

# Voices



children & families of iowa

Stories and voices of hope.

Volume 117, Issue No. 2, 2013-2014

## CFI initiative helps clients in the most rural areas

A typical day for Jodi Castor, the registered nurse at Children & Families of Iowa's (CFI) Fort Dodge regional office, is much like that of any other registered nurse. She meets with patients and performs routine medical exams, checking blood pressure and heart rate. She sits and listens as the doctor meets with patients. The only difference? The doctor she is working "side by side" with is a hundred miles away.

According to the National Institute on Mental Health, although mental health disorders affect 26 percent of adults and mental illness is the leading cause of disability in people ages 15 to 44, there is a nationwide lack of mental health services.

This shortage is felt most heavily in rural states. Last year Iowa had 245 psychiatrists, less than eight per 100,000 residents (University of Iowa). The national average nearly doubles that level, however Iowa counties can have populations of as little as 12 persons per square mile compared to the national average of 87. The result: 81 of 99 Iowa counties are mental health shortage areas (Iowa Department of Public Health's Primary Care Office).

Many of CFI's mental health clients, like 9-year-old Bailey, live in these rural areas. Bailey and her mom Amanda would need to travel nearly 100 miles from their home in Fort Dodge to 15 minute doctor appointments in Des Moines. This challenge became greater as Amanda had no form of transportation to make the trip, where Bailey received needed treatment for Attention Deficit Hyperactivity Disorder (ADHD).

Bailey's ADHD symptoms include impulsive behaviors and excessive energy. "I saw how other kids acted and though most kids have a lot of energy, I could just tell it

was different with Bailey. She would come home and just be bouncing off the walls," Amanda says.

Bailey was able to receive services without the long drive through CFI's telehealth initiative, which was launched in February 2010. She simply visits the local CFI regional office where she is connected to her psychiatrist through live, two-way secure video equipment. Telehealth services

are available at CFI's Fort Dodge and Osceola regional offices.

"It's definitely easier and more convenient for our family, and Bailey continues to get better," says Amanda.

A registered nurse at each location facilitates appointments, during which patients receive psychiatric services, evaluations and medication checks by the doctor through the telehealth service.

"The kids really get into using it. They're always dancing in front of it and having fun. Our doctor is really good with them, so it's fun to

see that interaction," Jodi says.

Jodi assists children as they answer the doctor's questions and orders medications as prescribed by the doctor. She also serves as the doctor's extra set of eyes. "Sometimes I see things the doctor may not, like bruises or injuries on a child, so I notify the doctor about those types of things," she says.

"Telehealth helps clients manage a variety of mental health issues, often resulting from experiences with grief, conflict and trauma," says CFI Mental Health Director Pat Rogness. Your support helps make these needed mental health services more accessible to the people who depend on them. **Thank you!**



CFI Mental Health Director Pat Rogness with video equipment used to reach rural mental health clients.



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

## Company hands employees giving power

When it comes to charitable giving, medical liability insurance company MMIC Group lets its people have the power.

The company, which serves hospitals, health care systems, physician practices, outpatient and long-term care facilities across nine states, empowers employees to choose how its charitable funds are distributed. This is done through the company's GIVE committee (Gifts Initiated Via Employees), composed of company representatives from each of the nine states served by MMIC. Each representative is responsible for distributing money, based on employee interest, to charities in their states' local communities. Last year, the committee distributed over \$100,000 to charities.

"We have a lot of employees that support CFI and know about all the good things they do, so we make an effort to allocate funding there," says Keely Kinnick-Sanden, MMIC's GIVE committee representative for Iowa. Keely takes requests from Iowa MMIC employees about which charity

or organization they wish to support, and distributes the money based on responses.

Each year for the past three years, the GIVE committee has awarded \$5,000 to CFI's telehealth services. These services use live, two-way video teleconferencing via webcams and computer technology to make face-to-face psychiatric services accessible across the state. This is an especially important service for those who have limited mobility/transportation or live in rural areas.

"Our many rural area mental health clients depend on the telehealth service to receive the care they need," says Gloria Gray, CFI's Chief Executive Officer. "Funding from MMIC helps ensure these services stay available."



## Foundation funds serve to inspire CFI children

The Meier Bernstein Foundation is dedicated to its mission of bringing art, music and sciences to under-privileged children. The foundation provides funding that allows at-risk youth to attend youth-centered camps and programs at various public museums, including the Des Moines Art Center and the Science Center of Iowa.

Museums who receive the funding select organizations serving at-risk youth to partner with, and allow children within the organizations to attend their youth camps and programs at little to no cost. Last year, Children & Families of Iowa's (CFI) Child Development Center (CDC) became one such partner with The Science Center of Iowa, which provides summer camp passes to children enrolled at the CDC.

The various museum programs serve as a way to engage and inspire at-risk youth through exploration, curiosity and

self-development. "Research shows that many individuals with careers in the science industry became passionate while visiting these types of programs as children," says Renee D'Antuono, one of the foundation's directors. "At-risk youth often don't have these opportunities, so this exposure can really inspire them to bright futures."

The children enrolled at the CDC come from low income households. Many have parents/guardians who are single, teenage and/or incarcerated or struggling to make ends meet even when working more than one job. Camps and activities for children on their summer and school breaks are simply unaffordable for these families.

