

thriving

50 YEARS

of
HEART-
CENTERED
SERVICE

*KVC Celebrates Its
50th Anniversary*

Over **300,000**
people's lives changed

As Pandemic and
Isolation Continue,
*KVC Provides Mental
Health Treatment*

*Meet Children Needing
Loving Adoptive Families*

Become a Better Parent:

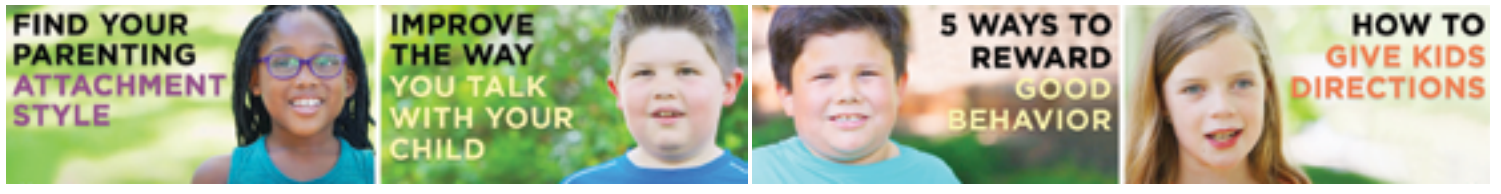
Get KVC's 13 Research-Backed Parenting Tips

Children don't come with a handbook, and parenting can feel frustrating and difficult at times. But while there's no simple guide to parenting, there are many time-tested skills that every parent can benefit from learning. Created by child behavior experts, this series features helpful articles, 1-minute videos and downloadable worksheets.

This series is based on GenPMTO, a research-backed curriculum proven to increase positive parenting, marital satisfaction, and child academic performance and social skills, while reducing child and parent depression.

These tips will:

- Help you form a loving, life-long bond with your child or teen
- Show you the best ways to communicate with your child so they listen and easily follow directions
- Give you strategies to become a calmer parent and create a peaceful, loving home



LETTER FROM THE PRESIDENT AND CEO



Dear Friends,

In 1970, a woman named Ellen McCarthy in Kansas City, KS noticed young boys in a juvenile detention center who didn't belong there. These children hadn't done anything wrong; they were neglected, abused or homeless and simply had nowhere else to go. Ellen gathered a group of women from the Junior League of Wyandotte and Johnson Counties. They generously gave their own money to purchase a home so the boys could be cared for by a couple in a home-like setting.

That spark of kindness among a group of friends was the birth of KVC Health Systems. What began as an effort to love and care for a few children has grown exponentially. Thanks to generous supporters like you who believe in our mission, KVC has now made a positive difference in the lives of over 300,000 children and adults across the U.S. For 50 years, we have strengthened families facing crisis, prevented child

abuse and neglect, and helped both children and adults overcome adversity and achieve mental health wellness.

This issue of *Thriving* magazine is devoted to celebrating KVC's 50 years of heart-centered service. We're looking back at the many children and families whose lives we've forever changed and looking forward to the important work still to do. At KVC, we want to be the catalyst for ending suicide in our communities. We want to be the catalyst for ending the opioid epidemic. We want to want to be the catalyst for safely reducing the number of children in foster care nationally by at least *half*. And we want to transform healthcare to a truly integrated approach capable of treating all that ails the human spirit, achieving both physical and mental wellness.

In this issue of *Thriving*, you'll read these inspiring stories and more:

- In **KVC Celebrates 50 Years of Heart-Centered Service** (pg. 6), you'll read about our organization's history and growth, see statistics conveying our positive impact, and hear directly from people who support our mission.
- In **Catrina's Story: We All Need Connection** (pg. 18), a therapist at one of our children's psychiatric hospitals describes how the power of human connection helped a teen boy begin his path toward healing and wellness.
- And in **As Pandemic and Isolation Continue, KVC Provides Mental Health Treatment** (pg. 22), you'll learn how we can help you or others.

Thank you for believing in KVC's mission and supporting us as a partner, resource family, donor, volunteer, advocate, team member, or client. Your generous, heartfelt support ensures that KVC can continue to help children and families for the next 50 years.

Sincerely


Jason Hooper
President and CEO



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A 50th anniversary is a special milestone! See how KVC Health Systems celebrated and how you can get involved in helping children and families.

thriving

50 Years of Heart-Centered Service

7-15 Why I Support KVC: Donors Share Why They Love Our Mission

Hear from a few of our generous supporters: Paul Klayder, Joni Cooke, Laura Treas, Robb Murphy, Eric & Tonya Groves, Don Ransdell, Richard Webdell and 12-year old Maezee Khemraj.

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We said goodbye to two amazingly gifted, tremendous friends of KVC in 2020. Learn about the positive difference they made for children and families.

