



children &
families of iowa
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600,000 Iowans Live with Mental Illness

When an internationally-acclaimed singer and songwriter approaches the microphone, people stop to listen. Add a high-profile member of the British royal family into the mix, the world takes heed. Or, at least that is the goal for Lady Gaga and Prince William, following their recent partnership to address – and end – the stigma surrounding mental illness.

A shared experience with mental health brought the two celebrities together. Recently, Lady Gaga shared her struggle with post-traumatic stress disorder (PTSD) in an open letter; Prince William embraced the topic after his brother, Prince Harry, in an unprecedented move, revealed his ongoing effort to deal with the stress surrounding his mother's death in 1997. Now, royalty and pop culture unite to spread an important message – that dealing with mental illness is normal, common, and part of everyday life.

This message is both timely and relevant, given the often unrecognized prevalence of mental illness. Roughly 1 in 5 – or 600,000 – Iowans live with some kind of mental illness, with national statistics following a similar trend. The month of May, which has been established as the National Health Awareness Month, offers opportunities to increase public awareness and understanding of the mental health challenges encountered by so many Americans, including Iowans.

Recognizing the need for quality treatment and care, Children & Families of Iowa (CFI) continues to provide affordable mental health services to individuals and families in the state of Iowa. Furthermore, what historically had been a focus on adolescent substance abuse services now encompasses the adult population as well. Iowans

served by CFI have access to both mental health and substance abuse care, as the two services often accompany each other.

“Throughout my therapy sessions I felt valued and respected,” said Kylie*, who sought out CFI's services to help cope with stress. “As I made progress, I began to notice small yet positive changes in my life – changes inspired by new-found trust and self-confidence. I finally learned how to trust others and, most importantly, myself.”

Cornerstone Recovery, CFI's Ankeny-based mental health office, has been on the forefront of the organization's expansion of mental health and substance abuse services. Today, Cornerstone continues its long history of serving adults and adolescents needing treatment and care by ensuring Iowans have access to professional, evidence-based services. Similarly, additional CFI locations – Northside, Des Moines, Osceola and Fort Dodge – also provide mental health and substance abuse services.

“CFI strives to provide high quality mental health and substance abuse services to the clients we serve,” said Pat Rogness, Vice President of Mental Health Services at CFI. “All of our clinicians are highly skilled and receive ongoing evidence-based training in order to best meet the needs of our clientele.”

The goal of providing quality mental health care to Iowans is both challenging and rewarding – and it cannot be accomplished alone. When you give to CFI, you help improve the access to, and quality of, mental health and substance abuse services for Iowans. And for the thousands of children, individuals, and families needing these important services to live healthy lives, your generosity makes all the difference – it restores hope! ■

**Name has been changed to protect the individual's confidentiality.*

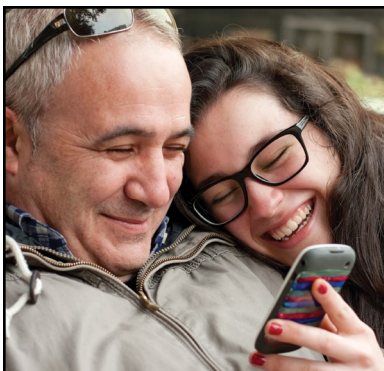
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@CFIowa



Children & Families of Iowa



THANK YOU

CW Iowa and ABC 5 sponsors 2017 Kidsfest, presented by Veridian Credit Union



CFI extends a special thank you to CW Iowa, ABC 5, and Jon Skorburg, General Manager, for their invaluable sponsorship of Kidsfest, which included primetime TV coverage, live interviews, advertising placement, social media coverage, event presence, and much more! Thank you for your part in making Kidsfest a big success!

“CW Iowa 23 and Local 5 were honored to partner with Children & Families of Iowa for Kidsfest,” said Andrea Garnant, Promotions/Public Service Manager. “Our stations strive to be advocates for our viewers every day. So, this was a wonderful opportunity for us to continue our mission, being a part of the community we serve and contributing to its success. CW Iowa Live co-hosts Lou Sipolt and Jackie Schmillen enjoyed seeing everyone at the event, and we all hope to help make it even larger next year. Thanks to CFI for allowing us to be a part of this great event that provides important programs to Iowans.”

New Board Member

Please join the Foundation for Children & Families of Iowa in extending a warm welcome to our incoming Board of Trustees member:



Mark Imerman

MARK YOUR CALENDARS



2017 Family Tees Inter-generational Golf Tournament



Monday, June 19, 2017
Terrace Hills Golf Course
Altoona

Join Children & Families of Iowa for our signature Family Tees Golf Tournament. Family Tees offers a wonderful opportunity for families to be active and play together while supporting the important mission of Children & Families of Iowa.

