

thriving

Sesame Street Helps Children Understand Foster Care & Addiction

 KVC Health Systems

Fall/Winter 2019

The Brain Isn't Just Born; It's Built

Learn how you can help children develop resilience

Minnesota's Most Populous County Partners with KVC to Transform Its Child Welfare Approach

Meet Children Waiting for *Loving Adoptive Families*

Want More in Life?

Here's a way to experience the joy of parenthood and help children

Over 400,000 U.S. children are in crisis due to child abuse, neglect or other family challenges. The need for new foster and adoptive parents is greater than ever.

Whether you are single or married, own or rent your home, have children already or don't, work full-time or stay home, you may qualify. We provide free training, 24/7 support, and monthly reimbursement to meet the child's needs.

We offer **FREE** training classes and support you every step of the way.



LETTER FROM THE PRESIDENT AND CEO



Dear Friends,

Most likely, you're familiar with at least one or two parts of KVC Health Systems. You may help children in our foster care programs who have experienced abuse or neglect, know about our behavioral health services, or support our fundraising events and family-focused conferences.

But let me tell you about the whole of KVC. We are a family of agencies, a network of care, and what brings our more than 1,500 team members together is that we all see children and families in a similar way. We have a shared perspective and shared values.

We believe every person deserves to be safe and connected to a strong family and a healthy community. We believe children grow best in families — their own families, whenever safely possible. Safely preventing foster care, mental health crises, or any child or family crisis is our passion.

We operate with the belief that when someone has difficult feelings or behaviors, there is nothing wrong with them. So instead of asking what's *wrong* with them, we ask what *happened* to them. We have a trauma-informed, neuroscience-based perspective. And we know that with the right support, everyone can build resilience and thrive.

In this issue of *Thriving*, you'll read inspiring stories of our shared values and priorities at work.

- In [Sesame Street Helps Children Understand Foster Care & Addiction](#) (pg. 6), you'll read how we're partnering with the beloved Muppets to help vulnerable children get a strong, healthy start.
- In [Hennepin County, Minnesota Partners with KVC to Transform Child Welfare](#) (pg. 12), you'll read how we're walking alongside the Minneapolis community as it flips its child protection system from reactive to proactive and focuses on strengthening families.
- And in [The Brain Isn't Just Born; It's Built](#) (pg. 14), you'll read why positive interactions with caring adults throughout life are critical to building resilience.

Thank you for believing in KVC's mission and supporting us as a team member, client or patient, foster or adoptive family, caregiver for an individual with disabilities, donor, volunteer or partner. Children and families facing crisis need advocates who have their best interests at heart. Because of you, that kind of values-driven, "People matter" support is there when they need it most.

Sincerely


Jason Hooper
President and CEO





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Partners with KVC Health Systems to Transform Its Child Welfare Approach

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10 10 Things You Didn’t Know About Social Workers and Other Helping Professionals

Social workers are caring professionals who help children, adults and families overcome difficult obstacles in order to live healthy, successful lives. At KVC, we are incredibly proud to have hundreds of social workers on our team!

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KVC MISSION:

To enrich and enhance the lives of children and families by providing medical and behavioral healthcare, social services and education.

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Thanks to the support of many friends and partners, KVC Health Systems served and positively impacted over 71,000 people’s lives this past year through in-home family support, foster care, adoption, behavioral health, children’s psychiatric treatment and more.

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In recognition for their tremendous impact in the lives of children and families, KVC Health Systems presented awards to Jill Docking, Marc Bennett, Patrick Goebel, the Centurions Leadership Program, Bob Noone & Beth Hughes Noone, Nina Shaw-Woody, the University of Kansas School of Social Welfare, Dr. Chizimuzo Okoli of the University of Kentucky, and Kelly Simms of the Nebraska Department of Health and Human Services.

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See our leaders across the country who were recently hired, promoted or recognized for their accomplishments.

21 Foster Families and Other Caregivers Gear Up for KVC’s 2020 Conference

More than 2,000 people will come together at our biannual Resource Family Conference held in four states. The one-of-a-kind gathering is free to foster families caring for children and licensed caregivers of individuals with disabilities.



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Sesame Street Helps Children Understand Foster Care & Addiction



If you were to ask young children which TV characters they recognize and trust, many would name Sesame Street characters. Elmo, Big Bird and Cookie Monster are almost universally known and loved.

Now, through Sesame Street in Communities, these characters and new ones are helping young children make sense of difficult topics. Sesame Street in Communities is a nationwide initiative from Sesame Workshop, the nonprofit behind *Sesame Street*, to support parents, caregivers, and community providers in their efforts to give all children, especially the most vulnerable, a strong and healthy start. The initiative is made possible with support from the Robert Wood Johnson Foundation and the Joan Ganz Cooney Fund for Vulnerable Children.

