



children &
families of iowa
www.cfiowa.org

ASPIRE

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Ready for Kindergarten

Zach* is now an energetic, happy, four-year-old boy, but the first few years of his life were marked by abuse caused by his father's alcoholism and violent relationship with Zach's mother. When Zach was three, his mother ended her relationship with his father. Though necessary, the little boy was uprooted from his home. His sense of loss increased when his mother had to work longer hours to support the family. His care was divided between loving grandparents and other family members. Unfortunately, each caregiver put in place their own set of rules and the inconsistency left Zach confused and frustrated.

Because of his loss and the inconsistency in his life, Zach became overwhelmed and unable to cope. He struggled to communicate his wants and needs, and engaged in trauma responses – fight, flight and freeze. Zach's destructive behavior caused him to have difficulty in pre-school. His mother and teachers were concerned with Zach's inability to listen and follow simple directions.

The aggression escalated, both in the classroom and at home, including throwing chairs, tipping over furniture and hitting those around him. When upset, he would run out of the classroom, scream, and hide. These behaviors led to a special education referral identifying Zach's need for additional support and assistance in his learning environment.

Zach's mother enrolled him in Children & Families of Iowa's (CFI) Therapeutic Child Care (TCC) program so that he would benefit from the smaller class size focused on social-emotional development. TCC's approach includes evaluation by one of CFI's Mental Health Consultants which allowed Zach the

opportunity to develop skills and explore the thoughts and feelings that motivated his disruptive behaviors.

Caregiver coaching provided through CFI's mental health services taught the adults caring for Zach clear, consistent expectations. Zach receives individual and family therapy services, as well as occupational, speech and language therapy. These services help him understand his past, his relationships with others and how to communicate his feelings and thoughts.

Zach is now able to sit and enjoy storytime and is happily learning his alphabet. Because of all his progress, Zach is transitioning from the TCC program into a larger classroom within CFI's Child Development Center, and will be prepared to enter kindergarten this fall. With consistency among his caregivers, Zach knows what to expect from the adults in his life and has a sense of stability and support. ■

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

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Children & Families of Iowa

THANK YOU



State Farm

John Deere



JOHN DEERE

CFI's Cornerstone Recovery enables teens struggling with mental illness and substance abuse to find healing and a better life. During fiscal year 2015, 999 individuals, including 566 youth, were assisted through these services. Since 2013, support from John Deere grants has provided \$25,000 in assistance for Cornerstone programming.

John Deere's involvement with CFI does not stop there. In October 2015, the John Deere Financial Services Leadership team aided CFI's Domestic Violence Services (DVS) by filling 150 bags for families and individuals transitioning from shelter to independent living. The bags included personal care items, toiletries, and cleaning products to help clients set-up new homes.

In March, the John Deere Women Reach group held the first of three events planned for 2016 at CFI's Child Development Center.

In addition, children's books were provided by John Deere's employee book drive. ■



John Deere Intelligent Solutions Group Financial Services Leadership Team members fill personal care item bags for CFI's Domestic Services clients.

CFI thanks State Farm for the generous grant of \$14,500 for CFI's Drive to Success. This program will assist up to 40 at-risk youth by providing driver's education scholarships. This grant marks a new partnership between CFI and State Farm to ensure that the young people CFI serves have the opportunity to learn to drive in a safe and educational environment. CFI will also work with local State Farm agents and law enforcement to facilitate auto safety presentations and simulations benefiting CFI clients and staff. ■

Volunteers

Special thanks to those organizations and individuals who volunteered for Children & Families of Iowa during the months of January - March 2016

Faykha Ala
Amy Alexander
Tiffany Anders
Maddy Anderson
Erik Askelsen and
four daughters
Lejla Avdic
Georgi Bakoev
Jasmine Barr
Erika Bartschat
Parker Bartz
Sierra Barzar
Jan Belken
Tristan Berg
Rikita Bhakta
Mckayla
Birkenholtz
Tina Bishop
Claire Blind
Sarah and Erin
Bohlender
Susanne Bollard
Avery Boom
Karen Boriskey
Kendra Bottorff
Kole Brockway
Adelia Brown
Abbey Browning
Heath Bullock
Ben Bruns
Alice Cale-Finnegan
Breanna Card

Trevor Cardenas
Cindy Carlson
Emily Carr
Nola Cartmil
Jasmine Chavarrria
J.T. Clendenin
Rachel Cohen
William Compston
Chris Coney
Mikayla Corder
Kaelin Cosgrove
Ryan Crall
Daniel Creese
Larry Currier
Vona Currier
Rupal Danawala
Karen Dassinger
Olivia Daumueller
Mark Denniston
Morgan Dezenski
Nicole Dinescu
Johnathan Dooley
Gabby Edenburn
Honor Edmonds
Marcella Edmonds
Noah Edmondson
Bradley Egan
Zeina Eissa
Katie Eliason
Bridget Ennis
Cynthia Evans
Eduarda Fedjukova

Eric Faust
Derek Folden and
two children
Allie Fitzgerald
Zion Freeman
Jenna Fulk
Chelsie Garcia
Zoey Glenn
Aaryn Graeve
Karen Goldworth
Diane Graham
Kali Gravitt
Glottia Gray
Emily Greer
Karen Guard and
two children
Jacqueline Hand
Carly Hart
Mark Hasting
Preston Hasting
Thomas Hathaway
Bella Heidesch
Bob Heles
Rebecca Hennessey
Ela Hernandez
Ilda Herrera
Gyzylgul Hojalyyeva
Heidi Hoppe
Simone Hopton
Sarah Horn
Janette House
Mark Hubbell