TOTAL IMPACT:

304,189

people's lives
positively impacted
throughout
KVC's 50 years

14 2020 Impact Report Now Available

Our new report is packed with statistics on how many children, adults and families KVC has served during the last 50 years, plus real stories from children and families served.

KVC® Health Systems
We all need connection.

KVC MISSION:

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

Fall 2020/Winter 2021



Health

18 Connection First: Creating a Safe Space for Therapeutic Healing

Catrina Brown, a therapist at a KVC children's psychiatric hospital, shares how she helped a young boy begin healing from traumatic experiences.



22 As Pandemic and Isolation Continue, KVC Provides Mental Health Treatment



While crisis is never welcome, KVC's core expertise is helping people experiencing intense difficulties such as family crises or mental health crises. In short, KVC was built to help in times like these.

Strengthening Families

2 Become a Better Parent: Get KVC's 13 Research-Backed Parenting Tips

Does parenting leave you feeling frustrated? Want a stronger relationship with your child or teen? We've just released a free 13-part email series that includes 1-minute videos. Put them into practice today to become a calmer parent and create a more loving home.

Creating Families



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



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KVC Celebrates 50 Years of Heart-Centered Service



Original Wyandotte House which was the birth of KVC Health Systems in 1970.



Senator Bob Dole delivering Christmas gifts with Past CEO and Current Board Co-Chair Wayne Sims.



Ellen McCarthy, who founded KVC, educating others about the needs of children.



Long-time KVC supporter Betty Crooker and Wayne Sims.



Wayne Sims shows kids the future campus of KVC Hospitals Kansas City, previously known as Prairie Ridge.



Dedicated team members embodied our values like working in "child time" and pursuing excellence.

50 of
**HEART-CENTERED
SERVICE**
YEARS

On October 15, KVC Health Systems celebrated 50 years of heart-centered service to children and families.

KVC's 50th Anniversary Celebration took place online using the power of technology to bring together hundreds of supporters, partners and team members from across Kansas, Missouri, Nebraska, Kentucky, West Virginia and several other states where it provides vital services including in-home family support, foster care, adoption, mental health treatment, and children's psychiatric hospitals.

Watch the entire 50th Anniversary event at www.kvc.org/50th

Kylie, an awesome 8-year-old friend of KVC, emceed the 50th Celebration.



KVC's 50th Anniversary Celebration included special guests and emotionally moving stories. Kylie, an adorable, energetic 8-year-old girl who reminds viewers of the heart of KVC's mission, emceed the event. The celebration began with a new video showing why a group of caring women founded KVC Health Systems in 1970 and how it has grown to be a national leader in child welfare and behavioral healthcare.

President and CEO Jason Hooper shared an update on how many people KVC has served during its 50-year history, how the organization adapted quickly during the COVID-19 pandemic to help children and families in crisis through telehealth and children's psychiatric treatment, and the big goals the organization hopes to achieve in coming years.

In addition, several long-time supporters shared why they help children and families through KVC. Those supporters included Laura Treas, Richard Webdell, Don Ransdell, Robb Murphy, Eric and Tonya Groves, and a 12-year-old girl named Maezee who was adopted through KVC with her brother five years ago.

"I made the paintings to raise money for kids who are going through a hard time. We were adopted through KVC so I thought it would make sense to give back. To me, KVC means an extra set of hands I can go to and ask for help and support."

MAEZEE, a 12-year-old girl adopted through KVC with her brother five years ago. She recently raised funds online to help other kids in need.



continued on page 8



Founding mothers JoAnn Ball and Ellen McCarthy.

"Non-Profit/Pro-Growth: The KVC Story" by Wayne Sims is available on Amazon.

The KVC Sims Family Center in Olathe, KS is a hub for serving thousands of children and families.

Another video, **"Generations of Caring,"** featured four people who first became involved with KVC as children and continue to support the organization today as adults. Dalton Shump was adopted from foster care as a child and now works as a KVC Case Manager. Tandy Lindstrom was a teen in foster care with KVC 20 years ago and then was adopted. She and her husband are now KVC foster parents who focus on keeping sibling groups together when they are in foster care. Annmarie Arensberg was first introduced to KVC through her mother, Renny Arensberg, who has been a KVC Executive Vice President for 17 years. Now after many years of volunteering, donating and working in various therapy-related roles, Annmarie is Director of Clinical Operations at KVC Hospitals. Finally, Cassidy Kearney was the only biological child of her parents who were KVC foster and adoptive parents for many years. She now draws upon those unique experiences while she works as a therapist for KVC foster families.