In early 2019, Sesame Workshop and KVC Health Systems partnered to better help children and families cope with challenging issues. This meant that KVC joined a dynamic group of community-based

nonprofits across the U.S. who are all passionate about “Sesametizing” their communities. In other words, they’re using Sesame Workshop’s research-backed tools, resources and training to help kids and families grow smarter, stronger and kinder.

Due to KVC’s child welfare and behavioral health services, its use of the Sesame Street in Communities resources is focused on supporting local families on the topics of childhood trauma, resilience, health and wellness, foster care and parental addiction. Through caring adults who use the free Sesame Street in Communities tools, it’s almost like Sesame Street is jumping off the screen and into homes and communities, so TV’s most trusted characters can help children in even more meaningful ways.

Meet Karli, a Young Muppet in Foster Care

This past May, children met Karli, a new Muppet in foster care. In one video called “A Place for You,” Karli feels sad because she is not sure she has a place at the dinner table. Karli’s foster parents, who call themselves “for-now parents,” assure Karli through a beautiful, heartfelt song, “You are safe, you are strong, there is a place for you here — you belong.”

This was the first time Sesame Workshop focused on the difficult topic of foster care and the broader child welfare system. They did it with a creative, kid-friendly approach informed by child development research. According to Sesame Workshop, “Fostering a child takes patience, resilience and sacrifice. Children in foster care often experience many transitions — from their separation from birth parents, to their placement in foster care, to many moves — and the resources from Sesame Street in Communities are designed to help children in crisis cope along the way.” By using the power of the Sesame Street Muppets, Sesame Workshop helps children and families cope with tough topics like foster care.

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Through Karli, Children Learn About Parental Addiction

In October, 6-year-old Karli's story unfolded a bit more. Sesame Workshop continued Karli's storyline to reveal that the reason Karli needed temporary foster care was that her mom was struggling with addiction.

More than 5.7 million children under the age of 11 in the U.S. live in a household with a parent struggling with addiction. Living with a parent who is battling addiction can be one of the most isolating and stressful situations a young child can face. While addiction is a "grown-up issue," it impacts children in ways that are not visible.

Sesame Street in Communities developed a set of resources designed to offer resilience, hope, and optimism to children and



families. Their lesson is that this challenge doesn't have to define a child's future. Families face difficult times, but they can get through tough times and come out stronger.

For example, Sesame Street in Communities helps adults answer children's questions

about addiction. They suggest explaining that addiction is a sickness of the brain. Addiction makes people feel that they need drugs or alcohol to feel okay. Like any sickness, people need treatment to get better. It is brave to ask for help.

Check Out the Resources

If you have any opportunity to positively impact the life of a young child, consider using the free bilingual Sesame Street in Communities resources. Their website, www.SesameStreetinCommunities.org, is full of videos, interactive games, printable activity sheets, articles and much more. You can sign up for a free account and will be notified of new content releases.

Imagine a world that is "Sesametized" — where caring adults help children grow smarter, stronger and kinder. It's a lot like KVC's vision of a future in which every person is safe and connected to a strong family and a healthy community. Together, KVC Health Systems, Sesame Street in Communities, and our many local partners and families are working every day to create that brighter future.



Photo Credits: Sesame Workshop Flynn Larsen and Zach Hyman

Meet Children Who Need a Forever Family

We're honored to play a role in matching children with loving adoptive families in Kansas, Nebraska, Kentucky and West Virginia. Due to our role as a lead foster care agency in Kansas, we're able to share photos and videos of Kansas children like those below at <http://adoption.kvc.org>. To inquire, please call (888) 655-5500 or email adoptionspecialist@kvc.org. To see children near you who need adoptive families, visit www.AdoptUSKids.org.



LEXI (13)

Watch my video online!

Lexi is energetic, happy, full of love and always enjoys cheering people up. In her free time she likes reading and painting. She wants to be a foster parent or a nurse when she grows up.



ISIS (16)

Watch my video online!

Isis is academically gifted and also excels at volleyball and swimming. She deserves a family who will provide her with guidance and stick by her side no matter what.



LYNN (16)

Watch my video online!

Lynn is a caring young man with a great sense of humor. He enjoys playing football and basketball, and he wants to either be a police officer or join the army when he gets older.

JUSTIN (17)

Watch my video online!

He is a talented teen who hopes to be the CEO of his own engineering company one day. He does well in school and is great at making friends.



10 Things

You Didn't Know About Social Workers and Other Helping Professionals

In today's society, many people experience overwhelming challenges such as poverty, homelessness, unemployment, physical and mental illness, trauma, addiction and more. Fortunately, there are highly-trained, caring professionals ready and willing to help these people overcome difficult obstacles and live a healthy, successful life.

Social workers and other helping professionals provide crucial support to children, adults and families in need. Social work is by no means an easy field to work in, but the job is extremely rewarding and full of meaning. Here are 10 things you didn't know about social workers:

1. Social workers do more than just help people.

Having a passion for helping others is important, but being a social worker requires so much more. People rely on social workers to help connect them with resources and find solutions to complex problems. Social workers use their skills and expertise to promote good mental health, strengthen relationships, and end generational cycles of trauma and substance use, ultimately creating healthier families and communities.

