



# THE *chronicle*

THECHILDRENSCENTER.ORG | MEETING FAMILY MENTAL HEALTH NEEDS | FALL 2023



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## "IF WE TALK, THINGS GET BETTER"

On a visit to Powell's bookshop last summer, my wife picked up John Moe's book, *The Hilarious World of Depression*. Within a few moments of looking at it, she (and I must say shockingly with a great deal of confidence given that she had not read the book herself) thrust it into my hands and said, "YOU should read this!" And so, I did!

I find it remarkable that not only did that brief moment lead me to the gift of reading John's moving "memoir and [his] illness's biography," it also resulted in John becoming our keynote speaker at our benefit luncheon and a lifelong friend of Children's Center. Every one of us at the luncheon was moved and inspired by his words. If you missed the luncheon, I strongly recommend you read his book and/or listen to his podcast.

There were some pages in John's book that were not easy to read; but not talking about difficult issues will not bring us any closer to solving them. On the contrary, as John reminds us, "If we talk, things get better, and more people we love might stick around so we can love them more." Please let's all keep talking about the mental health issues in our community, so we can help change and save more lives.

Matthew Butte, Executive Director

## NEWS FROM CHILDREN'S CENTER

### • DUTCH BROS 'BUCK FOR KIDS' DAY BENEFITS CHILDREN'S CENTER

Thank you to local Dutch Bros Coffee franchises for once again choosing Children's Center as a beneficiary for Buck for Kids day! On Sept 15th \$1 from every drink sold was donated to local youth organizations in Dutch Bros communities.

### • FOOD DRIVE- NOW THROUGH NOVEMBER 17<sup>TH</sup>

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. **Most requested items: canned meats (tuna/chicken), peanut butter, pasta and sauce, canned chili, canned fruit, soups, boxed dinners (mac 'n cheese, Hamburger Helper, rice mixes, etc.)**

**Donation drop-off: Mon–Thurs, 8am – 7pm**

### • SAVE THE DATE: TOY AND GIFT CARD DRIVE NOV 10<sup>TH</sup> – DEC 15<sup>TH</sup>

Holiday gifts help make the season special and provide a sense of normalcy for struggling youth. See back page 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](mailto:jennieh@thechildrenscenter.org).

*"Children experience the same mental health struggles that adults do, and it's so important for them to know they are not alone in their struggles. There are people all around — in so many corners of our community — who sincerely want to help. If you need help, reach out! You'll find the support you need."*

— STAFF AT VINTAGE BOOKS

## OUR MISSION

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

## BOARD OF DIRECTORS

Gerald Bader, M.D.  
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## CONTRIBUTORS

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

# Children's Center Staff Speak On Trauma Informed Care at National Conference

## Discussion Highlighted Successes of Wellness Programs

*This spring Children's Center was honored to present on a panel discussion at a conference for the National Council for Mental Wellbeing in Los Angeles, CA. The three day conference was geared towards leadership- building, organization- boosting learning from the best minds in mental health care.*

Therapy is difficult work. Both for the client and their therapist. There is a definite risk to this work, staff burnout and compassion fatigue are everyday challenges our therapists face. Which is one reason Children's Center partnered with the National Council in 2021-2022 to help shape our organization's trauma informed care. Through monthly trainings, resources and coaching calls our agency developed goals for improvement around trauma informed care as well as equity, inclusion and diversity and were able to put them into practice. Staff were surveyed at the beginning and end of our work with the National Council, and we were chosen to present at the conference due to the high level of success we made within our agency.

The conference featured speakers from all over the country on a variety of mental health topics. Children's Center spoke primarily about our own journey with the National Council and the impact it had on the agency. We began our journey with the *Equity Echo*: six months of free trainings and resources that gave us the information we needed to begin the work. This led us to the *Community of Practice*, where we had not only a guidebook in the form of a work plan but also a consultant. Thanks to a grant from the Community Foundation which funded our involvement, we gained the momentum to get things done. Executive Director Matthew Butte stated *"The Community of Practice made*

*a transformative difference in our agency, though we are by no means done."*

Our partnership with the National Council has had a huge impact on our staff wellness and engagement.

A grant from the Firstenburg Family Foundation funded projects such as a monthly staff wellness get together, weekend kayaking trips, anniversary celebrations, and goat therapy. This grant will ensure our work and the impact will continue. The programs and activities we have implemented have greatly improved the culture of our agency, as evidenced by positive survey results!

