



children &
families of iowa
www.cfiowa.org

ASPIRE

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Helping a Mother Learn How to Heal

Wendy* is a 35-year-old woman who experienced significant trauma in her childhood and domestic violence in her relationships as an adult. As a mother of five who was expecting her sixth child, she became involved with the department of human services and had experienced the removal of her children from her care. Wendy and her oldest child, Nathan, began working with the CFI behavioral health program after an internal referral was made by their CFI case worker to address their mental health needs.

Wendy was struggling with anxiety, low self-confidence and was experiencing suicidal thoughts after her children were removed from her care. Wendy began services with her focus on reunification. However, Wendy's personal traumatic experiences as a child resulted in difficulty for her to see the impact of her own unhealthy adult relationships and its effects on the parenting of her children. Initially, Wendy was resistant to therapy as she had a long history of services throughout her childhood that she did not find helpful. Wendy identified that the moment she began to realize that CFI's therapy services could be helpful was after her mental health therapist explained the effects of trauma on the brain and body responses. This education through her therapist allowed Wendy to realize that her



responses were a result of what happened to her when she was younger. Wendy gained insight into her own behavior and responses and began to heal from these experiences for the first time in her life. Wendy became more open to therapy and began to implement changes that would not only benefit her, but would assist in healthy and safe parenting for her children.

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Welcome

New Board Members

Please join us in extending a warm welcome to incoming board members!



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Thank you!

Thank you to all who volunteered at the Family Tees Golf Tournament. By volunteering, you are helping to raise community awareness, and fund the most urgent needs of the organization.



For more opportunities, visit cfiowa.org

DONATIONS AT WORK

Thank you to our community and business partners for helping make the Jump Start summer tutoring program available for the 160 Des Moines area students enrolled!

Farm Bureau Financial Group – Brian Mamola, VP
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Farm Bureau Financial Group - Joe Fortelka, Director of
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Children Families Urban Mission – Mark Slokum,
Interim Executive Director

Oakridge Neighborhood Services – Almardi
Abdalla, Vice President of Family & Workforce
Programs

Drake University, Department of Education – Dr.
Ryan Wise

Tribute Gifts

The following gifts were made to the Foundation for Children & Families of Iowa between July 1, 2020 and June 30, 2021. 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

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THANK YOU

Through your tribute gift to Children & Families of Iowa, you helped at-risk children and families across Iowa find the support they need to live happier, healthier lives.

Children & Families of Iowa Hosts 2021 Jump Start Tutoring Program



CFI was selected to host the summer 2021 Jump Start tutoring program, funded through United Way of Central Iowa. The program utilizes tutors from Des Moines and surrounding communities to assist families in assessing gaps in math and reading skill development, and providing access to resources for improvement. The program launched June 21 and will operate through August 13, 2021.

SAVE THE DATE

Ladies Invitational Golf Tournament

New Location!

The Ladies Invitational Golf Tournament will be taking place at **A.H. Blank Golf Course on October 8!**

Funds generated from the tournament will be used to benefit CFI's Domestic Violence Services and most emergent needs.

Registration will open on Friday, August 20!

Visit cfiowa.org for more details



Back-to-School Supply Drive

Children & Families of Iowa

As the start of the new school year gets closer, the need for school supplies will be urgent. This can be an especially stressful time, especially for families in need.

To help make the transition into the new school year easier, CFI will be accepting back-to-school supplies donations for students from kindergarten through grade 12. Donations will be accepted now until September.

For more information, please contact Sarah Vale, Development Manager, at sarahv@cfiowa.org



Helping a Mother Learn How to Heal

Wendy became more comfortable asking for help and advocating for herself and her children's needs. As a result, Wendy's children began to engage in therapy services with providers at CFI and Wendy began Child Parent Psychotherapy (CPP) services with her youngest daughter to heal from the removal and increase confidence in Wendy's parenting. Wendy and her five children were able to all be served in one location at CFI where the staff were able to coordinate services, attend family team meetings and provide collaborative reports for the court to outline Wendy's progress and support her toward reunification with her children. When Wendy gave birth to her sixth child, a baby girl, she was able to maintain custody due to the progress she had made in stabilizing her own mental health needs.

She then terminated her abusive relationship, gained stable housing and secured employment in order to support her family. Wendy was later successfully reunified with her children and their DHS case was recommended for closure.

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

Thank You to Our Family Tees Sponsors and Donors!

Thank you to everyone who joined us at the Foundation for Children & Families of Iowa's (CFI) Family Tees Golf Tournament on Thursday, June 10, 2021!

This has been a record-breaking year, with over \$16,000 raised in support of life changing programs for Iowans, all thanks to our donors and sponsors.



Second from left- Board Member Bryan Johnson and his golf team.



David Attaway and his two sons pose on Toad Valley's Field of Greens.

Event Sponsors:



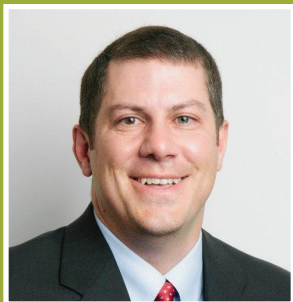


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David Attaway,
President
Foundation Board of Trustees
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Ann Smisek,
President-Elect
Foundation Board of Trustees
2021-2022

Foundation Announces Board Leadership Transition

On July 1, 2021, the Foundation board of trustees announced the election of Ann Smisek of Ahlers & Cooney as the president of the board of trustees. Ann specializes in government and education law and has served on the board since 2019.

Ann replaces David Attaway, CFO at Sammons Financial Group. David's leadership was monumental on leading the Foundation board to success throughout an unpredictable year of many barriers during the pandemic.



Amy Stapp-Arpy
CEO/VP of
Development
and Communications

**Foundation for
Children & Families of Iowa**

515.697.7972 or www.cfiowa.org

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