



Mental Health Care for Families with Young Children

newsletter

- Fall 2010 -

"I planted that!"

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A Note From The Executive Director

Rodney is only four years old. His mother left him in the care of his father when he was just a year old. His father took on the role of a single parent with tremendous vigor and passion. The two could often be found in Home Depot on Saturday mornings buying pieces of wood to create wonderful trucks and trains together. In the evenings Rodney would clamber on to his father's lap to read stories or watch his favorite television show.

But one Sunday morning everything changed. While driving to church, a car slammed into them as they entered an intersection only blocks away from their home. Rodney, fastened carefully in his car seat, did not sustain any injuries. His father was less fortunate. Multiple bruises, cuts, broken ribs, and a head injury caused him to black out for what seemed like an eternity to Rodney. He cried desperately for his father while trying to free himself from his car seat. A passerby tried to help but Rodney screamed and pushed the young man away, fearful that he was trying to take him away from his father. Emergency personnel tried to comfort Rodney as they placed him in the ambulance next to his father who was now conscious but unable to speak or move. As they drove to the hospital, Rodney kept calling out to his father, unable to understand why he was unable to pick him up.

Six months later, Rodney's father reached out to The Children's Center. Rodney now seemed like a different child. He had bouts of crying for no apparent reason, was unable to sleep, and no longer played with his favorite toys. When his father tried to comfort him he seemed inconsolable and would push his father away. Most worrisome was a behavior that his father had never seen before. Several times a day Rodney would physically attack his father by kicking him, trying to bite him, or pulling his hair. Saturday mornings were no longer filled with joyful father-son interactions.

When Rodney entered trauma therapy at The Children's Center he struggled to sit at the table to draw a picture. He threw toys around the room and tried to bite his father when he told him to listen to the therapist. After several sessions he began to settle down and was willing to talk about the accident. Through pictures and play he described his terror when his father was unable to console him. He drew a picture of himself at the hospital feeling scared and lonely, fearful that he would lose yet another parent.

Rodney's therapist, after several months of treatment, finally unlocked the puzzle behind Rodney's anger toward his father. Rodney was confused and angry with his father's lack of nurturing and comfort in the ambulance and later in the hospital. He felt abandoned and bewildered by the unexplainable change in his father's behavior. The father who was always quick to kiss his wounds and provide comfort when he was hurt or afraid had become unavailable. Recognizing Rodney's confusion, the therapist helped Rodney's dad tell his own story. He explained to Rodney that he was so badly hurt that he could not talk or reach out to him. With tears in his eyes he explained how frightened he had been and how he had never, ever stopped thinking about Rodney. He picked Rodney up in his arms, held him tight, and told him that he never meant for him to feel abandoned. And as he reassured Rodney that he

would never leave, Rodney buried his head into his dad's shoulder and finally began to cry.

As we end the first year of our \$1.2 million federal grant that has provided clinical training for our staff in trauma treatment, we can see that our trauma services have literally begun to change lives. Although Rodney is not quite finished with treatment, he is no longer aggressive toward his father. Once again he is a compliant, joyful little boy. And on most Saturday mornings, you can see Rodney and Dad hand in hand as they head to Home Depot to buy wood for their latest project.



Douglas Goldsmith, Ph.D. Executive Director

Scott Ulbrich Receives Norma Matheson Award

Scott Ulbrich has been a very dear friend of The Children's Center for decades now. When his son Eric was a toddler and Scott and his wife Sue were attending parenting classes taught by Gayle Sullivan, they learned of The Children's Center from Gayle. That seemingly innocuous introduction led to a 19 year stint for Scott on our Board of Directors, chairing the 2001 and 2002 Benefit Auctions with Sue, leading our Endowment Trust for eight years and serving on our Campaign Committee as financial and facilities chair among many concurrent board positions. These positions were entrusted to Scott because of his formidable financial acumen, a strong sense of compassion and obligation and an enormously sharp and facile intelligence.

