

ASPIRE

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Hidden Trauma: The Effects of Emotional Abuse and Neglect in Children

The Iowa Department of Health and Human Services reported that in 2021, there were nearly 36,000 assessments for child abuse or neglect. Of all cases of child abuse or neglect in 2021, HHS reports 55% were due to neglect. In 2020, it was just over 30,000. Of all the cases in 2021, the department reported 55% were denial of critical care.

Emotional abuse and neglect of children may have more harmful long-term negative effects than physical or sexual abuse, according to a 20-year study published in the journal *Pediatrics* by a team of researchers from Iowa, Australia, and Italy.

“Emotional abuse and neglect are often hidden from our view,” says Lane Strathearn, MD, PhD, Director of the Center for Disabilities and Development at the University of Iowa Stead Family Children’s Hospital and the principal author of the study, “but may result in the most severe and debilitating long-term outcomes. The problems observed in adulthood are extremely serious and difficult to treat. Our community suffers on so many levels because of emotional abuse and neglect,”

he says. “How much better it would be for us to focus on preventing these problems in the first place,” says Strathearn, stressing that supporting at-risk parents and young children should be an urgent priority.

As a donor, your support can make a difference. CFI works in partnership with families to overcome obstacles and build solid foundations for healthy and positive family relationships and engagement. CFI teaches parenting skills and appropriate responses to challenging child behaviors, as well as assisting parents who may need help dealing with past trauma, stress, and relationship issues of their own.

CFI offers mental health therapy in three locations and statewide through telehealth. CFI offers Child-Parent Psychotherapy (CPP), a relationship-based therapy model that builds safety, attachment, and security between parents/caregivers and the child.

Through the generous support of our donors, CFI is able to offer our services to those who need it most.



Donor Appreciation

ClaimDOC awarded CFI with a generous donation of \$25,000 to support CFI's vulnerable families and children and provide access to the resources and opportunities they need to build a better future. CFI strives to improve the lives of individuals of all ages -- from infants to senior citizens. These individuals face many barriers to success -- such as poverty, unemployment, lack of food and housing, substance abuse, mental health problems, and many other challenges.



Des Moines Area Association of Realtors (DMAAR)

awarded CFI with a grant of \$5,500. to support CFI's general mission to restore hope, build futures, and change lives by providing services for the most emergent needs, such as domestic violence prevention and intervention, teen programs, family support, early childhood development, mental health, and substance abuse.



CFI was the recipient of funds through **Mr. B Clothing's** annual \$100 for \$100 event. For every \$100 donated to CFI, Mr. B Clothing offered their clients \$100 off their purchase.



CFI expresses our gratitude to **Fleet Feet** for their donation and for including us as one of the recipients in their annual Santa Run. Your support means a lot to us and will go a long way in helping us continue to serve our community. It's heartwarming to see local businesses like Fleet Feet taking an active role in making a positive impact in the lives of people around them. Thanks again for your kindness and generosity.



(Left to Right) Greg Bailey, Secretary, CFI Foundation Board of Trustees, Amy Stapp-Arpy, CFI CDO/VP Development and Communications, Janice Lane Schroeder, CFI CEO, Ben Krambeck, ClaimDOC CEO, Fritz



Tim Stizzmann, Mr. B Clothing owner (left) with long-time client Tom McAuliff, DO (right) at the Mr. B \$100 for \$100 event supporting Children & Families of Iowa.

Tango is **Children & Families of Iowa's** annual signature event. Each year business and community leaders attend the gala to support those who need it the most - domestic abuse victims, low-income families, and individuals seeking support and resources for mental health concerns. Through your attendance or sponsorship you can make the difference in restoring **hope, building futures and changing lives.**

ATTEND THE GALA with friends, family or co-workers. Tickets are \$150 per person. Scan the QR code and register today.

INFORMATION AmySA@cfiowa.org or 515-697-7921

cfiowa.org

2023 Holiday Shop

Thank you to everyone who participated in Children & Families of Iowa's Holiday Shop. CFI provided gifts to nearly 1400 individuals this holiday season. Our generous supporters donated over 3,400 gifts, and 853 children had new toys under the tree for Christmas. Thanks to all who contributed, and a massive shout out to our dedicated volunteers. We could not have done this without your support.



John Hintz, *Owner, Warrior Tattoo* and Janice Lane Schroeder, *CEO, Children & Families of Iowa* in front of the enormous amount of toys Warrior Tattoo employees dropped off.



Holiday shop volunteers, Bobbie Richt, and Angie and Darwin McCleish



Kate Spade New York in, Outlets of Des Moines collected new winter coats for CFI clients.

TANGO GALA

May 3, 2024
The Tea Room
6 PM





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Restoring hope. Building futures. Changing lives.

Make 2024 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:

- *The move to a new state*
- *Loss of a loved one*
- *Change in marital status for you or an individual provided for in your estate*
- *Birth of a new family member*

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

Examples of items donated:

Real estate, stock, life insurance, 401k, percentage of full estate, and private collections.



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**Foundation for
Children & Families of Iowa**
515.697.7972 or cfiowa.org