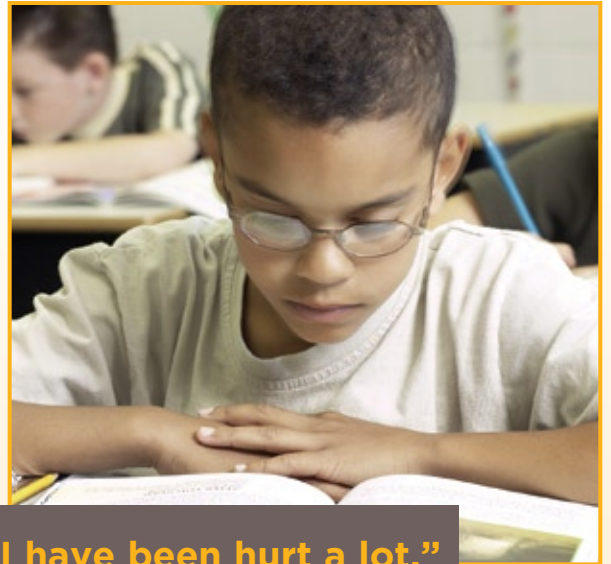


Easy Access Is Key to Success for Washburn's School-Based Mental Health Program

David* seemed to be a typical fourth grade student until the day his teacher asked each student in the class to write about two times they had been hurt. David became tearful over the assignment, and the only sentence he wrote on his paper was "I have been hurt a lot." What the teacher did not know is that David and his mother had recently fled an abusive relationship, and for five years prior David witnessed numerous episodes of domestic violence between his mother and her boyfriend. The wounds he endured were not only physical but also emotional. The traumatic experiences that David had been exposed to were interfering with his ability to concentrate at school and function at home. He could not stop thinking about the bad things that had happened to him and often was fearful that it would happen again, despite living in a safe place now.



"I have been hurt a lot."

After his teacher made a referral to the **School-Based Mental Health Program**, David began meeting weekly with a Washburn therapist at his school. David learned techniques to help him cope with his feelings and traumatic memories. The school-based therapist consulted with David's mother and teacher so they could better understand and respond to David's behavior. After several months of counseling, David's grades and family relationships improved. According to his mother, David is happier and better able to identify and talk about situations that trigger his memories of the trauma.

School is often where behavioral problems are first recognized, and Washburn's school-based program makes services very accessible to children in need. The therapists help school staff understand mental health and identify students who need help. These early interventions have a significant impact on children's ability to be successful in school. Washburn school-based therapist, Lisa Holmberg, stated that **"Since the program is accessible through the school, it's less threatening for the children. By providing timely and convenient access to services there has been great success in improving children's social and academic functioning."**

Beginning in just two schools in 2004, the program is now in seventeen schools in the Minneapolis, Bloomington and Eden Prairie School Districts. We anticipate serving 600 children such as David through the School-Based Program in the 2009-2010 school year.

**This client's name and picture have been changed to assure confidentiality. Photo: © 2009 Jupiterimages Corporation*

Renee Iber Leaves Behind a Legacy of Caring for Children



Renee Iber, a therapist in Washburn's School-Based Mental Health Program, passed away in August following a courageous battle with cancer. Her presence is sorely missed by family, friends and colleagues. Renee found her mean-

ingful life's work focused on the children who are our future. To honor Renee's legacy and her desire to support those who continue to do the work for which she was so passionate, a fund has been created to provide professional development opportunities for her colleagues.

The **memorial funds** are providing an opportunity for Washburn's seventeen school-based therapists to attend the **National Conference on Advancing School Mental Health**. Washburn Center for Children Executive Director, Steve Lepinski, expressed **"We are very grateful for the many, many generous gifts in Renee's honor that make this possible. This is a unique opportunity for our school-based team as this year's conference is being held in Minneapolis. It was a privilege to have Renee as a part of our professional staff and her passion will be carried on by her colleagues."**

The National Conference on Advancing School Mental Health is the nation's premiere school mental health conference and offers numerous opportunities to network and learn more about best practice in school mental health. The theme for the conference is **School Mental Health: Promoting Success for All Students**. Several Washburn staff members will be leading workshops at the conference.♥

NAMI Names Washburn 2009 Provider of the Year

The National Alliance on Mental Illness of Minnesota (NAMI Minnesota) recently selected Washburn Center for Children to receive their Provider of the Year Award for 2009.