Sue is equally dedicated to The Children's Center. Her long-standing dedication to the children, particularly those in the Group Home, began when she asked herself, "What makes my child different? Doesn't every child have the right to be loved and valued and cared for?" Beginning in 2001, when she was chairing the Benefit Auction with Scott, Sue made a commitment to provide a handmade quilt for every child admitted to the Group Home as a way of providing a measure of special nurturing for each little one who came to us to heal from abuse, neglect and trauma, often bringing nothing of their own but the clothes they wore. She and a talented group of friends, Stitches for Hope, created dozens of quilts over many years. Each quilt was embroidered with the child's name on it and the fabrics used reflected the child's favorite things. We know that when these children move on to foster or adoptive homes, the quilts provide a sense of security and warmth that helps them make the transition.

Scott has also found himself involved with a number of other excellent causes, for whom we are sure he works as hard as he does for us. They include the Alf Engen Ski Museum, the Arthritis Foundation, Spy Hop Productions, Utah Sports Commission and United Way. Deborah Bayle, President and CEO of United Way of Salt Lake commented, "I think Scott is a dream volunteer. There are so few who work as hard as he does and for the reasons he does. You know he doesn't do it for recognition, he does it because he really wants to make this a better community. And he's so smart, he has!"

The Children's Center has become an institution of major importance to this community; its growing stature and impact, like its new physical presence in the Oquirrh School, are in part due to the work Scott and Sue have done for us, on behalf of the children we serve. Our nomination of him for the Norma Matheson Award for an Outstanding Volunteer was entered with both pride and appreciation. Scott is a one-of-a-kind, hands-down, without a doubt, totally awesome Outstanding Volunteer.

Congratulations go to Scott and his dear family from old friends and new all over our community.



Build Our Children's Future
June 2008

This quilt is given in celebration of
The Oquirrh School Building,
The future home of The Children's Center.

Stitches of Hope, Salt Lake City, Utah 2008

550 People Held a Child's World in Their Hands

At the base of the mountain, against the enchanted backdrop of a vineyard with peacocks roaming and flowers blooming, over 550 people gathered together to change the world for children whose daily lives are far from enchanting.

Every day, The Children's Center sees hundreds of children with emotional and behavioral problems that make their outlook on the world dark and discouraging. The support of those participating in our annual benefit at La Caille changes that. Guests enjoyed live and silent auctions, purchased art made by kids in treatment, and were given a unique opportunity to "Stand Up for Children" and make a pledge to support The Children's Center during the live auction. Thanks to the generous support of Wadsworth Brothers Construction, American Express Center for Community Development, E*Trade Financial and The Church of Jesus Christ of Latter-day Saints Foundation, a challenge was made promising that each gift made would be matched \$2.00 to \$1.00 up to \$40,000.

Thanks to the generosity of those participating, we not only met, but well exceeded the challenge with contributions



totaling \$45,750, allowing us to receive the complete match and bringing the total amount raised through the event to over \$290,000.

This will sustain the critical programs that bring hope and healing to children and families.

The success of this event was the result of tremendous volunteer effort. The benefit committee, led by chairs Marcy and Davis Mullholand and co-chairs Amy and Dru Damico, worked tirelessly to secure each sponsor, each auction item, and provided countless hours of planning. The women of National Charity League have been providing volunteer support during the evening for 30 years, making sure the event runs smoothly. Special thank yous go out to our emcees Todd and Erin from B98.7 and to the band "STELLA" who also donated their time to make the evening fun and entertaining.

Thank you to everyone who participated in making the evening a wonderful success.

Thanks to the generosity of our sponsors whose support ensures that 100% of each gift made at the event goes directly to The Children's Center.



