

## Increasing Access to Mental Health Services Washburn Expands Day Treatment Services

Five-year-old Maleah was kicked out of three schools since the start of the school year. Surprisingly, she joins 4,000 Minnesota children who are suspended annually from kindergarten, first and second grades for behavioral problems.

Maleah's mother turned to Washburn's Day Treatment program, one of only a few that serves preschool and early elementary students. Across Minnesota, day treatment services have decreased significantly, and most remaining programs serve older students.

"Our program serves 30 children at any given time, helping children whose social, emotional and behavioral problems severely impair their ability to participate in school," explained Lauren Nietz, LISCW, supervisor of the program. "Before our recent expansion, 36 children were waiting for a spot in Washburn's therapeutic Day Treatment classroom where intensive intervention would help them gain the self-regulatory and behavioral skills needed to remain in a community school setting."

With Washburn's expanded Day Treatment services, Maleah will receive pre-care intervention instead of waiting for up to six months without support.

"This expansion increases access to treatment by providing assessment and intervention to children on the waiting list," said Nietz. "Pre-care has the potential to reduce the number of children needing the intensive therapeutic classroom portion of the program because their needs will have been addressed through early intervention."

After-care services were also strengthened to give children, their families and teachers consistent support once they return to a traditional classroom full-time.

"Our goal is for Day Treatment graduates to be able to transfer the skills they learn at Washburn into their school setting. Ongoing contact with children in schools is critical to their success and it helps the educational staff support their student's needs," explained Nietz. Through after-care, Washburn therapists identify problems before new negative patterns take hold, ensuring that children receive support as they transition back to full days at school.

This programmatic expansion is one way Washburn is responding to the community's needs and ensuring children have access to mental health services. Philanthropic support from community corporations, foundations and individuals will be vital to the ongoing success of this expansion.



### What Inspires You to Give?

In this time of year-end giving, I'm grateful for the many people who make Washburn's work possible. I'm often struck by the different reasons that inspire you to support our community's children.

**"Where someone else sees a lost cause, Washburn sees a child," one donor recently told me.** Some of our children have such severe problems that they have been kicked out of school or day care numerous times. Others need help to deal with anxiety that interferes with their schoolwork. No matter how severe the problem is, Washburn sees a child's potential—and our donors help children reach that potential.

**"By making good assessment and treatment available for children, Washburn saves the community a lot of money in future crisis services," commented another supporter.** Our work is driven by compassion—no one wants to see a child struggle and fail. Still, we know Washburn is a wise investment in our community's social and economic future. When children receive early mental health intervention, they are less likely to fail academically, drop out of school or enter the juvenile justice system.

**"With budget cutbacks, schools aren't able to address each child's emotional needs. Our community needs a place like Washburn," said another advocate.** Children's mental health is community health. Parents or teachers wouldn't think twice about getting help for a child suffering from a physical injury. By supporting Washburn, you ensure caregivers also have a resource to help kids who are hurting on the inside—because our children's mental health is as important as their physical health.

I hope this holiday season—no matter what inspires you to give—we can count on your continued support. Your gift creates happier, healthier children—which is a gift to us all.

### Family Focused Program Receives National Accreditation

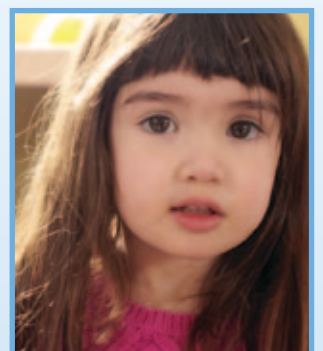


Washburn's Family Focused program recently received accreditation from the National Association for the **Education of Young Children (NAEYC)**, the nation's leading organization of early childhood professionals.

**"This accreditation is a sign that Washburn's Family Focused program is a leader in a national effort to invest in high-quality early childhood education,"** said Jerlean E. Daniel, Ph.D, executive director of NAEYC.

The Family Focused Program, which serves children age birth through five, helps reduce children's social, emotional and behavioral stresses while increasing positive relationships between caregivers and their children. Intensive services—including parenting support, in-home family therapy and a therapeutic preschool classroom—are designed to support children's healthy development and prepare them for success in kindergarten.

To earn NAEYC Accreditation, Family Focused staff completed an on-site visit as well as an extensive self-study which measured the program against more than 400 accreditation best practices.



# KLIBANOFF FELLOWSHIP CONTINUES A LEGACY OF BUILDING STRONGER FUTURES

Washburn is pleased to announce the 2011-2012 Patricia L. Klibanoff Fellow:  
**Dr. Marlene Ovalle Stiehm, LMFT, Psy.D.**

Dr. Ovalle Stiehm's appointment marks the second year of the Klibanoff Fellowship, which supports Washburn's postdoctoral training program. Established by family and friends of the late Pat Klibanoff, the endowment fund honors the memory of a beloved mom, wife and social worker who dedicated her life to helping children and families—and all who knew her—lead successful lives.

**Dr. Marlene Ovalle Stiehm, the newly appointed Klibanoff Fellow, joined Washburn's staff in September.**

One promising postdoctoral trainee is chosen annually to continue his or her studies in children's mental health while

carrying on Pat's legacy. Dr. Ovalle Stiehm rejoins Washburn where she completed internship and practicum training before receiving her Psy.D. from the University of St. Thomas.

Dr. Ovalle Stiehm specializes in individual and family therapy as well as psychological evaluations with Spanish speaking clients. She provides therapy in Washburn's Outpatient program, helping kids like seven-year-old Kyle whose paralyzing anxiety once prevented him from regularly attending school. Today, after months of Washburn's therapeutic support, Kyle's mom watches in delight as he skips to the bus stop ready to spend the day learning.



## 2<sup>ND</sup> ANNUAL WASHBURN GAMES

**GIVE CHILDREN  
A CHANCE TO GIVE BACK**



Nearly 200 energetic children gathered on September 25 to raise awareness for children's mental health through the **second annual Washburn Games**.

Mudonna, the St. Paul Saints mascot, Minnesota Stars soccer players and 140 volunteers joined in the fun as participants made their way through 20 sporting activities such as mini golf, cricket and karate.

**"A child's mental health is as important as their physical health,"** said Mike Brennan, the Washburn Trustee who led the efforts in organizing the event. "The Washburn Games help illustrate this connection to Twin Cities families."

Thank you to Allianz for its gold level sponsorship of the event and to Success Computer Consulting for its silver sponsorship. More than 30 other companies also gave financial support and in-kind donations to help net nearly \$45,000 in support of Washburn's work.



Children's mental health  
is community health.  
Share your voice.

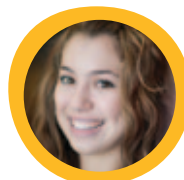
At year-end, your financial support can help Washburn Center for Children continue offering professional therapeutic care that strengthens children, families and the community.

Join Tabby Smith & Don Shelby  
Give today, [washburn.org/donate](http://washburn.org/donate)



**WASHBURN**  
CENTER FOR CHILDREN

2430 Nicollet Avenue South, Minneapolis, MN 55404



**TOUR WASHBURN CENTER FOR CHILDREN**  
Join us in 2012 for a one-hour **Healthy Kids—Healthy Communities** tour of Washburn. Learn how the mental health of our community's children impacts us all.

To register, email: [ezondervan@washburn.org](mailto:ezondervan@washburn.org)  
**January 26, noon - 1 p.m.** or  
**March 13, 4:30 - 5:30 p.m.**