



## Mission On Four Legs

It was an exciting October day when Riley, the new Tanager Place service dog in training, started her journey to becoming a full-time facility dog at the outpatient behavioral health clinic. Riley is a 18-month-old, female labradoodle and she is adorable! Riley was placed at Tanager Place through Deafinitely Dogs, a local non-profit organization who will continue to work in collaboration with Tanager Place and Riley throughout her experience.

Riley's mission is to provide comfort, connection, inspiration and healing to the amazing clients and families at Tanager Place, and to the dedicated staff. Riley resides with a staff member and works with many staff on site at the clinic. She's working hard during these training months by attending weekly classes with Deafinitely Dogs, doing weekly homework, and best of all, being present in the clinic several days a week with the kids.

**Riley has already made a great impact on the culture at the clinic.** Dedicated employees have been able to spend time with Riley during one-on-one supervision sessions. Staff are getting to know Riley, understanding her needs and encouraging her to use her positive social skills when interacting with others. It is a good day for both staff and children when Riley is on duty!

One of Riley's favorite tasks at Tanager Place is when she meets with children. Riley truly has a calming effect on others.

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[www.tanagerplace.org](http://www.tanagerplace.org)

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# WORKING TOWARDS OUR VISION



It is my honor to share this newsletter which showcases our story. Tanager Place thrives each day by providing strong partnerships, evidence-based treatment and community impact.



Just as our mission statement defines “what we do,” our values share a guidepost for “how we work.”

Our team of 250 professionals are the key to our success as they continue to create unique, positive experiences for children and families.

With a commitment to quality, our impact this year includes new growth in our School-Based Program, increased opportunities of inclusion with the opening of the LGBTQ Center in January, and a significant outreach program which has seen increased volunteerism and training for our community.

The Tanager Place mission to provide services to children and families that empower, inspire and heal is truly a collective priority. With a unified commitment, we are able to deliver outstanding service and attain excellent outcomes for thousands of children.

Tanager Place employees give so much to our community, to each child and to each family we serve. The work is ever changing and requires an individualized approach that accentuates each child’s best potential. We know we must continue to seek new knowledge and stay focused on advocating for quality service and access for children.

I am honored to be a part of this organization and thank you, our community, for your support.



Okpara Rice  
CEO, Tanager Place





*("Mission on Four Legs" continued from page 1)*

Research shows that dogs in a healing environment offer positive benefits for both staff and clients. Interaction with dogs decreases the body's response to stress, helps the body's calming system to engage more quickly, increases feelings of safety and acceptance, and improves overall mood. Although research results have been positive, they can't begin to showcase the impact as masterfully as the opportunity to experience Riley in action.

*Sam is a 7-year-old boy who lives with a great amount of anxiety when away from his mother. Prior to Sam being adopted, he had experienced significant trauma.*

*Since starting therapy, Sam had not attended any session without his mom present at least part of the time. He also was unable to verbally share with his mom anything about his therapy in her absence.*

*When Sam met Riley there was an instant connection! Sam gently petted Riley under her chin and soon began sharing with his new-found therapist how much he loved dogs. Sam even gave Riley reassurance about how learning things can be difficult.*

*Following the session, Sam was so excited to share with his mother how great therapy was and everything he and Riley had learned together. This breakthrough continues each time Sam and Riley are together.*

Beginning to heal from adverse experiences can be a scary journey. It can take significant time for a child to build trust in order to actively engage in healing experiences.

*"I'm so proud of how well you are listening to what Riley needs from you."*



*"You are using such courage to try something new."*

*Mya has been in therapy for several months following past trauma. She has struggled to remain physically calm in her sessions and seeks to change activities frequently in order to avoid difficult work.*

*When Riley came to therapy, Mya was able to sit with the therapist and remain remarkably focused and engaged in one singular activity during the entire session.*

*It is beautiful to note that Mya has started to feel connected to her surroundings and has been able to open up about her struggles.*

The employees of Tanager Place are dedicated to providing the most effective, compassionate, inspirational, and healing services to their clients. This dedication comes with high personal expectations, pursuit of self-growth, and the reality of witnessing the real pain children and families face each day. All of these factors can take their toll on our employees' wellbeing.

