board games (*Connect Four, Jenga, card games, family games*)
- Legos
- Sporting Equipment
- Art Supplies
- Play-doh
- Etch-a-Sketch, Koosh balls and fidget toys
- Stuffed Animals
- Socks/slippers, hats & gloves
- Books (*for ages 4-16*)
- Dolls (*no Barbie or Bratz, please*)
- Teen Gifts (*movie passes, journals, personal care supplies, hoodies, reusable water bottles, beanies*)

GIFT CARD DRIVE

Gift cards are easier to distribute to telehealth clients and give families the freedom to pick exactly what they need.

Recommended increments: \$20–\$100

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

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