



barium springs
grandfather home

the *journey*

Spring 2020

Children's Hope Alliance provides hope, health, and healing for children and families across N.C.

Mission Possible

Michelle now has a bright future
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Family is off to a healthy start

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A Forever Home

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1-800-320-4157

Hope, Health, and Healing for Generations

The Journey, 2020
Volume 6, Number 1

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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, Barium Springs
and Grandfather Home Family,

Please join me in welcoming this new year
with a new vision: 20/20 vision. This is a vision
that grants us the ability to SEE the issues
challenging the children and families we serve,
and then to DO something about it. Recognizing
today's child – and meeting the needs of the children of today.



These are the children that others sometimes cannot or will not
help – children you will read about in this issue of the Journey –
these are the children we say "yes" to serving through a wide array
of services. Children who have endured trauma, who have severe
mental health needs, or who may have underdeveloped coping
skills. Children like Donna and Zeke, children like Kent and Sayrah.

We have a view of kids like these that allows us to really see them
– a clear vision that shows us what they can become, and who
they can grow up to be. Join us in this new view, this dedication
to seeing the value in each and every life we help to change, while
acknowledging each and every struggle our children and families
may have.

Happy New Year to each of you. I'm excited about everything that
lies ahead in 2020.

Regards,

Celeste Dominguez, President & CEO

*Names and photos have been changed for the family's protection, but their story is very real.

Family dynamics change after seeking help

KENT, age 14

Kent knew people. He knew how to read them — when they were angry, when they were lying, when they were safe. By the time he was 14 years old, he had honed this skill perfectly. He had to develop this skill to keep himself safe from a father addicted to alcohol.

But sometimes he didn't use this skill in a positive manner. Sometimes he would use this ability to manipulate people, especially his mother. And as his father's addiction grew worse, Kent's behavior grew worse. His mother didn't know how to protect him, and he became impulsive and defiant.

Eventually, Kent's father was admitted to a detox program. And his mother knew they needed help as well.

With the family boundaries askew, the family turned to our outpatient therapy program. Once Kent and his mother started working with a therapist, he was

very open about his frustrations with his father's addiction, and she was able to develop the ability to set boundaries for her child and her husband.

These changes in the family dynamics made all the difference. And by the time Kent's father returned home, the mother, father, and son established positive relationships to support one another effectively.

Today, Kent is managing his emotions, and the three of them are getting along well. Just as a family should.

For kids like Kent, our professional therapists help children throughout Avery, Buncombe, Forsyth, Iredell, Jackson, Mecklenburg, and Wilkes counties. From Asheville to Grandfather Home and Winston-Salem to Charlotte, your support makes a lasting impact on kids all over North Carolina. ✨

Get a 20/20 View of Today's Child



children's hope
— ALLIANCE —

WHEN OTHERS SAY NO

WE SAY
Yes

TO HELPING TODAY'S CHILD

Tour locations at Barium Springs & Grandfather Home campuses.
Or schedule a virtual tour — we drive to you
to speak to your company, church or civic group.

SIGN UP FOR A TOUR ONLINE AT
www.ChildrensHopeAlliance.org/tours



children's hope
— ALLIANCE —

children's
golf
classic

AT THE EXCLUSIVE
**Grandfather Golf
and Country Club**



October 2020

"To date, this is the best mountain golf course I have rated or played."

—GOLF DIGEST, JANUARY 2019

Sponsorship opportunities available now. Watch for registration info soon.

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

A close-up portrait of a young woman with long, wavy brown hair, looking slightly off-camera with a soft expression. The background is a blurred green, suggesting an outdoor setting.

MISSION ~~IMPOSSIBLE~~

MICHELLE, age 13

For 13-year-old Michelle, school was more than just “tough.” It was almost impossible.

She just couldn't make it through the school day without talking back to teachers, starting fights with other students, and sleeping through class. She just couldn't help herself. She hated school and she was letting everyone know about it.

By the time she reached middle school, it was clear she needed help if she had any hope of graduating from high school one day.

That's when Michelle started our in-school Day Treatment program. Her first days were rough — she had two or three outbursts each day, she struggled with academics, and still couldn't get along with other students.

It took some time, but the teachers and program staff worked diligently to build a relationship with Michelle, and she responded. She knew they really

wanted to help her and see her succeed. That's when things began to turn around.

Suddenly, Michelle wanted to participate in individual and group therapy sessions. Her mother and grandmother joined her in family therapy sessions. And Michelle's academic progress was evident — she started passing all of her classes.

Soon, Michelle will be headed to a traditional middle school classroom and everyone is looking forward to seeing her continued progress.

