

If not us, then who?

Why Children's Hope Alliance is providing hope for children & families across N.C.

Fresh Start

Family finds help through Catawba Valley Healthy Families

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Hope, Health, and Healing for Generations

The Journey, 2019
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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,

Life can sometimes be a battle. And that battle
can seem especially difficult for the children
and families we serve each day. Fortunately,
Children's Hope Alliance is prepared to stand
alongside families and children every step of the
way as they work through their challenges.



In this issue, you'll read how some of the more complex needs
of Jason, Jack, and Jayla are tackled through CHA services like
Outpatient Therapy, Treatment Alternatives for Sexualized Kids,
and Residential Programs. In each of these cases, like so many
others, our staff works to see the child and what s/he brings to
the world – despite a horrific past, despite extreme behaviors.
It's their light, their strength, and their determination that each of
our programs build upon to create new patterns of thinking and
behavior: a fresh start to a better life.

I hope you enjoy reading all of the stories of the children and
families in the following pages. They're a constant source of
inspiration to me, as I hope they will be for you.

Regards,

Celeste Dominguez, President & CEO

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



A Family Gets a Fresh Start

It's been said, "It takes a village to raise a child." And sometimes that village includes services from Catawba Valley Healthy Families at Children's Hope Alliance. It did for Cora and her parents.

Before Cora was born, her mother Sarah was referred to CHA services because of past drug use. Sarah had struggled with depression after the loss of a child and used drugs to numb her emotional pain. During this time, she also lost her nursing license and custody of Cora's older brother. But Sarah's life turned a corner once she started working with a Family Support Worker from CHA's

Catawba Valley Healthy Families program. With some help and support, Sarah stopped using drugs, she set goals for her family, and created a safe home environment for the new baby.

After Cora's arrival, the Family Support Worker continued her work with Sarah. And today, both mom and baby are doing great. Sarah is attending Narcotics Anonymous regularly as a sponsor to others, has earned back her nursing license, and is engaged to be married to Cora's father.

Of course, Cora is also doing well. She is now just over 2 years old, learning to put together sentences, and loves to play outside. ✨

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

Winning — THE — WAR

JASON, age 17



At a time when most boys dream of sitting behind the wheel of a car for the first time, Jason was fighting an unimaginable war – a war with his past, a war with his present, and a war with his future.

When Jason was only 8 years old, he was removed from his home because of addiction that had taken hold of his parents. As a result, Jason struggled with a lot of fear, and he acted out sexually.

He desperately needed help. That's when he entered a specialized service offered by Children's Hope Alliance: Treatment Alternatives

for Sexualized Kids, or TASK for short.

The TASK program is designed specifically for youth like Jason – it's a program focused on identifying the underlying mental health issues responsible for sexually problematic behavior. And once he started working with CHA staff, he was able to face the shame, guilt, and embarrassment he felt. He started managing his emotions and communicating effectively. He was finally able to confront a past that devastated him.

Today, Jason's mental health needs have been met. He lives with his loving grandparents and is making consistent progress. He is successful in school, participates in athletics, and is an extremely hard worker. Jason has won the war – he defeated the stigma that attempted to define his life. ❁

more about **TASK**

All TASK youth are measured using a tool called ACES (Adverse Childhood Experiences Scale). Average ACES score for our youth is 5, which indicates extreme risk for social and health issues such as:

- Lung disease
- Perpetrating domestic violence
- Depression and suicide
- Sexual behavior

Adverse experiences affect brain development

In data captured for TASK youth in the western region of the state, here's what they had experienced:

- 77% parental separation
- 60% household substance abuse
- 60% family violence
- 53% household mental illness
- 50% emotional neglect
- 43% physical abuse
- 43% emotional abuse

How does TASK help youth?

- Collaboratively creates treatment goals
- Reshapes the thinking and coping skills
- Ensures safety
- Reunifies families

It works!

Based on outcome assessments, youth:

- Experience improvement in mental health and behavioral health
- Show significant decreases in symptoms, such as:
 - Worrisome sexual behavior
 - Attention problems
 - Social conflict
 - School functioning
 - Violence
 - Suicidality

By the Numbers

Why we do what we do...

