



barium springs
grandfather home

the *journey*

Summer 2020

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

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Hope, Health, and Healing for Generations

*The Journey, 2020
Volume 6, Number 2*

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every journey is different...

To our Children's Hope Alliance,
Barium Springs, and Grandfather Home family,



I hope you are all safe and healthy at home. Please remember to keep connected with your loved ones as much as you can. Our connection to each other can be great therapy! My note to you all last January seemed a lifetime ago. The pandemic has wreaked havoc on our daily lives. But, I am extremely proud of our staff, foster parents, and children for how they continue to exhibit strong character and resilience during this time. With quarantine scares in multiple group homes, COVID-19 has been quite the challenge. So far, no one in our circle has tested positive, and we pray that things stay that way!

In March, we closed all offices, homes, and campuses to visitors and stopped admitting new children into care. Since then, we have closed many group homes and cottages. Our two acute care facilities remain open as will our independent living program. To ensure the health and safety of children and staff, we will open an interim unit later this month for admitting new children. These children will be monitored by our medical staff for two weeks to be certain they do not have COVID-19.

Our foster care staff are paying special attention to our foster homes to make sure children and families are safe and healthy. We have several foster parents who have lost their jobs. We are doing all that we can to provide food and supplies for these families. Our therapists are providing therapy by phone or video call as often as possible. One therapist sat in her car while the youth stood in the driveway and they talked.

Throughout the pandemic, we are continuing our mission to help children and families in need. We won't let one nasty virus stop us from helping as much as we can! I hope you enjoy this issue. Thank you for your prayers and support.

Regards,

Celeste Dominguez, President & CEO

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



A Strong Focus on Family-Centered Care

whether that is a birth family, a relative, or an adoptive home



Our mission is to Provide Hope, Health, and Healing for Generations. The word “generations” implies a long-lasting change. A critical component to creating lasting change for children and families in North Carolina is creating a structure of support that allows for the stability of families. And that's the focus of Children's Hope Alliance: establishing paths to permanency for children so they have a forever family – whether that is a birth family, a relative, or an adoptive home.

With exciting plans ahead, our goal is to help more hurting children and families in NC with a laser focus on family-centered care – providing innovative approaches to help these families solve complex problems.

The longer children are away from their families, the more likely that family system is to break down and have difficulty getting back together.

There are a vast number of children in the system, and as you know, most children only want to go home. No matter how long they have been away from home, their dream is to have that connection to family. So, the earlier we can intervene with families, the easier it will be on children. And hopefully, the better our society is because the families will be healthier as a unit.

With the help of CHA in their home, they will begin to experience safe family relationships and work through conflicts and trauma as they happen. Families have the power to change without being afraid that children will be ripped away from them.

CHA walks alongside families to make sure the family is successful and kids are safe. It may be messy and complicated, but this approach is better for children and the future of our communities.

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

Family of seven now has peace, structure

LeAnn's teacher first noticed the bruising on her arms when she leaned over to pick up her pencil off the floor. She thought it was strange and wondered if anyone could get that type of injury by falling down or bumping in to something. Then she started thinking about the fact that LeAnn never seemed to wear clean clothes, frequently had messy hair, and sometimes didn't smell very nice. That's when she decided to make a report to social services.

LeAnn's mother wasn't surprised by the visit from the social worker. After all, trying to hold down a job and manage six kids wasn't easy. She didn't know how to offer any type of structure, how to punish them without resorting to violence, or how to begin to make sure they were all clean and "perfect" each day for school. She was lost

and she didn't see any other way to approach parenting.

Fortunately for the family of seven, they qualified for Children's Hope Alliance's Intensive In-Home Services. The team stepped in to help LeAnn's mother to have clear expectations for the children, creating chore charts and routines for the morning and evening.

Over time, the structure brought a sense of peace to the home.

At 12 years old, LeAnn is the oldest sibling, and she is grateful she doesn't have to try to keep things in order at home anymore. Instead, she is finally able to focus on things she loves – drawing, painting, and just being a kid. ✨

LEANN, age 12

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

JIMMY,
age 17

LEARNING TO BE PART OF A FAMILY

Jimmy arrived in a foster home last year. He was 16. And he was scared.

He struggled fitting in to his new family, and school was a disaster. After all, Jimmy hadn't lived in a real home for a long time – he had been in hospitals, psychiatric facilities, and high-level residential homes. In fact, he'd been used to so much structure in these institutional settings that he didn't know how to act in a family-like setting.

