

# Voices



children & families of iowa

Stories and voices of hope.

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## Overcoming Addiction: One Teen's Struggles and Successes

Children & Families of Iowa's (CFI) mental health and addiction treatment programs at Cornerstone Recovery helped over 850 teens struggling with substance abuse last year. Addiction can happen in any family. Sally\* is one of those teens who has been helped by Cornerstone's programs.

Sally used drugs for the first time in middle school. "I was somewhat of an outcast," she explains. "The people who accepted me smoke, drank and used drugs." This was the beginning of a downward spiral that would land her on probation and in treatment.

By freshman year in high school, Sally was experimenting with many drugs, including over-the-counter pills, Cocaine, Marijuana and Ecstasy to name a few. She was skipping school to get high, then sneaking out again at night. Her parents would ground her, but she would still sneak out to use. After getting caught one night, Sally was put in treatment at Lutheran Hospital. She went through their Adolescent Dual Diagnosis Unit twice but always relapsed.

Sally's life was spiraling out of control. Despite a very supportive family, she required professional intervention. After a scare earlier this year when she and a friend overdosed, Sally was charged with possession of an illegal prescription and simulated intoxication. She was put on full probation and sent to drug court. Just as hope was running out, Sally started the Day Treatment program at Cornerstone Recovery.

During her three months at Cornerstone's Day Treatment program, Sally got the support she needed from both peers and counselors. She also learned how to cope with her addictions by using distractions, as well as other life skills such as how to interact better with other people, including her own family. "The staff at Cornerstone doesn't sugarcoat anything," says Sally. "They are up front and honest with you about the consequences of your actions."

Things are looking up for Sally. Since completing the Day Treatment program at Cornerstone, she has been participating in their Juvenile Justice Program where she attends aftercare group meetings and individual therapy. She is on track to graduate in 2011 and hopes to go to beauty school and open her own salon. "My ultimate goal is to do celebrity hair and make-up," says Sally.

Thanks to your investment in CFI's programs and the help she received at Cornerstone Recovery, Sally's life has taken a turn for the better, and her future looks bright.



*\*Names have been changed to protect the identity of our clients*



## CFI Programs Receive High Marks In National Study

The Cornerstone Recovery Juvenile Justice and Day Treatment programs were evaluated in August 2009 as part of the Office of Juvenile Justice and Delinquency Prevention study entitled *Outcome and Process Evaluation of Juvenile Drug Courts*.

The purpose of the study was to evaluate the effectiveness of juvenile drug court programs across the nation. Children & Families of Iowa's Juvenile Justice and Day Treatment programs at Cornerstone received a top rating of Highly Effective.

Over 550 programs were assessed nationwide and only 39, or 7 percent, were classified as Highly Effective. Congratulations to Cornerstone Recovery Juvenile Justice and Day Treatment program staff on this notable achievement.

*More hope inside!*

Why We Give ■ Events ■ CFI Supports Kids Dealing with Difficult Family Issues

# Why We Give: Stories of Hope from People Who Give Back

## Families Helping Families



Children & Families of Iowa's (CFI) family foundations play a vital role in developing and maintaining programs that benefit Iowa's most vulnerable families.

CFI would like to thank the foundations listed below, as well as those who give anonymously, for their continued support.

**Our Family Friends** - (July 1, 2009 - March 30, 2010)

### Easter Family Fund

The Easter Family Fund (operating in the past as the A.E. Easter Family Foundation) has a long history of helping Children & Families of Iowa provide services that get to the root of the problems that plague families, to find solutions and to empower families to create safe, healthy homes where children feel loved and supported.

### Henry G. and Norma A. Peterson Charitable Trust

The Henry G. and Norma A. Peterson Charitable Trust supported CFI's programs with an undesignated donation. This allowed CFI to apply their investment where it was needed most at the time it was made. In 2009 - 2010, this foundation's generosity helped the children at CFI's Child Development Center whose families struggle to meet the most basic needs, providing food, clothing,



*Kayleonna White is provided with quality childcare through CFI's Child Development Center.*

medicine, transportation and school supplies, as well as additional educational materials.

### Weatherspoon Charitable Foundation

The Weatherspoon Charitable Foundation is a constant light to survivors of domestic abuse. This foundation's generosity has provided rent and security deposits, and met the emergency needs of many women and children who come to CFI's Domestic Violence Services Shelter for help.