*Riley was there to support a Tanager Place therapist who had experienced an intense story of trauma from one of her clients. Riley created much-needed comfort and allowed our colleague to share and process the story. We were grateful for Riley's part in the emotional healing of our staff that day.*

It is an honor to have with such an amazing working dog. Thanks to our donors who share our vision of a healing environment – **Val and Kelly Ortberg and The McGrath Family of Dealerships through the Greater Cedar Rapids Community Foundation Donor Advised Fund, and Deafinitely Dogs.** This has been an amazing partnership and experience. We have found the right fit for mission with our comrade working dog, Riley.

## Tanager Place LGBTQ Center Opens

# A Place Where I Fit In

LGBTQ Center Program Coordinator Lori Ampey reflects on meeting Julie.

"Julie would visit the center most often on her own. She had not confided in others yet about her feelings or how she identified. It was tough for her.

The first day she came to the center, she was overcome by emotions and began to cry. I asked her right away what was wrong. Julie replied, 'Nothing! Everything is right. I finally belong.'

Over the next month, Julie came to the center several times

a week. With no ride, this was a difficult trip. Julie sent texts daily to stay in contact and to feel connected to her new group of peers.

One day when the center's doors opened, Julie walked in accompanied by her parents. It was a great moment for everyone! Julie had been able to share her feelings with her folks. They were supportive and wanted to learn more.

Julie and her parents continue to be active at the center. Julie's parents share that seeing their daughter happy and thriving is the best reward!"



### Consuelo Steel-Cherry

is the LGBTQ Center's biggest volunteer. Consuelo has been dedicated to the creation of the center since its inception. She is involved in daily operations and goes above and beyond in all areas. LGBTQ Program Coordinator Lori Ampey shares, "The center is a product of Consuelo's hard work and her never-ending passion to see that LGBTQ youth get the same opportunities in life. She is a blessing to the center and the bond she has with students is unbreakable."



### LGBTQ 2<sup>nd</sup> Annual Spring Luncheon

*Celebrate Our Youth!*

April 13 • 11 a.m.-1 p.m.

First Congregational United Church of Christ  
361 17<sup>th</sup> Street SE, Cedar Rapids

Tickets: \$20 – reserve at  
[www.tanagerplace.org](http://www.tanagerplace.org)

TANAGER PLACE LGBTQ YOUTH CENTER PRESENTS:

## BORN THIS WAY: 2019 LGBTQ+ PROM

SATURDAY, APRIL 20 | 7:00 - 11:00 PM

DOUBLETREE HOTEL: 350 1ST AVE NE,  
CEDAR RAPIDS, IA 52401

JOIN US FOR THIS FREE EVENT!  
INCLUSIVE OF ALLIES AND MEMBERS OF  
THE LGBTQ+ COMMUNITY

THANK YOU TO OUR SPONSORS:  
TOYOTA FINANCIAL, ONE UMBRELLA EVENT  
PLANNING, GIVING TREE THEATRE, FOX NEWS

QUESTIONS? CONTACT LORI AMPEY:  
[LAMPEY@TANAGERPLACE.ORG](mailto:LAMPEY@TANAGERPLACE.ORG) OR 319-286-4559





Over the last school year, the **Tanager Place** school-based program has grown from **13 to 22** therapists.

Served **364 students** in resilience-based group work

Provided one-on-one co-planning with **127 teachers** to support them in creating trauma-informed classrooms

Hosted **15 family engagement** events aimed at increasing connection within families

Attended **756 school meetings** to bring a voice to mental health and trauma

Completed **22 trainings** on topics of trauma and resilience to compassion fatigue – reaching **1,042 participants**

Held **35 self-care sessions** for teachers

Tanager Place Assists 32 Schools in 5 School Districts

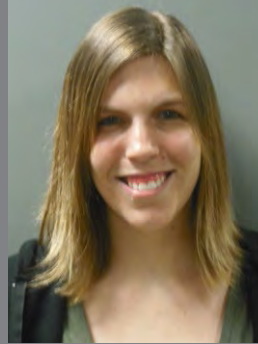
# School-Based Therapy Offers Expertise

*Mike is a 12-year-old boy who was referred for therapy due to verbal aggression in his classroom. He was calling teachers names, swearing, and threatening others almost daily. When the therapist started working with Mike, he shared that he was really missing his dad, who had recently moved a couple of states away. Through his time with the therapist, Mike was able to process his feelings of anger and rejection.*

