



TANAGER PLACE

YOUR CHILD : OUR FOCUS

Tanager Place: A Place to be Trusted

Childhood can be challenging and stressful for children and parents. Tanager Place comprehensive programs give families a place to turn for help.

Our compassionate and experienced staff supports families through challenging times by providing a full continuum of services which can be offered in the home, community, at school or on our inpatient campus. Services address a wide range of concerns, including school adjustment problems, depression, anxiety, difficulty dealing with loss or family changes, abuse, traumatic events, attention problems, parent-child conflicts and acting-out behaviors. Services focus on building a child's strengths and gaining skills to be successful at home, in school and in the community.

With a diverse team of 240 committed professionals. Families can count on quality services which meet a child's individual needs.

A child's mental health is as important as their physical health. When children with social, emotional and behavioral challenges receive early intervention, they have happier childhoods, are less likely to fail academically and most importantly they have the opportunity to reach their full potential.

Tanager Place's commitment to the community is to provide a comprehensive children's behavioral health program, to spearhead research opportunities that build knowledge and impact best practice, to implement meaningful evaluation methods and to provide effective training and consultation for agency staff and community collaborators.

It is my honor to lead this organization, to work with a dynamic team of professionals and to provide such an important resource to our community.



Okpara Rice
CEO



WHO IS
TANAGER PLACE?



