

## **If not us, then who?**

why Children's Hope Alliance is providing hope for kids & families across N.C.

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**"I couldn't have done it  
without Children's Hope  
Alliance. I came here  
because of my aggression,  
but now I have a chance at  
a new future."**

— **Santiago's Story**, page 8



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*Hope, Health, and Healing for Generations*

*The Journey, 2019*  
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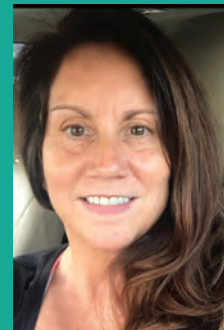
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# every journey is different...

and we're committed to walking side-by-side  
with children and families along the way

To Our CHA Family,

Each of us has a different path to follow, a different journey to make. And some of those journeys are more difficult than others. In this magazine, you will read about the dedication of Children's Hope Alliance to walk side-by-side with children and families whose journeys are extremely difficult as they move forward to find hope, health, and healing.



One of these stories is about Santiago, who is featured on the cover of this issue. After a traumatic early childhood, his path included a mentoring relationship with a staff member and a change in his life's direction—a change that now includes a promising future. Read about his story on page 8.

I am humbled every day to serve our staff, children, and families. As I spend time with them and hear about their journeys, I am inspired to continue our work to make sure that CHA is the most exceptional place to work and to receive services. We have some big initiatives and opportunities placed before us, and have set goals to keep us headed in a direction that embraces our mission.

These opportunities include a broader spectrum of community-based services, based on federal mandates now in place to reduce lengths of stay for children in residential care. These services, of course, will allow children to continue to be members of their communities as we work to ensure their safety and security.

Join us as we journey forward – read the stories in the pages of this magazine, attend a CHA luncheon, explore volunteering opportunities at CHA, schedule a tour of our programs, or simply learn more about us by visiting our website at [www.ChildrensHopeAlliance.org](http://www.ChildrensHopeAlliance.org).

Regards,

**Celeste Dominguez, President & CEO**



# Sisters' Journey: Finding A Home



Amber Kinsley, CHA case manager, prepares final adoption paperwork as little Jazmyn excitedly looks over her shoulder.

Sometimes the wait is worth it. That's certainly true for Children's Hope Alliance foster parents Phillip and Krista Royal, who recently adopted foster daughters Jazmyn and Arianna, ages 6 and 3.

"It is not easy, and probably one of the hardest things we have ever done," Krista confided. "But it has brought us closer as a family and as a couple."

**"Knowing that we truly have made a difference in these little girls' lives—and the difference they have made in ours—has been worth every minute of it."**

Life wasn't always happy for the two girls. Before arriving at Phillip and Krista's home, they lived in a home where neglect was the norm. "When they came to us they were tiny little ragdolls who were malnourished and dirty,"

Krista said. "At five-and-a-half months old, Arianna had already figured out it wasn't any use to cry because nobody would come. So she was silent. And so weak she could not hold her head up. Jazmyn (at age three-and-a-half) was a bit like a feral child who had obviously been left to her own accord a lot. She had no sense of manners or social exposure. She had no idea how to act in public or interact with her peers. She would often eat out of the garbage can after she came to us and was scared of everything."

The Royals were ready to help the girls in their journey out of a traumatic past. Arianna quickly grew stronger and became a social butterfly who smiled and laughed frequently. Jazmyn, however, was a different story.

As foster parents, Phillip and Krista said one of the toughest challenges was seeing the behaviors Jazmyn had developed living in a neglectful and abusive

home. After taking the time to establish loving relationships with both girls, Krista and Phillip put special effort into helping an introverted Jazmyn to find joy once again. And their work has paid off. "It has taken some time for Jazmyn to show us love, but the love that the girls both give back to us is extremely rewarding and worth all the frustrations of the journey to get here," Krista explained.

CHA case manager Amber Kinsey is thrilled for the whole family. "I am very happy that Jazmyn and Arianna found their forever home," Amber said. "They are two sweet, beautiful girls who are lucky to have found two great parents. It was a pleasure to be a part of the process."

