



**TANAGER PLACE**  
YOUR CHILD : OUR FOCUS

# Beyond Hope

Children who struggle with mental health challenges are at risk for academic failure, substance abuse, and have a higher potential for a clash with the juvenile justice system. All of this comes at a tremendous cost to them, their families and our community.

Mental illness knows no boundaries and affects all walks of life. It is critical that we take time to recognize, respond to and build better access to treatment for mental health issues. The statistics are staggering. Of the 75.5 million children in the United States, it is estimated that 20% have or have had a diagnosable mental illness. This is a public health crisis that must be addressed.

*Tanager Place believes all children can begin to heal.*

Awareness is key. This spring we recognized April as Autism Awareness Month and May as National Mental Health Awareness Month. The Centers for Disease Control shares that one in 68 children live with Autism. The Autism Spectrum Disorder Program at the Tanager Place Clinic is a regional specialty program. Our certified staff provide applied behavior analysis, ABA, recommended by the Academy of Child and Adolescent Psychology, AACAP. Blake Stephenson, Board Certified Behavior Analyst explains, "ABA is proven effective in treatment for specific problem behaviors; it can be applied to academic tasks, adaptive living skills, communication, social and vocational skills. It has positive outcomes and significant results in improved behavior and functioning."

Tanager Place creates opportunities for healing through outpatient services, in a child's home, at school or in our clinic. Inpatient programs are located on our C Street SW campus. Psychological testing, assessment and therapy for children and families struggling with all mental and behavioral health challenges is available. Programs accept private insurance and Medicaid.

I encourage you, our friends and colleagues, to become partners in promoting the need for improved access to care for all. Share the Tanager Place story. We are a community resource that offers professional outreach to thousands of children. Your child is our focus.



Okpara Rice, CEO



*"Hey, can you say Hi?" This was the way one of my pre-teen clients with autism captured everyone's attention.*

*For months I had been working diligently to have him state my name if he wanted my attention. Once consistent in the clinic setting, we worked in the home session to call me by name. Mom said, "He never calls me Mom! It's just hey." In session the next week, we talked about using Mom's, Dad's, and brother's names if we wanted their attention. Two days later, he walked right up to Mom and said, "MOM." She looked up with tears in her eyes. He was so proud. It was a powerful and important moment."*

JENNIFER SURRETT  
BEHAVIOR TECHNICIAN  
TANAGER PLACE CLINIC,  
ASD PROGRAM

# 90+ Years of Helping Children

If you've been to camp, you remember WHY camp meant so much to your childhood. You know that the self-confidence and initiative you learned there resonates with you today as an adult and you know that you want the same thing for your own kids.

But if you didn't have the chance to go to camp as a child, you may not realize the powerful magic of that experience. You may not know why so many parents are committed to sending their kids to camp. "Camp is a magical place," explains Donald Pirrie, Camp Director. "Kids come to camp at times a bit reserved; they have not been away from home before. At camp they experience acceptance and encouragement to grow. They learn new skills, work to play alongside of new friends and discover in themselves a new self that can and will be more than they imagined. Camp does

all of this in a fun environment. Think bonfires, games, archery, swimming, mud hikes and more. Camp is a powerful important part of childhood and there are some children who may not have the chance to attend. That's where Camp Tanager comes in. For more than 90 years Camp Tanager has served kids that may not otherwise have the chance to attend. We offer at-risk children the chance to come to overnight camp free of charge thanks to our generous donors over the years. We offer medical camps for children living with Hemophilia, Diabetes and Tourette's and we offer Day Camp for children who are in need of summer time security and fun programming while their parents are working. Why is Camp Tanager a special place? It is special because it offers children the chance to be a kid and builds skills and friendships that last a lifetime."