2. Social workers are in it for the outcome, not the income.

While being a social worker is not going to make you financially rich, many professionals are drawn to the field because they are passionate about helping others and doing meaningful work. That said, social workers deserve competitive compensation packages for the valuable contributions they make. At KVC, we continually look for ways to increase pay, benefits, training and support to attract and retain the very best social workers.

3. Social workers do NOT remove children from their homes.

In the U.S., child welfare services are provided or managed by the government agency in each state. These agencies investigate reports of child abuse and neglect, and they work closely with the court system to decide whether or not to remove a child from their home. While social workers do provide their professional perspective on whether a child is safe in their home, ultimately a judge decides whether the child needs out-of-home

care. Social workers then provide services to the family in order to resolve conflicts or disruptions and teach healthy skills so that children can safely return home.

4. Social workers contribute at all levels of society.

Social work is a broad, diverse field where the work extends across many settings. Social workers work with individuals, families, schools, universities, nonprofit agencies, corporations, hospitals and government agencies. They are also active in national, state and local politics advocating for legislation and policies that improve the quality of life for vulnerable children and adults.

5. Social workers provide a majority of America's mental health services.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), professional social workers are the largest group of mental health service providers. In fact, social workers are often the only mental health care providers in many rural and remote communities. There are more clinically trained social workers than psychiatrists, psychologists and psychiatric nurses combined.

6. The job is not a typical 8 hour work day.

There is no typical day for a social worker and most of their time is spent out in the community rather than in an office. Their schedule often consists of attending court hearings, meeting with clients in their homes, supervising visits, completing training or advocating for their clients' needs.



7. Social workers have to make hard decisions.

Making decisions that impact peoples' lives is a huge responsibility for social workers. Above all, safety is the number one driver of those decisions. Luckily, most social workers collaborate with families, fellow staff members and other stakeholders to explore all possibilities and make well-informed decisions. At KVC, social workers use a framework called Safe & Connected™ which provides a structured way to make decisions with and for the children and families served by the child welfare, juvenile justice and related systems.

8. Self-care is an important part of the job.

Maintaining physical, mental and emotional health is vital for everyone, but self-care is an essential practice for social workers. The likelihood of job fatigue is very high in this field,

so many organizations require social workers to schedule self-care activities that reduce stress and mitigate burnout.

9. Both women and men make great social workers.

Social work is often referred to as a woman-dominated field, but there are men in social work and many are in leadership positions. More men are needed because the field of social work requires a balanced, diverse mix of people able to help a diverse population.

10. More social workers are needed.

In the U.S., the demand for mental/behavioral health and substance use treatment is increasing in the midst of a well-documented national social worker shortage. Fewer social workers mean higher caseloads, burnout and turnover as well as decreased quality of services. More experienced social workers are needed and the U.S. Bureau of Labor Statistics projects that employment of social workers will grow 16% from 2016 to 2026, faster than the average for all occupations.

If social work sounds like the career for you, visit www.kvc.org/careers to view open positions in Kansas, Missouri, Nebraska, Kentucky and West Virginia!

Unique Kentucky Program Strengthens Families, Safely Preventing Children from Entering Foster Care



The Kentucky Strengthening Ties and Empowering Parents Program (KSTEP) is an evidence-informed program for families involved in the child

welfare system. KVC Kentucky launched KSTEP in four counties in 2017 as a pilot program and added four more counties in 2019. KVC has increased staff by 200% out of its Morehead, KY office to help serve families.

KSTEP uses an in-home service model, which has proven effective by eliminating barriers associated

with traditional office settings. KSTEP is intended to increase case coordination services and partnerships with the family and allow for rapid access to clinical services such as substance use treatment. Referrals are received through the KY Department of Community Based Services.

So far, 600 children have been served through KSTEP. An astounding 94% of children were able to remain safely in their homes as a result of KSTEP rather than entering out-of-home care. As an organization that is passionate about strengthening families and safely preventing the need for foster care, KVC Kentucky is excited to continue helping more families through KSTEP.

Hennepin County, Minnesota

Partners with KVC Health Systems to Transform Its Child Welfare Approach

KVC Institute Model Eases Transition from Child Protection to Child Well-being

Hennepin County is flipping its child protection system from reactive to proactive — to improve outcomes for children and families, address the system’s disparities and transform the workplace culture.

KVC’s Safe & Connected™ Consultation & Information Sharing Framework® has been instrumental at making this shift.

“It helps us look at the case from a different perspective,” said Annie Jordan, Hennepin County child protection practitioner.

Responding to a need for change

Hennepin County is the largest county in Minnesota, with 1.25 million residents and 274,000 children. In 2018, Hennepin County’s Child Protection Intake took 18,005 referrals. Of those, 8,873 were screened in as child protection reports and went to investigations. With a high number and volume of child protection involvement and disproportionate number of Native American and African American youth involved, transformation has never been more important.