As new parents, Mom Krista and Dad Phillip have high hopes for the girls. "In five years we hope that the girls are thriving, and that Jazmyn has been able to find

CONTINUED ON PAGE 11

# Field Goal:

## Stepping Down to Success

Stability is one of the most important factors for a child during the stages of early development. Sadly, that is rarely what the youth in our care experience prior to coming to Children's Hope Alliance. That was certainly the case for one amazing child: Santiago.

Santiago grew up with a mother and father who were badly addicted to drugs. Early on, he was left alone for long periods of time. Although his mother tried many times to get on a straight path for her son, she was unsuccessful. The lure of drugs drew her away from her family. She was focused on finding ways to get her next high and left her son home alone, cold and neglected.

Aware of the young boy's situation, an elderly neighbor made the decision to risk her safety and save Santiago's life. She noticed his home had no lights on in the dead of winter, so she contacted the Department of Social Services. A worker came to the home to find an emaciated, neglected, and abused four-year-old living in complete filth. That is when Santiago's experience with out-of-home placements began.

For the next several years, Santiago was placed in different foster homes, and as he grew, so did his temper. He was angry, and he never received the help he needed to learn how to cope with his nightmares and flashbacks full of trauma, abuse, and neglect. Different foster parents tried, but they were unable to help.

At the age of 12, after nearly 8 years of instability, his anger got the best of him. He was involved in a severe physical altercation and placed in a locked residential facility. "I felt like I was being put in jail," Santiago said.



MEET  
**SANTIAGO\***  
age 14

\*Child's name and photo have been changed for his protection, but his story is very real.

### "No one wanted me, and I wanted to give up."

That is where Children's Hope Alliance entered his life and finally offered him the stability he so desperately needed. Santiago was referred to a Level 3 Residential Living Program at our Grandfather Home campus. And this is where his story of growth began.

His therapist is amazed at his progress. "I have watched him grow into an amazing young man in less than a year," he said. "Sometimes he is unrecognizable."

Santiago has also learned proper coping skills to manage the trauma he experienced in his early years. He has also been coached through the Teaching Family Model (an evidence-based approach used to motivate youth to engage in healthy behaviors instead of punishing them for using unhealthy ones). He made so much progress, in fact, he quickly stepped down into a Level 2 home, the Hickory Cottage, which has given this charismatic and motivated teen a chance at a new future.

Santiago thrived in the Hickory Cottage and outside of it. He created a bond with the program manager, Ethan, who served not only as a mentor but also as



a brother figure. He enjoyed an active summer filled with swims at the lake, cookouts, and kickball. And when summer ended, he was presented with the opportunity to attend public school. He had never been more excited. "I felt proud of something and I wanted to do it right, ya know?" Santiago explained. Best of all, he made the varsity football team as a freshman.

And participating in the sport provided a benefit off the field

as well: It provided a pathway to deepen Santiago and Ethan's bond. Ethan, a former UNC football star, coached Santiago and regularly attended games under the Friday night lights. "I couldn't have done it without Children's Hope Alliance," Santiago said. "I came here because of my aggression, but now I have a chance at a new future. I want to play football for Ohio State and maybe one day become an engineer."

Now nearing the end of his first year of high school, he knows that CHA will always be here for him as he continues on his journey, and having that trust and stability has changed his life for the better. Santiago no longer focuses on where he will go next. He can just focus on being a kid.

We hope to find a foster or adoptive family in the area so he can finish his schooling nearby and continue his success. We support him, will you? ✨

## By the Numbers

Why we do what we do...