### Peter H. and E. Lucille Gaass-Kuyper Foundation

The Peter H. and E. Lucille Gaass-Kuyper Foundation is supporting an innovative program designed to protect children from abuse and neglect. The Parent Partner program, which serves residents in Mahaska and Wapello counties and surrounding communities, is helping address the underlying problems within a family that have led to abuse or neglect and successfully reunite those families.

Parent Partners are trained to work with birth parents, the Department of Human Services and the community to enhance a family's capacity to provide for their children's needs. A Parent Partner is a parent who has had personal experience with the child welfare system and has successfully overcome the obstacles that led them into the system. They have been reunited with their children and have successfully completed all training requirements. The Peter H. and E. Lucille Gaass-Kuyper Foundation is building a better future for children.

### Jared and Carol Hills Foundation

The Jared and Carol Hills Foundation has been a loyal supporter of many of CFI's programs for a number of years and continue their commitment at a time when it is vitally needed. Given the current economy, the demand for Children & Families of Iowa's services has increased dramatically, and this family foundation has responded generously.

Thanks to these families, and others who have chosen to remain anonymous, who have made giving back a way of life. They are leaving a legacy of hope and teaching future generations the importance of philanthropy through their gifts. Becoming a family friend is easy. Call Ann Seuferer at 515.697.7901 or email [anns@cfiowa.org](mailto:anns@cfiowa.org) for more information.



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# Kidsfest!

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A special thank you to everyone who supported Kidsfest. Several hundred volunteers and vendors took time out of their busy schedules to help make this event a success.

In addition, over 14,500 individuals came out to see what Kidsfest is all about. Children participated in the Pedal Tractor Pull, Hairy Tales Spa, inflatables and many more fun activities. Special appearances were made by Diego, Star Wars Characters, Veggie Tales and live princesses.

A good time was had by all, and over \$156,000 was raised to help Iowa's most at-risk families. Be sure to mark your calendar for next year's Kidsfest, March 4-6, 2011. See you then!

## Copper Creek Ladies Invitational Staying the Course for Victims of Domestic Violence

Join us at Copper Creek Golf Course for the Ladies Invitational! The proceeds of this 2-Lady Best Shot Tournament benefit Children & Families of Iowa's Domestic Violence Services.

**FRIDAY, JULY 16, 2010**

Copper Creek Golf Course, Pleasant Hill, Iowa  
2-Lady Best Shot Tournament

7:00 a.m. — Light Breakfast / Check-In

8:00 a.m. — Shotgun Start

12:30 p.m. — Lunch / Prizes

Entry Fee: \$65 per golfer

Includes green fee, cart, breakfast, lunch, and prizes



Visit [www.cfowa.org](http://www.cfowa.org) for more information

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## CFI is Supporting Kids Dealing with Difficult Family Issues

Children often get caught in the middle when parents have relationship problems. This can have a long-term effect on the children, and they often benefit from talking to a third party. Children & Families of Iowa (CFI) is able to provide counseling to many individuals wrapped up in family conflicts, regardless of income.

These opportunities teach children that they are not alone in their situation, and are not at fault. As a result, many of these children grow up having healthy relationships of their own.

Rose Douglass turned to Children & Families of Iowa after she separated from her husband last June. Her daughter and two sons were caught in the middle of some pretty intense arguments. After being recommended to CFI through their school, Rose and her husband met with Pat Rogness, Mental Health Program Supervisor, to resolve the visitation schedule. While the schedule worked for the most part, the kids still witnessed some heated arguments between the parents.

The two older kids began seeing Deb Choda, CFI Family Counselor, in December. "They really enjoy their time with Deb," says Rose. "They enjoy having someone else to talk to about their feelings. I am really thankful to Deb and Children & Families of Iowa for being there for my kids when they really needed someone."

As for Rose's wellbeing, "I try to get by day to day," she says. "I've been through a lot the last few months, but I have a very good support system, including family, friends and church." Ultimately, she would like to resolve issues with her husband and have joint custody.

Rose's future is looking brighter as she and the children start a new life. After spending the last several months living with extended family and in shelters, they are starting a new life in their own apartment and looking forward to the future.



*CFI's counseling services have helped Michaela and Samuel through their parents' separation.*

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