Deputy County Administrator Jennifer DeCubellis and other leaders have identified intersecting issues that play a role in family stress and well-being. Hennepin County leaders are shifting resources to early identification, intervention and prevention — moving services upstream to help families sooner, prior to child protection involvement, with the hope of preventing trauma from ever happening.

“Child maltreatment is a problem that has multiple roots — poverty, domestic violence, mental illness and chemical addiction — in families and in our society,” DeCubellis said. “We know that incidents of maltreatment will continue to increase unless we change our approach from reactive to proactive.”



Transforming the approach to child protection

Hennepin County’s Children and Family Services began a partnership with KVC Health Systems in January of 2018. KVC consultants spent the first four months getting to know Hennepin County’s structure, processes, and practitioners. Then they slowly began introducing the consultation framework in high priority areas in child protection and children’s services. By the end of summer, the Safe & Connected™ framework was implemented across all of Children and Family Services.

This evidence-backed KVC model is helping Hennepin County’s Children and Family Services transform their approach to child protection by:

- Infusing critical thinking, collaboration and transparency throughout the decision-making process.
- Using collaborative decision making at key points in the child protection process, from intake and screening to investigations and ongoing case management.

The Safe & Connected™ framework has also been implemented in children’s mental health, education partnerships with schools for county-involved youth, and the courts.

Using the Safe & Connected™ framework takes more time up front, however, by slowing down the process, Hennepin County is starting to see results. Practitioners are sharing knowledge, involving families sooner and using critical thinking to approach cases differently and solve problems. Together, teams of practitioners are embracing a new practice that is better serving children and families.

Shifting from “I” to “we”

Thanks to the KVC model, a multi-disciplinary review team comprised of representatives from child protection, public health, and the attorney’s office collectively decide what happens to child protection referrals. The Intake Review Teams are led by a neutral facilitator through a discussion using the Safe & Connected™ framework. Together, they agree on what avenue a referral should go down — screened out or screened in — and whether other services and supports could benefit the family.

“We are shifting it from ‘my work’ to ‘our work’ — it’s not just falling on one person’s shoulders, now it’s on the shoulders of the entire team,” said Child Protection Intake Program Manager Michelle Seymore.



A Hennepin County, MN family that participated in the Parent Support Outreach Program, an early intervention and prevention program for families.

Autumn Heller, an ongoing child protection supervisor agreed: “My whole unit has appreciated the framework because they can process cases together and receive input from one another,” she said. “Practitioners are saying they don’t feel as alone. They feel validated for their hard work and decisions.”

Read the full story on our Hennepin County partnership at www.kvc.org/hennepin.

Learn More

KVC Health Systems helps health and human service agencies excel at caring for families with the most complex needs through a proven model that improves people’s health, their experience of care, and costs. Learn more about our areas of expertise at www.kvc.org/expertise.



The Brain Isn't Just Born; It's Built

At KVC Hospitals' children's psychiatric treatment centers, we use neuroscience-based treatment resources to help youth develop the foundation for a healthy future. We do this by teaching them about brain development, different types of stress, and emotion regulation.

Neuroscience research shows us that for communities to prosper, the youngest members must have the opportunity to develop healthy brains. **We aren't just born with healthy brains; they are built throughout our childhood and adolescence.**

Every interaction we have from early childhood into adulthood helps shape our brains and is essential to strengthening our brains' ability to withstand stress and adversity.

How does the brain develop?

Three key functions for healthy brain development are the frontal lobe, limbic system and brain stem.

The Frontal Lobe: Located in the front of our brain and responsible for executive functioning skills including:

- Problem-solving
- Learning
- Focusing
- Speech

Limbic System: Located in the middle of our brain and manages memories and emotions including:

- Long-term memory
- Emotions that generate action (rage, panic and terror)

Brain Stem: Located at the base of our brain and manages bodily functions and physical reflexes, including:

- Bodily function (heart rate, temperature and respiration)
- Motor control
- Sleep

If the brain is experiencing high stress, also called toxic stress, the frontal lobe might shut down and the brain then relies on the limbic system and brain stem. This can cause emotions to become irrational and difficult to manage and may be why some youth and adults exhibit dysregulated emotional behavior or act out.

What is toxic stress?

The three types of stress a person might experience are:

- **Positive stress:** aids in our growth
- **Tolerable stress:** we learn to work through & problem solve
- **Toxic stress:** leaves long-term negative impacts on our health and wellness



Toxic stress occurs when we are exposed to events that cause severe distress such as abuse, neglect, or parental substance use. When a situation like this

occurs, the body's stress response system is activated. Increased heart rate, adrenaline, and hormone levels on an ongoing basis become toxic to the brain and body.

Building Resilience

Resilience is our ability to overcome and work through difficult situations and life's challenges. Positive experiences help strengthen resilience by building skills like executive thinking, body regulation, emotion regulation, and interpersonal skills. As resilience and other skills are built, we're able to buffer the impacts of toxic stress. It's important to start building resilience early in childhood and throughout our entire lives.

