



children &  
families of iowa  
www.cfiowa.org

# ASPIRE

Volume 124, Issue No. 3 2020-2021

## Overwhelming Fear of School Shootings Kept Youth From Attending High School

Adam\*, a high school student, had plans to graduate in May of 2020; however, his overwhelming fear of school shootings kept him from attending school for half of his junior year. "I experienced panic attacks at the mention of guns or shootings," said Adam. "I was afraid that this could happen at my school at any time." This fear and anxiety caused him to quit going to school for several weeks at a time.

"Mom suggested that it was time for me to return to therapy through CFI to help me cope with this fear so I could return to school full-time," said Adam. Through therapy sessions Adam worked to understand his fears and anxieties. He began learning coping skills and

adding them to his "tool-belt". "I taught my mom how to use the skills I was learning so that she would be able to help me regulate my panic."

The next step was exposure therapy. "Mom and I were encouraged to drive around school parking lots and go on walks around my high school while I implemented the coping skills I was learning," said Adam. CFI staff met with Adam, his mother, teachers, and school counselors to put a plan in place so that Adam would feel comfortable returning to school. "This helped me when I felt anxious. I was able to attend school 1-3 times per week." The next step was Sand-tray Therapy to create his "safe school". "My safe school was hidden behind a forest of trees. It sat at the bottom of a hill, and was protected all around the perimeter. Finally, with CFI's help, I was confident in my progress. I learned to overcome my feelings of panic."

"My therapist challenged me to focus on my daily attendance at school. My school thought that graduation was likely to be in December of 2020. To meet their goal I would have to take summer school classes," said Adam. "But, with the resources CFI and my school provided, and my new ability to manage my anxiety and panic, I was able to buckle down on my coursework and meet graduation requirements. I was able to graduate with the rest of my class last May!"

Thanks to generous donors, individuals like Adam are able to overcome their anxiety and lead more normal lives.

*\*Names have been changed to protect client confidentiality.*



# THANK YOU

## WHO13 Holiday Hope Drive

Thank you to WHO13 management, staff, and viewers for the success of the WHO13 Holiday Hope Drive benefiting Children & Families of Iowa!

Viewers donated over \$11,800 to the WHO13 Holiday Hope Drive. The event ran from December 10, 2020 through January 13, 2021.



## New Board Members

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



**Dolph Robb**  
Board of Directors  
Nationwide



**Jeremy Harder**  
Board of Trustees  
Hansen Company

## Global Atlantic Financial Group



Thank you to Global Atlantic Financial Group for their generous \$15,800 grant for COVID-19 Relief.

## Volunteers

Special thanks to organizations and individuals who volunteered for Children & Families of Iowa from October 1, 2020 through December 31, 2020.

Kyra Alcott

Annie Allison

Denise Anderson

Chelsea Arganbright

David Attaway

Krista Banyas

Dan Barnes

Jeanette Bodermann

Brad Broberg

Daniel Connolly

Sarah Connolly

Cathy Davis

Shari Davis

Tammy Denton

Haley Dubberke

Sheri Elsen

Sherry Felton

Jen Grimstad

Dee Hammen

Teresa Henry

Sabrina Hotic

CJ Jacobson

Debra Kiviranta

Shelly Kouri

Konni Krum

Paul Latcham

Lindsey Link

Tanya Martens

Erin Maynes

John Michel

Amber Miller

Andrew Newman

Jennifer Omgig

AJ Pasdiora

Mary Phillips

Susan Porter

Kendra Pottebaum

Bobbie Richt

Yaira Romero

Amanda Rouse

Bob Schleeter

Ann Smisek

Amber Smith

Karla Sruecker

Michelle Thayer

Jody Vandever

Maggie Wenthe

Colleen Wessman

Jolli Wihlm

# MARK YOUR CALENDARS



## New Event

### CFI Mission Movers – Walk • Run • Bike

Date: Saturday, May 15, 2021

Time: 9 a.m. to 7 p.m.

Location: Virtual

Join Children & Families of Iowa for a statewide virtual event featuring the opportunity to get active and support the programs of Children & Families of Iowa. Registration available at [www.cfiowa.org](http://www.cfiowa.org)

Sponsorships are still available. Contact Heather Lee at [HeatherL@cfiowa.org](mailto:HeatherL@cfiowa.org) for more information.



# THANK YOU



## Des Moines Buccaneers Support Iowans In Need

Des Moines, IA – Children & Families of Iowa (CFI) was pleased to be featured by the Des Moines Buccaneers as their chosen charity for the January 9, 2021 match versus the Lincoln Stars at Wells Fargo arena. In special recognition, Amy Stapp-Arpy, CDO/VP of Development & Communications for CFI was honored to be selected to drop the puck signaling the start of the game. In celebration of the Bucs' first goal, fans participated in a Hat and Mitten Toss which resulted in the donation of over 220 hats, 217 mittens and 9 scarves for the children served through the programs of CFI.

“The Des Moines Buccaneers are very humble and proud to partner with such a great organization as Children & Families of Iowa. Our fans stepped up in a huge way to make our first Hat & Mitten Toss a tremendous success. We look forward to a continued partnership with Children & Families of Iowa and look to grow the Hat & Mitten Toss to continue to help those in need” stated Nate Teut, President, Des Moines Buccaneers.



Pictured: Tony Follmer, Lincoln Stars Team Captain; Amy Stapp-Arpy, CDO/VP of Development and Communications, Children & Families of Iowa; and Josh Luedtke, Des Moines Buccaneers Team Captain.



@CFIowa



Children & Families of Iowa

LEARN MORE

[www.cfiowa.org](http://www.cfiowa.org)



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## Make 2021 Your Year For Estate Planning

Ensure that you leave the legacy you desire by protecting your estate in the future. Without a Will and/or designated beneficiaries, the laws of your state will determine how your assets are divided after your life. This may leave out the people and organizations that mean the most to you. Your first step is to consult with a trusted financial advisor and estate planning attorney. If you have your estate plan in place, take time this year to make any needed updates, additions or deletions in the event you have experienced any life changes such as:

- A move to a new state
- Loss of a loved one
- A change in marital status for you or a family members provided for in your estate
- The birth of a new family member
- Found your passion in service to your community

When you include a gift to CFI in your estate you ensure your support of at-risk Iowans continues for many years to come. Please contact Amy Stapp-Arpy at 515-697-7921 or [amysa@cfiowa.org](mailto:amysa@cfiowa.org) for more information.



**Amy Stapp-Arpy**  
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515.697.7921

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

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