Sue Abderholden, Executive Director of NAMI Minnesota, stated **"This award recognizes an organization that provides mental health services that demonstrate excellence, respect and best practices. With a 125 year history of excellence serving children and their families, Washburn Center for Children has continually responded to new research and ways to meet the changing needs of children and families. Washburn is commended for bringing research to practice and for collaborations in the community, particularly with schools. NAMI also recognizes the organization's work to reach out to the Spanish speaking population in Minneapolis."**

The National Alliance on Mental Illness (NAMI) of Minnesota is a non-profit organization dedicated to improving the lives of adults and children with mental illness and their families. NAMI Minnesota offers education, support and advocacy. NAMI Minnesota vigorously promotes the development of community mental health programs and services, improved access to services, increased opportunities for recovery, reduced stigma and discrimination, and increased public understanding of mental illness.

Washburn Center for Children helps children with social, emotional and behavioral problems, and their families, lead successful lives.

Students Start the School Year Prepared

Thanks to the generosity of both longtime partners and new friends, many of the children who receive services at Washburn had the tools to start the school year prepared to learn. Hundreds of backpacks and other essential school supplies were donated by individuals and families, as well as employees of the following companies:

Allianz Life
Burnet Title
RBC Wealth Management

THANK YOU FOR HELPING CHILDREN SUCCEED IN SCHOOL!



Bring Joy to a Child's Life

Each year Washburn sponsors a holiday gift drive for the children we serve. In 2008, gifts were provided for 150 families, including 375 children. We are still in need of gift cards for families to purchase groceries or items to fill their children's wish lists.

If you are interested in participating or would like more information on the holiday gift program contact Stephanie Allen at sallen@washburn.org or **612.872.3344**.



Give the Gift of Help and Hope

You can **help** improve the lives of children and families in our community today! Your generous donations allow us to give **hope** to hurting children and families.

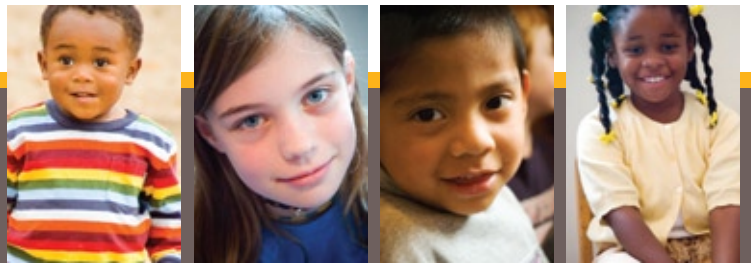
Washburn Center for Children helps children be more successful at home, in school and in our community. Your thoughtful gift will provide quality assessment, treatment and support for children and families in need. To be eligible for a 2009 tax deduction, gifts must be postmarked or made online by December 31st. Use the enclosed envelope or visit our website at www.washburn.org to make a gift.



WASHBURN

CENTER FOR CHILDREN

where to turn for help



MAKE A DIFFERENCE BY MAKING YOUR GIFT TODAY. THANK YOU.

New Online Service Streamlines Donations for Minnesota Non-Profits. **Donate on Match Day, November 17, to Maximize Your Gift!**

Washburn Center for Children has joined **GiveMN.org**. This initiative of the Minnesota Community Foundation provides donors with easy access to information about local nonprofits and enables them to make secure online donations with no processing charge. This service is underwritten by the generous partners of the Minnesota Community Foundation.

To celebrate the launch of this online giving tool, **Tuesday, November 17 is Match Day**. Starting at 8 a.m. on the 17th, gifts made through giveMN.org will be matched at 50%, so your gift to Washburn will have an even greater impact on the lives of children. What a great way to maximize your generosity. Check out www.GiveMN.org and become a follower of Washburn Center for Children and share our message with your friends and family. We appreciate your support!



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Washburn Is Going Green!

Receive Washburn's newsletter online and help us save expenses and protect the environment. Send your e-mail address to ltimmersman@washburn.org to register for the e-newsbrief.

Washburn Center for Children has been helping children be more successful at home, in school and in the community for 125 years. Your thoughtful gift will help Washburn Center for Children continue to provide quality assessment, treatment and support to children and their families in the future. Visit our website at www.washburn.org to make a gift.



WASHBURN

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where to turn for help