240

EMPLOYEES STRONG

30%

WITH ADVANCE DEGREES

8%

CURRENT EMPLOYEES PURSUING
ADVANCED DEGREES

TOTAL COMBINED YEARS
OF SERVICE

943

SERVING MORE THAN

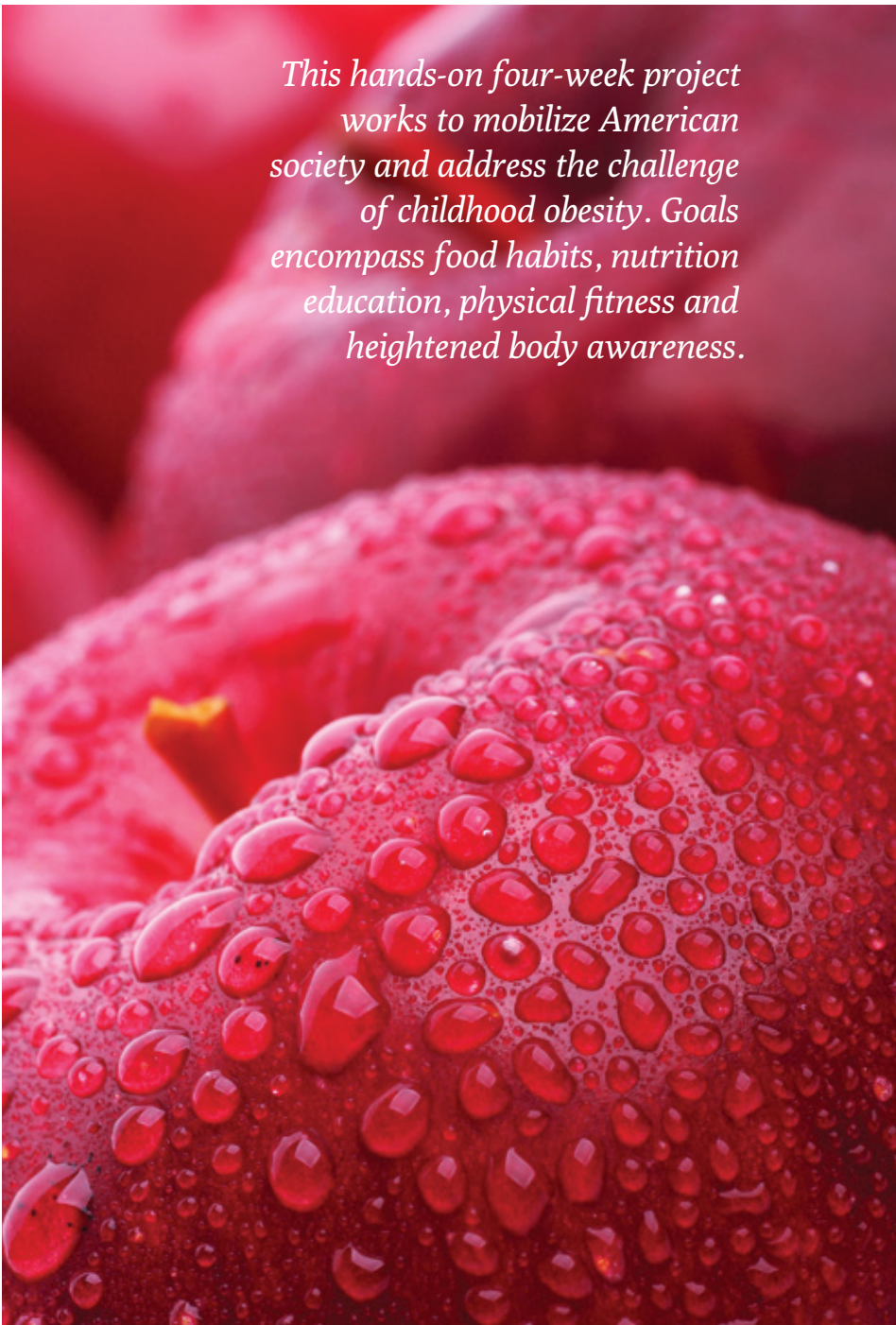
5,500

EASTERN IOWA SERVICE AREA

CONGRATULATIONS TO OKPARA RICE FOR HIS SUCCESSFUL TENURE
AS PRESIDENT OF THE ASSOCIATION OF CHILDREN'S RESIDENTIAL CENTERS, ACRC.
UNDER HIS LEADERSHIP THIS INTERNATIONAL ORGANIZATION SAW MEMBER GROWTH
AND INCREASED REPRESENTATION OF FAMILIES AND CHILDREN ON THE BOARD.

*A collaboration of discovery.
A collaboration to promote good health.
A collaboration that matters.*

Fit 4



This hands-on four-week project works to mobilize American society and address the challenge of childhood obesity. Goals encompass food habits, nutrition education, physical fitness and heightened body awareness.

Tanager Place, Linn County Public Health, and Hy-Vee came together to educate and support healthy living with some of Tanager Place families. Thanks to a one-time Iowa Department of Public Health grant the program will directly impact 120 children and their families.

This hands-on four-week project works to mobilize American society and address the challenge of childhood obesity. Goals encompass food habits, nutrition education, physical fitness and heightened body awareness.

Food and nutritional activities engage the whole family as they learn about nutrition and ways to build a healthy menu. "It has been fun to watch and listen to all the learning," shared Terra Koenig, MSN RN at Tanager Place. "In the store the other night one family was deciding on which ice cream to select, the youngest member of the family, said, 'ice cream is out, we need to do yogurt!'

All participants keep a food journal. This can be an eye-opening experience for everyone. "We often don't think about our food intake and writing it all down can help us to see what adjustments need to be made in choice and in portion control," explained Koenig.

Taste testing is one of the fun educational experiences in the class. Kids "use thumbs up or a thumbs down voting. You can't 'yuck anyone's yums,'" Koenig shared.

The program grant purchased Fitbits for the families. Our program goal is to achieve 10,000 steps initially and our challenge goal is to increase that total each week by 2,000 steps. "We

Kids

have seen such great results. One of our members suffers with Bipolar and this young teenager started the program achieving 300 steps. He is up to 11,000 steps and shared, 'I feel better this week!' It is so exciting to see and hear the difference that this program is making," said Koenig.

"Everyone is growing. We have one young boy with Autism that is trying foods that were not ever part of his diet choices before. It is opening up all kinds

of new areas of growth for him and for his family," said Koenig.

