

MAY
2016

bridge

Bridging the gap for children and families in need

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Mom and Son Learn to Change

Sean had a very rough start to kindergarten last fall. He was clearly a bright boy, but had trouble focusing and sometimes became disruptive when he couldn't have his way. He even ran away from teachers in order to avoid consequences. Both at home and school, Sean sometimes behaved aggressively.

recognized signs of a trauma history and attachment disorder in Sean, who had suffered a number of losses in his young life. She helped Lisa see Sean's behaviors as age-appropriate responses to fear of abandonment and a perceived lack of control over his life.

Judy and Lisa met and spoke frequently to discuss attachment informed strategies. Together they developed specific responses and consequences to address Sean's behavior. "I also met with Sean individually," Judy explains, "to help him recognize feelings that triggered his defiant reactions. Even at five years old, he learned how to express feelings in a more appropriate way." To maintain consistency for Sean, Judy collaborated with school personnel.

Within just a few weeks, the boy responded positively. His outbursts at home and school became less frequent. "By the end of the semester," Lisa reports, "Sean was happier and much more cooperative."

It will take years of patient, thoughtful parenting to help Sean recover from his early trauma, but Lisa feels prepared. "Family Solutions for Kids made a huge difference for us," she says. "Now I have clarity and direction. Now I have hope for his future."

Sean's adoptive mom, Lisa, became exhausted and overwhelmed as she tried to respond to his behavior. After sharing her feelings of despair over the situation with the school counselor, she was referred to a PCHAS program, **Family Solutions for Kids**.

"Lisa was really dedicated to helping Sean," says Case Therapist Judy Bauer. "I noticed her dedication immediately. And even though she was knowledgeable about behavior modification techniques, she was receptive to learning new ones." Judy



Presbyterian Children's
Homes and ServicesSM
of Missouri

MISSION: Presbyterian Children's Home and Services provides Christ-centered care and support to children and families in need.

a message from

Executive Director Robert Giegling

remember!

If you'd like to receive our newsletter by e-mail, please let us know at moinfo@pchas.org. We will publish our next issue in September.

Remember to visit our website and Facebook page for the latest news and stories!

Missouri.pchas.org



When you think of a therapy session, do you imagine an office setting? Do you know that our Family Solutions for Kids program sends therapists to the family home, and sometimes to a child's school? We collaborate with various organizations to meet the basic needs of every member of a family.

When you picture fundraising, do you picture checkbooks and deposit slips? You would have been surprised to see our volunteers loading mattresses on a truck. Our staff recently partnered with a furniture store to provide bedding for teens in residential care.

In this issue, you will enjoy stories of people pooling their resources to meet the basic needs of children in our care. From the nine-year-old girl who gave away birthday presents to the retired man who drove a truck full of mattresses, our staff, volunteers and donors prove that it takes a village to raise a child.

Here at PCHAS we strive to be resourceful in both our services and our administration, and this approach is more important than ever now. Despite excellent outcomes, fidelity reviews and audits, two of our largest and most effective programs face significant budget cuts this year. These new financial challenges remind us that no single program or agency can meet the basic needs of all abused and neglected children.

Fortunately we live in a village with social workers, bookkeepers, creative thinkers and financial supporters like you. Now, as always, I appreciate your prayers and your practical support for meeting the basic needs of children in our care.

PCHAS Programs

- Therapeutic Mentoring
- Family Solutions for Kids
- Foster Care Case Management
- Residential Treatment
- Transitional Living

800.383.8147

News from Columbia

Community Helps with Fire Relief at PCHAS

Last January, a kitchen fire erupted in a Columbia, Missouri duplex. One side of the duplex caught on fire and destroyed everything in its path, upstairs and down.

This duplex had been a safe haven for eight young adults aging out of foster care. No one was hurt. However, the fire left the entire building uninhabitable, because the remaining portion suffered significant smoke damage. One staff member observed, "All of our Transitional Living residents were displaced, and that's a feeling they know, unfortunately, all too well."

A number of churches and individuals in the Columbia area offered to help. Their gifts covered the insurance deductible, which ran into thousands of dollars. Their generosity made it easier to find alternative housing for the residents and to replace some of their ruined belongings.