Left to right: Dalton Shump, Tandy Lindstrom, Annmarie Arensberg and Cassidy Kearney. Watch their video at www.kvc.org/50th

"KVC performs such a worthy service to families and children in need. I don't have a great amount of money and there are uncertainties in covering all my retirement years. That said, I was able to work out a plan that would provide first for my family and then an excess would benefit a few charities including KVC."

PAUL KLAYDER,
Past CFO of KVC Health Systems, who supports KVC with a planned gift



Past COO and KVC Hero Award Winner Anne Roberts, KVC founder Ellen McCarthy, and Executive Vice President Renny Arensberg.



Supporter Darol Rodrock, University of Kansas Coach Bill Self, and KVC Board Co-Chair Wayne Sims at the 2014 KVC Hero Luncheon.



KVC President and CEO Jason Hooper kicked off KVC's 50th anniversary at a Town Hall Meeting for team members.

KVC Hero Award Winners

President and CEO Jason Hooper presented KVC's highest honor to two deserving winners.



First, representing the best of KVC's past 50 years, Hooper presented a KVC Hero Award to **Lynn Kaufman**, a beloved licensed clinical social worker who worked at KVC Hospitals for 25 years and created The Grump Meter. Kaufman was a therapist at KVC Hospitals when Hooper began his career with KVC. Her drive for excellence made a significant impression on Hooper and shaped his career. She served thousands of families through her time at KVC, in private practice and in teaching. Kaufman specialized in treating children and families, particularly children who had experienced trauma. She trained hundreds of social workers, mentored hundreds of other professionals, and taught formally in academia.

Next, representing the enormous potential of the next 50 years, Hooper presented a KVC Hero Award to **Sesame Workshop**, creators of the innovative Sesame Street in Communities initiative. By developing child-development-based resources using the Muppets, Sesame Street in Communities helps vulnerable children understand difficult topics like childhood trauma, foster care, and parental addiction. Learn more at www.sesamestreetincommunities.org. Rochelle Haynes, Vice President of U.S. Social Impact at Sesame Workshop, accepted the award.



Sherrie Westin, President of Social Impact and Philanthropy, and Rochelle Haynes, Vice President of U.S. Social Impact at Sesame Workshop.

Values-Driven Partner
Award Winners

Erin Stucky, Chief Operations Officer, and Lonnie Johnson, Chief Information Officer, also presented awards to six partners who embody KVC’s closely-held values of helping people, showing authenticity and compassion, strengthening family connections, collaborating, demonstrating urgency and innovation, and welcoming diverse perspectives.

Winners were:

- **Aaron Thakker**, a generous supporter of children receiving psychiatric treatment at KVC Niles and KVC Hospitals.
- **Kevin Campbell**, creator of the Family-Finding Model.
- **The University of Nebraska–Lincoln’s Academy for Child and Family Well Being**, KVC’s partner in the federally-funded Fostering Educational Success program.
- **Kellie Hans Reid and Aetna Better Health of Kansas**, who have positively impacted children’s life-long health by building connections.
- **Mike Poppe and Chuck Ikner of Sleep Outfitters** in Lexington, KY, who have provided hundreds of beds and restorative rest to children and families in need, and
- **Robyn Lambert of Church of the Resurrection West** in Olathe, KS, who has supported many adults to become foster and adoptive families to children in crisis.



Clockwise from top left: Aaron Thakker, Kevin Campbell, The University of Nebraska–Lincoln’s Academy for Child and Family Well Being, Kellie Hans Reid and Aetna, Mike Poppe and Chuck Ikner of Sleep Outfitters and Robyn Lambert of Church of the Resurrection West.

“I support KVC because, as a mother, you really understand the challenges of raising children and you need help sometimes. They’re the leaders.”

LAURA TREAS, who has served for many years on KVC’s General Board and generously supports KVC’s events



“If any of us could spend one day in the shoes of a child who doesn’t have a safe home, you would recognize how important KVC is.”

ROBB MURPHY, who makes a gift to KVC each holiday season and, by example, taught his children to give sacrificially

Help Strengthen KVC for
the Next 50 Years

The children and families KVC serves face serious problems. Those may be financial stress, mental health needs, addiction, family discord, child abuse and neglect, divorce, domestic violence, parental incarceration, the loss of loved ones, and ultimately, isolation. Our staff come alongside them with professional expertise and compassion. They help them develop a personalized plan and provide support. KVC helps stop the cycle of childhood adversity.

KVC Invites You to Get Involved



Become an advocate

Follow KVC on social media and subscribe to our email list at kvc.org



Learn about fostering or adopting a child

Sign up for the free training class at kvc.org/foster



Donate

Give a financial gift or volunteer your time at kvc.org/donate

Help KVC Serve Children for
the Next 50 Years

Join the **KVC Legacy Society** by including KVC in your gift planning, i.e. your will or living trust bequest, charitable remainder trust, life estate agreement, or other methods of planned giving.