The real education is about family decision making, "this program allows the family to learn together. They have a mutual voice and their choices have the power to move them all toward changes in behavior. These families are becoming healthier together and their efforts are real, valuable and important," shared. Koenig. 🐦



We are grateful for the collaboration and support of Hy-Vee food stores and the Linn County Public Health Department for their support and involvement of this program.

Hy-Vee Registered Dietician, Martha McClurg, 6th Street Hy-Vee Drugstore, Cedar Rapids and Marion Hy-Vee Drugstore

A young girl with light brown hair, wearing a white t-shirt, is holding a stick horizontally in her mouth. The background is a blurred outdoor setting with a fire. Text overlay reads: "NEW AT CAMP TANAGER DAYCAMP 9 EXCITING PROGRAMS FOR ALL KIDS 6-12 WEEKLY SESSIONS FROM JUNE 13 - AUGUST 12 WWW.CAMPTANAGER.ORG TO REGISTER TODAY!" At the bottom is the Camp Tanager logo: a stylized tent icon above the text "CAMP TANAGER WHERE FUN LASTS A LIFETIME An American Camp Association Member Camp".

A stylized black and white logo of a rocket ship. At the top is a small tent icon with the text "CAMP TANAGER" and "WHERE FUN LASTS A LIFETIME". Below the rocket is the text "GO BOLDLY!" in a large, bold, sans-serif font, with "A SPACE ADVENTURE" underneath in a smaller font.

Each day we deal with the unanswered questions
1 in 68 is a reality

Are you aware?

1 in 68 children live with autism

HOW MUCH DO YOU KNOW ABOUT AUTISM?

The number of families who live with children with Autism is staggering. Statistics show that 1 in 68 children have an Autism diagnosis. A diagnosis of autism can be overwhelming.

Autism is a neurological and biological disorder that typically shows signs in children between the ages of 18 months to five years of age. Autism affects each individual differently and at different levels of severity. Some people with autism are severely affected, cannot speak and require constant one-on-one care. While other children can verbally communicate and function effectively.

TANAGER PLACE AUTISM SPECTRUM SERVICES IS ACTIVELY HELPING FAMILIES

While the causes of autism remain unknown, there are proven behavioral treatment options.

Applied Behavior Analysis, ABA is the only treatment which is scientifically proven to help children learn social and communication skills while simultaneously decreasing inappropriate behaviors. This therapy is most effective when children receive treatment at a young age and when treatment is offered consistently. However, people with autism can still benefit from ABA at any age.

Tanager Place offers ABA services with Board Certified Applied Behavior Analysis and Behavior Technicians. Referrals are welcome at 319.286.4545.

MANY CHILDREN WITH AUTISM BENEFIT FROM ADDITIONAL SERVICE.

Our experience has shown us that the very best approach is when all services are integrated and coordinated together. Our team coordinates all facets of services so that every intervention and all team members work together to steer progress in the same direction.

Tanager Place offers additional services which support children with autism:

- **Specialized Psychotherapy** – Trained, licensed therapists work with children and families to treat emotional and behavior challenges through Autplay, behavior therapy, play therapy, music therapy, Parent Child Interaction Therapy, family therapy and/or therapy
- **Specialized Behavioral Health Intervention Services** – In-home services provide individual and family skill building services focused on areas such as emotional regulation, coping and parenting techniques
- **Pediatric Integrated Health (PIH)** – Assists families touched by autism through coordinating community and therapy services. Including school and community meetings, resource identification, assistance with resources, family support to help their children lead healthier lives, and promote physical health.
- **Autism Support Group** – meets monthly and is available for the whole family.



“Treatment is a lot of work and consistency in her behavior and that she finds success back home. As parents we don’t always see the success.”

Mother of a daughter with autism

Questions, the meltdowns, the lack of sleep, and the worry. To most Americans, 1 in 68 is a number. To the families of a child with autism, our 1 in 68 has a face and a name.

Anonymous parent

h Autism



TANAGER PLACE KNOWS THAT THE BEST TREATMENT IS TREATMENT THAT SUPPORTS THE FAMILY.