His foster parents knew about his history and saw him struggling, so they gave him space. They allowed him to decide when he would participate in family activities. They were constantly encouraging him to play games and spend time with the family, but it took him a while to warm up. Eventually, Jimmy responded. Today, he takes part in

family activities and family chores. He especially enjoys when they cook dinner together and try new recipes.

Jimmy's school participation improved this year until the COVID-19 stay-at-home orders were put into place. Like other students, Jimmy is now attending school online, relying on his foster parents to act as his homeschool teachers, and getting his work done every day.

Now that Jimmy's birth parents have fulfilled their responsibilities to have their son return home, Jimmy is planning to go home soon. With the warm, positive environment he has experienced in foster care, everyone is hopeful he will be able to re-develop a strong bond with parents and siblings when he returns home. ✨

PERMANENCY *gives a child* THE POWER *of being loved* FOREVER

For any child who has been alone in this world

— not sure when or if they were going to have anything to eat, or if they will be hurt by the hands of a parent —
having a safe and stable home sometimes seems like a pipe dream.

Fortunately, Adoption Services at Children's Hope Alliance helps to **make these dreams a reality** by carving out the path to permanency for them.

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



Foster children live in an upside down world of constant change. A forever family means everything to these kids being tossed back and forth. Many of these children have never known a time where they lived in a stable environment or safe place to truly call their own. Once many of these children know they are safe, and going to stay in this safe place forever, you can see the cares and burdens of life fall off of them and they truly are free to just be a kid. It is a freeing feeling for these children to finally hear "you are home to stay!"

— **Leah & Adam Anderson**

Foster parents, soon-to-be adoptive parents

Becoming part of a forever family is not only of incalculable significance to the child being adopted, but it is also an unparalleled blessing to the family doing the adopting. All five of our children have been miraculously added to our family through adoption from foster care. I'll forever be thankful for the opportunity to love, serve, and bond with our five miracle children. Ever since my husband and I decided to offer ourselves as a forever family, all 7 of our lives have been and continue to be changed in paramount ways for the better.

— **Maggie & Stuart French**

Adoptive parents



We believe that we all go through a unique set of circumstances that help us develop individually into who we are. God works all things for our good. We can each use what we have learned in our journey to help others. A forever family, or any family as far as that goes, should be a family that ministers to one another as well as ministers and helps others that are hurting. The importance of any family is learning to love. For the greatest of these is love.

— **Connie & Ricky Phillips**

Adoptive parents



In providing a forever family, Colleen and I can be the stability that our Evelyn, and every child, needs to grow in the world. As "Mama and Dada", we are providing her with opportunities and experiences she may not have otherwise had. Evelyn can feel safe knowing we and our extended family will always be there to support her.

— Paul and Colleen Colderone-Sculley family
Adoptive parents



Being forever parents is a lot of work and doesn't make fairy tales come true, except for you and the little guy or gal that you make your own.

— Maureen Bishop
Adoptive parent



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

**Coping
COVID
Innovative
CHA is supporting
children
during**

Adoption Finalized

Children needing forever homes doesn't stop, and neither do our efforts to make it happen. Last Friday, Crystal and Jayson Johnson met CHA adoption worker Rene Plemmons at the Haywood County courthouse to file their petition for adoption.



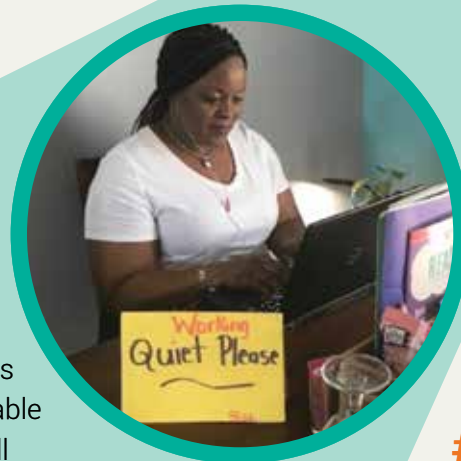
Foster Parent Support

Kristin Slaughter continues to support foster parents during this critical time when tensions can run high and behaviors can escalate. She said, "The biggest change has been switching to virtual coaching 'visits' with the kids and families. I have really appreciated all of my families jumping on board and the kids have had some fun with it!"



Therapy from Home

CHA therapist Shameka Chambers reserved a corner of her kitchen table to devote to work. She is seeing all children and families as previously scheduled, and adjusts her work hours to accommodate their virtual classroom times in school.