**400,000**

The number of kids in North Carolina who have an emotional, mental, or behavioral disorder

**115,000**

The estimated number of NC children who do not live with a parent

**112,000**

The number of kids in the U.S. who are waiting to be adopted

**19,000**

Children who "age out" of foster care each year who are never adopted or reunified with family members

**1 in 4 within 2 years**

The statistic of foster children who "age out" of care and are later arrested

**1 in 2**

The number of foster children who graduate from high school

Resources:  
Adoption & Foster Care Analysis  
& Reporting System / July 2016  
Child Welfare Outcomes /  
2012 Report to Congress



# HOPE, HEALTH, and HEALING for GENERATIONS



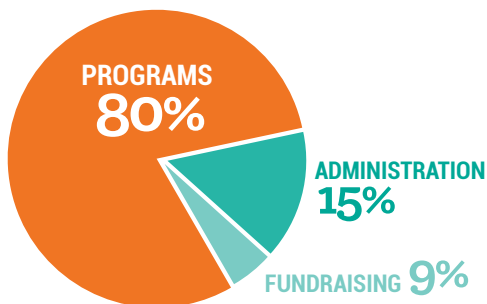
children's hope  
— ALLIANCE —

## 2018 Impact Report on Mission

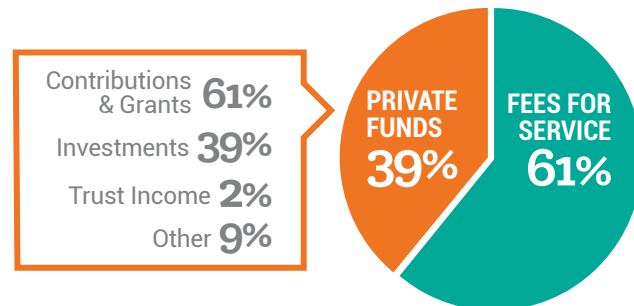
### Your Gifts Matter

Each year, we are humbled by the continued generosity of the individuals, foundations, businesses and churches who contribute to the financial health and growth of our mission. You make such a positive impact in the lives of children and families who are struggling. Without your help, many of them would be at risk of certain failure. But, you put a smile on their faces and hope in their hearts by providing the help and support they so desperately need. **Thank you!**

#### expenses



#### revenue



60

Donors have given consecutively for 20 years or more



418

Volunteers



1,399

Volunteer Hours



131

Donors have given consecutively for 10-19 years



42

New Giving Them Hope Society Members



401

Gifts-in-kind

### Why do we need your help to fund our services?

We rely heavily on our endowment and private contributions in order to fully serve NC children and families in need. **We simply could not fund our mission without you.**

In 2018, 80% of every dollar raised or paid went directly to programs that support children and families.

# the facts

●●  
**1/2**

Nearly  
of NC children  
live in poor or  
low income,  
at-risk homes

●●●  
**1 in 3**

NC children  
live in food  
insecure  
households

●●●●●●●  
**1 in 7**

NC children has a  
mental, behavioral  
or developmental  
disorder

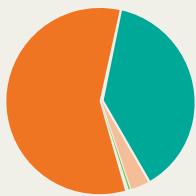
Last year,  
**less than 30%**

of children with a  
mental health disorder  
in NC received the  
treatment they need



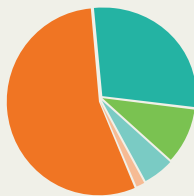
More than 2,200 children and families received services from Children's Hope Alliance last year.

## About the Children & Families You Helped



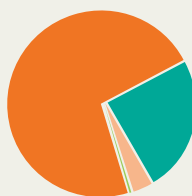
### Gender

▶ Male	58%
▶ Female	38%
▶ Unreported	3.5%
▶ Transgender	.5%



### Race

▶ White	55%
▶ Black	29%
▶ Multiracial	10%
▶ Hispanic	5%
▶ Other	1%



### Age

▶ 0-9	24%
▶ 10-19	72%
▶ 20+ (young adults + parents)	3%
▶ Unreported	1%

## PROGRAMS + SERVICES

### Foster Care and Adoption Services

**335 children** are closer to their **forever home**

- Family & Therapeutic Foster Care
- Intensive Alternative Family Treatment
- Adoption & Post Adoption Services

### Residential Services

**310 children & young adults** had a **safe home**

- Homes, Cottages and Emergency Teen Shelter
- Psychiatric Residential Treatment Services
- Stand By Me/Independent Living