Parents, caregivers, and other community members each play a part in ensuring youth have the opportunity to build healthy brains by creating a safe, nurturing environment. Learn more about healthy brain development by visiting www.kvchospitals.org/neuroscience.

One Girl's Resilient Journey from FOSTER CARE TO College Success

Early in her life, Shanel's parents struggled in many ways. This led to a turbulent upbringing for her and her two younger siblings, for whom she frequently had to care. They eventually had to enter foster care.

During this time, Shanel and her siblings were placed in the home of KVC foster parents Becky and Philip Lawrence. In their care, Shanel was given stability, comfort and a place to heal from her trauma. In an essay she penned to qualify for a scholarship, Shanel describes this period of her life:

"These people were a blessing. I believe in science, but I know there is also a God because he put us on their doorstep. In their care, I learned that it was okay to not be okay — that it was okay just to be a kid. I learned that there was always hot water and plenty of food. I learned what it felt like to be safe and loved, and that I did not need to be the adult in the house...I learned that if I do not love myself, I would step into the life my parents had. This foster family, the Lawrences, are my family even if we're not blood related."

After getting support overcoming challenges, Shanel's father successfully worked toward a safe reunification with Shanel and her siblings, and the Lawrences have remained an integral part in their lives.

Motivated to make the world a better place, Shanel worked extremely hard in school and graduated 8th in her class of over 300 students! On top of this, she has received a \$50,000 college scholarship. She is studying public health and hopes to become a doctor or find another way to help people.

Shanel spoke at KVC's 2019 Annual Celebration in October where she passionately shared her story to more than 100 attendees. While she's grateful for the loving foster family that supported her, she also encouraged the audience to strengthen families in crisis even sooner and find ways to safely prevent the need for foster care.



Be a Holiday Hero for a Child in Need

Make the holidays bright for a child or teen in foster care by becoming a **Holiday Hero!** Individuals, families, businesses, and organizations of all kinds can donate gifts to children and teens this holiday season.

We need Holiday Heroes in Kansas, Missouri, Nebraska, Kentucky and West Virginia!

Sign up at www.kvc.org/holidayhero



During *National Adoption Month*, KVC Facilitates Over 60 Children's Adoptions & Highlights Waiting Children

There are over 123,000 children and teens in the U.S. who urgently need loving adoptive families. These children have experienced child abuse, neglect or other serious family challenges and are at risk of aging out of foster care without permanent family connections.

During National Adoption Month in November, KVC Health Systems' local community teams are helping to facilitate over 60 children's adoptions in Kansas, Kentucky, Nebraska, and West Virginia. Many of the adoptions took place on November 23, National Adoption Day, a special Saturday when courthouses open so families can finalize their adoptions and grow in love.

Marlee's Story

One happy adoption story is that of Marlee, a now 15-year-old girl in West Virginia. Marlee was 13 years old and in foster care when she met Trista and Justin Jarrell. When they found out Marlee needed an adoptive home, they decided to become foster parents. Marlee came to live with the Jarrells in late 2017 and in August 2019, the Jarrells adopted Marlee. She appreciates having a family that loves her unconditionally and wants to help other children experience the same sense of safety and belonging. Marlee has volunteered to help care for younger children and babies during KVC West Virginia foster parent training events and her parents continue to be foster parents as well.



Meet the Children Waiting for Families

The theme of this year's National Adoption Month is "Youth Voices: Why Family Matters" which highlights how important adoption is to waiting teens. Approximately one in five children in U.S. foster care waiting to be adopted is a teen, but only 5% of all children adopted in 2017 were 15-18 years old.

In total, KVC's local teams have facilitated 5,321 children's adoptions in the agency's history and facilitate an additional 500+ children's adoptions each year. Please consider opening your heart and home to a child or teen in need. You can't imagine the rewards of joy and purpose that await you!

Visit our adoption website to meet the children and teens in need of adoptive families. Children we're serving in Kansas are at <http://adoption.kvc.org> or search children from all states at www.adoptuskids.org.

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5,321 children's adoptions in the
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**additional
500+ children's adoptions**
each year.

KVC Hospitals Wichita Opens.

Expanding Access to Children's Mental Health Services in Kansas

KVC Hospitals opened a new children's psychiatric treatment center in Wichita, KS to provide more access to mental health services for children and families.

Over the past year, more than 800 children referred to KVC Hospitals were from Sedgwick County and surrounding areas because there was a lack of treatment options closer to home. This means hundreds of families drove three or more hours to receive emergency psychiatric treatment for their child during one of the most challenging days of their lives.

After enduring that trip, many of those parents then had to leave and drive back home to their community to be at their full-time job, care for other children, and maintain other day-to-day responsibilities. Adding to this difficult situation, over the last couple of years, KVC has had to decline admission to thousands of youth who have been referred to our facilities due to limited capacity.