7.7 million

The number of children and teens who have at least one treatable mental health disorder

50%

Percentage of young people who do not receive needed treatment from a mental health professional

691,000

The number of children in US served by the foster care system last year

123,147

The number of children in the US waiting to be adopted

10,706

The number of children in foster care in North Carolina

Top 3 reasons children are brought into care:
neglect, drug abuse, caretaker inability to cope

20,000

The number of children who "age out" of foster care each year

1 in 5

The number of 19-year-olds who aged out of foster care and were incarcerated within two years

Resources: Adoption & Foster Care Analysis & Reporting System, July 2018
Child Welfare Outcomes, and Study conducted by the University of Michigan

Parents Learn New Skills to Become a Better Family



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

Life doesn't come with an instruction book. And sometimes that means parents don't know what to do with a child who is crying, misbehaving, or not able to communicate exactly how they feel.

That's what happened to Joey and Michelle. The hard-working couple was having a difficult time knowing how to manage their 2-year-old daughter Mandy. It seemed she didn't ever want to go to sleep, which made nap time and bedtime difficult. Mandy is also a naturally curious child, which meant she liked to get into everything – including things she shouldn't. And, as some 2-year-olds can be, Mandy was stubborn about doing what she wanted to do.

These parenting challenges, coupled with the fact that Michelle works full time and Joey is in the military, made things seem impossible.

The young couple felt lost. They got frustrated. Unfortunately, when they got frustrated, they would slap or hit Mandy to try to get her to listen. Things

got so bad that Joey and Michelle were reported for alleged child abuse. The young family was referred to Children's Hope Alliance's Intensive Family Preservation Services.

Parents participating in this service work to build parenting skills and participate in practicing those skills. Parents learn life skills such as budgeting or organization, develop positive communication skills, and can complete mental health assessments or receive links for recommended treatment.

The service was exactly what Joey and Michelle needed. They focused on improving their communication skills as a family. They practiced their parenting skills. And it worked.

Today, Mandy is still extremely curious. She still doesn't like to go to bed or to be told "no." But Joey and Michelle feel they know how to respond to her and meet her needs effectively. So, while no one has an instruction book for life written for them, this young couple feels like they've started to write their own. ✨



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.
- ▶ **Donate** online or via mail. No donation is too small!
- ▶ Organize a **supply drive** or **fundraiser**.
- ▶ **Host a Lunch & Learn.** (Please visit our website for details.)



#BETHEHOPE

GRANDFATHER HOME CAMPUS, BANNER ELK

Leaving the past behind and moving forward

Each time Jayla's uncle came to the house, she tried her best to disappear. But it wasn't easy. There were times when she was trapped there with nowhere to go. It was during those times that he would take advantage of her. And it wasn't only her – sometimes he included her cousins too. And it went on for years.

Soon, Jayla thought sexual behavior was normal. When she started doing to others what had been done to her, she ended up involved in the juvenile court system. Eventually, Jayla was placed in detention for 12 months.

She was a difficult case. It seemed that no one wanted to work with such a highly sexualized teen. It was at that point that she was referred for treatment at Children's Hope Alliance. She arrived at the Grandfather Home campus in Banner Elk, and it was evident she needed intensive treatment to address the trauma she had experienced at the hands of her uncle.

The CHA staff members who worked with Jayla understood her situation. They knew the trauma and abuse she experienced were not her fault, and they were able to help her work through a past that

wanted to hold on to her – a past that, if she was to move forward, was so important to leave behind.

During her time at Children's Hope Alliance, Jayla experienced ups and downs. She had successes and she had setbacks. It's been an arduous journey, but Jayla is making progress and is ready to return home – a home that no longer has danger or risk. She will be safe, and thanks to the CHA team who will be continuing to work with her as she makes this transition, she will succeed. ✨



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

BARIUM SPRINGS CAMPUS, STATESVILLE

Discovering his talents gives teen a bright future

For years, Tyler had one consistent person in his life – his social worker. He met her after his mother died and he had no one in his life who could take care of him. As he moved from one foster home to another, she was the one person who was always there to help pick up the pieces left behind from another broken attempt at finding a family for him.



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

TYLER, age 15

WILKESBORO CAMPUS

Helping a teen prepare to live independently

Eleven years ago, a young boy named Cameron was living in a home plagued by addiction. His mother was unable to care for him because she was losing her battle with drugs. She was in and out of jail, which left her young son with a sense of uncertainty and hopelessness. The Department of Social Services took Cameron into its custody when he was 7 years old. That was the start of his own battle.

Cameron was placed in a series of foster homes, psychiatric hospitals, and group homes for nine years. And adding to the complexity of his situation was the fact that he was developmentally delayed.

