



Mental Health Care for Families with Young Children

newsletter

- Fall 2011 -

\$400,000
*Raised in one night -
Thank you!*

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Mark Eaton and guests peruse the silent auction



Sam Ponder, Bogart Mcavoy, and Jen Adams at Gala at the Gallivan

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Mental Health Care for Families with Young Children

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A Note From The Executive Director

He pushes his mother's hand away as they enter the therapy office. He cautiously surveys the available toys and plants himself in front of the basket of toy cars. His hands plunge into the pile and he smiles as he retrieves the police car and a bright red race car. He looks like any other four year old. But this little boy knows something that other four year olds don't understand. He knows that monsters are real. He can talk about the "monster" that came into his room one night and hurt him. He can tell you about the "monster" who hurt his mother one night while he was trying to go to sleep. And he can tell you about the "monster" who now haunts his dreams and threatens to rob him of his childhood.

His mother seats herself across from the therapist. She nervously toys with her cell phone while she waits for the therapist to begin the session. She looks tired and is quick to express her feelings of being overwhelmed by his behavior. She explains that the week has been more frustrating than usual. The daycare teacher called and feels exasperated by his continued aggression in the classroom. In fact his peers are starting to call him the "mean one" and are refusing to play with him. Whenever he asks for something she braces herself knowing that if she declines his request he will fly into a rage that can last for nearly half an hour. And the nights have simply become unbearable. He refuses to go to sleep so she battles with him until late at night. When he finally falls asleep she tries to enjoy her two hours of peace; knowing that the monsters in his dreams will cause him to awaken screaming as he flies into his mother's room for protection and comfort. He'll toss and turn in her bed preventing either of them from getting a good night's sleep only to begin the cycle again tomorrow.

Two months later he enters the therapist's office ready to work. Sitting at the small table he opens his workbook. He's been learning to talk about his feelings. He knows how to calm himself down by taking deep breaths. And today he's ready to tell his story. It's a brief but terribly painful tale. He talks about the monster. He talks about his fear and crying himself to sleep. He talks about how scared he was when he heard his dad beating his mom and how he found her – and helped her – when he heard his dad leave the house. Now he's afraid that his dad will come back and hurt them again.

The stories are filled with pain beyond belief. And it's not easy for us to understand that monsters are, in fact, real. Fortunately our evidence based treatments are truly helping us change lives. The children participating in our Safety Net for Families Program for children suffering from trauma are demonstrating fantastic progress. Our data shows decreases in aggression, anxiety, and sadness and vastly improved coping skills. The children are sleeping better as they learn to gain control over the monsters that haunt their

dreams, and the parents are reporting less stress and greater joy in their relationships with their children.

It's heartbreaking that there will always be monsters that haunt our children's dreams and threaten to take away childhoods. But it gives us great joy to see that our new treatments are making very real, and lasting changes for the families with young children who seek our help. And we thank you, our friends at The Children's Center, for your generosity that makes it possible for so many of these children to access our care. Because of your support we remain a beacon of hope for the traumatized children in our community.



Douglas Goldsmith, Ph.D. Executive Director

EXCEPTIONAL LEADERSHIP

The Children's Center Board of Trustees and administrative staff would like to express their heartfelt appreciation to Helen Cardon. Helen has recently fulfilled her term as board chair. Her direction and vision have led the board on a course that will help to ensure the progress of The Children's Center. Helen will continue on the board as past chair.

Helen, thank you for your exemplary dedication and generosity to the children and families who are served at The Children's Center. Your leadership will shape our success for years to come!



Helen Cardon Chair, Board of Trustees

Alda Jones Receives Friend of Children Award

Alda Jones, M.A. The Children's Center's Director of Early Childhood Consultation and Training, received the Mary Olsen "Friend of Children" award at Utah's 36th Annual Early Childhood Conference in May. The award recognizes individuals who have made outstanding contributions to Utah's Early Childhood community through many years advocating for children as well as for quality programming, and whose efforts have made Utah a better place for children to grow and learn.



Alda's commitment to children spans three decades, a period of time that has spawned historic changes in child care standards and practices. She is passionate about providing resources and support to child care providers, fostering skills such as positive guidance techniques, sensitivity to developmental stages, curriculum development and encouraging providers to adhere to high standards of care. Alda draws on her own experience as a child care worker to illustrate the lasting impression one person can have upon a young child and to convince others that they do make a difference.