Contact Kathleen Brady at (785) 218-6532 or kbrady@kvc.org, or visit <https://planmygift.kvc.org> to become a member.

“I’m so happy to be involved with KVC. I started a very long time ago and once I saw what needed to be done, I was hooked. I get choked up when I think of all the things that happened to these kids. I support KVC because of the therapists and the staff that work with the children and their parents.”

JONI COOKE, who supports KVC through a scholarship fund for youth exiting foster care



“KVC is not just adoption or foster placement; it’s working within families and communities for kids that are in need, and that encompasses a vast amount of services. I support KVC for the impact they have on our community.”

RICHARD WEBDELL, who Chaired KVC’s General Board and generously supports KVC’s events



In Loving Memory of Dick Bond and Michael Copeland

We said goodbye to two amazingly gifted, tremendous friends of KVC this year.

Former Kansas Senate President Dick Bond helped children and families through KVC for nearly 40 years, beginning in the 1980s. He and his wife Sue raised funds and awareness, and served as KVC Board chairs and longtime Board members.

KVC Board Co-Chair and Past CEO of 35 years, Wayne Sims, paid tribute to Dick during our 50th Anniversary Celebration. Sims said, "Dick did many great things in his career in law, banking and politics. He chaired many citywide and statewide committees aimed at improving the human condition. However, none brought more clarity of his greatness than watching him provide individual counseling to a child who had been born with physical challenges. No matter who we are, we all need teachers and mentors. These are people we can look up to and inspire to be like them. Children born with some type of handicapping condition are no exception. To see Dick model for children what could be overcome and subsequently achieved was a blessing and all who met with Dick were indeed enriched."

Mayor Michael Copeland of Olathe, Kansas also passed away. He was an incredible champion for children and people in need. He served on KVC's Board of Directors for more than 13 years and helped so many through his annual Mayor's Christmas Tree Fund.

Sims said, "Mayor Mike Copeland was uniquely gifted. He was the longest serving mayor in Olathe history, holding the office for almost 20 years. In that time, Olathe grew exponentially in population and commerce and was a nationally recognized city. Mike was truly a humanitarian. He was passionate about his work as mayor and his role as city father to improve the lives of all the city's children. Mike read books to children in school. He made sure that some of the funds raised for the Mayor's Christmas Tree Fund went to providing new school shoes and socks for Olathe's economically challenged children. He also did what he could to better the lives of neglected and abused children entering foster care. Mike was truly a caring and generous man."

We are inspired by both men's servant leadership and will miss them greatly.



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.



JESUS (14)

Watch my video online!

Jesus loves to play basketball and values academic pursuits. When he grows up, Jesus wants to be a police officer or a firefighter. He is a great kiddo who likes to make people laugh.



TANIYA (13)

Watch my video online!

Taniya is a bright, charismatic young girl who's great at singing, dancing and reading. She has a magnetic personality, and others love to be around her. She deserves a family who will give her plenty of structure, guidance and love.

ARIANNA (9) & A'JAUN (11)

Watch my video online!

Arianna and A'Jaun are siblings who have been waiting a long time to be adopted. Arianna, 9, is caring, helpful and enjoys gymnastics, dancing and singing. A'Jaun, 11, does well in school and enjoys music and spending time outside. They're very close and would like to be adopted together.



CALEB (15)

Watch my video online!

Caleb loves sports and excels at math. He's very ambitious and motivated to do well in everything he pursues. He needs a family who can provide him with guidance and support so he can reach his full potential.



2020 Impact Report Now Available



KVC Health Systems recently released its **50th-Anniversary edition 2020 Impact Report.** The report is packed with statistics on how many children, adults and families KVC has served during the last 50 years, personal stories of transformation, and messages from the supporters who give philanthropically toward KVC’s mission.

See Donor Honor Roll & More

Access the full report at www.kvc.org/impact or request a printed copy by contacting Kathleen Brady at kbrady@kvc.org.

50-Year Impact Statistics:

TOTAL IMPACT:

304,189
people’s lives
positively impacted
throughout
KVC’s 50 years

FAMILIES STRENGTHENED:

60,410
families strengthened,
50,752
children served in family
preservation programs
aimed at safely preventing
foster care, and
14,597
children safely reunited
with their families after
foster care

ADOPTION FROM FOSTER CARE:

5,539
children adopted
in KVC’s history

FOSTER CARE:

40,151
children supported
by loving foster
families or relatives

A Few State Highlights from the Last Year:

KANSAS:

11,170
children served through
in-home support, foster care,
family reunification, aftercare
and other services

MISSOURI:

97
children served in KVC Niles’
behavioral health programs

KENTUCKY:

7,222
children in 3,127 families
benefited from services to
strengthen their families

NEBRASKA:

685
children cared for by
KVC foster families, and
63 individuals with
developmental and/or
intellectual disabilities
supported in KVC Shared
Living Provider homes

“Your gift to KVC will
become a legacy. You are
giving to children, who
are our future. Your gift
will outlast you.”

