

# Update

• CHILD & FAMILY SERVICES of NORTHWESTERN MICHIGAN •



WINTER 2003

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## Good Things in Small Packages: VOCA, FGDM, and YIP

Our cover story title looks like alphabet soup—and while that sounds pretty good in these short, cold days of early winter, this jumble of letters is warming more than empty stomachs.

It's warming broken hearts. Healing physical and emotional hurt.

Hundreds of children and families who come to us for help know just what those letters stand for.

Child and Family Services has offered foster care and adoption services since the organization was conceived in 1937. These two programs still make up the largest portion of CFS' revenues and expenditures and carry the majority of staff resources.

But some newer programs, added to our plate in the last decade or so in response to specific community needs, deserve attention and recognition for their innovation and results. They provide targeted clinical services which have had a major positive impact on the children and families they touch.



VOCA Coordinator  
Joanie Hazelton

### VOCA

VOCA refers to the Victims of Crime Act, the federal legislation that has funded this program through fines and penalties collected from those convicted of crimes since 1984. Child and Family Services' VOCA program offers assistance to the most innocent victim population, children—in particular children who have been sexually abused.

50-60 children in northwestern Michigan are served each year by Program Coordinator Joanie Hazelton. About half are referred by teachers and counselors, the others from CFS' foster care program. The program also utilizes volunteer student interns pursuing degree work in social/human services, but staff rarely numbers more than two, with most children needing services at least once a week.

"The VOCA program offers participants services as long as they need them to meet the wide range of issues in families affected by sexual abuse," says Joanie. "The program is

ultimately much more than treatment and support for sexual abuse. We make many referrals to economic, food, medical, and mental health assistance. Helping families reach these other services is especially important for our area because people are often so geographically isolated, as well as economically disadvantaged. VOCA is the only free program of its kind in our area, which allows us to reach a great number of children and families who might otherwise fall through the cracks. It's a very holistic, system-oriented approach to providing services."

The breakthroughs that children in VOCA can experience are extremely gratifying. Joanie often utilizes art therapy to help children address the wide range of emotions that may come to the fore during their counseling. "Drawing pictures helps them say what can't be put into words," Joanie notes. "A young child who came to us with severe issues stemming from long-term abuse drew a family portrait that showed a devastating image. A year later, we asked him to draw another family portrait, and what a difference!



*Child & Family Services of Northwestern Michigan is a private, non-profit, 501(c)(3) organization whose mission is to promote the safety and well-being of children, adults, and families by providing services that foster and develop social and emotional healing and growth.*

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# Good Things *(continued from front)*

Healthy-looking people, including himself, with smiles on their faces, and several other signs in the pictures indicating that this child was healing.”

## FGDM

Family Group Decision Making (FGDM) is an intensive family preservation program that had its beginnings in New Zealand and debuted in America in the early 1990s. The program seeks to keep families together by helping them take responsibility for their own health and safety. When children in these families are at risk for out-of-home placement, whether with a relative or friend or in foster care, the FGDM Coordinator helps them put together a family conference to begin the process of recognizing and utilizing family strengths. These strengths, as well as the factors that have contributed to their child or children being unsafe, are worked into a family plan which the family is responsible for implementing over the course of a year, with the support of an FGDM Advocate and other family group members.

“FGDM puts the decision making power back into the hands of the family while providing nonjudgmental, unconditional support,” says FGDM Coordinator Cynthia Stern. “It can be a very difficult process, by no means a magic or miracle thing. But we have the satisfaction of knowing that the families who commit to their family plan will become stronger and healthier.”

“We’ve seen it happen time and again,” muses Cynthia. “Par-

ents who are low functioning, unable to organize their homes and lives without becoming overwhelmed, can become either paralyzed, victims or perpetrators of abuse. If the family is able to commit to the FGDM process, they come out of it like completely different people. And that description is one that their own family members and friends, the people who know them best, use—changed people and their children benefit by being able to stay with their families.”

## YIP



*Participants in the YIP program challenge themselves on the high ropes (above) and the indoor climbing wall (right) at Camp Daggett.*

The Youth Incentive Program (YIP) began in 2000 as a response to the connection between substance abuse and juvenile delinquency, which was becoming apparent through

our contact with family courts around the region. Families of the youth we see are often unable to provide the financial or emotional support their children need to explore drug free healthy activities and interests. Transportation is a major obstacle. A large percentage of the youth are medicated for various mental health issues, including ADD, ADHD, and Bipolar Disorder.