In the five years Alda has headed our Early Childhood Consultation and Training team, the staff and budget has quadrupled, with services including infant-toddler Childhood Development Associate courses, early childhood provider training and consultation and specialized training for providers struggling with difficult children. In a typical quarter, her team provides 70 hours of training to 7 centers reaching 120 child care providers, 100 hours of consultation meeting 53 requests for assistance from providers plus numerous presentations at local and state conferences. Kristina Hindert, M.D., who herself has had an enormous impact on child mental health through her work as a leading child psychiatrist at The Children's Center and the University of Utah Medical School, observed that "The impact of this one woman ripples into our community, into the lives of Utah's child care workers and supervisors and into the lives of thousands of children."

Norma Matheson Outstanding Volunteer Award Goes to Jesselie Anderson

First given in 1994 by the Utah Nonprofits Association to honor Norma Matheson for her long career of volunteer service, this award is given annually to recognize an individual who has contributed significantly to the nonprofit community through his or her volunteer service. We are thrilled that this year's award recipient is Jesselie Anderson.

Jesselie has been involved with The Children's Center for the past 16 years. Her involvement is a continuation of a family legacy of leadership and generous support of The Children's Center. From 1999-2001, Jesselie served as Board Chair. From 1996-1998, Jesselie served as chair of our annual benefit, after having worked on the committee since 1995. While most volunteers would have then chosen to move on, Jesselie's most significant impact on The Children's Center was from 2005-2009, when she and her husband, Scott, chaired the \$13 million capital and endowment campaign. The result is a newly renovated, historic building that The Children's Center now occupies. Their leadership also added \$2 million to the existing Children's Center endowment. Jesselie served on the board of trustees from 1996 through 2010. She continues to volunteer her time and resources to The Children's Center.

Jesselie Anderson is a remarkable volunteer who exemplifies leadership, dedication and passion for the missions of the organizations to which she is committed. She motivates and supports the volunteers she is working with to meet the goals of the organization and projects at hand. The best examples of these qualities stem from her time as chair of The Children's Center's capital and endowment campaign. For four years,



Jesselie committed every day as well as evenings and weekends, to ensure the successful outcome of this campaign. Her diligence and enthusiasm for the project helped us surpass our original campaign goal, and firmly secure two, \$1 million challenge grants from the George S. and Dolores Doré Eccles Foundation and the Kresge Foundation. Jesselie's personal efforts raised over \$5.25 million for the campaign, approximately 40% of all funds raised.

Jesselie's concern for the emotional well being of the children across the state inspired her to help The Children's Center secure \$1.1 million over four years from the state legislature to create the Early Childhood Mental Health Initiative. This project provided training in evidence-based treatments, supervision and consultation to all 13 community mental health centers throughout Utah. Since the conclusion of the initiative, families across the state have been able to access highly trained clinicians who have expertise in treating very young children with emotional problems. Prior to this initiative there were little to no services for this population in rural Utah.

Jesselie's commitment doesn't end once her term on the board is over. She has remained committed to all the organizations she is involved in, working to make this a healthier, more vibrant and educated community. Though we know that Jesselie shuns accolades, in nominating her we felt strongly that she deserved this award, and we offer her and her wonderful family sincere congratulations for the well earned recognition this award confers.

**The Children's Center
is now on**

facebook

"Like Us" on Facebook for updates on what is happening at The Children's Center, to see pictures from our Annual Gala, get parenting tips, learn about volunteer opportunities, post comments and more! You can find us on Facebook with the name "The Children's Center, Utah" or link to it from our website at www.tccslc.org. See you there!



2011 Benefit Gala a Glittering Success

On June 17, 2011 The Children's Center annual gala took root downtown for a brilliant evening beneath the lights of our great city. Nearly 600 people gathered together on the plaza at the Gallivan Center to show their support for children with emotional and behavioral problems. The evening was a tremendous success, raising \$\$412,000 to fund mental health care for infants, toddlers, preschoolers and their families.