"I get emails all the time talking about how excited the kids are about these programs or about how many of them return to the sites," D'Antuono says. "You can really tell that it is a worthwhile experience for them."

Thanks to the Meier Bernstein Foundation, at-risk children at CFI's child care center are given the opportunity to explore and be inspired by the world around them.



**children & families of iowa**  
*Restoring hope. Building futures. Changing lives.*

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

# Honor and Memorial Gifts

The following gifts were given to Children & Families of Iowa between November 1, 2012 and October 31, 2013. To make a gift in honor or in memory of a loved one, friend or organization, please complete and mail the enclosed donation envelope or visit [www.givetocfi.org](http://www.givetocfi.org). If you have any questions, please call us at 515.697.7972.

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# Princess Party™

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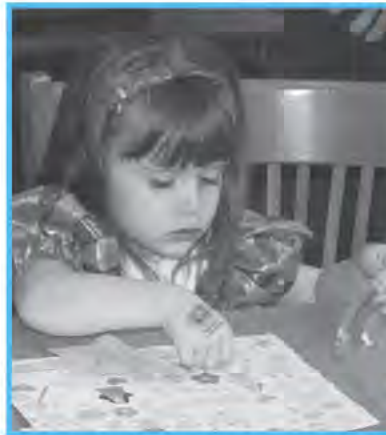
Children & Families of Iowa would like to thank the more than 800 attendees of this year's Princess Party who helped raise more than \$37,000 for CFI programming on Saturday, September 28, 2013 at Jordan Creek Town Center.

This was the fifth straight year the event has sold out! Little princesses enjoyed delicious breakfast provided by Panera, participated in crafts and activities, and posed for princess photos. Additional activities included V.I.P. packages, tiara and fairy dusting, a nail painting station, and professional photos with Rapunzel and The Little Mermaid. Princesses Rapunzel, The Little Mermaid, Beauty, Snow White and Pixie attended the party and posed for photos with adoring fans. Parents had the opportunity to participate in a silent auction and raffle for fun princess prizes.

Next year's party is scheduled for September 27, 2014. For the most up-to-date information, check out our website at [www.cfiowa.org](http://www.cfiowa.org) or like us on Facebook.



*Iowa School of Beauty's Christiana Anthony and Chelsey Simon get princess Katie Imoehl's hair royally ready.*



*Princess MaKenna Meyer puts finishing touches on her princess crafts.*



*Princess Amira Mitchell poses next to Pixie.*

## Dancing and Bidding the Night Away

Over \$130,000 was raised at Children & Families of Iowa's Tango held Saturday, August 17 at the Sheraton Hotel in West Des Moines. Guests at Tango enjoyed gourmet hors d'oeuvres, dancing to live music by Decoy, casino gaming, and the chance to bid on magnificent items during the silent and live auctions. Featured auction items included trips to Costa Rica, Hawaii, Mexico and Las Vegas, and extravagant dinner parties.

Funds raised at the event will support the various needs of CFI programs dedicated to serving thousands of at-risk children and families every year.

Thank you to all Tango attendees, committee members and volunteers who helped the event run smoothly. Special thanks to our honorary chairs Sharon and Kyle J. Krause. Be sure to mark your calendars for next year's Tango on Friday, August 1, 2014.



*Tango honorary chairs Sharon and Kyle J. Krause.*

# Come be a part of Iowa's largest children's festival!

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Sunday, March 2: 10 a.m.- 4 p.m.

Kidsfest is a family-oriented festival that features fun activities, games and entertainment for kids and their families. This exciting event is attended by more than 15,000 people every year, and proceeds benefit the programs of Children & Families of Iowa. Kids helping kids has never been so much fun! Visit [www.cfiowa.org](http://www.cfiowa.org) or like **CFI's Kidsfest page on Facebook** for up-to-date information.

### ***Coaches Toy Drive set for another year***

Children & Families of Iowa will once again partner with Applebee's and Carlos O'Kelly's for the Annual Coaches Toy Drive.

Drop off new, unwrapped toys at Applebee's or Carlos O'Kelly's and we will make sure they go to children who might not otherwise receive gifts this holiday season. The Coaches Toy Drive begins November 25 and ends December 31.

Last year, we collected thousands of toys for children across Iowa. Please join us in helping make someone's holiday a little brighter this year! Visit [www.cfiowa.org](http://www.cfiowa.org) for a list of most-needed toys and participating locations.



### ***Coming Soon!***

### ***Isabel Bloom Butterfly Sculpture***

Children & Families of Iowa will once again be selling beautiful, handmade Isabel Bloom sculptures. This whimsical butterfly figurine will launch in 2014 and will be available for purchase for \$31. Isabel Bloom will donate a portion of proceeds to CFI's Domestic Violence Services. Watch for more details after the first of the year by visiting [www.cfiowa.org](http://www.cfiowa.org) or liking **CFI's page on Facebook**.

# A Welcome to Incoming Board Members

Please join Children & Families of Iowa in extending a warm welcome to this year's incoming board members. As community leaders, professionals and philanthropists, they bring support, vision and oversight to all CFI functions and programming.

## Incoming Members of the Agency Board of Directors



**Nick Griffin**  
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