Then, in October 2017, 16-year-old Cameron came to Children's Hope Alliance. Through our residential program, Cameron was finally able to challenge the thoughts he had about hurting himself. He has worked for two years to control these urges and win his battle. And it's been a tremendous success.

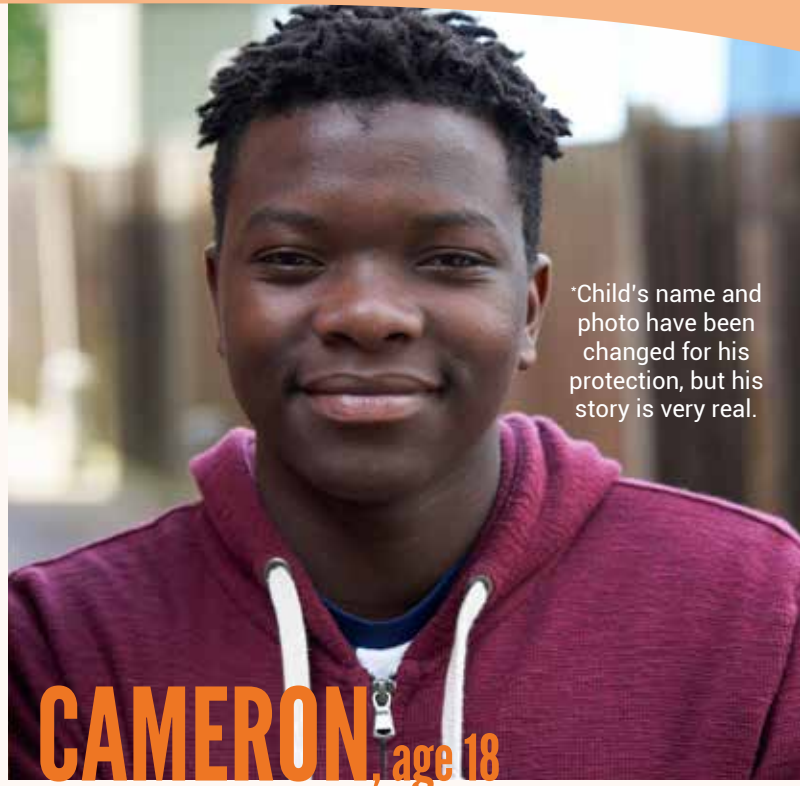
Today, at age 18, Cameron has earned his high school diploma, has work experience at two

different jobs, and is starting classes at a local community college to improve his reading and writing abilities. He has re-established contact with members of his biological family and is looking forward to getting to know them better.

Even though he has left our residential program, CHA is continuing to support Cameron. We are working to prepare him for living independently in the future while DSS and others are working to help him find a suitable place to live as an adult. ✨

As the years passed, Tyler's anger about his situation grew. It seemed to him that he was alone in the world with no one to count on. He ran away, he became aggressive toward others, and just wanted to be left alone.

His behavior became dangerous and required structured intervention. Tyler's social worker came to the conclusion that the best help for the 15-year-old was placement in a psychiatric residential treatment facility (PRTF). Fortunately, Tyler was placed at Children's Hope Alliance.



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

CAMERON, age 18

Since his arrival at the King Home on the Barium Springs campus, he has made tremendous progress. Tyler has experienced a complete turnaround. He is engaged in treatment and has had no episodes of aggressive behavior. And he's discovered a way to channel his frustration through art. Tyler loves creative writing and music, and he has found solace in these activities.

We look forward to seeing what he creates in the future – he may very well be the world's next Shakespeare! ✨

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

Overcoming Challenges

He wasn't always a caring older brother. Jack had many challenges to face before he could grow into that role. Some of those challenges included treatment at a children's psychiatric hospital.

Following his initial hospitalization, eight-year old Jack's parents struggled as intervention after intervention failed. That's when they connected with Outpatient Services at Children's Hope Alliance. A CHA therapist addressed Jack's diagnoses of Post-Traumatic Stress Disorder (PTSD), Generalized Anxiety Disorder, and Attention Deficit Hyperactivity Disorder (ADHD) through an approach called Trauma Focused Cognitive Behavioral Therapy (TF-CBT).

Every week, they made the 45-minute drive to therapy to get Jack the help he so desperately needed. And it made a difference. Jack and his family finally had the tools they needed to manage his complex needs.

Today, Jack is a different child. He no longer exhibits symptoms of PTSD or Generalized Anxiety. He is a happy, bright third grader. He loves all kinds of animals, and most importantly, Jack is a loving big brother who is protective of his new baby sister. ✨



JACK, age 8

What is Trauma Focused Cognitive Behavioral Therapy (TF-CBT)?