Under the direction of chairs Amy and Dru Damico, the evening consisted of live and silent auctions, great entertainment by the Joe Muscolino Band, and a focus on sustainable living with a menu featuring fresh, locally grown and sustainable foods generously provided by Nicholas & Company and exquisitely prepared by Cuisine Unlimited.

During the evening guests bid on an amazing array of live and silent auction items, took the opportunity to "stand up for children" by making a pledge of support and were introduced to two families whose lives have been changed by the services they received at The Children's Center. Their stories inspired many to increase their level of support and certainly fostered a sense of community spirit among the participants.

We are deeply grateful to everyone who made the event such a wonderful success: the benefit committee who worked tirelessly to secure each sponsor, each auction item, and provided countless hours of planning; the women of the National Charity League who have been providing volunteer support during this event for nearly 30 years; and we are especially thankful for our generous sponsors whose gifts ensure that 100% of the money raised that night will go directly to supporting the children and families we serve.

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Changes In The Tax Act Could Help Your Family!

Did you know that the 2010 Tax Act could help your family and The Children's Center? The official title of the Tax Act is: Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010. Below are a few opportunities that may benefit your family. Subsequently, it could provide you the opportunity to support families at The Children's Center in a very meaningful way.

The Tax Act of 2010 extends current provisions due to expire at the end of 2010 for an additional two years through 2012. Provisions that have a different expiration date are so noted in applicable sections.

Transfer-Tax Relief

Temporary estate, gift, and generation-skipping transfer-tax relief. The prior law phased out the estate and generation-skipping transfer-taxes so that they were fully repealed in 2010, lowered the gift-tax rate to 35%, and increased the gift-tax exemption to \$1 million for 2010. The Tax Act of 2010 sets the exemption at \$5 million per person and \$10 million per couple and sets the top tax rate of 35% for the estate, gift, and generation-skipping transfer taxes through 2012. The exemption amount will be indexed beginning in 2012. The Tax Act was effective as of January 1, 2010, but allows an election to choose no estate tax and instead use modified carryover basis for estates arising on or after January 1, 2010, and before January 1, 2011. The Tax Act sets a \$5 million generation-skipping transfer-tax exemption and zero percent rate for the 2010 year.

Portability of unused exemption. Under current law couples have to do complicated estate planning to claim their entire exemption. The Tax Act of 2010 allows the executor of a deceased spouse's estate to transfer any unused exemption to the surviving spouse without such planning. The Tax Act is effective for estates of decedents dying after December 31, 2010.

Reunification. Prior to 2001 the estate and gift taxes were unified, creating a single graduated rate schedule for both. That single lifetime exemption could be used for gifts and/or bequests. The 2001 Tax Act decoupled these systems, but the Tax Act of 2010 reunifies them for gifts made after December 31, 2010.

Individual Tax Relief

Basis adjustment to stock of S corporations making charitable contributions of property. For contributions made in taxable years beginning after December 31, 2009, and before January 1, 2012, the amount of the reduction in basis is the shareholder's pro rata share of the fair-market value of the contributed property.

Extension of enhanced charitable deduction for contributions of food inventory. The Tax Act extends (for two years through 2011) the provision allowing businesses to claim an enhanced deduction for the contribution of food inventory.

By having this information now, you could act in time to benefit your loved ones. Please contact your tax advisor to learn more about the 2010 Tax Act.



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Mental Health Care for Families with Young Children

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Online Auction Oct. 3rd - Oct. 7th

Visit us online during the week of October 3-7, 2011 and participate in our online auction where you'll have an opportunity to bid on some wonderful items! This is a great way to get a head start on some early holiday shopping and support children with emotional and behavioral problems at the same time. 100% of the money raised from this online event will fund services for the children and families who come to us for help.

ITEMS IN THE AUCTION WILL INCLUDE:

- One-of-a-kind picture frames made from 100 year old wood that was salvaged from the renovation of the Oquirrh School
- Original pieces of fine art
- Art created by children receiving treatment at The Children's Center
- Limited edition collectible dolls
- Golf gift pack
- Comprehensive fitness evaluation
- And more!

For more information, to preview the auction items, or to participate in the auction, please visit us online at www.tccslc.org.

Join us for Breakfast

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 6th 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 3 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.