If you can assist PCHAS with these unplanned expenses, please contact one of our development officers. Any funds raised above the cost to re-build will go to programs helping the abused, neglected and abandoned children of Missouri.

Foster Care Facts

In Missouri, approximately 9,800 youth are in foster care. A foster family provides a safety net for children whose biological families are no longer willing or able to care for them. Many of these children have faced physical or emotional abuse.

Two PCHAS programs focus on these youngsters. **Foster Care Case Management** surrounds the child and the foster family with the love and guidance they need. It operates in St. Louis, Springfield and Joplin.

Twenty-two percent of Missouri's foster children are age 16 or older. When they age out of foster care, many are ill-prepared for the adult world. Up to 35% of them become homeless and up to 40% become parents by the age of 20.

Our **Transitional Living** program helps teens through the difficult transition to independence. It provides housing, counseling and support in Columbia and Springfield.

Mentoring Expands

More than 500 youngsters in St. Louis County participated in Therapeutic Mentoring, an early-intervention program, last year. Studies show that young people with mentors are 52% less likely to skip school and 46% less likely to use illegal drugs. Recently PCHAS expanded Therapeutic Mentoring to the Columbia area, funded by a grant from Boone County.

To help a child by matching him or her with a mentor, call 800-383-8147 or e-mail Jason.Bead@pchas.org.

Church Hosts Luncheon

A special Thank You goes to staff, members and guests of First Presbyterian Church for their hospitality and generosity. The church hosted our annual Luncheon on April 27 in the beautiful Ramsey Fellowship Center. "Hope for the Children" was a great success! We give extra special thanks to our guest speakers, including Reverend Michael Stanfield of Trinity Presbyterian Church, for their leadership and dedication to the PCHAS ministry.



May is
National Foster Care
Month

Because every child matters,
because every child deserves a family.

Wondering how to start or how to continue?

Contact our Foster Care Case Management staff at 800.383.8147.

It Takes a Village

Development Team

DEBRA PAULUS

Senior Development Officer
St. Louis and Eastern Missouri
1220 N. Lindbergh Blvd.
St. Louis, MO 63132
314.227.4545
debra.paulus@pchas.org

JOSH MARSH

Development Officer
Southwest Missouri/Southern Kansas
2740 E. Pythian
Springfield, MO 65802
417.862.9634
josh.marsh@pchas.org

ERIN FRASIER

Development Officer
Central & Northern Missouri/Northern
Kansas
409 Vandiver West, Bldg. 5, Suite 203
Columbia, MO 65202
573.489.6872
erin.frasier@pchas.org

SANDII HANDRICK

Director of Foundations and
Government Grants
1220 N. Lindbergh Blvd.
St. Louis, MO 63132
314.227.4553
sandii.handrick@pchas.org

NOREEN O'BRIEN

Director of Communications
1220 N. Lindbergh Blvd.
St. Louis, MO 63132
314.989.9727
noreen.obrien@pchas.org

REV. PETER D. CROUCH

Vice President for Development
Austin, TX
512.433.9157
peter.crouch@pchas.org

New Meaning for Birthday Gifts



Amy Layton delivers gifts to Residential Treatment Center.

When Amy Layton turned nine years old, her friends gave her presents to strangers. And Amy was happy about it.

"I thought I was really lucky for all the stuff I have and some kids aren't so lucky," she says. "My birthday and Christmas are both in December and I get presents twice. I wanted all the children to have a Merry Christmas."

Amy told a dozen girlfriends about the Residential Treatment Center in Farmington. The youngsters there are living away from family and the holidays can be hard for them. Shortly before Christmas, Amy and her friends provided them with a pizza party, new board games for their rec room, and individual gifts.

Debra Peachey of Springfield wanted to share her good fortune, too. As her birthday approached, she realized that birthdays for children in foster care can be painful reminders of loss. So she arranged a quarter auction for her birthday party. The guests raised more than \$700 for the residents at Ashley House, a Transitional Living residence.

Both of these birthday girls planned a creative way to raise awareness -- and contributions. The youngsters in PCHAS programs appreciate the thoughtfulness and the generosity.



Debra Peachey shares her celebration.