**ERIC AND
TONYA GROVES,**
whose father
KVC Niles helped
when he was a
child and who
support KVC
through
workplace giving



WEST VIRGINIA:

1,026
children cared for by
KVC foster families

“I support KVC because the work
that they do is extremely important,
they do it extremely well, and I shudder
to think what the world would look like
if they didn’t exist.”

DON RANDELL, who has
served for many years on KVC’s
General Board and generously
supports KVC’s events





KVC Debuts New Tagline:

“We All Need Connection”

As a nonprofit child- and family-serving agency, KVC Health Systems is committed to **strengthening families, preventing child abuse and neglect**, and **helping people experience mental health wellness**. With a broad continuum of care and 35 locations nationwide, it is important to us that everyone from our talented team members to our caring supporters stay centered on our purpose. Here's the story of why we moved from our “People matter” tagline to a fresh message for our next 50 years.

How and When We Chose “People Matter”

In 2013, KVC was in the middle of rebranding. Our original logo was looking dated and our purple and lime green website needed an update. As part of this design process, we also chose the “*People matter*” tagline. “People matter” was more than just our tagline. It’s a core truth that motivates many of us at KVC to get out of bed in the morning. We do this work because we feel deeply that every person has inherent worth, and if they need help, we want to be there to help them. “People matter” conveyed the heart of the organization.

The same year, unrelated to our rebranding, the hashtag #BlackLivesMatter began to be used on social media after George Zimmerman was acquitted in the shooting death of Black teen Trayvon Martin. The Black Lives Matter movement grew the next year as Michael Brown was killed in Ferguson, MO and Eric Garner was killed in New York, NY.

Why the Meaning of “People Matter” Has Changed

In 2020, our CEO Jason Hooper has said that racial injustice is a pandemic just as significant as COVID-19. As childhood adversity expert Dr. Nadine Burke Harris wrote in a powerful article, the daily experience of racism has directly affected the biology and health of Black children and adults. The discrimination, toxic stress, and feeling of being dehumanized and traumatized is literally sickening and killing people of color.

KVC has affirmed strongly and publicly that racial injustice is unacceptable, and that Black lives matter. We are proud to declare this obvious fact and celebrate Black people’s lives and contributions. Unfortunately, the response some people have to that statement is that, “All lives matter.” Of course all lives matter, but Black lives have been in danger throughout history and continue to be to this day. As the world has changed, the connotation of “People matter” has changed, too. It has become time for “People matter” to evolve to something new.

In short, we changed our tagline because we do not want anyone — whether an employee, a child, a family, a supporter, anyone — to think that by saying, “People matter,” we are refuting the fact that Black lives matter.

After a robust process, we have aligned on a new tagline:

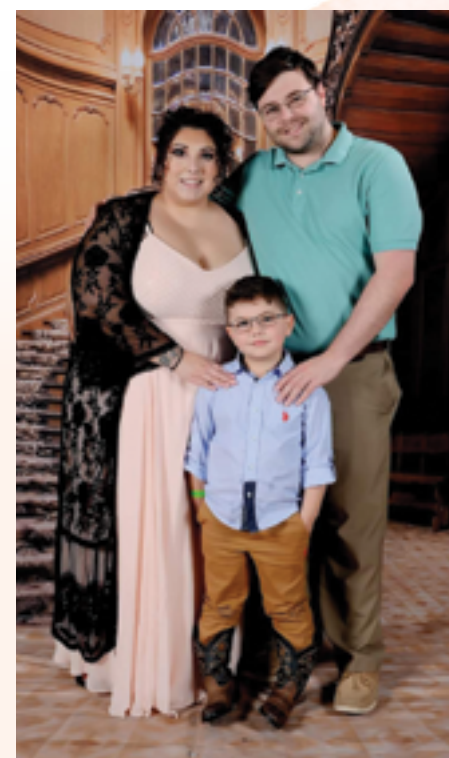
We all need connection.

“We all need connection” explains why KVC exists. We exist to help children, adults and families. Their most immediate need and their best path forward always involve connection to a caring person. This is both heart

and mind, emotion and expertise, art and neuroscience. Additionally, positive relationships are the key to building resilience, preventing childhood adversity, and healing from trauma. This new tagline conveys empathy, solidarity and vulnerability. We at KVC are part of the “we all” who need connection.

