

Mental Health in Youth Impacts Life Choices

Kaylee had been plagued with mental health issues since the death of her parents, which occurred when she was very young. "At 34, I still struggle with the aftermath of addiction and domestic violence," states Kaylee*. "I started services with Children & Families of Iowa (CFI) in an effort to regain custody of my son. He tested positive for methamphetamine at the time of his birth. I felt so ashamed that I had trouble acknowledging my husband's violence toward me and the severity of our substance usage.

With no support system, Kaylee relapsed. After appearing in Family Court, I realized that if I were going to regain custody of my son, I needed more help. I connected with CFI's Substance Abuse Services," says Kaylee. Through two types of therapy, she continued to build her recovery, developing healthy coping skills, and learning about how her son was affected by the family's domestic violence and substance use. "I have become more confident and independent, rebuilding relationships with my sisters, and finding full-time employment."

Through all of her hard work, Kaylee has regained custody of her son and ended the abusive relationship with her ex-husband. She has

maintained her full-time employment and continues to advance in her career. She is in the process of terminating her ex-husband's parental rights due to his ongoing struggles with addiction.

"With everything I've been through, I am so happy to have CFI's services." She is now able to provide her son a childhood she was never able to have.



*Name changed to protect client confidentiality.

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Children & Families of Iowa thanks these generous donors which enables CFI to support 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.

Year End Giving

The holidays have arrived! As we celebrate the giving season, let's take a moment to appreciate the many blessings in our lives.

CFI's services have only been able to evolve and grow because of generous and philanthropic community members like you, and we are thankful for each and every donation. Thank you!

Please consider helping individuals who are struggling with trauma and crisis this holiday season - individuals who need human kindness. Help to improve lowans' lives by investing in CFI's services. To learn more about CFI's current services and how your contribution directly makes a difference, visit cfiowa.org.

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 or return the enclosed envelope with your donation.



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There are many ways to give to Children & Families of Iowa and support its mission of restoring hope, building futures and changing lives. Some people choose to make gifts in tribute to others. These generous donations are thoughtful gestures of appreciation for the honoree *This list reflects tribute commitments made between July 1, 2023 and June 30, 2024.* To make a gift in honor or in memory of a loved one, friend or organization, please complete the enclosed donation envelope or visit cfiowa.org/give-cfi.

In honor of Sean Abramowitz
Patricia Beach Smith

In honor of Lizzie Adamson
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Consider a gift of stock this holiday season

The Foundation for Children & Families of Iowa accepts donations of publicly traded stock. Donors who have owned stock for more than one year and seen growth in value will often have the opportunity for tax savings with these gifts*. Donations to CFI, are essential to restoring hope, building futures, and changing the lives of Iowans struggling with daily needs.

To make a stock transfer to CFI, provide this information to your financial institution:
DTC #:0015 Morgan Stanley Smith Barney account: 316-116739-246 Name of recipient: Foundation for Children & Families of Iowa

When a transfer is requested, please notify Amy Stapp-Arpy of the gift amount and the institution that will be handling the transfer. You can reach Amy by email at amysa@cfiowa.org or phone at 515-697-7921.

*As always, please consult with your tax and legal advisors for accurate information about your personal tax situation.



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