For kids like Michelle, our professional therapists help children in Iredell and Avery counties. Our in-school Day Treatment program provides a balance between education and therapeutic issues. Your support provides struggling students with skills that will help them succeed when they transfer back into a traditional classroom. ✨



Catawba Valley Healthy Families is an in-home visiting service designed to help parents of children up to age five in Burke County. The primary focus of the program is to promote positive parenting, parenting strategies, positive bonding and attachment between parents and child, and education about child development.

*Names and photos have been changed for the family's protection, but their story is very real.

Finding help and hope

Being a first-time mother is never easy. And it's really not easy when you're just 16 years old and don't have a solid relationship with the baby's father. But that was Teena's situation.

And to make things even more challenging, she was recovering from cancer and still attending follow-up appointments when she discovered she was pregnant.

Early in her pregnancy, Teena started working with the Catawba Valley Healthy Families (CVHF) program. The home visitor helped her understand the changes she was experiencing during her pregnancy and educated her about different milestones she should expect her baby to reach.

Because Teena had dropped out of high school due to her illness, the home visitor encouraged her to complete her GED. They had many discussions about the benefits of completing her high school

diploma, and after Jayden was born, she started working toward her GED.

Today the family is doing great. Teena and her boyfriend got married when Jayden was about 6 months old, and they have been in a stable relationship ever since.

Now, Jayden is 3-and-a-half and he has stayed on track with his development. He is in Pre-K two days per week and can sing the entire ABC song by himself. Jayden's father works full-time and mom works part time and is one test away from completing her GED. Once she completes her GED, Teena plans to enroll in college courses. They have lots of family support in the area, including one of Jayden's grandmothers who will babysit a couple of days a week.

As Teena and her husband have learned, parenting is never easy, but it's manageable with the right education and supports like CVHF by their side. ✨

Learning to cope

Sayrah was in the third grade when her father first noticed the red flags. At just 9 years old, she was acting out, having outbursts, and being aggressive toward her peers.

Following an outburst so severe her family was afraid for her safety, she was first hospitalized in elementary school.

In middle school, Sayrah's aggression continued, and she was accused of making a "hit list" of students to target through cyber-bullying. Two more hospitalizations followed — one following a suicide attempt and the other for running away.

While in high school, she was placed in various group homes, but she didn't seem to improve. Her aggressive behaviors continued, she had a habit of running away, and she refused to take her medication.

Over the years, Sayrah's parents didn't give up hope, but they weren't always able to participate in her treatment. Both of them worked, and they didn't have consistent and reliable transportation to get to where she was living. The distance only added to her frustration.

Sayrah arrived at one of our cottages when she was 17. For the first time, she experienced consistent expectations and learned coping skills that helped her manage and regulate her emotions instead of resorting to physical aggression. It took some time, and some practice, but Sayrah developed the ability to advocate for herself and communicate her needs in appropriate ways.

Today, Sayrah is living at home with her parents. She enjoys exploring her creativity through music and art. And she looks forward to using these skills in the future.

Teens like Sayrah get the help they need at these residential facilities locations:

- Barium Springs Home (Barium Springs)
- Grandfather Home (Banner Elk)
- Wilkes Cottages (Wilkesboro)
- Hawthorn Heights Temporary Teen Shelter (Bryson City) ❁

SAYRAH
age 17

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



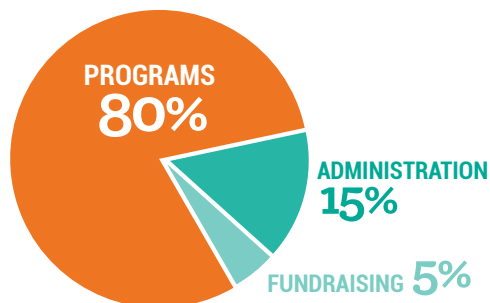
children's hope
— ALLIANCE —

2019 Impact Report on Mission

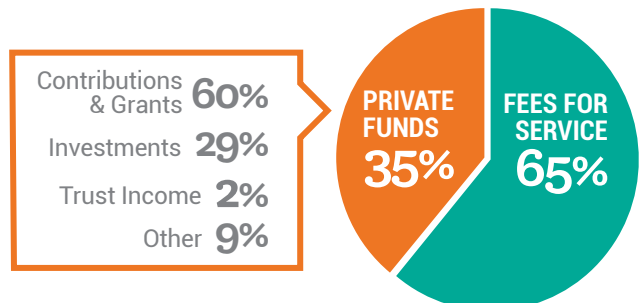
Your Gifts Matter

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




136 Donors have given consecutively for 20 years or more


704
Volunteers



2,563
Volunteer Hours

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.**


313 Donors have given consecutively for 10-19 years


110 gifts by Giving Them Hope Society Members


321
Gifts-in-kind

In 2019, 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 5

NC children
live in food
insecure
households



1 in 5

NC children has a
mental, behavioral
or developmental
disorder



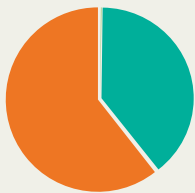
72%

of NC children who need
mental health services
do not receive them.