LEARN MORE

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

Ladies' Invitational Golf Tournament

JULY 21, 2017
COPPER CREEK GOLF COURSE, PLEASANT HILL



Tango Gala

JULY 28, 2017
SHERATON, W. DES MOINES



Princess Party

OCTOBER 21, 2017
JORDAN CREEK TOWN CENTER, W. DES MOINES



Volunteers

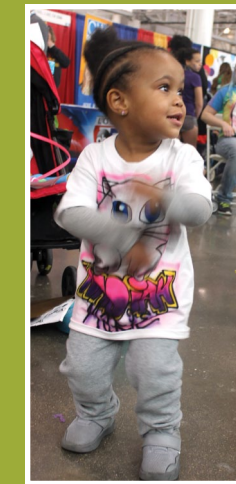
learn more at cfiowa.org

Special thanks to those organizations and individuals who volunteered for Children & Families of Iowa during the months of January through March 2017.

- | | | | | | |
|----------------------|--------------------|---------------------|------------------------|---------------------|----------------------|
| Abby Cowan | Bo Schatzberg | Esther Ubadigbo | Julia Warden | Mark Hasting | Roxy Omoyeme |
| Abby Frakes | Bogdana Peric | Gayla Nesbitt | Kaitlyn Tam | Mark Imerman | Ruben Vartanyan |
| Abraham Schaecher | Boity Moloi | Genny Wyckoff | Karen Boriskey | Marlen Rashed | Ryan Crall |
| Adrienne Khattiya | Braeden McElmury | Gordon Miller | Karen Guard | Mary Beth Fastje | SAFAEn San Te |
| Aldan Kacar | Brandi Shannon | Hadleigh Markun | Kate Reed | Mary Daily Lange | Sara Bukenova |
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| Alex Besch | Brenda Dao | Hanna Biegger | Katherine Currier | McKayla Birkenholtz | Sara Purscell |
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| Allyson Arenivas | Casey Vieregge | Ivan Ramirez-Chavez | Kelsi Nguyen | Meri Brick | SofAa Marciel |
| Alysia Cao | Chana Evans | Jace Baker | Kelsie Cooper | Michael Doster | Stacey Dostal |
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| Alyssa Carter | Christina Teufert | Jade Miller | Kent Altena | Mirzeta Sabic | Steve Wheeler |
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| Amy Wieland | Claire Blind | Jami McLeod | Krys Lange | Molly Wright | Taylor Gorski |
| Amy Yeager | Claire Wallace | Jan Belken | Land Cardenas | Morgan Ochoa | Taylor Pudenz |
| Ana Mamola | Clare Smith-Larson | Janette House | Larry Currier | Nailah Cortez | Tehya Valenta |
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| Bo Colosimo | Erin Sawasky | Julia Ansley | Marissa Johnson | Rose Berber-Solis | Zung Par |

CFI's Kidsfest presented by Veridian Credit Union

Thank you to all who attended, our Kidsfest sponsors, volunteers and participants!



Nadiah R. enjoyed dancing with Hy-Vee KidsFit stage show.

Annually, corporate and community sponsors generously support this weekend festival, including the event's dedicated presenting sponsor, Veridian Credit Union. Other major sponsors included Hy-Vee, CW Iowa, ABC Channel 5, CW Iowa, Wells Fargo, Amerigroup Iowa, Access Systems, Des Moines Register, iHeart Radio, LRI Laser Resources, Iowa School of Beauty, EFCO, Mercy Children's Hospital & Clinics, Scheels and United Healthcare.



2017 Honorary Tango Chairs Announced

Children & Families of Iowa (CFI) is pleased to announce Joyce and Rick Chapman as the 2017 Tango Gala Honorary chairs.

Joyce and Rick are Iowa natives with a decorated history of civic and philanthropic efforts throughout the state. After many years of successful leadership within the banking industry, Joyce retired in 2006 as Executive Vice President at West Bank and Executive Director West Bancorporation Foundation, leaving behind a profound legacy defined by vision, service and work ethic. Rick was a professor at Des Moines Area Community College for 34 years, with a passion for helping both traditional and nontraditional students reach success in academic and vocational pursuits.

CFI is both proud and grateful to have the Chapmans serve as the honorary 2017 Tango Gala co-chairs. Their dedication to and vision for the state of Iowa, honed through their many years of service, will be instrumental during this year's Tango Gala.

learn more at cfiowa.org



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

Why consider a planned gift?

A long-term investment in CFI is one that offers hope to future generations of children and families throughout Iowa.

Many people are surprised to learn how easy it can be to make a planned gift. There are many planned gift opportunities, including a charitable bequest through your will, which is revocable. We understand that, if circumstances change, you may wish to adjust your plans accordingly. Estate gifts have many advantages, including flexibility and variety.

CFI invites past, current, and future donors to learn more about giving options by visiting <http://cfiowa.planmylegacy.org>. Thank you for helping to restore hope, build futures, and change lives in Iowa.

**Foundation for
Children & Families of Iowa**

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