The Youth Incentive Program combines mentoring, substance abuse monitoring, community service, and experiential/recreational therapy and education. Since its inception, the number of youth participating in the program has grown steadily. The Experiential/Recreational Therapy component has averaged more than 100 youth a year that participate in some of the 65 or so different scheduled activities a year. Kids’

comments on post-program surveys range from “more people should know about this,” to “I would like to do this for a living,” to “I was surprised—I didn’t expect this to be so much fun!” says Recreation Coordinator Bill Watson.

“All our kids initially are very unhappy to be here. Their probation of-

ficers refer them and their whole demeanor at the outset says ‘I’m not going to cooperate’ or ‘I’m going to only minimally cooperate’ says Jane Knudsen, who conducts the

substance abuse monitoring for YIP. “But a real good percentage of them, after participating in a few of the program’s initiatives and activities, have a complete change of heart. They become leaders in their groups and respond in ways we never would have expected. We always wish we could keep those kids with us a lot longer.”

“YIP is about breaking down barriers,” says Bill Watson. “Our kids very often suffer from low self-esteem and have difficulty communicating and completing tasks. The games and initiatives we use are designed to build trust, empathy, and communication skills. Hopefully they learn respect, too, not only for themselves but for their peers and the adults in their lives.” Bill also notes that the changes in kids can be remarkable. “A boy who had threatened suicide more than once before joining our program was, at the end of it, doing things to help keep other kids safe—clearing trails of branches and debris, etc—things he’d never even done for himself, let alone for others. For me as a facilitator, it was a great thing to see.”

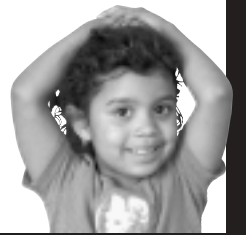
## Does one of these programs strike a chord with you?

If you would like to support VOCA, FGDM, or YIP financially, you can indicate so by simply writing the appropriate acronym in the memo line on your check. Make your tax-deductible donation by December 31 to qualify it as a 2003 gift.





# gratitudes



To **Mary and Jep Gruman, Debbie Burditt** and their friends and families for hosting the Christmas in July party at the Crystal Lake Yacht Club, which successfully raised \$6,800 for children's special needs.

To the **Traverse City Golf and Country Club** and staff for hosting the inaugural Tee Up Fore Kids Country Club Classic Golf Outing, September 15th at their beautiful facility.

To **Wal-Mart of Traverse City** for \$350 in unrestricted support.

To **Interlochen Center for the Arts** for once again designating CFS as the charity beneficiary for their March benefit concert.

To **The Lake Ann Lions Club** for \$300 in operational support.

To **Sam's Club of Traverse City** for \$650 to support the 2003 Littlest Bag People Campaign.

To **Jim Sommerville and Oleson's Long Lake Store** for assistance in coordinating production and distribution of the bag inserts for the Littlest Bag People Campaign.

To the **Traverse City Record Eagle, Ludington Daily News, Manistee News Advocate, The Benzie County Record Patriot, the Antrim County News** and the **Elk Rapids Town Meeting** for sponsoring the Littlest Bag People Campaign.

To the **600+ donors** who have generously supported the 2003 Littlest Bag People Campaign.

To **Child and Family Services of Michigan** for \$6,378 for the special needs of children in foster care through the Children's Entitlement Program.

To **Cameron and Dan Farley and Peak Performance** for underwriting the cost for 30 foster moms to attend the Festival of Tables Event last May.

To the **Grand Traverse Band of Ottawa and Chippewa Indians** for \$15,000 to support the Youth Incentive Program.

To the **Michigan Women's Foundation Young Women for Change** for \$3,500 to support the pregnancy counseling program.

To **Quota International of Traverse City** for \$1,000 to support the pregnancy counseling program.

To the **Honor State Bank** for \$500 for pregnancy counseling.

To **St. John's Episcopal Church of Harbor Springs** for \$1,000 to provide respite for foster parents through the Harbor Springs office.

To **Christ Child Society** for a grant to purchase materials for the STEP (Systematic Training for Effective Parenting) workshop for foster parents through the Harbor Springs office.

To the **June 8th Foundation** for \$900 in unrestricted support.

To **Marshall Field's of Traverse City** for a \$2,000 grant to continue the art therapy program for sexually abused children.

To the **Lions Club of Traverse City** for donation of tickets to a magic show for children in care.

To the **T.C. Optimist Club** for \$1,000 to support the Koins for Kids Campaign.

