

Healing a Child's Trauma

Washburn is recognized for its expertise in childhood trauma

The MN Department of Human Services has acknowledged Washburn as the most advanced agency in Minnesota to implement **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**, a therapeutic model helping children who have experienced trauma.

Traumatic experiences—whether losing a parent, being a victim of abuse or experiencing a natural disaster—negatively impact a child's development.

"Children are often resilient, but some carry the trauma with them and experience lasting effects on school functioning, sleeping habits or home life," said Dr. David Hong, a Washburn child psychologist and certified TF-CBT trainer.

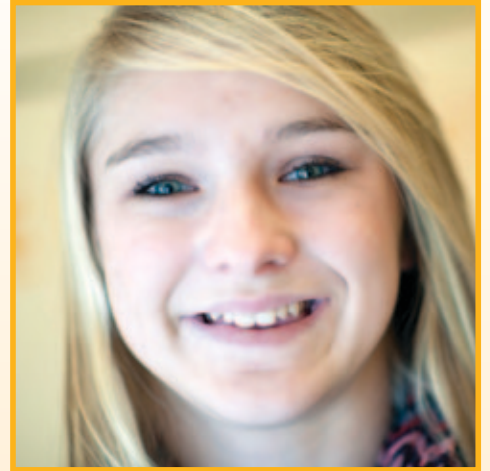
Through TF-CBT, therapists help children confront their memory of the trauma in a gradual way by creating a trauma narrative. This includes helping the child verbalize thoughts and feelings which impact their behavior so that symptoms of trauma are ameliorated.

When Washburn started providing TF-CBT five years ago, it was the first mental health center in the state to offer this evidenced-based treatment for trauma. The model—and its significant impact on the healing process—has become a best practice in children's mental health in Minnesota.

Mia was standing on the corner waiting for the bus when she was mugged by two strangers. Paralyzing fear prevented the teenager from using the bus or visiting the nearby park without having a physical reaction of anxiety. Mia's world became smaller and after months of retreating from her normal social activities, Mia's mother sought help at Washburn.

"As a clinician, it's nice to know this treatment model is proven to help children work through their trauma because these families often come in despair," said Hong, who helped Mia confront her fears.

Washburn has trained nearly 35 therapists in TF-CBT. The agency also partners with **Centro**, a local nonprofit serving the Latino community, where Hong provides TF-CBT training and consultation. Washburn is committed to being a resource for other organizations to ensure that as many children as possible have access to this effective treatment.



Healthy Kids Create Healthy Communities

You may be aware that Washburn recently launched a capital campaign to create a new facility—a space where young minds can heal and grow. As I lead the process of raising money and selecting a site that will be the new home of Washburn, I am continually reminded how our work impacts all of us.

Our community's future is tied to the well-being of our children.

In the past five years, Washburn expanded its services by 81% to better serve our community's growing needs. Our work as a critical Twin Cities resource is especially apparent as we prepare for a new school year. Children who receive early mental health treatment are far less likely to fail academically or drop out of school.

Washburn intervenes to avoid costly services in the future. Each day we see how quality mental health treatment helps children overcome emotional and behavioral issues. Left untreated, childhood mental health concerns can linger into adulthood, with high rates of suicide, homelessness and incarceration taking a toll on our community.

Your support creates strong, future members of our community. I'm grateful for your generosity and encourage you to make a gift to nurture these at-risk children—for their sake and ours.



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Top Workplace Washburn Honored as Star Tribune Top Workplace

Washburn Center for Children was recently named a **2011 Top Workplace** by the Star Tribune. The agency ranked within the **Top 40** workplaces in the small businesses category.



The Star Tribune's Top Workplaces were selected from the results of an employee survey measuring qualities such as company leadership, communication, career opportunities, working environment, managerial skills, pay and benefits.

Washburn is grateful for its dedicated employees who create a positive work environment while helping children reach their potential and building a stronger community for us all!

Chief Operating Officer Speaks at National Conference

Tom Steinmetz, Washburn's chief operating officer, was a guest speaker at the **National Council on Community Behavioral Health Conference** in San Diego this May.



Steinmetz was invited to speak about Washburn's implementation of a data-driven, performance-based clinician compensation model. Since its inception, the model has dramatically improved Washburn's budgeting accuracy and accountability. Steinmetz also facilitated a group discussion highlighting the challenges and benefits of implementing this model in non-profit settings.

HELPING HANDS FOR KIDS GOLF TOURNAMENT RAISES NEARLY \$85,000



Philanthropic donations are vital to helping Washburn Center for Children provide intensive mental health intervention and treatment. For the past 26 years, golfers have teed up to help our community's most at-risk

children through Washburn's **Helping Hands for Kids** Golf Tournament.

The 2011 tournament, held at **The Minikahda Club** on the shores of Lake Calhoun in June, raised nearly \$85,000 for children struggling with social, emotional and behavioral problems. More than 125 golfers enjoyed the beautiful course and an evening program hosted by **Don Shelby**.



Golfers also heard how their support changes the lives of children like **four-year-old Freddie**, who came to Washburn after being kicked out of preschool. Through Washburn's intensive Day Treatment Program, Freddie replaced his knowledge of gangs and gang signs with age appropriate skills and language.

Washburn is grateful for the generosity of our sponsors, volunteers and golfers who gave a helping hand to children in need and made the tournament a success.



Providing Convenient Mental Health Access through Schools

The stress of being adopted into a new family impacted every part of seven-year-old Mateo's life—including his reading scores, which had fallen into the single digits.

After working through his transition and fears with a Washburn therapist, Mateo's reading scores improved to the 90th percentile. Mateo's story illustrates how a child's mental health is foundational to his ability to experience success in school.

In May, **Bloomington/Richfield Community Education** named Washburn its **Outstanding Community Partner**, recognizing the agency's commitment to increasing children's access to mental health services.

The award also honors Washburn's partnership with the Bloomington Public School District and other entities to provide comprehensive mental health services in an integrated care setting at the Pond Early Childhood Family Center. The learning center provides on-site services for children and their families, including early childhood classrooms, a Fairview Pediatric Clinic and a children's dental office.

Washburn's school-based program offers convenient access to mental health services in 18 schools in Eden Prairie, Bloomington and Minneapolis school districts.

THANK YOU TO:

Burnet Title, Chanhasen Girl Scout Service Unit and **Winthrop & Weinstine** for holding a school supply drive for Washburn!

Check out our Facebook page for tips to help your child transition into a successful school year: www.facebook.com/washburncenterforchildren



WASHBURN GAMES

WIN GREAT PRIZES AND HELP THE COMMUNITY

THE WASHBURN GAMES 20 Sports Activities for Children Ages 4-12

September 25, 2011
1:30-4:30 p.m.
Bryn Mawr Meadows, Minneapolis
(near intersection of Penn Ave. & 394)

Register today at www.washburngames.org



Kids can kick, pass and run their way through an afternoon of fun—all for a good cause!

Participants are asked to pay a \$10 registration fee or raise donations from family, friends and neighbors to help children struggling with mental health challenges. Each child raising \$100 or more is eligible to win amazing prizes, including a \$1,000 educational scholarship.

Here's a chance for your kids to...

- Win a \$1,000 educational grant and other great prizes
- Burn off their energy in a fun, non-competitive environment
- Learn that giving back to the community is fun and rewarding!



2430 Nicollet Avenue South, Minneapolis, MN 55404



MONTHLY GIVING PROGRAM

Your monthly gift will provide consistent support to our community's children and offer happier, healthier futures. Enroll in Washburn's monthly giving program today by completing the enclosed envelope or calling Amy at **612.767.6328**.