Springfield Steps Up

This issue of the Bridge newsletter suggests that it takes a village to raise a child. Sometimes it's one person taking initiative; sometimes it's a group of people pooling their resources. Three organizations in Springfield have a special interest in Ashley House, a home for young adults aging out of foster care.

At Christmas, the **James River Assembly of God Church** gave a very generous donation to fulfill wish lists of Ashley House residents. Later in the winter, the church purchased and installed two new water heaters for the home. Members painted and repaired the living room and library there, too.

"We are really thankful for these incredible gifts," says staff member Josh Marsh.

"The foster children here only receive about half of what is necessary for their care. Leaders in our community give these kids hope, not only at the holidays but also all year long."



Another example of community support comes from **Covenant Presbyterian Church**. The members wanted to address the practical and spiritual needs of young adults. They gave a Kindle tablet, complete with a Bible app, to each resident of Ashley House. As these young people transition to independent living, they use the tablets for school assignments and job searches.

Last but not least, the **Sunshine Rotary Club** continues to put the "fun" in "fund raising."

The club competed in a bowling tournament in Springfield and gave its Team Spirit award of \$100 to Presbyterian Children's Homes and Services. At press time, the team was in the tournament final, earning a minimum of \$500 for PCHAS. Check out [Facebook.com/pchasm](https://www.facebook.com/pchasm) to see the results.



Strangers Provide Comforts of Home

The beds at the Residential Treatment Center in Farmington were starting to look and feel a bit tired. And the 2016 budget did not have any, well, padding. At a routine staff meeting, the director of the Center, Caren Mell, inquired about buying mattresses for the residents.

Debra Paulus, Senior Development Officer, picks up the story. "We try to be as resourceful as possible with our budget," she explains. "Well, one of the staff in St. Louis had a friend in the furniture business. He was a sales rep, so he knew a lot of store owners. He agreed to ask around. And within a month, a store let us buy 20 mattresses at cost!"

But what about the delivery? It required a truck and a three-hour round trip. Debra solved this problem resourcefully, too. She contacted a retired friend, one who had lived at the Residential Treatment Center and now owns a truck. Without hesitating, her friend volunteered to take the mattresses there.

"We consider ourselves stewards of the contributions we receive," Debra says. "We go the extra mile to use them effectively. Even so, it's amazing how generous people can be, and how many different ways they are happy to help."

Community Connections

Funding Announcements

Two of the agencies that awarded funding for Therapeutic Mentoring over the past year are Boone County and Lincoln County. The St. Louis County Children's Service Fund (CSF) awarded grants to both the Family Solutions for Kids and Therapeutic Mentoring programs.

We also appreciate support from

- August A. Busch III Charitable Foundation
- Cuivre River Electric Community Trust
- J. Elizabeth McCain Charitable Foundation
- Sidener Foundation
- Ladue Chapel
- Missouri Trauma Informed Network
- AYCO

More than half of the PCHAS budget is raised through grants from government agencies and corporate and private foundations. A complete list of supporters will be published in our Annual Report this summer.



Paint the World you want to see

SAVE THE DATE

Hope for the Children Luncheons

Thurs., Oct. 13
Oasis Convention Center in Springfield

Thurs., Nov. 3
St. Mark Presbyterian in St. Louis (Ballwin)

Why I Volunteer

Amy White, Board Member

How did you originally learn about PCHAS?

I first became acquainted with PCHAS in a professional capacity, as an attorney. That allowed me an opportunity to get to know a number of employees and better understand the important role that PCHAS plays in our community, both in the greater St. Louis area as well as state-wide.

What makes you passionate about this organization?

PCHAS is exemplary in two respects – the services provided to our community and the employees who provide those services.

I am fortunate to have grown up in a loving and nurturing home, never having to worry about my physical safety or well-being. Tragically, there are kids in our community who cannot say the same. PCHAS helps these kids who are most vulnerable and who have experienced neglect, abandonment or abuse. The spectrum of programs is really impressive: in-home therapy, therapeutic mentoring, foster care case management, residential treatment and transitional living.

The numbers are impressive, too. In 2015, PCHAS served 2,095 individual clients, as well as family members who benefited from the services provided. Staff provided almost 11,000 hours of intensive in-home therapy. Another early-intervention program, therapeutic mentoring, provided 51,164 hours of service! These remarkable statistics would not be possible without PCHAS' dedicated staff, who are working tirelessly to serve these kids and their families.