### Outpatient Therapeutic Services

**1,066 children** are on their **healing journey**

- Individual, Group and Family Therapy
- Medication Management
- Dove House
- Trauma-Focused Cognitive Behavioral Therapy

### Therapeutic Education

**88 children** improved in **school**

### Community-based Services

**491 at-risk children and families** found **support**

- Intensive In-Home Services
- Intensive Family Preservation/Reunification Services
- Treatment Alternatives for Sexualized Kids (TASK)

## get involved



- ▶ **donate**  
Join the Alliance to support children and families
- ▶ **advocate**  
Find us on social media – like, post, & share
- ▶ **volunteer**  
Help others find Hope, Health, and Healing

**#BETHEHOPE**

[www.ChildrensHopeAlliance.org](http://www.ChildrensHopeAlliance.org)



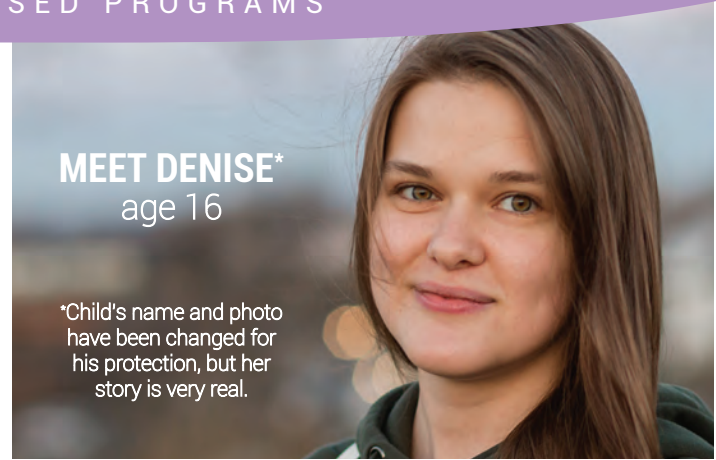
# Turning the Corner

**Denise is now experiencing success at home and school**

During her 8th grade year at school, Denise had few friends to talk to and spend time with. She had a difficult time seeing herself in a positive light. And she was physically aggressive toward her elderly caregiver.

In order to help Denise avoid being removed from her home, a three-person team from Children's Hope Alliance's Intensive In-Home Services met with her and her caregiver at least once a week, provided assistance in times of crisis, helped her brainstorm positive ways to solve problems, and tried to teach her skills that would help her succeed at home and in school.

It was during one of these team visits that Denise shared a secret that had caused her a lot of pain: She had been sexually abused. Her behaviors and reactions made more sense to the CHA team, but she needed more help. At this point, Denise started



working with a senior clinician at Children's Hope Alliance who could meet her needs.

With this new support in place, Denise made progress, little by little. It wasn't an easy road, and it "took a village," but she learned healthier ways to cope with stressors and intense emotions. Thanks to her principal and guidance counselor, Denise started to feel safe at school, her birth father became more involved with Denise, and she developed a strong relationship with her stepmother.

Today, Denise is successfully navigating high school. She has made new friends, earns passing grades, and participates in extracurricular activities. Although she is still fine-tuning her use of coping skills and respectful communication, her progress is undeniable. Denise has rounded the corner, and she has no intention of turning back. ✨

**Some kids just need a home court advantage.**

**YOU CAN BE A FOSTER PARENT.**

**1-844-791-3117**

**[www.ChildrensHopeAlliance.org](http://www.ChildrensHopeAlliance.org)**

   **#HOPEFORNC**



# Wildcat Lake: The Historic Waterhole

**G**randfather Home has a deep, rich history in the heart of Avery County. Founded as an orphanage in 1914 on a campus with views that can only be described as therapeutic, Grandfather Home has evolved over the years to help many amazing children succeed. In 1932, the Lake was established right next door to the home and today, it still serves as a great family recreation area. Sometimes the four cottages at Grandfather Home take day trips over to the lake for some recreation and as a reward for growth and great behavior. They swim, have cookouts, and even get to go fishing.