"There was an unacceptable gap in care that KVC could not stand by. We set out to be the solution because it was the right thing to do for these kids and their families who had nowhere else to turn."

— Ryan Speier, President of KVC Hospitals

Inpatient Psychiatric Treatment in Wichita, KS

KVC Hospitals Wichita provides acute psychiatric treatment to youth ages 6 to 18 who are experiencing depression, anxiety, suicidal thoughts, childhood trauma, and other behavioral and mental health needs.

We use neuroscience-based treatment resources regarding how stress and trauma impact brain development and translate this science into innovative, hands-on tools that guide successful treatment outcomes. Our goal is for each child to safely return home with the resources and supports in place to live a healthy and happy life in their community.



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KVC Hospitals Wichita Opens

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“Children and families deserve a treatment experience that’s nurturing and therapeutic in their moment of highest need. We’re here to support the city of Wichita in meeting that demand.”

— Juston White, Executive Director of KVC Hospitals Wichita

Thanks to You, Our Donors

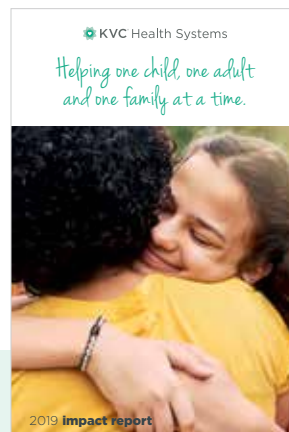
It took many individual and organizational partners to bring our vision to reality. We want to thank the generous donors who helped us cross the \$7.7 million mark with our HOPE LIVES campaign and open our doors to bring these critical, life-saving services to Wichita. We’re in the final stretch of raising philanthropic support and invite you to join us in helping children in need.

Thank you for helping so many children and families through KVC this past year!

- 13,268** children served in family preservation programs aimed at safely preventing foster care
- 7,106** children in foster care were cared for by relatives and foster families
- 3,090** children and adults treated at our psychiatric hospitals
- 808** children matched with loving adoptive families last year
- 26,894** children and adults supported with in-home services

71,560 people served and positively impacted by KVC

View our new 2019 Annual Report at www.kvc.org/2019report



HOPE LIVES CAMPAIGN CHAIRS
 District Attorney Marc Bennett, Sedgwick County
 Jill Docking, Senior Vice President, The Docking Group; RW Baird
 Patrick Goebel, President, Star Lumber & Supply Co

LEAD DONORS

Sunderland Foundation	Anonymous Foundation
JE & LE Mabee Foundation	The Ball Family
Dwane & Velma Wallace Foundation	

MAJOR DONORS

Marty Vanier	Fidelity Bank Foundation
WC & ES Jones Testamentary Trust	Lewis H. Humphreys Charitable Trust
The Darrel and Dee Rolph Family Fund	Sedgwick County, Kansas
Star Lumber/Goebel Family Foundation	Lora & Don Barry
Jill Docking	JE Dunn Construction
DeVore Foundation	Intrust Bank
Marianne & Bill Dunn, Jr	Howard Marcus
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BENEFACTORS

Charitable Foundation	Jason Hooper
Michelle & Aaron Bastian	Susan & Kevin McWhorter
Conway Springs Veterinary Clinic	Patrick DeBois
Daniel J. Taylor Family Foundation	Lori & John Barnes
Wayne Sims	Julie & Curtis Lesslie
Erin & Chris Stucky	Jill & Bill Docking
Jane McHugh	The Arensberg Family

KVC’s new treatment center is located at 1507 W 21st St. N., Wichita, KS 67203. Learn more, see photos, and find out how you can help support children’s mental health by visiting www.kvchospitals.org/wichita.



KVC Thanks Heroes, Unveils Impact at Its 2019 Annual Celebration

On October 17, KVC Health Systems thanked staff, donors, and partners; shared inspiring stories about the positive difference the organization has made; and honored community members who have joined them in this work at its 2019 Annual Celebration at KVC’s Ball Conference Center in Olathe, Kansas.

Each year, KVC presents its Hero Award to an individual, couple or organization that has made a significant difference in KVC’s evolution and in the lives of children and families. This year, the honor went to HOPE LIVES Campaign champions Marc Bennett,



KVC CEO Jason Hooper with Hero Award recipient Jill Docking.

Sedgwick County District Attorney; Jill Docking, Senior Vice President of The Docking Group/RW Baird; and Patrick Goebel, President of Star Lumber & Supply Co. who made significant contributions to the establishment of KVC’s new children’s psychiatric hospital in Wichita, KS. More children and adolescents are experiencing suicidal thoughts, depression, anxiety, childhood trauma,

substance abuse, and other mental health challenges, and these leaders stepped up to create a solution. By championing our campaign, Bennett, Docking and Goebel are helping to raise significant philanthropic support for KVC Hospitals Wichita. This new children’s psychiatric hospital is giving critical help and hope to children in need.