It's a specialized therapy that was originally developed to address the needs of children who experienced sexual abuse. TF-CBT has been used and refined for the past 25 years to help children and adolescents recover after trauma.

Research documents that TF-CBT is effective in improving a variety of problems for diverse, multiple and complex trauma experiences, for youth of different developmental levels, and across different cultures.

Not only does TF-CBT effectively address trauma, but it also supports family members; it improves the participating parent's or caregiver's personal distress about the child's traumatic experience, effective parenting skills, and supportive interactions with the child.

*information adapted from <https://tfcbt.org/about-tfcbt/>



STAFF SPOTLIGHT

Hawthorn Heights Temporary Teen Shelter



**ADRIENNE
McPherson**
Child Youth Care Worker

"Every child deserves a chance to learn and grow into the person they are meant to be. I show up to work each shift because the kids always have some news to share that they are excited about, and it makes me happy to be one of the people they want to share their news with: It might be a grade that they have been trying to raise, or a new skill they have been trying to master. Sometimes it is bad news, but even then I am glad to be there just to listen. I also have coworkers who I know enjoy making a difference for the youth we serve."

"I would love to shine a spotlight on Shaquan Strother-Gooden. We are so grateful to have her on our team at Hawthorn. She has been a life support to this program, filling in coverage gaps when we were very low-staffed. She is a positive presence who never complains, no matter how hectic or stressful her day may be. We have truly never seen her frazzled! She is always on the ball with case coordination duties, ensuring youth receive the best possible care and planning. When she is working, she makes fun a priority—singing during chore time and taking residents on adventurous outings during free time. And when she's working, you know you'll be eating good! Most of the 'favorite' house dishes are made by Shaquan. Overall, she is a wonderful support to both residents and staff, and we are fortunate to have her as a Youth Care Worker."

— Kara Long, Program Manager, Hawthorn Heights



**SHAQUAN
Strother-Gooden**
Child Youth Care Worker



SOME KIDS JUST NEED SOMEONE TO TALK TO

YOU CAN BE A FOSTER PARENT.

1-844-791-3117

www.ChildrensHopeAlliance.org



children's hope
— ALLIANCE —



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.

For more information: 1-800-320-4157

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.



Building a Forever Family

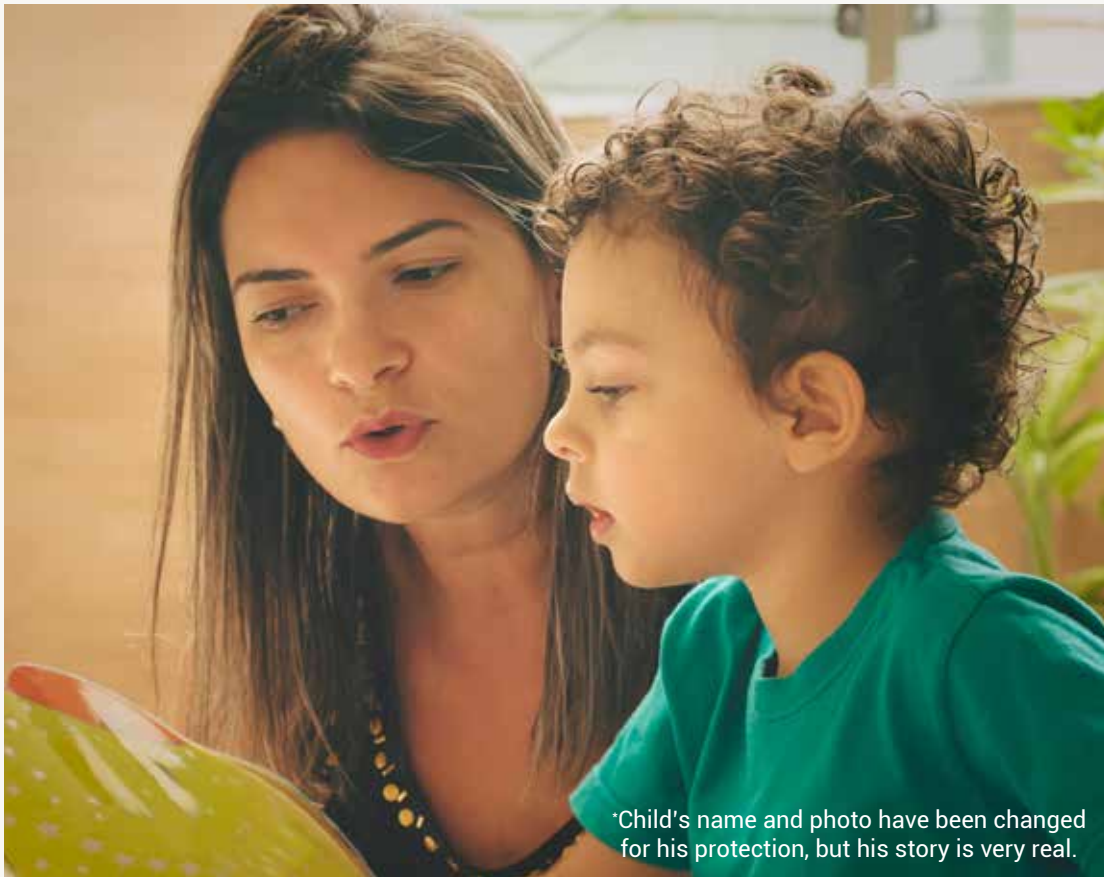
Some may call them superheroes, but to Austin and Leland, Maggie and Stewart French are just “Mom” and “Dad.” Two years ago, the couple, who had already adopted three children, opened their hearts – and their home – to two more children. Brothers Austin and Leland, who are today three and five years old, are now officially a part of the French family.