Any additional comments you'd like to share about yourself or PCHAS?

I am grateful to have an opportunity to work with PCHAS and its staff and am humbled by the care and compassion that the PCHAS team has for its clients, their families and our community. PCHAS is truly demonstrating the teachings of Christ by serving those most in need.



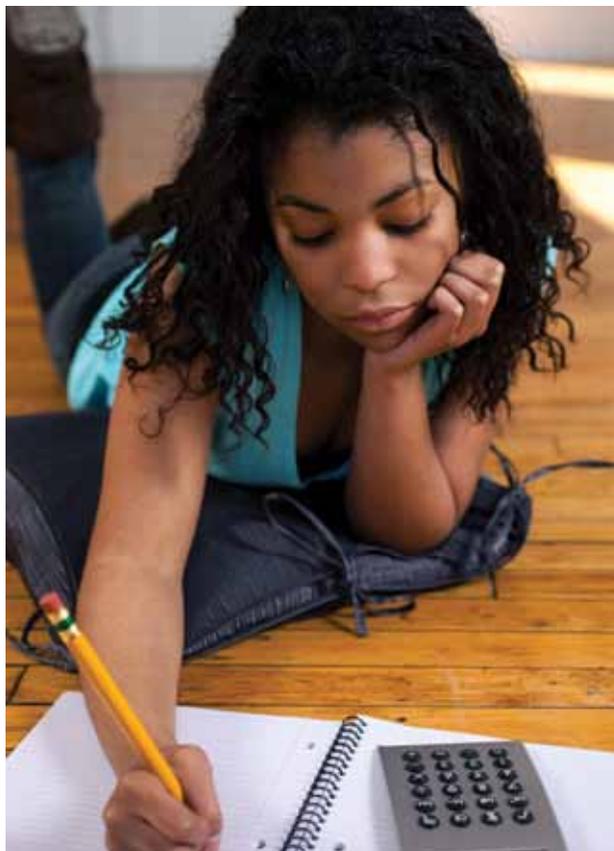
Success Story

Graduate Beats the Odds

High school senior Kaylee entered foster care recently. She had reported sexual abuse by her father, but he remained in the family home. Kaylee spent three months in a resource center and then joined a PCHAS program for Transitional Living.

Despite coping with the trauma of abuse and the upheaval of moving, Kaylee is still focused on graduating. She takes Special Education courses and participates in vocational training for students with learning or other disabilities. Her job training occurs at a hospital, where she transports patients to radiology for their tests. Kaylee has enjoyed the experience so much that she wants to enroll in CNA classes after graduation.

Between a third and a half of youngsters in foster care never graduate from high school. We are proud of Kaylee for beating the odds, graduating on schedule and planning for her future.



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Seeking PCHAS Ambassadors

We seek people who are passionate about our mission to serve as a link between our agency and their church or service organization. PCHAS Ambassadors receive training and support for their special role as advocates and liaisons. **Contact your Development Officer (see page 4) to learn more.**



Consider inviting a PCHAS representative to:

- speak to your congregation, small group or Sunday school class
- present to your Rotary, Optimist, investment or other club
- meet with you to discuss how to include PCHAS in your will or as a beneficiary of an IRA or insurance policy
- co-host a small gathering of friends and neighbors in your home to learn about PCHAS.



Presbyterian Children'sSM
Homes and Services
of Missouri

1220 N. Lindbergh Blvd.
St. Louis, MO 63132

missouri.pchas.org

Change Service Requested



Presbyterian Children's Homes and Services of Missouri is a 501(c)3 charitable organization. All gifts are tax deductible to the fullest extent of the law. We do not render professional tax advice.

If you are receiving duplicate mailings, wish to make a change of address or no longer wish to be included on our mailing list, please contact our headquarters at 800.383.8147.

For email delivery of this newsletter, write to moinfo@pchas.org.

MAY 2016

bridge

Bridging the gap for children and families in need

Your gift may qualify under
the Youth Opportunities Program

Would 50% tax credits make giving more fun?

Call us for details on how to qualify at 1-800-383-8147.