The Tanager Place staff provides a monthly family support group.

“It’s valuable to have a safe place to share victories and struggles in an open forum,” shared Pam Severson, LMHCt Program Therapist. “It is an honor to listen as a professional and share simple hints that families may not have heard about.”

Support Groups for the children are also part of the program at Tanager Place.

“This is a different experience for the children,” explained Severson. “A social environment can be tough for some. The kids have to stretch themselves at times but it proves positive and it is important.”

Topics for the monthly support group include:

- Financial Planning
- What is Research Saying?
- Individual Education Plan, IEP
- Educational Law Attorney
- Parenting & Stress
- How to Survive the Holidays
- How to go About Supporting Siblings



pays off for our daughter. Her teachers tell me often that they see a difference because of the constant work she does in treatment at Tanager Place and at steps toward the milestones.”

MEET BLAKE, APPLIED BEHAVIOR ANALYST

Blake Stephenson, BCBA LMSW CTP, is a part of the Tanager Place Autism Treatment Center and offers a personal commitment to his families. Blake’s training as a Board Certified Applied Behavior Analyst, BCBA brings solid expertise to our team’s efforts.

Blake explains, “Applied Behavior Analysis is a comprehensive treatment that benefits behavior therapy and autism treatment.

It is a flexible, individualized treatment and fits into our comprehensive approach. I am able to work with families here in the clinic or in families’ homes wherever the child is comfortable. I meet each child where they are at and we develop goals from there. Our focus is on the entire family – treatment is a family endeavor.”

Applied Behavior Analysis offers a scientific diversified approach. Outcome measures are concrete and visible. “It is most rewarding to see the small gains,” shared Blake, “It can be difficult for parents to see at times because they share so much time together, but, I can see the results and how they are working together to make strides toward a goal.”

Tanager Place treatment focuses on each child’s strength. “I am proud to be a part of this professional team. The dedication and work ethic is heartwarming. We offer top quality care. I like to come to work each day. I know we will have the chance to try to learn new skills and move toward goals. Small steps are big steps in my book and I celebrate them all,” said Blake.



As a leader in children's mental health, Tanager Place is a resource for learning.

Knowledge is the First Step

Thanks to a grant received by the Greater Cedar Rapids Community Foundation Tanager Place shared four certification classes in Youth Mental Health First Aid and hosted Suicide & Youth: A Symposium of Hope.

"I took Youth Mental Health First Aid on a whim. I couldn't decide if taking an entire day away from my clinic and my patients was worth it... until I went. Fresh out of graduate school and an additional pediatrics program I thought that SURELY I would be hearing repeat information. Instead, my eyes were opened to the severity, frequency, and possibility that even my youngest patients were experiencing. I learned the intense overlap between mental conditions, and how this often leaves our young ones pulled in 10 different directions by practitioners. My mental health first aid certificate is proudly hanging on the wall in my office because I genuinely think it helps me relate and understand my pediatric patients on another level."

Dr. Hannah Anderson, DC, Back In Line Family Chiropractic and Wellness, P.C.



YOUTH MENTAL HEALTH FIRST AID

It's easy to tell when someone might be suffering from a heart attack, choking or is unable to breathe. But what does depression look like? Or anxiety? Have you ever met someone experiencing an emotional or mental crisis? How would you know? And more importantly, how could you help?

Youth Mental Health First Aid USA helps with these answers. More than 120 area professionals and community members learned about the prevalence of mental illness, potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance abuse disorders in this class led by Tanager Place Certified Trainer.

The Youth Mental Health First Aid course is designed for anyone that works, lives or interacts with children. This training has proven to be beneficial in building awareness, and sharing skill building techniques for educators, human resource professionals, members of faith communities, human service personnel and volunteers, safety and security personnel, policy makers, social workers, substance abuse professionals, community and family members.

