



children &
families of iowa
www.cfiowa.org

ASPIRE

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Children Benefit From Staying In Contact With Parents Even After Trauma

Our story started when our daughter and her husband lost custody of their three children. Due to extenuating circumstances, the Iowa Department of Human Services (DHS) placed the children with separate family members. My husband and I have custody of 14-year-old Kelly*. Our daughter and her family have custody of two-year-old Serra*. Three-year-old Johnny* lives with his paternal grandparents. We all do our best to keep the children connected through frequent visits and phone calls.

Due to a referral from DHS, Children & Families of Iowa has been involved in our lives. This has been invaluable to the children. The children instinctively knew that they were being kept safe during visits with their parents. Their safety always came first. At first, parental visits took place twice a week with the younger children and both parents and once a week with all three of the children and their mother.

Last summer, both parents were incarcerated. Counseling visits with the children and guardians now take place monthly. The kids look forward to each of these visits. Thanks to these services, Kelly has regained self-confidence. She is now in cheerleading and choir. These are huge milestones for her. Even three months ago, she wouldn't have had the courage to try these new activities.

With CFI's help, we have built a foundation for the children – a foundation that is strong, solid and allows them to know they are loved, protected, and

destined for great things. We will forever be grateful to CFI for the love and protection we felt and for standing by the children and families during these difficult times.

Grandma Kate*

CFI provides in-home services for families trying to stay together while overcoming trauma.

Children who maintain regular contact with their incarcerated parents can experience a range of benefits for their mental health and self-confidence. Research has shown that children who have ongoing communication with their parents have lower rates of depression and anxiety compared to those who do not. Research also suggests that children who have regular contact with an incarcerated parent have higher self-esteem and a greater sense of self-worth compared to those who do not. This is likely because maintaining a connection with a parent can help children feel valued and loved, which can be critical in developing a positive sense of self.

CFI offers a complete range of outpatient mental health services to support individuals and families wishing to address mental health issues, improve parenting skills, address trauma, and gain perspective to reach their goals. Services are available in the Des Moines area and statewide through telehealth.

Restoring hope. Building futures. Changing lives.

Donor Appreciation



Nationwide
is on your side

Nationwide awarded CFI with a grant of \$65,000 to support CFI's domestic violence services. Nationwide's mission is to protect what is most important. CFI provides great value to our communities by helping vulnerable families and children access the resources and opportunities they need to build a better future. CFI's domestic violence services help enact this mission by empowering victims of domestic violence to recover and rebuild after leaving domestic violence.



Facebook/Meta awarded CFI with a grant of \$15,000 to support CFI's immersive workforce readiness program using pre-loaded Oculus headsets with virtual reality (VR) explorative real-world experiences in high-demand career fields. The VR headset program is for youth through adult-aged Iowa jobseekers to become better qualified and ready for success in careers they may have never considered or been exposed to.



JOHN DEERE

John Deere awarded CFI with a grant of \$7,500 to support CFI's general mission to restore hope, Build Futures, and change lives by providing services, such as domestic violence prevention and intervention, teen programs, family support, early childhood development, mental health, and substance abuse. John Deere is a long time supporter of CFI.



Children & Families of Iowa



Friday, May 5 the Foundation for Children & Families of Iowa held our annual Tango Gala at the historic Tea Room in Des Moines. Funds raised at the Tango Gala help fund essential programs directly serving clients of CFI.

This year there were over 220 in attendance, 36 volunteers, 21 sponsors that donated over \$71,000 in addition to in-kind donations. Over 100 in-kind donors assisted us with products or services to benefit the event or provide items for the auction. The foundation raised over \$170,000 this year.

We would like to thank Ann Smisek for speaking at Tango. Her passion for CFI is truly a gift to our organization. Her contributions as Past President and Events Chair have been invaluable, and we are so grateful for everything she has done to help make our events a success. And of course, a special shoutout to Ann for her help with the live auction and for giving such a wonderful testimonial.

Tango Gala Volunteers

Thank you for your assistance setting up, running, and cleaning up. We couldn't have done it without you!

Renee Shaffer

Dee Hammen

Lisa Brott

Laurie Westhoff

Denise Albaugh

Liz Ulrichson

Cole Bruening

Brooke McQuiston

Marciel Burley

Kyle Shull

Jodi Abel

Ethan Toh

Sam Rothbardt

Lisa Church

Debra Reinard

Bridget Johnson

Joyce Bruce

Charlie May

Jeff Schmidt

Mary Schmidt

Amy Rankin

Marie Porter

Morgan Tjarks

Katherine Nelson

Sue Thompson

Morgen Lily

Neuhauser

Leah Dillon

Rhonda Rowe

Alicia Salazar

Lisa Arndt

Izabella Arndt

Shelly Meighan

Loryssa Rippey

Tango Gala Event Photos



Dr. Mary Chapman, Retired Judge Odell McGhee and Jackie Easley-McGhee



Jeff and Stacey Sporrer



Jeremy and Shana Harder and Katie and Bryan O'neill



David and Laura Attaway



David and Kimberly Nyborg



Celebration Level Sponsor

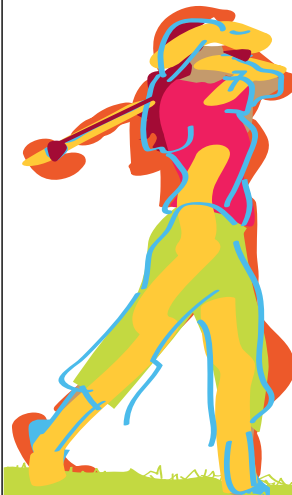
Thank you, Sammons Financial, for your generous Celebration Level sponsorship of CFI's Tango Gala that was held on Friday, May 5. Your generosity allowed the Foundation of Children & Families of Iowa to raise much-needed funds to help provide services, such as domestic violence prevention and intervention, teen programs, family support, early childhood development, mental health, and substance abuse in our communities.

Save the Date

October 5, 2023

A.H. Blank Golf Course

808 County Line Road
Des Moines, IA



children & families of iowa's
**LADIES'
INVITATIONAL**
Golf Tournament

cfiowa.org



1111 University Ave.
Des Moines, IA 50314

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Restoring Hope Through Tribute Gifts

Making a tribute gift is a meaningful way to honor a loved one who has passed or to celebrate landmark achievements for someone you care about. Gifts of this type not only honor someone special to you, but they also make a difference in the lives of at-risk Iowans by restoring hope, building futures, and changing lives.

Instructions for making a tribute gift:

1. Gifts can be made by sending a check in the envelope provided with this newsletter or by visiting cfiowa.org.
2. If you make a planned gift to the endowment for Children & Families of Iowa, please use our legal name and federal tax ID number as referenced here.
Legal Name: Foundation for Children & Families of Iowa
Address: 1111 University Avenue, Des Moines, Iowa 50314
Federal Tax ID Number: 42-1216316
3. Maximize your giving by contacting your employer's HR department to see if you are eligible for a matching gift.



Amy Stapp-Arpy
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