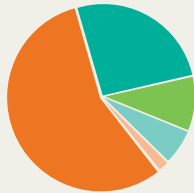
The lives of over 2,000 children and families were changed through Children's Hope Alliance last year.

About the Children & Families You Helped



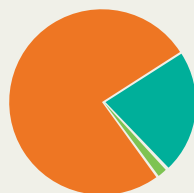
Gender

▶ Male	60.6%
▶ Female	39.2%
▶ Unreported	0.1%
▶ Transgender	0.1%



Race

▶ White	56.2%
▶ Black	26%
▶ Multiracial	9.9%
▶ Hispanic	6.1%
▶ Other	1.8%



Age

▶ 0-9	22%
▶ 10-19	75.9%
▶ 20+	2.1%

(young adults + parents)

get involved



- ▶ **give**
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

PROGRAMS + SERVICES

Foster Care and Adoption Services

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

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

Residential Services

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

- Homes, Cottages and Emergency Teen Shelter
- Psychiatric Residential Treatment Services
- Independent Living

Outpatient Therapeutic Services

1,162 children are on their **healing journey**

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

Therapeutic Education

100 children improved in **school**

- Grandfather Academy
- Iredell-Statesville School Day Treatment Program

Community-based Services

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

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

#BETHEHOPE

www.ChildrensHopeAlliance.org

FAMILY

*There is no
greater gift
to a child
than a family.*



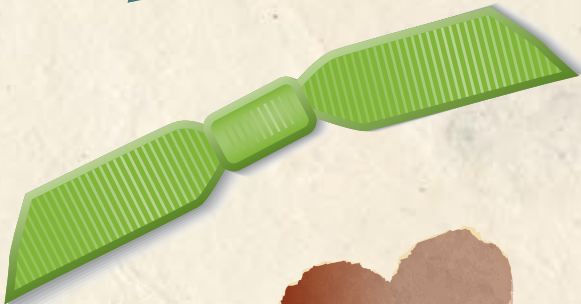
The Painters

John and Dixie Painter have been foster parents for over 14 years. During this time, they have had 60 placements. And the Painters are no strangers to adoption. The couple has adopted four children, and it's a celebrated topic in their family.

The most recent addition is Donna, who arrived at their home in 2016. She quickly became a part of the family. After three years, the Painters realized they could provide Donna with a permanent family, along with the love and devotion she deserved.

So after 1,190 days in foster care, Donna was officially adopted by John and Dixie. She found her forever home with three adoptive siblings: Mattie, Elizabeth, and Eric.

Donna



The Houks

Almost three years ago, Matthew and Alisha Houk welcomed Zeke home. He was just six days old. He has been a part of the family ever since.

As Zeke grew, he became more and more active. And the Houks knew they wanted Zeke to be a part of their family.

Today, he's a curious and inquisitive three-year-old. He's sweet and kind, and he has a smile that lights up the room. After 767 days in foster care, Zeke found his forever family.



ZEKE



THE STILES

Teresa and Clifford Stiles have a special mission in life: to give children a safe and protective home. To meet this mission, the couple has provided a home to over 50 foster children since 2008.

One of those children is River. He came to the Stiles home in 2017. And when they were asked to adopt River, they happily agreed.

Today, River is doing well in his kindergarten class and he loves solving puzzles. On his adoption day, Teresa and Clifford created an "adoption puzzle board" to celebrate the occasion.



river



WHEN OTHERS SAY NO
WE SAY
Yes
 TO HELPING TODAY'S CHILD



Children's Hope Alliance works hard to provide hope, health, and healing for generations. Our comprehensive services and programs are designed to give **hope** to our clients by providing a safe home, **healing** their hurt and encouraging a **healthy** start.

And **we say YES** to the complex needs of today's complex society.

Finn is one of many children who need your help

Following multiple reports of domestic violence, Finn was removed from the custody of his mother, who was battling with drug addiction. Acting out the behavior that had been modeled for him in the past, Finn would yell and hit other people if he got upset. He would run and hide any time he saw a law enforcement officer.