KVC also honored six individuals and community partners who demonstrate its closely-held values like authenticity, compassion, family connection, collaboration, urgency, innovation and diversity. Those honored were:

- Centurions Leadership Program, Greater Kansas City Chamber of Commerce



KVC Kansas Vice President Danielle Bartelli with honorees Nina Shaw-Woody and Margarita Carlson of the Kansas Family Advisory Network.

- Bob Noone (Guardian Ad Litem and Attorney) and Beth Hughes Noone (Registered Play Therapist), advocates for West Virginia children and families
- Min. Nina Shaw-Woody, Executive Director, Kansas Family Advisory Network, Inc.
- The University of Kansas School of Social Welfare
- Dr. Chizimuzo Okoli, The University of Kentucky College of Nursing
- Kelly Simms, Service Coordinator, Nebraska Department of Health and Human Services



KVC Hospitals team member Angela Urbano and her daughter Anneliese share a personal story of resilience and hope.

The program was followed by a cocktail reception where speakers, honorees and guests mingled and continued the celebration. The KVC team is already looking forward to next year’s event, which will mark the 50th Anniversary of KVC’s life-changing work.

People on the Move

NEW HIRE



Juston White
Executive Director
KVC Hospitals, Wichita, KS

Juston leads the team at KVC Hospitals Wichita, our newest children's psychiatric hospital which serves youth experiencing a mental health crisis. He was previously the Executive Director of the Boys & Girls Clubs of South Central Kansas.

NEW HIRE



Kathleen Brady
Director of Development
KVC Health Systems, Olathe, KS

Kathleen leads the major gift and planned giving programs by building relationships with individuals who share a passion for KVC's mission and helping them fulfill their philanthropic goals in impactful, meaningful ways.

PROMOTION



Blythe Hinderliter
Marketing & Communications Director
KVC Health Systems, Olathe, KS
1 year with KVC

Blythe leads marketing for KVC Hospitals and KVC Nebraska, overseeing strategy, media relations, content creation, social media, video, and legislative initiatives.

NEW HIRE



Katrina Lauer
Director of Nursing
KVC Hospitals, Wichita, KS

Katrina brings more than 26 years of experience to her role managing all aspects of nursing and direct patient care at our children's psychiatric hospital.

NEW HIRE



Megan Maciel
Director of Communications & Recruitment
KVC Kansas, Olathe, KS

Megan oversees the foster/adoptive parent recruitment and community resource teams which share KVC's mission.

PROMOTION



Eric Marley
Associate Director of Business Operations
KVC Hospitals, Kansas City, KS
6 years with KVC

Eric supports KVC Hospitals' financial operations, internal processes, budgeting and external contracts across four locations.

NEW ROLE



Stefanie Werth
Residential and Non-Contract Director
KVC Kansas, Kansas City, KS
20 years with KVC

Stefanie oversees our girls' residential program and works with community partners to provide prevention services.



Be Part of Our Future

If you'd like to have a lasting impact on future generations, and ensure that KVC will continue to provide vital services to children and families in crisis after your lifetime, please consider making a planned gift to KVC.

Many people are surprised at how easy it is to do. A charitable bequest requires just a few sentences in your will or living trust and can be modified throughout your lifetime as circumstances change. Naming us as a beneficiary to your retirement account or life insurance can be as simple as filing out a change-of-beneficiary form.

Contact Kathleen Brady at 913-322-4909 or email at kbrady@kvc.org for help crafting a gift that works for you and your goals.

Foster Families and Other Caregivers Gear Up for KVC's 2020 Conference

Are you a family member or foster family caring for a child in foster care? If so, mark your calendar for the KVC Resource Family Conference happening in Spring 2020. This will mark the 20th year KVC has held this one-of-a-kind training opportunity for KVC foster families who are caring for children who have experienced abuse, neglect or other family challenges. Thanks to the support of generous sponsors in each state, KVC's conference — including the training sessions, meals, childcare, activities, and, in some cases, hotel stays — are free to families.

Resource families, a term which includes foster parents, relatives and other caregivers, will hear from guest speakers and network with families who share their passion for helping others. They will also learn about topics such as helping youth feel safe and connected, promoting healthy brain development and resilience, and partnering with other members of a child and family's support team. Children will enjoy fun activities like games, bouncy houses and talent shows. Nearly 2,000 children, caregivers, staff and volunteers are expected to participate in the 2020 Resource Family Conference.

Nebraska March 6-7 in Lincoln, NE

Our Nebraska conference is unique in that, in addition to KVC foster families, it is also open to non-KVC affiliated foster families, KVC extended family home providers caring for individuals with developmental disabilities, and industry professionals. This year's keynote speaker is **Rebecca Bender**, a human trafficking survivor and the founder and CEO of the Rebecca Bender Initiative. She is an award-winning, nationally recognized expert on human trafficking, an author and a podcast host who inspires people to reclaim their past for a purpose. Learn more at www.kvcnebraska.org/rfc2020



Kansas April 24-25 in Overland Park, KS

The keynote speaker at our Kansas conference is **Dr. John DeGarmo**, director of The Foster Care Institute. He is the author of several books including *The Foster Care Survival Guide*, the best-selling *Faith and Foster Care*, as well as *A Different Home: A New Foster Child's Story*, a foster care children's book. Learn more at www.kvckansas.org/rfc.