## CHILDREN ARE REFERRED TO CAMP TANAGER OVERNIGHT CAMP

*"Please consider Sarah for a week of camp this year. Being at risk, Sarah really needs this camp. She needs to be able to be a kid, to relax and be in an environment of pure simplicity. She needs to have some role models that will show her positive energy and she needs a place where she can be encouraged to be free of pressure and free to have fun."*



## TOP 10 REASONS CAMP IS IMPORTANT TODAY AND TOMORROW AND FOREVER

At camp, children:

10. Spend their day being physically active – **Camp is action!**
9. Experience success and become more confident – **Camp teaches kids that they can as they try new things.**
8. Gain resiliency – **Camp helps conquer fears.**
7. Unplug from technology – **Camp is real!**
6. Develop life-long skills – **Camp expands every child's abilities.**
5. Grow more independent – **Camp helps kids develop who they are.**
4. Have free time for unstructured play – **At camp we play!**
3. Learn social skills – **Camp builds teamwork.**
2. Reconnect with nature – **Camp gets kids back outside.**
1. Make true friends – **Camp creates friendship that last a lifetime.**

## OVERNIGHT CAMP IS 100% SUPPORTED BY DONATIONS

*"Many years ago my children were accepted to Camp Tanager when I hardly had enough gas to take them there. As of now, I don't have much to give, but – from my heart – I send my prayers and this small check."*

'A FRIEND'

**CAMP TANAGER MEDICAL CAMPS OFFER ONE-OF-A-KIND EXPERIENCE**

*“Please send me information on the dates for Camp Tanager for the summer months. My children have been at camp the past two summers, the time they spent there is the best part of their summer. Having diabetes my kids struggle to feel “normal” and Camp Tanager offers fun, adventure and a time to learn alongside others who have the same struggles. Thank you for this wonderful program. Our family has benefited and most importantly, enjoyed their time spent there.”*

*‘A GRATEFUL MOM’*



**AROUND THE WORLD IN 80 DAYS  
CAMP TANAGER 2017**

**CAMP TANAGER’S THEME  
THIS YEAR IS ‘AROUND THE  
WORLD IN 80 DAYS’**

*Each day we will travel to a different country, learn about the culture, play games and sample some foods from that country.*



Donald Pirrie,  
Director Camp  
Tanager



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

# BHIS: A Program That Deliv



## **TOTAL HEALTH: A GOAL FOR EVERY CHILD**

Many children struggle with social, emotional and behavioral challenges that impact their success at home, at school or in the community. Tanager Place is here to help.

## **NURTURING HAPPIER, HEALTHIER CHILDREN**

One of the programs that has seen significant growth this year is Behavioral Health Intervention Services (BHIS). This program helps Medicaid-eligible children ages 4-20 years who find it difficult to manage their behaviors and need encouragement with:

- Social skills
- Problem-solving skills
- Communication skills
- Coping skills
- Interpersonal skills
- Anger management skills

The largest in the state, Tanager Place BHIS program serves more than 400 children in eight southeastern Iowa counties. Trained professionals help families understand their child's challenges and provide in-home skill building interventions that teach how to manage successfully at home, in school and in the community.

# vers Hope

## **CUSTOMIZED TREATMENT TO FOSTER SUCCESS**

Anxiety. Childhood depression. Learning disabilities. Attention deficit disorder. Each child coming through our doors has a unique story. While our treatment is customized for every child, the goal for all the kids is the same: foster hope for a healthier, more successful future.

At Tanager Place, we understand that when a child struggles, it impacts everyone in the family. Our therapists work with the entire family to restore unity and help children, as well as parents, implement the new skills learned during therapy.

## **COMMITTED TO WORLD CLASS CUSTOMER SERVICE**

Comments received from family survey:

*"Our worker has been amazing in the time he has worked with our two boys. He listens to our concerns and celebrates the positive growth. He has been instrumental in helping us get connected with other services."*

*"Our worker is truly making a difference in our family's life. We would not be as strong and healthy without her. She never judges me and gives me hope for a better future."*

*"My workers always responds to me quickly. They respect me and give me the tools to make improvements in our family. They have a positive attitude even when things are not going well. They are the calm in our storm which is much needed."*

