

Voices



children & families of iowa

Stories and voices of hope.

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A Life-Changing Second Chance

Children & Families of Iowa helps one teen on his search for hope.

"Without Children & Families of Iowa (CFI), I would be locked up or dead without a doubt," says 16-year-old Christian* as he reflects back on the past few years.

After witnessing his father abuse his mother at a young age, Christian spent much of his childhood struggling to overcome trauma from the painful memories. Time passed and even with his abusive father no longer in his life, Christian entered middle school still haunted by the memories. Desperate for a way to ease the pain, he turned to alcohol and marijuana, started hanging out with the wrong crowd, and began associating with gangs. He struggled with trusting men and had frequent nightmares about the trauma he had experienced in his life.

Christian's substance abuse issues quickly led to serious consequences. He was placed on probation for nearly three years, having had his original sentence extended after he continued to use drugs. He was placed in detention twice and spent nine months at a behavioral placement. After being released, he relapsed and went on the run to avoid being detained by his juvenile court officer. A judge gave him the option of enrolling in a juvenile correctional facility or in CFI's Cornerstone Day Treatment, a program dedicated to helping teens overcome substance abuse. Christian chose to come to Cornerstone.

While in the program, Christian worked on his trust issues that were interfering with his relationships, and began to distance himself from his negative peers and focus on his personal goals. He wanted to get a job, graduate from high school, pursue a music career and become a better son and

big brother. "When I got to Cornerstone, I felt like people cared about me and it helped me to open up faster than I normally would," he says. Christian began making progress right away, but learned a very important lesson the hard way early on in his treatment.



Due to his positive progress, Christian was released from house arrest and shortly after, decided to meet up with some of his old friends. Despite only being away from the house for two hours, he relapsed and consumed so much alcohol he required hospitalization. Christian woke up thinking he had destroyed all of the progress he had made with his family. When he returned to Cornerstone, treatment staff focused on using the

experience as a learning opportunity for Christian.

After participating in counseling sessions, Christian was able to recover from his relapse. Today, he is back in school, working a part-time job and on track to successfully complete his probation. He describes the relationship he has with his family as the "best it's ever been."

"I finally understood that my substance abuse wasn't just hurting me, but also hurting my family," he says. "There was no way I would reach the goals I have now as long as I was using. CFI staff told me from the beginning that I could achieve many great things and that they are there to support me along the way."

**Name has been changed to protect client confidentiality.*

More hope inside! Why We Give ■ Events



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

Longtime CFI Supporter Bob Larson Leaves a Legacy

Robert (Bob) Larson, a longtime Children & Families of Iowa (CFI) supporter and friend, passed away on January 9, 2015. Bob and his wife Ann, who passed away in 2010, were loyal supporters of CFI for over 25 years.

Bob's dedicated service to CFI included his role as a Foundation board member and term as president of the board. He was also a generous donor and advocate for CFI's endowment fund, which ensures services will be available for future generations.

Among his most notable contributions, Bob led CFI through an extensive transformation as chair of the organization's capital campaign in 1988. The campaign greatly expanded CFI's services with the building of four new facilities, including a child development center, domestic violence shelter, teen residential treatment center, and a headquarters/family services center. All projects were completed from 1991-1993.

"Bob and Ann did so much for the betterment of our programs," says Amy Stapp-Arpy, CFI's Chief Development Officer/Vice President of Development and Communications. "There is no doubt the legacy they left behind will continue benefiting generations to come."



Bob Larson, an avid CFI supporter.

Special Thanks to the many wonderful individuals who volunteered for Children & Families of Iowa during the months of January - March 2015.

Cassie Aerts
Delores Aswegan
Kelsey Baker
Ellen Barrett
Bergetta Beardsley
Izzie Beck
Joyann Benoit
Amanda Berndt
Jason Beuligmann
Ashley Bollman
Jessica Brady
Elisabeth Buck
Janice Caldwell
Cara Calease
Kalan Clark
Carrie Clogg
Shirley Coleman
Kyle Collins
Kara Jane Curl
Mary Daily Lange
Karen Daniel
Matthew Fangman

Kimberly Fenneman
Megan Foster
J.F. Fuwke
Moni Gauhel
Ramona Gauhel
Lynn Graves
Helene Grossman
Sarah Haines
Ashley Hanold
Renee Hardman
Dodie Harger
Jolene Harlow
Matt Harm
Sarah Heins
Nancy Heuer
Eva Horstman
Debbie Hubbell
Deanna Ingebresten
Jody Jacklin
Liz Kirk
Andrea Krieg
Michelle Kukuk

Ann LaFontaine
Teresa Lagomara
Paulet Lame
Mary Lange
Kelli Lemke
Lynn Manning
Jodi Miller
Kara Mohs
Lilah Ness
Christ Neumann
Jeannette Niederklopf
Sherri Northrup
Mark Oehlerking
Carrie Osborne
Chelsey Peck
Jenni Pfantz
Mary Prall
Jeri Raymond
Vincent Ries
Brett Robinson
Laura Robson
Brenda Scott

Vanessa Sedrel
Raymon Shade
Garrett South
Matt Thacker
Barb Thompson
Lucy Tuttle
Tracy Uhlman

Chaitu Vadlapatla
Jessy Warren
Cherly Westbrook
Aaron Wignall
Ashley Wubben
Sarah Xia
Ali Young



Thank you to the 274 Kidsfest volunteers who helped make the event a success! Visit www.cfiowa.org for a complete list.



Mark Your Calendar

for these upcoming events



Friday, July 17, 2015
Shotgun Start at 8 a.m.

Copper Creek Golf Course - Pleasant Hill, Iowa

Join us for our four-lady scramble, complete with breakfast, lunch and a chance to win fabulous raffle prizes. Proceeds benefit CFI programs.

Tango

Friday, July 31, 2015

6:30 - 10:30 p.m.

Sheraton West Des Moines Hotel
**Honorary Chairs Connie Wimer
& Frank Fogarty**

Enjoy a night out featuring live music by Final Mix, dancing, delicious hors d'oeuvres, and live and silent auctions. Funds raised at the event will support CFI programs.

Visit www.cfiowa.org or "like us" on Facebook for up-to-date information and registration for CFI events.

THANK YOU

Children & Families of Iowa's

Kidsfest!

presented by **Veridian**
credit union



Faith, Olivia, and Joyce Jacob visit with Sleeping Beauty at Kidsfest.

Families enjoyed a fun-filled weekend at Children & Families of Iowa's Kidsfest, presented by Veridian Credit Union. The event raised more than \$148,000 for the programs of CFI. Mark your calendars for next year's Kidsfest, which will be held March 4 - 6, 2016.



children & families of iowa's



Monday, June 22, 2015

Terrace Hills Golf Course, Altoona

Join us for an inter-generational golf tournament! Teams will be placed into flights based on the age of the youngest player. Visit www.cf Iowa.org to learn more or to register.

- Flight 1: age of youngest player 5-9; alternating shot
- Flight 2: age of youngest player 10-14; best shot

Flights 1 and 2 are a two-person format with tee-off times assigned between 8 - 10 a.m. Cost is \$25 per person.

- Flight 3: age of youngest player 15 and up

Flight 3 is a four person scramble with a shotgun start at 12:45 p.m. Cost is \$40 per person.

Registration includes lunch, golf cart and green fee for each player.

Check out our NEW website
at www.cf Iowa.org!

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