"Stand Up for Children"

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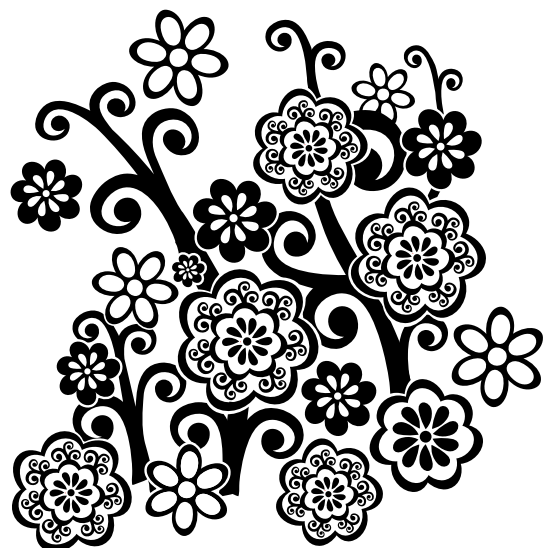
Silent Auction



Benefit Sponsors

Volunteers on the Landscaping Crew

This spring our Salt Lake Building Superintendent, Trent Ashby, received a surprise. Several students who had been volunteering after school in our outpatient groups decided to turn their considerable energies to the landscape. Under Trent's supervision, a hugely overgrown silver lace vine on the south side of our parking lot has been pruned into submission, weeds of every description have been vanquished and our treasured daylilies are thriving. Many thanks to Tre (Leader of the Band) Hopkins, Anne Fudyma, Sophie Belman, Julie Shrieve, Hannah Young, Tillie McInnis, Camilla Greenwood, Chase Robbins and Miranda Bradshaw for their cheerful tenacity.



Be a Friend – Bring Your Friends

If you have ever been touched by The Children's Center, been inspired by the courage of the families we serve, or have felt the desire to change the life of a child, our 5th Annual "Spark the Light of a Child" breakfast is the place for you.

Please join us for a FREE breakfast at Rice Eccles Stadium on Thursday, November 4 at 8:00 am. The purpose of this event is to communicate the power of our mission and to inspire new and current friends to become involved in our agency. Everyone is invited so RSVP today!

For more information on attending the breakfast, or to participate as a Table Captain, contact Lisa Alleman at 801-582-5534 or visit our website at www.tccslc.org.

Please ask about being a Table Captain if you are interested in inviting others to join you for this moving event.

Not available on November 4? Contact us to learn more about participating in a Friend-to-Friend email campaign.



Get Involved

Would you like to get involved with The Children's Center and change a child's world? Here are some things you can do.

Visit our website at www.tccslc.org, or contact Lisa Alleman at 801-578-2326 or LAlleman@tccslc.org to learn more about The Children's Center. You can also:

- Share the message of The Children's Center's mission with your friends and neighbors by hosting a neighborhood party, and inviting us to make a presentation.
- Watch for our annual appeal letter in your mailbox and reply to it.
- Learn more about The Children's Center with your friends by joining us for a free breakfast on November 4.
- Invite your friends to learn more about The Children's Center and get involved by participating in our online friend campaign.
- Volunteer in a preschool classroom working directly with children
- Make an in-kind donation by visiting our website to view our wish list
- View the collection of abstract art by local artist Gary Collins online or at our Salt Lake Center. A portion of each sale will be donated to The Children's Center.
- Purchase autographed copies of The Glass Heart book, a collection of poetry and photographs of glass art by local artist Cheryl Collins, which are on sale with proceeds going to The Children's Center.
- Spend the day at Art Saturday, Art and Charity Within the Community hosted by Iguana Art & Design, at 945 So. 200 West in Bountiful from 10:00 – 3:00 every Saturday through October.
- Make your online purchases through www.goodsearch.com/goodshop.aspx and select "Children's Center (Salt Lake City, UT)" before shopping at thousands of stores. A percentage of your purchase will be donated back to us.
- Donate your unwanted vehicle to The Children's Center.
- Drop your used cell phone and cell phone batteries off at either Children's Center location. We will recycle them and receive a donation back as well. (We're sorry, but we cannot accept accessories like chargers and hands-free sets.)