SUICIDE & YOUTH: A SYMPOSIUM OF HOPE

A full day workshop was held in honor of Mental Health Month for more than 240 community members and professionals who work with youth and who wanted to learn more about the real struggles of suicide for our young people. The program was presented by Tanager Place, Foundation II and the Hope Walk, this was a YouthPort initiative.

Three nationally acclaimed leaders in youth suicide served as keynote speakers and there were five breakout sessions for attendees that included:

- ABC's of Suicide Prevention
- Role of Social Media/Cyberbullying on Youth Suicide
- Gender Fluidity/LGBTQ
- What to do after a suicide attempt
- Healing After Suicide



Outpatient services expand

Tanager Place will soon celebrate the first anniversary in our new facility in the MedQuarter. The Tanager Place Behavioral Health Clinic has offered 3,364 more appointments in the new clinic this year. The new expansion has allowed us to double the number of children served.

The Clinic is proud to announce the arrival of two new Dr.'s to our staff.



Dr. Angelo J. LaRocco, PH.D., HSP is our new clinical psychologist. Dr. LaRocco has extensive experience in schools and non-profits and carries a dual licensure as a clinical and school psychologist. He has

experience with assessment, data analysis and the differential diagnosis of learning and behavioral disorders. Dr. LaRocco is a graduate from the University of Iowa and Western Illinois University.



Dr. Adam Woods, MD, M.Div joins our staff as psychiatrist. Dr. Woods graduated Magna Cum Laude from Drake University, Des Moines, Iowa, received his Masters of Divinity, Princeton Theological

Seminary, Post-baccalaureate Pre-Medical Program, Drake University, Medical Doctorate, Duke University, Durham, North Carolina. Dr. Woods work experience has been at the Iowa Medical Classification Center and at Optimae Life Services, Des Moines.

Referrals are welcome at 319-286-4545.

SOARING BEYOND



THE CAMPAIGN for the Children of Tanager Place

A community campaign to fund the new expanded clinic has been successful. 92% of the \$6.5 million goal has been raised. Please consider making a donation on behalf of this important project.



“You can’t just take an x-ray and see what the problem is, these kids need long-term care and comprehensive services. When you see the passionate people of Tanager Place; to see how hard they work, it’s amazing. We are fortunate to have an organization and the people of Tanager in our community.”

John Bloomhall, long-time friend and Soaring Beyond supporter

“Each year I try and think of ways I can give a special gift to this family. I have watched them for more than 24 years! I saw the article that shared your need for the new clinic and it just breaks my heart when things are hard on families. I wanted to give this gift, I wish it was more but, it helps you move toward your goal and it will help others, that is what is important. Plus, it helps me to share with my special family that I am thinking of them and that family is what is important, it is what matters, it is worth fighting for.”

Lori Loes, Nanny to the Manternach Family, first-time giver and Soaring Beyond supporter

Create your legacy at Tanager Place

Making a lasting impact for children in need can actually be quite simple. In fact, there are a number of ways to make a meaningful gift to Tanager Place without affecting your current financial situation.

We are to help if you have any questions about extending your impact at Tanager Place. Please feel free to contact our Community Relations Department today at 319-365-9165 x 309.



www.tanagerplace.org

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Cedar Rapids, IA 52404

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kids of all ages! ★



TANAGER PLACE
SUMMER
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VOLUNTEER SPOTLIGHT: COACH TOM EKLAND



*“I like to help
the kids.”*

Each week for the past six years he meets the boys from Tomlinson Cottage and Coach Tom Ekland talks of perseverance, strength and confidence in the weight room. It’s an obvious lesson and a way to experience life through strength building

“I like to help the kids,” explained Tom, I never know their story. My part is to jump in and help out. Just to see the small accomplishments. These are real accomplishments and each goal realized is part of life’s successes. What I get out of my volunteering with the kids? I can’t even say it in words. My spiritual guidepost is to help others and to give. I want to have them grow every day; physically, mentally and spiritually. If I play a small part in that growth then that is what I was looking for. I get out of it 1000 times more than I give each and every time it is worth it!” 