Kentucky Date TBD in Lexington, KY

KVC will announce the date and other important details of our Kentucky conference soon at www.kvcky.org. We hope our Kentucky foster families can join us!

West Virginia April 17-18 in Daniels, WV

Our West Virginia conference will once again take place at the beautiful Glade Springs Resort. Watch for more details at www.kvcwv.org/rfc.



Speaker and musician, Diego Fuller, and a panel discussion about the foster care system at our 2018 Resource Family Conference.



Three Brothers Matched with *Loving Forever Family*

Cherish and Joe Boylan are a Nebraska couple who were introduced to foster care when they provided kinship care for their grandchild. Through this experience they learned more about foster care and the many children needing loving families to care for and support them during a difficult time in their lives.

The Boylans decided to become foster parents and learned about the number of siblings in foster care, hoping to find a home where they could stay together. Because sibling sets sometimes require more space and time than a single child, there are fewer families willing to adopt them. But siblings have a lifelong bond, so it's important to keep them together whenever possible. Cherish and Joe became determined to be the family that helped keep a sibling set together.

Becoming a Forever Family

This past year, the Boylan's fostered and then adopted three young brothers: Spencer, Hudson and Benji. Once the adoption became official, they had a party to celebrate with family, friends, and the KVC staff who worked with them throughout their journey of growing their family.

Morgan Emmert, Training Coordinator for KVC Nebraska said, "Joe and Cherish are seriously the best people. They recently bought a bigger house just so that they could take the sibling of a youth currently in their home. They have the biggest hearts!"

KVC is so happy to have worked with Cherish and Joe to provide the loving home that Spencer, Hudson and Benji needed and deserve.

Another team member, Erin Burnley, Licensing Specialist with KVC Nebraska said, "I cannot say enough about the Boylan family. I had a hint that this family would do great but they exceeded my expectations. They helped children needing emergency respite care and also weathered some emotional storms because they know that children take time to heal from trauma."

Thank you and congratulations, Boylan family!

To learn how you can become a foster parent with KVC, visit www.kvc.org/foster or to learn more about becoming an adoptive parent, visit www.kvc.org/adoption.



Aetna Awards Grant to KVC West Virginia to Increase Foster Family Support

Aetna has awarded a grant to KVC West Virginia to help ensure that KVC's foster parents receive the necessary training to provide the best possible care to the children in their home, preventing placement disruption for children. This program will be delivered in a series of five trainings and will equip foster parents with the knowledge and resources to stay licensed, all while being delivered in a fun, interactive environment.

Of KVC West Virginia's 160+ active foster homes, about 20 of these are currently inactive due to varying circumstances. By providing engaging training courses to all of these homes and opening the door to foster homes from other agencies in similar situations, as many as 400 foster parents have the potential to receive a total of 1,600 training hours that will go towards improving the level of care youth in foster care receive.

KVC held the first of these trainings in October. The training, "The Adoption Process—From the Beginning and Beyond," was held at New Life Church in Huntington, WV. Guest speakers included Attorney Jackie Biddle, retired Adoption Specialist for the WV Dept. of Health and Human Resources BJ Miller, and Kaden Thacker, who was recently adopted.

In attendance were 33 foster parents, 52 children, 22 staff, 2 interns and 10 volunteers. During the time the parents were in training, children enjoyed movies, crafts, face painting and games. At lunch, a trick or treat parade was held as well as a 'mummy wrap.'

Additional goals of these workshops include increasing the number of therapeutic trainings offered, increasing foster parent retention and satisfaction rates, and providing a sense of togetherness with staff and other foster families.

These workshops will continue as a partnership between KVC and Aetna and will ensure that foster parents receive the training to remain licensed, supported and equipped to provide the best care to the youth in their home.





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Events Calendar

Visit www.kvc.org/events for details on these events and others.

- Now through Dec. 24 **Holiday Heroes Drive**
Learn more at www.kvc.org/holidayhero
- Nov. 2019 **National Adoption Month**
- Nov. 23 **National Adoption Day**
- Dec. 3 **Giving Tuesday**
- March 2020 **National Social Work Month**
- March-April **KVC's 20th Resource Family Conference**
Find your local event at www.kvc.org/rfc
- April 2020 **National Child Abuse Prevention Month**
- Ongoing **Free Foster & Adoptive Parent Training Classes**
Learn more at www.kvc.org/foster



The Heart of Our Work Is Helping People

Every child deserves to be part of a loving family. Join us in strengthening families through in-home family support, behavioral healthcare, foster care, adoption, children's psychiatric hospitals and more.



Visit www.kvc.org/careers today!