## A STORY OF HOPE

### **A NEW AND FOREVER FAMILY**

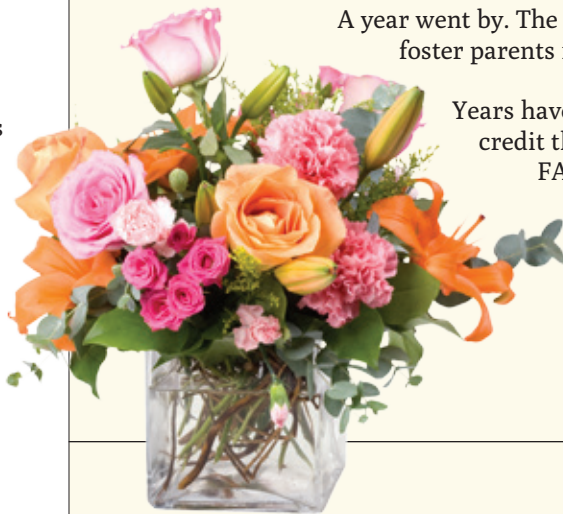
Foster care was a new adventure when the boys arrived. Adorable, ages 4 and 6, the new transitions led the family to seek help in their home from Tanager Place.

Trauma was a way of life in the boys' birth home and they were struggling. They were physically and verbally aggressive. Temper tantrums were frequent and they refused to eat. School was a disaster. The eldest boy was lying, stealing and having a hard time with instructions.

The BHIS worker educated the family about trauma and the reasons for many of the boys' behaviors. She worked individually with each family member and focused on ways to manage and cope, which in time, altered the negative behaviors.

A year went by. The boys were up for adoption and their foster parents made a leap of faith and adopted them.

Years have passed. The family is intact and they credit their BHIS worker for providing them a FAMILY! A very special thank you arrives each May on Mother's Day when they graciously send their worker a gratitude bouquet of flowers!



## A STORY OF HOPE

### **A HEALTHY FUTURE**

She was too young to die, but suicide was a real threat as she planned the end of her life at age 15. Her cry for help resulted in six hospital stays in one year. A poor relationship with her father and severe anxiety caused serious trauma. Her mom had died and she felt so alone. She ran away often. School was a space she could not tolerate.

Uncertain how to help, her Dad turned to Tanager Place BHIS. The experience began with trust building sessions and led to setting small goals that helped this young teen take control of her life. Goals are simple. She is set up for success. Dad is involved with the progress. There have been no more hospitalizations and suicide is not anything she considers now.

With the assurance of what dad calls her "life-line" the journey continues toward a better future and a healthy new start.

## WE'RE BUILT AROUND A STORY OF HOPE

### **MAKE THE STORY BE YOURS**

To start BHIS services: 319-200-4832

## Tanager Place Committed to Training That Impacts Mission

### TRAUMA 101 PROVIDES AGENCY-WIDE TRAINING

Thanks to a grant from the University of Iowa Tanager Place has implemented training to create a Mission driven environment offering trauma-informed care. With guidance from The National Institute for Trauma and Loss in Children a required agency-wide training was developed and presented.


“With the goal to create a trauma-informed environment it is crucial to have commitment and involvement that permeates every part of the environment,” explained Chelsie Scott, Human Resources Manager.

Tanager Place committed to this endeavor by working with all employees across all departments to create physical and emotional environments that promote safety, nurturance, and empowerment.

### COLLABORATIVE PROBLEM SOLVING

Collaborative Problem-Solving, CPS is an evidence-based, trauma-informed model that focuses on skill development to address challenging behaviors. At its core, the CPS model teaches that kids do well if they CAN. It challenges the conventional wisdom that kids do well if they want to, or that challenging behaviors are the result of manipulation, attention-seeking, or poor parenting. Rather, these kids lack the skills to safely or adaptively respond to expectations and triggers. By understanding where these skill deficits lie, we are able to work collaboratively to develop durable solutions to challenges, thereby building and developing skills the kids need to be successful.

Four employees are receiving training, which will enable them to provide to all agency staff. Introductory trainings, development of an Inpatient CPS Core Team, and the adoption of CPS language and philosophy into the Tanager Place culture have all been implemented.



**Thank you to the following donors who have shared a role in making this training possible:**

Greater Cedar Rapids Community Foundation

Altorfer Inc. Foundation\*

Canadian National Railway

Diamond V Mills, Inc.\*

RBC Wealth Management Foundation

\*Funds from the Greater Cedar Rapids Community Foundation

## Tanager Place Research & Education Center Announces Community Training

### YOUTH MENTAL HEALTH FIRST AID



It's easy to tell when someone might be suffering from a heart attack or is unable to breathe. But what does depression look like? More importantly, how could you help?