Last summer, Wildcat Lake was home to a particularly special day for CHA staff and youth. Following a week of strong participation with school tutors and working with a therapist, four girls in the Campbell Cottage, the Psychiatric Residential Treatment Facility, were given a day pass to head down to the lake and enjoy some sunshine.



The girls in that program have very intense traumatic histories, some of which include severe physical and mental abuse, and each of them has coped with past experiences by engaging in self-harming behaviors. This is the reason all of them have ended up in this facility.

After arriving at the lake, staff were surprised to learn that two of the girls had never been fishing before. The Campbell Cottage therapist, Ian Cornwell said, "We had the staff available and decided to take them fishing with some donated poles and some worms from campus." When they got to the lake, they were excited, but the girls refused to actually hook the worms. Fortunately, Mr. Ian was there to help.

A few minutes after casting her worm into the lake, Arielle got her first bite. "It started pulling on the line and I just started screaming!" Arielle said. "It seems boring to fish, but when you get one it's awesome. I was just like, 'Ahhh, I did it.'" As she reeled in a little bluegill, the other girls gathered around to watch. They let the fish go and everyone high-fived. By the end of the day, each of the girls had the chance to catch a fish — an experience they will never forget. "I can't wait to go back home and take my little brother fishing now," Arielle later told staff.

"Children's Hope Alliance and supporters of ours make days like this possible," said therapist Ian Cornwell. "Watching these girls do something as simple as fish can bring happy tears to anyone's eyes." We are so thankful for supporters of the lake and for people who give kids like Arielle, Skya, Amy, and Danielle the opportunity to heal in one of the most beautiful places in the state. ✨

## Wildcat Lake History

In 1933, Wildcat Lake was built during the height of the Depression to answer the need for a permanent water supply.

Wildcat Lake, now owned and operated by the Grandfather Home campus of Children's Hope Alliance, is a great family destination for more than 30,000 locals and visitors per year. Each year, it costs approximately \$45,000 to keep Wildcat Lake open to the community.

Right now, we are collecting donations and offering local businesses the opportunity to sponsor each of our picnic shelters with a banner display. Anyone can donate to help us cover this annual cost.



\*Child's name and photo have been changed for her protection, but her story is very real.

**MEET PARIS\***  
age 14

# Road to Recovery

Paris gets second chance at life after dark past

From an early age, Paris lived in an abusive home. Her mother was a drug addict and prostituted herself as well as Paris' older sister, and ended up in jail. When her mother was arrested, the Department of Social Services (DSS) placed Paris with her grandmother because of the unsafe living conditions found in the home — no power, no food, and the presence of drugs.

A few years later, her mother was released, moved into the grandmother's home, and had custody of Paris once again. At this point, her mother was involved in a gang. She dated gang members and brought people into the elderly grandmother's house late at night. It was during one of these late night visits that Paris was raped for the first time. She was 12.

At age 13, Paris was promoted as a prostitute on a website online. The men in the gang would give her drugs and alcohol, and sell her at night. Her mother was aware of everything. Looking back, Paris describes this time as "making money for the gang and helping make rent."

Four months after this cycle started, Paris was given a mixture of pills and alcohol that left her unconscious. Fortunately, one of the men who had paid for her time called 911 before fleeing the scene. She was immediately hospitalized and taken into DSS custody. Her mother denied anything was going on, and Paris defended her mother to keep her from getting into trouble.

At this point, Paris began cutting herself as a way to cope with her emotional pain, and she was placed in a level 4 treatment facility. A few months later, she had her first active suicide attempt at age 14. She refused to speak with therapists. Her first placement gave up on her quickly and transferred her to a level 3 residential facility. There, she was aggressive with staff, denied her story, and refused to face the reality of pain and abuse that she has suffered.