Therapist Sarah Oloya, who spoke on the panel stated *"It was very exciting to be at the National Council and represent the agency. I am very proud of the DEI work that Children's Center has done, as well as our expanding staff wellness program. So I am thrilled that we were able to share that with the people we met and during our presentation. It was also inspiring to attend the various trainings and lectures at the conference. We were able to gather new insights on how we can continue to strengthen our work as an agency and improve outcomes for our clients and families."*

***Improving outcomes for our clients and families. It's what we strive for each day and we are so grateful to have the support of our community to do so!***



The panel discussion featured (L-R) Therapist Sarah Oloya, consultant Terence Fitzgerald, Executive Director Matthew Butte, and Clinical Supervisor Heather Denbrough.



Therapists Sarah and Katelyn enjoy a snuggle with therapy goats who visited as part of our staff wellness program.

*"The Community of Practice made a transformative difference in our agency, though we are by no means done"*

— MATTHEW BUTTE  
EXECUTIVE DIRECTOR

# Speaker John Moe Tackles Tough Topics with Humor at Annual Benefit Luncheon

## Children's Center Supporters & Staff Reunite at the Heathman Lodge in June

*Selecting a luncheon speaker and topic that could reunite our community for our first in-person event after four years apart felt like a daunting task. But a chance encounter with a book at Powell's planted a seed — for more on that, read Matthew's letter on page 1 — and author and podcaster John Moe answered the call, with his trademark mix of humor and gravitas.*

The luncheon started with a thank you to former board president Dr. Gerald Bader for his leadership, commitment and many years of service. Emcee Brian Thompson then introduced an amazing young soloist from Evergreen High School, and our presenting sponsor Pacific Lifestyle Homes.

Next up, our keynote speaker, John Moe took to the stage. Moe is a renowned author, speaker and mental health advocate. He is host and creator of the award winning podcast *The Hilarious World of Depression* as well as author of a book of the same name, among other accomplishments. Moe's words resonated deeply with the audience, providing insight that touched

both the heart and the mind. His keynote centered on empathy and his own personal journey, helping the audience understand the complex world children navigate.

*"We face a lot of challenges these days in mental health and in the world in general, as I discussed in the talk I gave. I was impressed and inspired by the energy and enthusiasm on the part of everyone at the event. These were people ready to roll up their sleeves, get to work, and get some wins out there in the world. I felt less like I was delivering a speech and more like I was joining a cause I believe in,"* said John Moe. Mr. Moe's keynote was followed by the premiere of Children's Centers new video,



**Keynote speaker John Moe brings tears — and laughter — to luncheon address.**

*Be a Helper*, which can be viewed on our website. Thank you to the Tod and Maxine McClaskey Family Foundation for their help in funding this video and to Creative Director Kat Liljegen for her vision.



Another beautiful performance from a soloist from Evergreen High School preceded the announcement of our first annual winner of the Peg Busick Champion of Hope Award: Brian Thompson! Brian has been a Champion of Children's Center since 2014. During that time he has invited many people to support Children's Center, has spearheaded the care and maintenance of our therapy garden, helped with food and toy drives, spoken about his passion for Children's Center at Board Meetings and along with his wife Mary, has given generously of their resources. We consider ourselves lucky to have the support of such a wonderful man.

*We are extremely grateful to all who joined us at the luncheon as well as those who supported us from afar. Together we raised \$128,000 to save and change lives here in Clark County. The generosity and kindness shown by all of you means so much not only to us but to the children and families we serve. Children's Center saw 900 kids and teens last year. Kids struggling with mental health challenges such as anxiety, depression and suicidal thoughts. Your continued support gives kids the chance of a lifetime to receive the critical help they need. THANK YOU from all of us at Children's Center!*

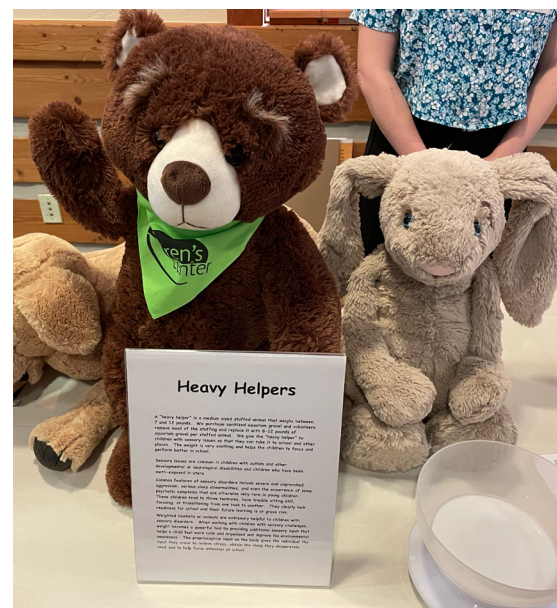
*"I felt less like I was delivering a speech and more like I was joining a cause I believe in"*