In June 2017, baby Austin and toddler Leland arrived at the French home. At that time, Maggie and Stewart had only thought about fostering the boys for a while since their plans called for reunification with their birth parents. However, the boys soon became loved and cherished members of the family. And when the direction of their plans changed, the entire French family knew they wanted to give Austin and Leland a forever family.

The rest, as they say, is history. Welcome home, Austin and Leland!



For information on how CHA can help your family with fostering or adoption, call 1-844-791-3117. ✨



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

Special Family Cares for a Special Boy

Unlike most newborns, Ethan did not leave the hospital in his mother's arms. Instead, he was taken into custody by the Department of Social Services because there was evidence of domestic abuse in the home as well as concerns that his mother may have used opioids during her pregnancy. At just six days old, Ethan was placed in a foster home with Children's Hope Alliance.

Although his foster parents had experience caring for babies, Ethan was different. He was premature and so small he needed to use a specialized car seat until he grew big enough to fit into a regular one.

Ethan also had frequent doctor's appointments and required special medical services. Due to various health concerns, Ethan underwent two surgeries before he was 18 months old. In addition, he received physical therapy and wore a corrective helmet. Through it all, his foster parents made sure all of his medical needs were met.

As a result of their hard work and Ethan's strong spirit, he is meeting each of his developmental milestones. He continues to attend physical therapy, but there is a possibility he won't need this service much longer. Thanks to the love and support of his CHA foster family, Ethan is thriving today. ✨



+++Fine-Tune Your 2020 Philanthropic Vision

+++See the Benefits of Giving Stock

AVOID capital gains taxes up to 23.8%.

RECEIVE an income tax deduction for the full amount of your gift.

MAKE a meaningful gift with no cash out-of-pocket.

CAPTURE the value of your stock and end the worrying about market ups and downs.

PUT your gift to work right away for the causes you care about most.

+++2020 Vision for the New Year



We can give you ideas to help you save taxes in ways you may have never seen.

Doctors measure eyesight in near and far vision. Our lenses will help you save taxes in the near term, as 2019 comes to a close. Yet, we can also help your long-distance vision, giving you ideas for income (and lower taxes) for 2020 and beyond.

If you really want to “beat” the standard deduction, consider:



Donor Advised Fund

Donate as much as you want and get an income tax deduction for the full amount. Direct funds to charities you choose when you want.

A New Look for Your IRA+++

If you’re required to take a minimum distribution, consider an IRA rollover. This option allows you to direct up to \$100,000 to a charity like Children’s Hope Alliance. You won’t receive an income tax deduction, but you won’t pay taxes on it either. **Here’s how it works:**

	Take the Required Minimum Distribution as Always	Or Use the IRA Rollover
Taxes	You pay income tax on the amount you distribute from your IRA.	You pay no income tax on the amount you transfer to us.
The Law	You comply with the law.	You comply with the law.
The Benefits	You receive income after paying taxes on it.	You help our work, and we can use the full value to support children and families.
How It Works	You receive a check or direct deposit.	Your IRA administrator sends the distribution directly to us.

For more information, please contact Sarah Gray at
704-437-5809 or
sgray@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. 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.