*The therapist was able to share some of Mike's struggles with trusted adults in his school building. This helped the school become more intentional about the time and effort that they put into their relationship with Mike. A male teacher asked Mike to help out with some of the sports teams after school. As a result, Mike has started to develop a connection with this teacher.*

*Months into therapy, Mike is now getting along better with his teachers and mother. He has had conversations with his father about how the move had hurt him. Mike and his dad have been able to plan time together for the summer.*

The school-based therapy model that Tanager Place offers our partner schools brings together students, family and school staff to explore the unique perspectives and background surrounding each child. Our therapists spend time observing teacher and student relationships, interactions, and behaviors. While working primarily with students, they also have the opportunity to circle back with teachers to explore areas where they may struggle with their students. Tanager Place therapists have built significant relationships with school staff through these exercises and have inspired lasting change in classrooms for years to come.



## Cassie Kehoe

is the Tanager Place therapist at Harrison Elementary. She has been in the school-based program since its inception and is one of our most dedicated therapists.

Cassie has a passion for kids and play. Kids come to Cassie with strong feelings and Cassie makes each child feel seen, connected and special.

Cassie's school staff embrace new ways of thinking and relating with their students. Her ability to connect with both kids and adults has provided an environment of learning and growing in creative and adaptive ways. Cassie has helped make beautiful things happen at Harrison Elementary.

*“I have to tell you, I am so happy with Lanna. She has truly been an incredible fit at Taylor. She is constantly going above and beyond to meet the needs of our kiddos. You can clearly see her passion and purpose every day when she is interacting with staff and students.”*

*– Taylor Elementary School*

**Jim and Kristin Novak**

# A Story Of Giving

One February day, an unexpected encounter changed how Jim and Kristin Novak felt about the work being done at Tanager Place. In a chance meeting, two teenage girls shared that they were in treatment and living at Tanager Place. While visiting with these energetic and articulate young women, the Novaks learned some of the girls' story and some of the many reasons they were seeking care. They were touched to hear of the girls' hopes and their dreams for the future. These captivating girls were fun, quite entertaining and full of life!

Mention the two young teens, and both Jim's and Kristin's eyes light up and they break into smiles. Jim, a long-term Tanager Place Foundation Board member, and Kristin, a seasoned nonprofit executive, both knew of Tanager Place at the time. This particular day, they learned so much more when they met children in our care and were able to add to their knowledge the faces, the stories and the dreams of the youth served.

The impact was profound. The girls found sincere kindness; the Novaks found new respect for the children's challenges and received concrete examples for their philanthropic giving to Tanager Place. This experience was the inspiration for Jim and Kristin to include Tanager Place in their estate plan. By leaving a percentage of their estate to Tanager, the Novaks help guarantee countless children – like these two girls – will continue to receive quality care.



When asked to describe Tanager Place in three words, the pair settled on caring, entrepreneurial, and progressive. They agree that their intention is not to change the world, but to help others near home. Jim reminds us once again that the girls were his inspiration! Kristin's hope is that more people will learn about Tanager Place and how important the work is to our community.

To both Jim and Kristin, we say *"Thank You"* for your passion for children. When you leave a legacy gift to Tanager Place, you do, indeed, support our community and change the world, one life at a time.

To learn how you can make an impact, as the Novaks did, please contact Lorrie Erusha, Director of Philanthropy, at 319-365-9165, Ext. 310, or [lerusha@tanagerplace.org](mailto:lerusha@tanagerplace.org).

**Tanager Place programs positively impact more than 3,000 youth annually.**







# 140 Years of Commitment 140 Years of Care

In the winter of 1879, an innovation was taking place in support of children in need. Twelve women, including founder Mrs. Eleanor J. Lund, worked to provide successful outcomes for community children. They established the Industrial School, which was later named the Children's Home, and became the first human



service organization in Linn County.



The goal of services in those early days was to improve the moral and physical condition of the destitute children in our city. Through the mid-1900s, these programs served orphans and foster children.