Last July, Paris arrived at Children's Hope Alliance. Dressed in all black, she entered the level 3 group home, refused to talk with staff, and immediately picked a fight with another girl. Thanks to the

**"I've been to four placements and nothing is like here. I just want to stay here, if that's ok."**

—PARIS

perseverance and patience of many staff members, Paris slowly built relationships with one staff member at a time. And she even started to smile during activities. It became very obvious that she just wanted to be a kid again.

The CHA staff and her care team listened to Paris when she talked about what she wanted to do with her life. And soon, they started to see real change. Paris loved science, and started actively participating in her school classes at the on-campus school. She started to draw, and got packs of pencils and markers to decorate her room.

Today, she is engaging in therapy and transforming her thought process. She has opened up to her therapist and other staff members about her experiences. She has finally begun to accept that what happened to her is not her fault. While this brings about a whole new set of emotions and fears, she is ready to face them.

Paris said she wants to continue to stay in our care and work toward stepping down to a lower level of care, and she'd like to go to public school someday. She recently told staff, "I've been to four placements and nothing is like here. I just want to stay here, if that's ok." She sees herself clearly now: A young girl with a whole life ahead of her. ✨



# ROYALS

continued from page 3

happiness in everyday things — we hope she finds a hobby she enjoys, has good friends, and is excelling in school to the best of her ability while having less daily (negative) behaviors," Krista said. "Arianna, we hope, will be excelling in school as well, continuing to be a vibrant sweet outgoing girl, has a hobby she loves, and some good friends."

Looking back on the past two years of fostering, the Royals acknowledge a truly rewarding part of the experience was "being able to become parents and have a family we would not have been able to otherwise."

And they would recommend the experience to others. "We would definitely recommend this to other couples as it is very rewarding. However, we would recommend that they go through a private agency," Krista said.

**"Once we came on board with Children's Hope Alliance, the difference was amazing in the amount of support we got and how quickly things got handled for the girls, once we had somebody to help advocate for them. It was a huge relief to have somebody to help us on this journey who had done it before." ✨**



## Special Announcement

### Visitor centers underway at Grandfather Home and Barium Springs campuses

Children's Hope Alliance is making plans for a Visitor Center on each of its historic campuses. Each space will be created to honor our supporters, their loved ones, and family members who desire to leave a legacy of supporting children and families in need. Our vision is to create a space where family and loved ones can visit and celebrate our collective dream of hope, health and healing for every child and generation.

The Grandfather Home Visitor Center will be located on the historic campus in Banner Elk, NC in the building previously known as the "director's house." Renovation plans are underway to house a museum exhibit that tells the unique story of Grandfather Home for Children through photographs and memorabilia. The space will also display a beautiful area to recognize our Children's Trust Society Members and family-named endowment honorees.

The Barium Springs Visitor Center will be located on the historic campus in Statesville, NC but the specific location is yet to be determined. We are in the pre-planning stages of creating a visitor complex on the east side of the campus. The complex would include several historic buildings: the Barium Springs Alumni Museum, the Laundry Building, Little Joe's Training and Enrichment Center and the original administration office. In one of these buildings, we plan to house a museum exhibit that tells the unique story of Barium Springs Home for Children. Like Grandfather, the space will also display a beautiful area to recognize our Children's Trust Society Members and family-named endowment honorees.

For more information about how you or your family could be a part of this honor, please contact Sarah Gray at 704-437-5809 or [sggray@childrenshopealliance.org](mailto:sggray@childrenshopealliance.org).



Post Office Box 1  
Barium Springs, NC 28010

# Leave a legacy through the Children's Trust Society

**Provide long-lasting support for children in need**

**Already in your Will?** Let us know so that we may honor you at our visitor centers on one of our historic campuses! You and your loved ones can help us celebrate our collective dream of hope, health and healing for every child and generation.

**For more information about how you or your family could be a part of this honor, please contact Sarah Gray at 704-437-5809 or [sggray@childrenshopealliance.org](mailto:sggray@childrenshopealliance.org).** Whether you are already a Children's Trust Society member or are considering a way to honor your family, Sarah can help you get the information you need.



***Because we dream of a world where every child and family finds hope, health and healing.***