Furthermore, lack of connection is a public health epidemic. Boldly calling out this need is similar to bravely ending the stigma around mental health. Human connection is the thread that goes through KVC’s broad continuum of care, from prevention to foster care to children’s psychiatric treatment. The Safe & Connected™ model, developed by Dr. Sue Lohrbach of KVC, is the integrated child welfare practice framework KVC uses and shares with other agencies.

In addition, COVID-19 continues to require greater isolation and social distancing, and more people are experiencing loneliness, depression and thoughts of suicide. There has never been a better time to shine a light on **the power of connection**.



Evalinda's Story:

KVC’s Commitment to People Moved Me to Tears

“I’d like to take a second and share the moment that I knew I was working for the right company. I am a Mexican American woman. My father came to this country from Mexico with nothing but the clothes on his back and without a word of English. He’s the strongest person I have ever known, and everything I am, I owe to him.

Earlier this year, when the Black Lives Matter protests were going on, our CEO Jason Hooper took a strong stance for KVC that thoroughly surprised me. You see, I came from a place of work where I was threatened termination for discussing Black Lives Matter. They called it a political issue, nothing more, and threatened to fire anyone who spoke up about it.

Jason, however, said something that really spoke to me. He said, “Black lives matter is not a political issue; it’s a human rights issue.”

I must admit, I cried during that meeting. I have never worked somewhere that the CEO would take such a strong stance. I have never felt more important and heard as an employee and a woman of color. I am incredibly thankful to be working for a company that stands firmly on the right side of history.”

Evalinda Coria, KVC Health Systems Team

Connection First: *Creating a Safe Space for Therapeutic Healing*

Written by **Catrina Brown**, Therapist at KVC Hospitals Kansas City

He sat across the room on the piece of furniture the furthest away from me. He was demonstrating what I recognized as “textbook” anxiety symptoms: rocking back and forth, bouncing one leg up and down, eyes darting up and down, and continually shifting in his seat. Silent tears rolled down his face as he tried to formulate words, but no longer could. Mustering my confidence as a young clinician, I said, “What’s coming up for you in this moment?”

“I’m having a flashback, it’s playing like a movie on a loop in my head and won’t stop,” his wavering voice admitted.

His anxious body began to rock back and forth faster and faster. He squeezed his eyes tightly to stop the tears.

“Tell me about the movie that is playing. I’ll be here with you the whole time,” I said. I quietly leaned forward, and my eyes connected with his terrified eyes. I listened as he told me about the pain. The abuse. The horrific night his biological father tried to drown his mother. The night his father cut him on his leg when he tried to get between his parents to stop the fighting. The times he curled up in the fetal position in a quiet room, willing himself to be invisible to his abusers.

My heart broke listening to the pain this young man had experienced. I could feel the tears burning my eyes as he continued to share his trauma. I asked myself — what are the “right” next steps? What theoretical approach or modality is appropriate to help this struggling adolescent? As a newly licensed clinician, I was struggling with the responsibility I felt for this teen’s mental health. I went to my clinical supervisor for help. His advice:

***“Connection first.
He needs a safe place.”***

Over the next five months working with this client, my first goal of every session was to provide safety and connection as he shared about his experiences and feelings. This client slowly began to trust and accept my help. We explored coping skills to help his anxiety and grounding skills to use when the flashbacks would overtake his mind. I listened when he shared that he didn’t think anyone would care if he died. We worked together to create his support system. And, as with many relationships, we hit a rough patch.

When faced with an unexpected family move, through his hurt and frustration this client decided to stop communicating with me and his parents, a wonderful and supportive family who had adopted him. I would come for sessions and he would become angry or hostile and refuse to speak. After more than three months of building a connection, I didn’t understand why he was pushing me away. I continued to faithfully check in with him twice each week, reminding him that I was available whenever he was ready to come back

to our work together. This stand-off went on for almost a month. He refused anything therapeutic except sessions with the art therapist. That was a connection that helped him continue to process his past trauma and fear of abandonment.

One day, he came to me and said he was ready to meet with me again. He knew the connection was still there waiting for him when he was ready. We continued working together to further process his fear of rejection and abandonment that led him to push away others. I was able to support him while he reconnected with his family and they began to make plans for their future move and his eventual successful discharge.

Over the five months this client was in my life, I saw him transform from living with nearly constant suicidal ideations and self-harming behaviors to no longer self-harming and living life with a bright affect and a confidence to continue to make positive changes in his life. I learned that all the textbooks, theories, and interventions are nothing if it doesn’t have a foundation of connection. As a therapist with these clients, I am able to walk alongside them and meet them in their pain.