The Therapeutic Preschool Grows a Garden

On Earth Day the children in the Salt Lake Therapeutic Preschool donned the wide-brimmed straw hats they had decorated with googly eyes, ribbons and pompoms and planted a garden! The small patch outside our Board Room had been designated The Children's Discovery Garden funded by a generous grant from Intermountain Healthcare. Seasoned therapists and administrators wisely counseled that we should focus on the process rather than the harvest, as past attempts to grow vegetables with the children had been unsuccessful, but we were still optimistic.

Each of the eight therapy groups chose the plant they wanted to grow and made a colorful plant marker for their row. One by one, each class cultivated their row and planted their packet of seeds, with crows of delight and curiosity at worm and roly-poly bug sightings. We watered the rows with Babs, the pink plastic pig *cum* watering can whose nose is the spout, and each child took a turn almost reverently. When the lettuce and radishes and peas germinated, the word spread quickly and eager children raced outside to see the small green shoots. Shouts of "That one's mine!" and "I planted that!" rang out and small feet rapped out little dances along the garden's perimeter.



Now, as we write this, it is midsummer. The sunflowers are nine feet tall with stalks three inches thick, the chocolate cherry tomato is laden with ripening fruit and the zucchini will soon yield a first harvest. Fistfuls of lettuce have found their way to snack time. The children's pride is audible when they show new admits, visitors and volunteers their garden and board meetings are stalled when children gather outside the windows, crowing about the latest developments. The garden has made each child a little more connected with the earth and its wonders, a little more acquainted with patience and nurturing, and healthier in body and mind.

We'll replant soon for a fall harvest.

To read the unabridged vision of this article please visit us www.tccslc.org and click on "about us".

THANK YOU FOR TO THE FOLLOWING FOR THEIR SUPPORT OF THE GARDEN:
Amy de la Garza for trowels and spades and Zims for straw hats.
Most of all, thank you Intermountain Healthcare for giving our children this unique gift!

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for their honorary & memorial contributions.

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Spectacular Art on View at The Children's Center



Cheryl Collins "Karma"

On Thursday, October 21 from 6:30 pm until 9:00 pm The Children's Center will host a reception featuring the abstract art of Gary Collins and the glass art of Cheryl Collins. The reception will be held at The Children's Center's new home in the historic Oquirrh School at 350 South 400 East. Light refreshments will be served and patrons will have the opportunity to meet the artists and discuss their work. Please visit our website at www.tccslc.org and click on "Support the Center" to see photos of the Collins' spectacular art. If you have never seen this side of Gary Collins nor beheld the luminous tesserae in Cheryl Collins' breathtaking glass art, you are in for a rare treat.



Gary Collins "Happy Birthday"



Mental Health Care for Families with Young Children

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The Children's Center Receives Best of Kearns!

For the second consecutive year, The Children's Center has been selected for the 2010 Best of Kearns Award in the Mental Health Services category by the U.S. Commerce Association (USCA). Nationwide, only 1 in 70 (1.4%) 2010 Award recipients qualified as two-time Award Winners.

The USCA "Best of Local Business" Award Program recognizes outstanding local businesses throughout the country. Each year, the USCA identifies companies that they believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and community.

Holiday Gifts

Are you looking for a meaningful gift for your friends and neighbors? You can take care of everyone on your list by making a donation in their names to The Children's Center. Monetary donations will help us provide snacks and necessities such as diapers for the Therapeutic Preschool. If you have more time, check out our Wish List by clicking on Support the Center on our home page at www.tccslc.org. In-kind donations of new toys, art and office supplies, clothing and snack foods are a great way to give where it is most needed. Questions? Contact Penney Gregersen at pgregersen@tccslc.org or 801-578-2329.



Want to read past newsletters?

Click on Support the Center at the top of our home page at www.tccslc.org