The original mission to improve the lives of children in need has never wavered. Over these 140 years, the organization has evolved to meet the demands of a changing society. In 1990 a naming contest was initiated and our name was changed to Tanager Place. Today, we provide mental and behavioral healthcare across southeastern Iowa through three pillars of service: prevention, treatment, and outreach.



*Our commitment continues and we are honored to continue to serve.*



## New Coralville Location!

Outpatient Services opened the new Coralville Behavioral Health Clinic on January 7. The clinic is located at 1150 5th Street, Suite 160, in Coralville. Referrals are being taken at 319-286-4520.

Coralville team members Kelly Mayer, Jillian Polaski, and Joella Gerber are our first Johnson County therapists! Olivia McAtee serves our Johnson County area providing BHIS services.



**Kelly Mayer** is a therapist in our new Coralville office. When asked why she does what she does, she answered: "Working alongside children and families as they grow and mold into stronger more empowered versions of themselves is what keeps me

coming back each day. While I hope to teach and lead by example, the real learning comes from the clients sitting across from me each day."

# Please Join Us!

## THE RESILIENCY AND TRAUMA-INFORMED CARE SYMPOSIUM

For anyone who works with, lives with or believes in children

The goal of the symposium is to empower and inform our community. Presentations will share the effects of trauma, the pathways to resiliency and the tools that can help strengthen and heal those who are suffering from the effects of a traumatic experience.

**Wednesday, May 22, 2019**

**8 a.m. - 4:45 p.m.**

- Breakfast and lunch provided
- 14 Breakout Sessions (details at [www.tanagerplace.org](http://www.tanagerplace.org))
- Nationally acclaimed keynote speakers



*Dr. Allison Jackson, LCSW, CSOTP, CEO of Integration Solutions, Inc.*



*Dr. Mollie Marti, President & CEO of the National Resilience Institute*



### **Kirkwood Hotel**

7725 Kirkwood Blvd SW, Cedar Rapids

Reserve your seat for

**\$25**

[www.tanagerplace.org](http://www.tanagerplace.org)



Thanks to our sponsors: Linn County Board of Supervisors & RBC Wealth Management



## Camp Tanager Increases Year-Round Programming Thanks to GreatAmerica Financial Services

A generous donation from GreatAmerica Financial Services will allow for the renovation of one of our oldest Camp Tanager buildings. When work is complete, the iconic Robin's Cabin will provide a much-needed program area and will add sleeping quarters for 12 campers throughout the year.

Thanks again to **GreatAmerica Financial Services** for their generous gift, which makes this project possible.



*Campers coat each other with colorful powders during an activity at Camp Tanager last summer.*

# Your Dedication Is Our Strength



**Volunteer  
Spotlight!**

## Kathy Hausmann

Community Based Volunteer  
Data Entry/Clerical

Kathy has cheerfully volunteered over 400 hours since she started in May 2018.

"Kathy is not just a wonderful volunteer, she has become part of our Community Based family in the short time she has been here. We look forward to Wednesdays and Thursdays and seeing her smile! She even came in during the 2019 Polar Vortex... that's amazing for a volunteer!"

– Kelly Bakewell

## Start making a difference in seconds!

### Join the Tanager Place Volunteer Team today!

Opportunities for individuals and groups,  
one-day projects and on-going experiences.

Contact Teresa Kurtz,  
Community Outreach Engagement  
tkurtz@tanagerplace.org  
319-365-9165 ext. 379

**269** Volunteers in the past year + **6,031** Hours contributed = **\$74,691** Impact of this valued gift



Health Solutions LLC, one of many groups who volunteer throughout the year, made a difference with landscape improvements and sharing a rowdy game of kickball with the kids.

**When ACTION  
meets  
COMPASSION,  
lives change.**





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# TANAGER PLACE SUMMER FEST



## Save the Date!

**Saturday, June 1 • 3-6 p.m.**  
Collins Aerospace Sports Complex  
Collins Road & F Avenue NE

**More than 50 FREE activities  
for kids of all ages!**



Special thanks to our  
major sponsor General Mills

[www.tanagerplace.org](http://www.tanagerplace.org)