Catrina Brown

*Positive changes are born
from trusting relationships.
We all need connection.*

People on the Move

PROMOTION



Cheryl Marquardt, JD
General Counsel
KVC Health Systems, Olathe, KS
5 years with KVC

On July 1, Cheryl Marquardt, JD, became General Counsel of KVC Health Systems, succeeding Marilyn Jacobson who retired. In her new role, Marquardt oversees all legal matters related to KVC's services including in-home family support, mental health treatment, foster care, adoption and children's psychiatric hospitals. She has been with KVC since 2015 as Deputy General Counsel and also serves as HIPAA Privacy Officer. "I'm thrilled and excited to welcome Cheryl to this role," said Jason Hooper, President and CEO. "Cheryl is passionate about using her legal expertise to help vulnerable children and families. She is beyond committed to our mission. Over the last five years, she's worked to deeply integrate herself with our local teams, support her fellow leaders and help us provide the very best child and family services."

PROMOTION



Jyotsna Adma, MD
Associate Medical Director
KVC Hospitals, Serving Kansas and Missouri
13 years with KVC

Dr. Jyotsna Adma has been with KVC Hospitals since 2007 as a Child Psychiatrist, helping children and adolescents experiencing mental and behavioral health challenges. She is dual board-certified in General Adult Psychiatry and Child & Adolescent Psychiatry and specializes in mood and anxiety disorders.

PROMOTION



Kim O'Connor-Soule, LCSW
Vice President of Clinical Advancement
KVC Hospitals, Serving Kansas and Missouri
8 years with KVC

Kimberly oversees therapeutic services, quality outcomes, and compliance with regulatory agencies for KVC Hospitals' network of children's psychiatric hospitals and residential treatment centers serving Kansas and Missouri.

PROMOTION



James Roberson, LMSW
Vice President of Behavioral Health Services
KVC Hospitals, Serving Kansas and Missouri
16 years with KVC

James is passionate about improving health outcomes for children and families through innovative, science-based treatments. He uses his expertise in childhood trauma and positive behavior supports to strengthen KVC's inclusive, trauma-informed treatment experience.

PROMOTION



Robert (Bobby) Eklofe, MHSA
President
KVC Hospitals, Serving Kansas and Missouri
31 years with KVC

In June, Bobby Eklofe, MHSA, became President of KVC Hospitals. KVC Hospitals is a nonprofit network of children's psychiatric hospitals and residential treatment centers in Kansas. Each year, KVC Hospitals serves thousands of youth between ages 6-18 who are experiencing depression, anxiety, suicidal thoughts, the impacts of childhood trauma, and other behavioral and mental health needs in Kansas City, Wichita, and Hays. Eklofe was previously Vice President of Behavioral Health Operations and has been with KVC for over 30 years. He succeeds Ryan Speier who transitioned to new opportunities after 13 years with KVC.

PROMOTION



Tabetha Vance
Vice President of Finance
3 years with KVC

As VP of Finance, Tabetha provides leadership to the Accounting Department and oversees accounting processes, process improvements and development.

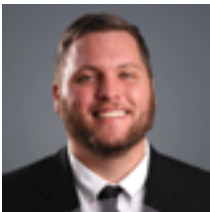
PROMOTION



Anh Vinh, MD
Executive Medical Director
KVC Hospitals, Serving Kansas and Missouri
4 years with KVC

Dr. Vinh combines her physical health expertise as a family physician with KVC's world-renowned behavioral and mental healthcare services to allow KVC to move beyond assessments and meaningfully address long-term health issues in individuals and communities.

PROMOTION



Evan Wood, LMSW
Director of Kinship Care
KVC Kansas, Olathe, KS
2 years with KVC

In this newly created role, Evan leads a team of professionals focused on increasing relative and kinship placements and life-long connections for children in foster care.

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

There are over 122,000 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 helped facilitate over 20 children's adoptions in Kansas, Kentucky, Nebraska, and West Virginia. Many of the adoptions took place on National Adoption Day, which was Saturday, November 21 this year.

Families Find New Ways to Celebrate Despite COVID-19

In other years, celebrations are typically marked by gatherings in courthouses, balloon releases and other fun activities. This time around, families and KVC staff took new approaches to celebrating families who adopted this year. In Kansas, for example, families participated in car parades, drive-in movies, raffles and more. Children's adoption finalizations were still able to happen with judges using video conferencing.



Meet the Children Waiting for Families

The theme of this year's National Adoption Month was "Engage Youth: Listen and Learn" which highlights the need to connect with teens, who often age out of foster care without a support system. Securing life-long connections for them is critical in determining their future well-being. 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.

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.

In total, KVC's local teams have facilitated **5,539 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!