— JOHN MOE  
KEYNOTE SPEAKER, AUTHOR & PODCASTER

## OUR CONVERSATION CONTINUES...ON THE AIR!

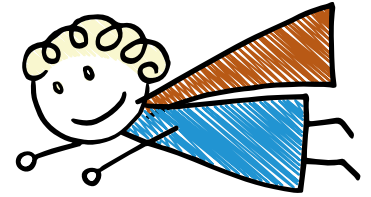
Children's Center is excited to announce that we will be hosting a 5 series podcast with John Moe! The mission of the Children's Center podcast is to provide honest and positive stories of hope from the world of mental health. The podcast will feature Executive Director Matthew Butte along with guests from the mental health field. If you are interested in sponsoring an episode please contact Jennie Hoheisel at [jennieh@thechildrenscenter.org](mailto:jennieh@thechildrenscenter.org).

**FAR LEFT:** John Moe delivers keynote address to Children's Center community, **LEFT CENTER:** Brian Thompson received the Peg Busick Champion of Hope award, pictured with wife Mary (left) and board president Liz Luce. **BELOW:** Matthew Butte thanks Dr. Gerald Bader for his service, **RIGHT BOTTOM:** An interactive display explains how volunteers create our weighted 'Heavy Helpers', **RIGHT:** Soloist Chayse Stone, along with classmates from Evergreen High School, provided moving, vocal entertainment.



# 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...



**WANT TO SEE MORE PHOTOS?**

Find us on  & 

Children's Center Clark County  
@childrenscenter\_clarkcounty

Volunteers from IDM gave our greenspaces some TLC



The Dutch Bros near Evergreen HS, 192nd, Camas, and several other local franchise locations brought the green — by once again donating \$1 per drink sold during their annual Bucks for Kids Day fundraiser.

The HR team at Vetsource had us in stitches by delivering more than 25 Heavy Helpers!



Seasonal donations from Orchards Adventist Church arrive just in time to give families in need a hand with spring cleaning and back to school supplies

# Champions in the Spotlight

## JESSICA & GARY SIMON

**What keeps you busy in life?** *"Gary and I stay busy keeping up with our two beautiful children and running our Dutch Bros franchise. We love to travel, spend time outdoors and cook out with our family and friends. Our favorite thing in life is just being together."*

**What moved you to take action and support Children's Center?** *"Mental health and access to mental health is a real issue in our country. We love and appreciate what Children's Center does for the kids right here in our own community."*

**Why does children's mental health matter to you?** *"Gary has always had a heart for children's mental health and previously worked in the field before joining me at Dutch Bros. Our children are our future and it is important to us to always remain active and supportive."*



Jessica & Gary's Dutch Bros franchise chose Children's Center as a beneficiary for their annual 'Buck for Kids' fundraiser. On September 15th, \$1 from each drink purchase was donated.

# Become a Champion of Hope

## 'TIS THE SEASON TO SPREAD CHEER

Pumpkin Spice is in the air, kids are back at school and the summer heat is giving way to occasional drizzle. At Children's Center, that means that donation drive season is upon us! As a Champion of Hope, you have the opportunity to help make the holidays special for children and families in your community who are going through a difficult season of life. Whether you can step up and organize a donation drive (find step-by-step instructions on the back cover) or simply add a few extras onto your usual grocery run or Amazon order (wishlist at right) — we are grateful to have your support!

## COMMITTED CHAMPIONS: ORCHARDS ADVENTIST CHURCH

The generosity and commitment of the Orchards Adventist Church community stands as a shining example of the transformative impact a group (or an individual) can have on a community. This group of church members, led by retired Nurse Practitioner, Teresa Norman, has been a true champion to the families we serve for the past two years. Each season they choose a theme and gather supplies for our families; cleaning supplies in the spring, backpacks/school supplies and clothes in late summer, socks and undergarments as the weather cools, huge baskets of food for our food drive, they sponsor a family at the holidays, blankets and warm outerwear in the winter, and even dental supplies during National Dental Month in February.

We want to thank and recognize Orchards Adventist Church, we are grateful not only for their donations but for the difference they make in the lives of the families we serve.

## DONATION WISHLIST

- Healthy Snacks *protein bars, peanut butter crackers, fruit leather, etc.*
- Care Kit supplies *fidget toys, stress balls, sensory putty, journals, small bubbles for breathing techniques, etc.*
- Stuffed animals (new, min. 26") *Volunteer sewers turn these into weighted "Heavy Helpers" to sooth young clients with sensory issues*
- Art supplies *sketchbooks, markers, colored pencils, watercolors, etc.*

## DONATION DROP-OFF

**Donation drop-off: Mon–Thurs 8am–7pm**

**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

## 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-Thurs 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 Jennie Hoheisel at [jennieh@thechildrenscenter.org](mailto:jennieh@thechildrenscenter.org)