To **The Prudential Insurance Company of America** for a \$1,000 award recognizing the volunteer efforts of their employee, Board President Todd Endresen.

To **Alden United Methodist Church Women** for \$500 in unrestricted support.

To the **First Presbyterian Church of Elk Rapids** for \$500 to support the Angel Fund designed to meet the special needs of children and families in care.

To the **Char-Em United Way** for \$2,080 to support adoption services in Charlevoix and Emmet Counties.

To the **Keswick United Methodist Church** for \$474 in unrestricted support.

To **Chet Swanson** for hosting the Festival of Tables Committee on his beautiful boat, the "Wicked Witch."

To **The Benzie County Community Chest** for \$4,500 for the pregnancy counseling program.

To the **Grand Traverse Regional Community Foundation** for \$3,000 in support of children in crisis.

To **everyone** who participated in and helped with the respite program for the Harbor Springs service area over the summer.

To **Textron Cone Drive** for \$500 in unrestricted support.

To **Bank One of Petoskey** for \$500 in unrestricted support.

*Thank you all for your outstanding support!*

## Experiential Adventure Program



*Foster children enjoy canoeing on the Platte River this summer.*







# Donor Club Listing



Listing includes those who joined our donor clubs from 10/20/02 to 10/20/03

## DREAMMAKERS MEMBERSHIP CLUB

*Cumulative annual giving of \$1,000 or more*  
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 The Painted Door Gallery





# Donor Club Listing



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Willoughby Rotary Trust Fund  
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**We gratefully acknowledge the following friends whose families designated Child and Family Services as a beneficiary of donations in their memory:**

William Harding  
 Eileen Kalchik  
 Marilyn Olson

*"When the heart grieves over what it has lost, the spirit rejoices over what it has left."*

## President's Perspective...

Child & Family Services (CFS) continues to see a record number of children in our foster care and other programs. The number of children and families we serve has been above average for most of this year. The hard work and dedication of staff and management has allowed the agency to serve the needs of these families. On behalf of the Board of Directors, we thank you for all your efforts.

CFS is very grateful to our foster and adoptive families. Your willingness to open your homes and family to the children in need allows CFS to meet its mission. Please know

we all thank you from the bottom of our hearts for your past and continued hard work and support. If anyone is interested in becoming a foster or adoptive family or knows someone who might be interested, please call CFS for assistance and information.

The Board and I would also like to thank the many people who have volunteered at CFS in 2003. Your support and assistance are truly appreciated and very important to us as we continue to work to meet the needs of our community.

The Board is pleased with the direction of CFS in 2003. Many

of our partner and referral agencies have commented on the quality of work from our staff, improving services to families and confidence in our management. While the expected decline of the state budget could present challenges to CFS for the foreseeable future, the Board is optimistic that we can meet these challenges by: advocating the needs of our families with elected officials; prudent management and oversight; maintaining and expanding public awareness and fundraising; and continued collaboration with other service organizations to meet



the needs of our families while maximizing our efficiency.

The CFS Board and I feel honored to work with and for the families and children of northwestern Michigan. Thank you for your support, and Happy Holidays.



## From the Executive Director... *Our Priority is Children*

As we approach the end of 2003, the challenges that face our nation's families are ever increasing. The attention of our government leaders is consumed with the most pressing federal issues—the war on Iraq and the wider war on terrorism, the rising deficit, and revamping the

Medicare system, among others. The plight of children and families in need has seemed to fall off the national agenda. While billions and billions of dollars are spent fighting international terrorism, the resources that support essential services to our families are shrinking. We need to expand our definition of national security to include the safety, security, and health of our children who are suffering in their own homes.

It is a key part of the work of Child and Family Services to advocate for the interests of children, our real national treasures. Just today, the Department of Agriculture reported that for the third straight year, the number of families who experience hunger has increased in the United States. Some 34.6 million people were living in poverty last year, an increase of 1.7 million over 2001.

Locally, the need for the programs provided by Child and Family Services has never been greater. We are providing foster care to more than 200 abused, neglected, or delinquent youth every day. We expect to place about 60 special needs children into permanent adoptive homes this year. Our Behavioral Health and Juvenile Justice programs are providing rehabilitative and support services to youth that have been sexually abused, are experiencing substance abuse problems, or are living in families plagued by domestic violence. These numbers, too, are on the rise.