Youth Mental Health First Aid USA helps with these answers.

The Youth Mental Health First Aid course is designed for anyone that works, lives or interacts with children. YMHA classes introduce common mental health challenges for youth, review typical adolescent development and teach a 5-step action plan for how to help young people in both crisis and non-crisis situations.

### WHO SHOULD ATTEND?

Anyone who cares, works with or lives beside children.

**Class dates: May 11, August 17 and September 28**

**Cost: \$50 includes manual and certification and CEU's.**

**To register: [www.tanagerplace.org/training-center/ymhfa/](http://www.tanagerplace.org/training-center/ymhfa/)**

## A SYMPOSIUM OF HOPE

Finding your Role in Suicide Prevention

*"Asking why only makes us feel hopeless. Asking how points the way forward, and shows us what we must do."*



### Sue Klebold - Keynote Speaker

*A Mother's Reckoning: Living in the Aftermath of Tragedy*, a New York Times bestseller

Sue Klebold is the mother of Dylan Klebold, who died by suicide. Dylan was one of the two gunmen responsible for the Columbine High School shootings on April 20, 1999 in Littleton, Colorado.

July 11, 2017 | 8:30 am - 1:00 pm

Cedar Rapids Marriott  
[www.tanagerplace.org](http://www.tanagerplace.org)



## WHEN A CHILD HEALS A COMMUNITY HEALS TOO.

You can help Tanager Place give children and their families' healthy futures and create a strong community for us all.

Your gifts have a direct impact on thousands of children each year.

### There are many ways to give.

From **volunteering** at one of our special events, to organizing a collection drive to benefit the kids, to sharing time as a mentor, volunteers further the Tanager Place mission.

Your **advocacy** is important. Share the Tanager Place story and let others know about this important resource.

Your **financial gifts** are critical. Program support makes it possible to serve and offers opportunities of healing and growth.

Is **Tanager Place** already a **part of your will** or estate plan, but you have not told us? If so, please let us know so we may welcome you to the Volk Society. The Volk Society recognizes the very special people who have included Tanager Place in their estate planning.

The generosity of you, our donors is a strong example of a lasting legacy. The Tanager Place story, now 137 years old, is made possible because of the commitment of each of you and of all those that have shared in the story over the years. Your gift helps to ensure world-class care, advocacy, research and education at Tanager Place will continue to impact the children in our community for years to come.

To learn more about getting involved contact:

**Teresa Kurtz, Director Community Outreach & Research**  
319-365-9165 x 379

**Lorrie Erusha, Director of Philanthropy,**  
319-365-9165 X 310



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# TANAGER PLACE SUMMER FEST 2017

SAVE THE DATE

**Saturday, June 3**  
3:30 – 8:30 p.m.

Rockwell Collins Sports Complex  
Collins Road and F Avenue NE

**75 FREE activities  
for kids of all ages!**

Sponsored by  
General Mills

**JOIN US!**  
Volunteer  
Opportunities  
Available

[tanagerplace.org](http://tanagerplace.org) • 319-365-9164

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#### IN MEMORIAM

Over the past 27 years the Tanager Place Summer Fest has been supported by a dynamic team of volunteers.

This past year we lost one of our Tanager Place family members; Jerry Ferrie. We share our sincere gratitude for all Jerry did for this community event and for all the love he extended to Tanager Place children over the years.

Our condolences to Jerry's family.



#### LOOKING FORWARD SAVE THE DATE

- May 11** Thank A Youth Worker Day  
Youth Mental Health  
First Aid  
United Way Day of Caring
- Tanager Place Welcomes:**  
Climate Engineers |  
Rockwell Collins
- May 19** Camp Tanager Clean Up  
Day – General Mills
- June 10-11** Target for Tanager
- June 11** Camp Tanager Begins
- June 21** Building An Inclusive  
Community
- June 25** Hemophilia Camp
- July 9** Diabetes Camp
- July 11** Suicide & Youth,  
A Symposium For Hope

For more information:  
[www.tanagerplace.org](http://www.tanagerplace.org)