#COVIDCantStop

g with ID-19 ive ways ill serving & families g crisis



Deliveries to Foster Families

Latasha Surney, a case manager from our Foster Care program, focused on meeting the immediate needs of those foster parents who care for medically fragile foster children. Along with other team members, she was on call to deliver gallons of sanitizer solution our facilities department made so our foster families wouldn't run out.



Equine Therapy

Ashley is one of our Child ACTT therapists. During a recent therapy session, she introduced a child to a real horse. As a result of that experience, the teen girl recalled memories of riding a horse when she was younger. Building on these positive memories, Ashley was able to move forward with that therapy session in a very unique way.



Video Conferencing with Families

As a therapist, Christian Inmel talks with children and families from home with video conferencing. It is important for youth and families in our TASK program to stay connected with their therapy plan — especially during times of high anxiety.

Acting out to go home

After three years of bouncing from foster care to group homes to psychiatric residential treatment facilities (PRTF) to hospitalizations, 17-year-old Chloe returned home. It wasn't easy for her family. When she first arrived home, she was still verbally and physically aggressive. And she was still at risk of harming herself.

The Child ACTT team (including a therapist, registered nurse, and trained behavioral professionals) wrapped around Chloe and her family. They helped her to gain the skills she needed to develop a sense of self-control, and they helped her family learn how to support her when things felt out-of-control.

Her family also received Christmas gifts, bunkbeds for the children who had been sleeping on the floor, clothing and food, and they are working to secure stable housing.

Today, after three months of participation in the Child ACTT service, Chloe is doing well. She is enrolled in a GED program at her local community college. She's also lost 15 pounds thanks to changes in her medication.

"I'm glad I came home with Child ACTT," Chloe said. "If I would have stayed at the PRTF or was sent to another residential placement, I would have just acted out because I wanted to go home." ❀

Child Assertive Community Treatment Team (Child ACTT) is a growing family-based service aimed at helping the children most at-risk of being removed from their home. The design of this service is intense with daily communication between families and our team members. At this time when additional stress has been placed on so many families, our teams have to be innovative in how they build rapport and communicate effectively with children and families.

"I'm glad I came home with Child ACTT. If I would have stayed at the PRTF or was sent to another residential placement, I would have just acted out because I wanted to go home."

CHLOE, age 17

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



You're never too young to be a grandparent!

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.

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

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 foster family summer vacation. These are the funds that can allow our kids to have access to things that are a part of everyday life.

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



To join, simply 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**.



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





ASHER, age 16

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

His father wanted him out of his house, then **STOP** steps in to help

Asher had been on a swim team as long as he could remember. He loved the feeling of the water, he loved diving off the block, and he loved being able to swim fast. The coach told him if he kept working in practice, by the time he started school as a high school junior next year he might be able to win at districts.

Everything was great. At least that's what he told himself every day.

Asher's father knew different. Asher's sister had told him about the abuse – about how Asher had touched her for years. He was done with his son. He wanted Asher out of his house and out of his life.

Once the judge ordered Asher to get treatment, he was referred to CHA's Specialized Treatment of Perpetrators (STOP) program.

Asher's father wasn't sure. He knew his son needed help, but the STOP program provides intense therapy and safety planning while the perpetrator is still involved with the family. Having

Asher around any member of the family was not what his father wanted.

After Asher started the program, however, his father noticed a change. Asher started to respect boundaries of his siblings and the new rules of the house. His father also participated in family therapy sessions. And best of all, after a few months of treatment, something almost magical happened.

During one afternoon family therapy session, Asher apologized. It wasn't just an "I'm sorry for what I did." For the first time, Asher spoke to his sister in a way that was clear he understood how his actions affected her and the entire family – how much it hurt her and affected her life, and how he was wrong. His father was brought to tears. He saw his son in a whole new light. He had hope.

Today, Asher is excelling in school and on his swim team. He has reintegrated into family activities while maintaining excellent boundaries with his siblings and parents. The entire family feels safe, and Asher knows deep down that things now truly are great. ❁

STOP PROGRAM

SPECIALIZED TREATMENT OF PERPETRATORS

The STOP Program provides specialized services to youth who have been adjudicated for sexually harmful behaviors through the Juvenile Justice system. These youth, some as young as 8 years old, have been court-ordered to complete evaluation and/or treatment services. Non-adjudicated youth may also be served based on a case-by-case basis.

What are the objectives?