At school, he would refuse to work, running out of the classroom or sleeping in class. To help work through the trauma and violence he witnessed from a very young age, Finn receives support from CHA therapists and staff, and he lives in a CHA Foster Home with a wonderful foster mother who helps him manage his emotions and succeed in school.

Child's name and photo have been changed to protect his identity, but his story is very real.

Great ways you can get involved...

- ▶ Sponsor or put together **Welcome Kits** for children when they come into care.
- ▶ Sponsor or put together **School Bags** with needed supplies.
- ▶ **Give** online or via mail. No donation is too small!
www.ChildrensHopeAlliance.org/donate
- ▶ Organize a **supply drive** or **fundraiser**.
- ▶ **Host a Lunch & Learn.** (Please visit our website for details.)
www.ChildrensHopeAlliance.org/volunteer



#BETHEHOPE

GOING FOR GOLD

In our Foster Care and Residential programs, foster parents and residential staff help kids tackle their goals, building positive skills, and learn lessons that will help them succeed in the future. A large part of this process is using a structured approach to teaching these lessons – it's called the Teaching-Family Model.

The Model provides foster parents and residential staff members with trauma-informed intervention strategies to create daily opportunities for learning emotional, relational, and social skills. As a result, children and adolescents are given the opportunity to learn, develop, and practice the skills needed to live successfully in the community, achieve in school, and to be able to return home to their families.

One expectation of the foster parents and residential staff members in their professional development in the Model is to go through an evaluation process at their one-year mark, which includes an in-person observation and written evaluation report. In the foster care program, there are two certification levels: Gold and Silver.

To learn more about how to become a foster parent, visit www.ChildrensHopeAlliance.org/become-a-foster-parent/

or call one of our foster care specialists near you:

WNC — call Nicole 828-508-3456

Winston-Salem & surrounding area — call Tamesia 336-757-6672

Greater Charlotte & surrounding area — call James 980-635-4031

Fayetteville & surrounding area — call Tomika 919-500-9341



Not pictured: Jonathon & Stephanie Jenkins from Otto, NC – Gold Certified





Join today!

Each of us remembers childhood activities like being a part of a Girl Scout Troop, or playing on a Little League baseball team. And we want to make sure **you have the opportunity** to provide that same opportunity for a **kid in need** – who, because of you, will get to **“just be a kid”** for the first time ever.

You're never too young to be a grandparent!

By joining the Grandparents Club, you are coming along side of us to help **change the lives** of some of the **most abused and neglected kids** in our communities.

► **To join, give online and select Grandparents Club.**

If you would like to learn more about becoming a **GPC neighborhood host**, contact Madison Cornwell at **828-406-2424**.

What is the Grandparents Club?

A grandparent plays a special role in the life of a child: To love, to encourage, to support – sometimes in ways that a parent cannot. That's why we created the Grandparents Club – to provide an avenue for kids who have been without love, without encouragement, or without support to learn how to be kids again.

While the basics like food, shelter, and treatment are typically covered, the Grandparents Club provides funds for activities, special outings, or expenses that go “beyond the basics” – things like field trips, braces for crooked teeth, piano lessons, or participating in a family summer vacation. These are the funds that can allow our kids to have access to things that are a part of everyday life.

Grandparents Club funds provide children and families with what they need beyond “the basics.”

- Music lessons
- Cottage field trips
- School expenses
- Therapy supplies
- Extracurricular activities
- Sports equipment
- Motivational rewards



Members receive an exclusive bi-monthly newsletter and a birthday card from a child in our care.



Did You Know?

You Already Have an Estate Plan.

Whether you realize it or not, you likely already have an estate plan.

While everyone should talk with an attorney about a formal plan, there are assets you own that will automatically transfer to your heirs.

Small Steps

You can take some small steps today to ensure your loved ones are well cared for after you are gone.

You can:

- Name beneficiaries for your retirement plan assets and life insurance.
- Designate Pay on Death or Transfer on Death beneficiaries for your investments, checking or savings accounts.
- Review and update your real estate and vehicle titles to include your beneficiaries.

Multiple Beneficiaries

Keep in mind that there are many ways you can pass on your assets outside of a will. You can designate multiple beneficiaries, taking care of your family and the causes most important to you. If you want to help further our mission, please consider making our organization a beneficiary in an amount or percentage of your choosing.

A Few Moments

You already have an estate. It only takes a few moments to make it work for you. Please contact us for free resources and assistance with planning your future.



**There are many ways you may benefit from planned giving.
We can assist you in discovering the right plan for you.**

For more information, please contact Sarah Gray at
704-437-5809 or sggray@childrenshopealliance.org
or visit www.ChildrensHopeAlliance.org/planned-giving





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. 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.***