Tim Hubbell
Savannah Hunt
Hannah Husted
Madeline Husted
Amanda James
Barb Jeffrey
Sara Johnson
Tessie Johnson and
two children
Kerry Ketcham
Jasmine
Khammany
Bobbie Kilts
Alyssa Kinter
Trevor Kirk
Nathan Kladivo
Andrea Konz
Danielle Kranovich
Jeff Krausman
Jason Kruger
Riley Kuennen
Robin Lacquement
Nicolette Land
Hallie Lawyer
Elizabeth Linskens
Megan Locke
Anna Logsdon
Emily Lopez
Serena Luong
Ana Mamola
Brian Mamola
Brittney Marine

Max Marshall
Dawn Martino
John McDonald
Elyse and Nolan
McElligott
Braeden McElmury
Geri McGonegle
Terry McGonegle
Macy McKendree
Donn McLaughlin
Brady McMains
Alessandra
Meschini
Jon Meyer
Jalen Miles
Jaret Miller
Cailee Mills
Caitlin Mills
Adriyel Mondloch
Natasha Moore-
Fondren
Olena
Mykhalchevska
Anano Neparidze
Gayla Nesbitt
Patty Notch
Jennifer Olson
Gaby Ordaz
Brice Osgood
Nathan Overberg
Kathryn Owens
Jennifer Paulsen

Trisha Pavelka
"AJ" Aidan Pearl
Lexie Pearson
Madyson Peterson
Jennifer Phan
Sarah Pongres
Brooklynn Porter
Evan Porter
Sharon Post
Aryan Prajapati
Tim Quick
Alex Robran
Nicole Russell
and niece
Mariah Sadler
Iqra Sarwar
Tom Satterstrom
Jonah Schaeffer
Chris Schmitz
Emily Schnoor
Courtney Schultz
Isaiah Scott
Edin Sehic
Grace Seidel
Rob Seiler
Tosie Simmons
James Simmons-
Waters
Bhavana Sirimalle
Byron Smith
Christa Snyders
Hannah St. John

Ryan Staub
Olena Stohnii
Hannah Stohs
Megan Stueckradt
Bill Tam
Kaitlyn Tam
Dallen Taylor
Ashley Thompson
Jill Thompson
Hansen
Jacob Toth
Anna Tystahl
Tehya Valenta
Katherine Van
Arnum
Monika Van Nelson
Mackenzie Van
Zante
Anna Volovichenko
Isabel Wheeler
Steve Wheeler
Cailey Wilkins
Christal Wilson
De'Vonnia Winston
Elsa Wright
Carmen Yancey

learn more at cfiowa.org

MARK YOUR CALENDARS



Tango Gala

Friday, July 29, 2016
Sheraton West Des Moines Hotel
West Des Moines, IA

Enjoy a spectacular night of entertainment while helping Iowa families by attending CFI's Tango Gala. Guests at the popular social event enjoy heavy hors d'oeuvres, dancing, and the chance to bid on exceptional items at the live and silent auctions. Last year's



**2016 Honorary Chairs,
Suku and Mary Radia**

event raised over \$127,000 for CFI programs that provide support to thousands of at-risk children and families.

Family Tees Intergenerational Golf Tournament

FRIDAY, JULY 1, 2016
Terrace Hills Golf Course
Altoona, IA

Ladies' Invitational Golf Tournament

FRIDAY, JULY 15, 2016
Copper Creek Golf Club
Pleasant Hill, IA

Princess Party

SATURDAY, NOVEMBER 5, 2016
Jordan Creek Town Center
West Des Moines, IA

LEARN MORE

For up-to-date information and registration for CFI events, visit cfiowa.org.

CFI Kidsfest presented by Veridian Credit Union

Thank You to All Our Kidsfest Volunteers and Supporters

Families enjoyed a weekend of fun and helping others at Children & Families of Iowa's Kidsfest, presented by Veridian Credit Union. This year, Kidsfest raised \$131,000 for programs that help at-risk families.

Held at the Iowa State Fairgrounds Varied Industries Building, Kidsfest offered attendees many child-friendly activities. Attractions included stage shows featuring: The String Beans Band, DBS Turtles, and Bettie Jane Bibler's "Animal Scales and Tails from Around the World".

We greatly appreciate the ongoing support of our presenting sponsor Veridian Credit Union and our supporting sponsors: Fareway, Wells Fargo, GuideOne Insurance, AmeriGroup Iowa, EFCO, Donovan Edwards - Central Iowa Striping, The INS Family of Companies, Scheels and UnitedHealthcare Community Plan. We would also like to thank our media partners KCCI TV 8, The Des Moines Register and Cumulus Media, as well as Lazer Resources and Iowa School of Beauty for their support.



Beauty reads to the young audience during storytime.

learn more at cfiowa.org



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children & families of iowa



Every child
should be safe
in their home.

Help us restore
hope and
change lives
by investing in
the programs
of Children &
Families of Iowa.

Planned Giving – Easier than Ever

Donating to Children & Families of Iowa through a planned gift is a tremendous way to make a lasting impact in the lives of others and your community. At our planned giving site we can help you make the best plan for the most meaningful legacy. All you have to do is reach out at: <http://cfiowa.planmylegacy.org/>.

You will find an array of resources to help you determine if a planned gift is right for you. If you have additional questions, please contact Amy Stapp-Arpy, Chief Development Officer/Vice President of Development and Communications.

Children & Families of Iowa has been helping Iowa's at-risk children and families live safe, healthy, productive lives for 128 years! Our donors make it possible for us to help the thousands of individuals we serve each year. To that, we say THANK YOU. Experience tells us there will continue to be those who need our services in the future.



**Foundation for
Children & Families of Iowa**

515.697.7972 or www.cfiowa.org

Amy Stapp-Arpy
CDO/VP of Development
and Communications

Restoring **hope**. Building **futures**. Changing **lives**.