- A primary focus on safety, regulating emotions, and having good relationships with others
- Prevention of further sexualized behaviors
- Integrating family and child dynamics into services
- Reunification with family
- Reconciliation of some kind with the victim of the child's sexual behavior
- Treatment driven by a cognitive behavioral, trauma-informed approach

For more information about this program, call (704) 832-2200 Ext. 2332/2333 or visit www.childrenshopealliance.org/stop/

**Not every family
has a child,
but every child
needs a family.**

#BETHEHOPE

**Foster-to-Adopt
Parents Needed**

Call us today at 1-844-791-3117

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

72%

Percentage of NC children 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

LEARNING TO CONTROL EMOTIONS

MALIK, age 13

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

Everything frustrated Malik. It didn't matter what he did, he could feel the anger building up inside him just waiting to get out. No one would tell him what to do – he was 13, just under six feet tall, and big as any man his mother brought home. He didn't care who it was – they weren't going to boss him around or hurt him the way the grown men in his life had hurt him.

He yelled at teachers, he screamed at his parents. Malik was suspended from school more days than he could remember being in class. The last time was the worst. His brother just wouldn't back down. He had to teach him a lesson. Except that he couldn't stop himself from hitting him over and over. He couldn't stop himself from throwing things around the room. It was like the rage just controlled him and took over.

At that point, Malik's mom had to do something. She feared for the safety of both of her sons, and

for herself. She knew Malik needed help. That's when she learned about the Outpatient Services offered at Children's Hope Alliance.

Initially, Malik was hesitant. He didn't know what to expect from a therapist. He didn't know how he should act or what types of questions he would be asked. After a couple of sessions, Malik was able to talk about what bothered him, why he felt he had to yell and hit. And the therapist was able to help him see there were alternatives – other things he could do to solve the problem. Together they came up with what his therapist called "coping skills."

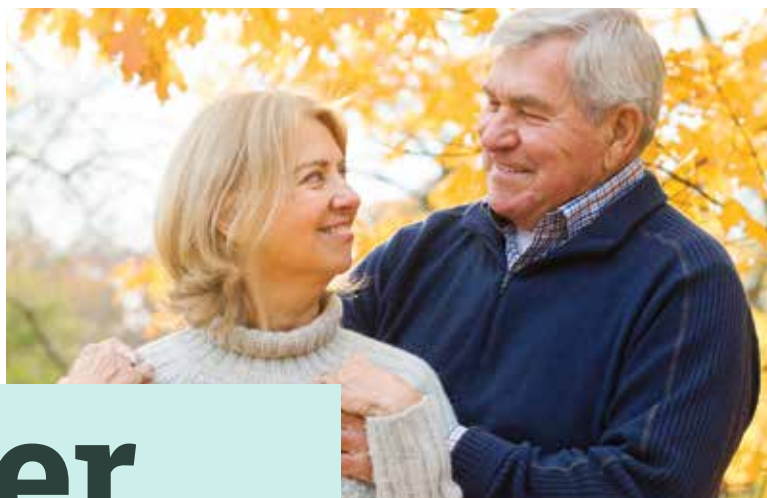
Over time, it worked. Malik still gets frustrated, but now he is more able to control his emotions. He gets along (for the most part) with his siblings and he can talk with his mother when he gets upset. Things aren't perfect, but for this family things are a whole lot better. ✨



Stronger Together

Now more than ever, we thank you for your support. Because of you we are here today and will be stronger tomorrow. We will persevere.

Thank you for all you have done. Once this international concern passes, we will be stronger than ever. If you have questions or comments, always feel free to call or email us. Together, we will continue making a difference.



During these times of change and uncertainty, we want to thank you for your partnership.

Thanks to you, our mission will continue.

Are you a member of the Children's Trust Society?

We have a plaque ready to display in your honor at the new Grandfather Home Visitor Center and Museum!

Contact Madison Cornwell at 828-406-2424 or MLCornwell@childrenshopealliance.org for details.



What is the Children's Trust Society?

The Children's Trust Society was established to honor those who have taken the special step of including Children's Hope Alliance in their long-term plans through a bequest provision, retirement plan assets, life insurance policy, life-income gift or other deferred giving arrangement. If you've done this already, please let us know! We'd like to send you a thank you for your significant and special gift.



Because we work for a world where every child and family finds hope, health and healing.



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AT THE EXCLUSIVE
**Grandfather Golf
& Country Club**
in Linville, NC

"To date, this is the best mountain golf course
I have rated or played." –GOLF DIGEST, JANUARY 2019

**Tuesday,
October 6,
2020**



children's
golf
classic

Register online now at www.CHAgolf.com

For more information, contact Madison Cornwell — MLCornwell@childrenshopealliance.org • 828-406-2424
or Rebecca Barnes — RBarnes@childrenshopealliance.org • 704-880-4308