To address the need, our staff members are increasingly working nights and weekends to serve the children and families in crisis in northwestern Michigan. Within the last ten days or so:

- *One of our clinical supervisors spent a Friday night at the hospital with a foster mom while a 12 week-old baby was x-rayed to determine the extent of her physical abuse*
- *Our pregnancy counselor received an emergency call from the hospital to assist a brand new mom with her decision regarding releasing her baby for adoption*
- *Our staff took a group of foster children horseback riding on the weekend*
- *Our staff took a group of young women to a nice dinner at the Country Club as part of our Girls' Practicum, a program that seeks to help teen girls learn skills for the workplace and for life*

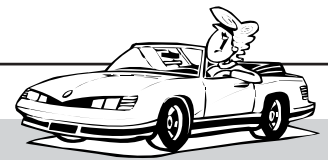
Everyone at Child and Family Services is driven by our mission: "to promote the safety and well-being of children, adults, and families by providing services that foster and develop social and emotional healing and growth." While contracts provide the primary support for our services, that funding does not provide

for any of the "extras" that are an important part of carrying out our mission. Your support is vital in helping create the healthy community in which we all want to live, work, and play.

I am proud of the dedication, commitment, and expertise of our staff and Board of Directors. I am committed to intensifying our advocacy in Lansing to make sure that children's issues remain in the spotlight in Michigan, and that resources that support family issues are our state's priority as well.

Thank you all for your support. I wish you a safe and happy holiday season.

Jim Scherrer,  
Executive Director



**Do you have a dependable car you no longer want?**  
*Take the tax deduction and donate it to Child and Family Services!*

**We transport children and family members every day to all parts of our 12-county service area, yet our agency fleet is aging and is not always as dependable as we would wish. In order to assure the safety of our staff and clients and keep costs reasonable, Child and Family Services needs 2-3 more vehicles to best serve the number of people who depend on us for transportation.**

**Please consider the good you could do with a vehicle donation!**  
**For more information call us at 231.946.8975 ext. 1047.**

### **CFS IS REACCREDITED!**

We are proud to announce that CFS was reaccredited this fall by the Council on Accreditation (COA).

COA is an international, independent, nonprofit body that examines social and behavioral health services for children, youth, and families. The accreditation process includes a review of organizational standards such as human resources, financial, debt, and risk management, and 39 standards for program services.

Accreditation can be an arduous process, more so because it is voluntary on our part, not required by our contracts or partners. We are pleased to assure you that your support of CFS is backed up by our commitment to quality services, strong administrative and financial management, and continuous quality control.





# SAVE the DATE

## tee up fore kids

Golf Scramble

Mistwood Golf Course

Wednesday, May 19, 2004

•

## Third Annual Festival of Tables

Grand Traverse Resort

Governors Hall

Saturday, May 22, 2004



Golfers enjoy dinner and drinks following "Tee Up FORE Kids" 2003 at Mistwood this past May.



Beautifully decorated tables were one of the highlights at Festival of Tables 2003.



## Just what do you do with your unwanted Christmas gifts?

It's inevitable...the reindeer sweater; the cheese and sausage gift set; the pasta maker. You could return it (*most people do*), or pretend to like it and stash it away in your closet unused.

Another option would be to make an arrangement with another family member to donate to each other's favorite charity. This works extremely well when distance is a factor, and results in a win-win outcome every time. Consider the benefits:

- Less time standing in line to mail packages
- Additional space in your closets
- The satisfaction of knowing that your gift is being used to support the work of a worthwhile organization (hint, hint)
- And – maybe best of all – you don't have to come up with an expression of thanks for something you really don't like

## TOP TEN THINGS TO SAY WHEN YOU RECEIVE A CHRISTMAS PRESENT YOU DON'T LIKE

- 10 Well! There's a gift!
9. My, my, my...
8. Wow – if I hadn't gained 15 pounds this year this would fit perfectly.
7. This is perfect for wearing when I clean the garage.
6. Gee. I hope this doesn't catch on fire! Did you know that every day there are hundreds of unexplained fires?
5. If the dog buries it, I don't know what I'll do.
4. I love it...but I'm afraid of the jealousy it will cause.
3. Unfortunately, next week I enter the Federal Witness Protection Program.
2. Wouldn't you know, I got this the year I promised to donate all my gifts to charity.

### And the # one thing to say about a Christmas gift you don't like:

1. "I don't think I deserve this."

## Does your employer or service organization have a matching gift program?

*Many do!* Your Human Resources office can tell you if your employer will match your donations to nonprofit organizations; there may also be opportunities for nonprofits to apply for local grants to your place of work or service club .

The Child and Family Services Development office would be grateful if you would share this kind of information with us. Help us spread the word about the good things being done here on behalf of children and families in our community!

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