As Pandemic and Isolation Continue, KVC Provides Mental Health Treatment

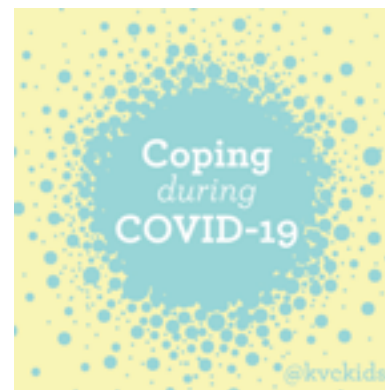
The COVID-19 pandemic has made 2020 unexpectedly difficult. Over 270,000 Americans have lost their lives to the virus and millions more people lost their sense of normalcy as jobs, childcare, and other parts of life were interrupted or even evaporated. Isolation, depression and anxiety have risen sharply.

While crisis is never welcome, KVC's core expertise is helping people experiencing intense difficulties such as family crises or mental health crises. Our nationwide team of professionals have adapted and helped in many ways:

- **Children's Psychiatric Hospitals:** Our children's psychiatric hospitals and residential treatment centers have remained open this year and continue to provide safe spaces and critical care for children experiencing a mental health crisis.
- **Community-Based Work:** More than 1,000 of our team members are working safely from home, ensuring that work with families continues.
- **Online Therapy:** We expanded our virtual therapy and are now training schools and other agencies how to excel with telehealth.
- **More Convenient Training:** Our state partners permitted us to move our foster and adoptive parent training online, making it more convenient than ever for adults to become caregivers.
- **A Healthy KVC Family:** And thankfully, we have had few positive cases of COVID-19 among our team, our families, and our supporters.

KVC has also published dozens of articles with mental health tips from our experts, such as:

- How to Create A Coping Toolkit for Coronavirus Anxiety
- How to Know When You Need Mental Health Support
- 10 Ways to Stay Optimistic During a Pandemic
- How to Talk to Your Child About Coronavirus
- How Grandparents Can Support Grandchildren, Ease COVID-19 Concerns



Read these articles and many more online or donate to our emergency response fund at www.kvc.org/covid.

This Year, Start a New Tradition Be a Holiday Hero!

This holiday season, start a new tradition and give back to your community with our Holiday Heroes program! You can make the holidays bright for a youth who is in foster care, has safely reunited with their family, has been adopted or is receiving treatment in our children's psychiatric hospitals or residential treatment centers. Holiday Heroes can be individuals, families, churches, community organizations or businesses. Donating gifts is a great way for you to support the children and families we serve and show our very special clients that they matter.

We need Holiday Heroes for:

Children's Psychiatric Hospitals

Kansas

Missouri

Nebraska

Kentucky

West Virginia

**Sign up at
www.kvc.org/holidayhero**





21350 West 153rd Street
Olathe, Kansas 66061
www.kvc.org



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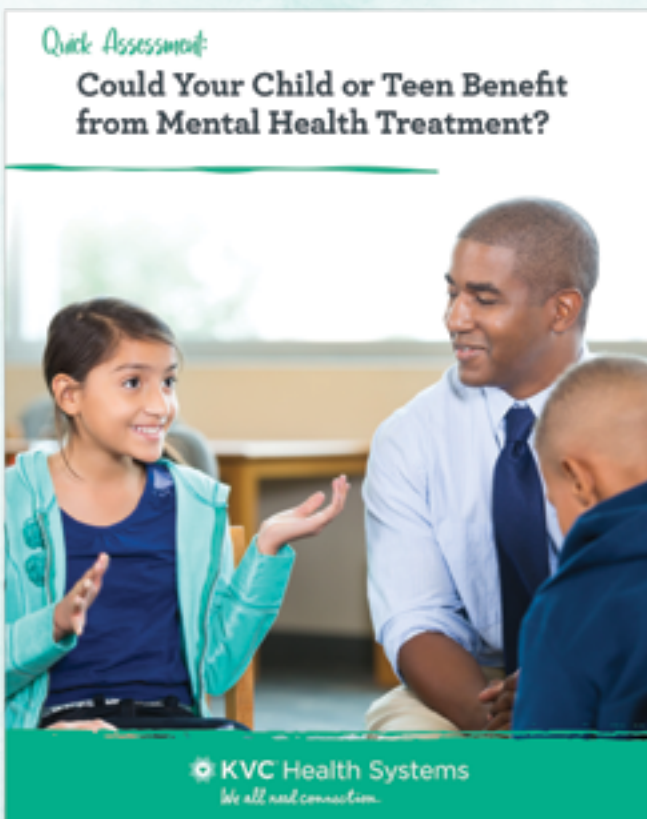
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Download the FREE Quick Assessment eBook today!

Topics include:

- When Might Challenging Behaviors Require Attention?
- Understanding Behaviors & Triggers
- Strategies for Responding to Challenging Behaviors or Mental Health Needs
- When to Seek Professional Help

www.kvc.org/assess



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