

Students enjoy a field day complete with inflatables and ice cream courtesy of the Kansas City Young Matrons.



COMMUNITY VOICE

Spring 2019

Looking Back (and Looking Forward)

If there is one word that would define 2018 for our organization, it would be gratitude. We are incredibly thankful for all the ways you have come alongside us and partnered for the safety and health of our communities. Your time, your dollars and your support allowed us to continue providing care for thousands of children and families and led to some exciting new initiatives as well. Some of the most significant ways you supported us this year were:

- *Joining us at the Chiefs Charity Game and cheering the team on during an unforgettable season.*
- *Supporting 1,698 licensed resource homes (foster, relative, adoptive, respite families) across 30 counties including nearly 500 new foster parents.*
- *Contributing 9,695 hours of service from 2,609 volunteers.*
- *Giving more than \$189,100 worth of in-kind donations, such as school supplies, to our children and families.*

- *Helping us secure funding for Homeroom Health, a pediatric health center, in partnership with KC CARE Health Center.*
- *Mentoring 58 youth in our care.*
- *Supporting our day treatment schools, which had a 100% graduation rate this year.*
- *Helping us bring treatment foster care services to the St. Louis area.*

We couldn't have done any of this without you. And in 2019, we have so much to look forward to! We are honored to be the recipients of the 2019 Chiefs Charity Game. Homeroom Health will open its doors on Troost Avenue in Kansas City to provide accessible healthcare to children and families. We will continue to find loving homes for youth who have experienced trauma. And we will do all of this because of your partnership and generosity!

See the full impact of your actions and contributions at cornerstonesofcare.org/impact.





Letter from the CEO

Denise Cross

“A lack of safety can have a life-long impact on our health and well-being. A child cannot be a child until they are safe, and a family cannot function effectively until they are safe.”

We all deserve to feel safe, whether in our home, community or school. Our team of behavioral health professionals utilizes our trauma-informed model to understand and address each child’s and family’s safety. They partner to create safe spaces for individuals to take care of themselves physically, psychologically, socially and morally.

Physical Safety — *Are the child and family safe from physical harm?*

Unfortunately, due to unaddressed trauma, poverty, mental illness, community violence or life-altering crisis — and more often than not, a combination of these factors — families are unable to maintain physical safety. It is not until basic needs, such as food, safe shelter, adequate sleep and the end of abuse are met that a child and family can begin to heal and function effectively. Our in-home services, foster care, 24/7 residential treatment and transitional living programs partner directly with each child and family to create physical safety.

Psychological Safety — *Are the child and family safe from emotional abuse and self-destructive behaviors?*

Acceptance of one’s self is a necessity for becoming a healthy individual. When a child or family is experiencing verbal or emotional abuse, including discrimination, public humiliation, blame or shame, it significantly impacts their self-esteem, self-empowerment and self-discipline. Our outpatient counseling, youth support and family support programs help children and families learn how to be effective in protecting themselves from violations of their personal and psychological space.

Social Safety — *Are the child and family safe in their social surroundings?*

Developing healthy relationships in the classroom and workplace are enormous challenges for those who have experienced trauma. Their experiences have taught them that people — often those closest to them — are dangerous, making trust of others very challenging. Our day treatment schools are a primary example of the way we create safe social settings full of patience, acceptance and grace.

Moral Safety — *Are the child and family safe to practice healthy values?*

Multiple experiences of injustice through trauma may lead to a desire to seek revenge. Children and families can only find a different kind of meaning and life purpose when they have the ability to explore their moral beliefs. Our outpatient counseling program opens them to the opportunity for self-exploration by allowing them to ask “What do I really believe in?” and “Will these actions actually lead to my desired outcome?” in a safe setting.

Through these pillars, we commit to a safe, therapeutic living and working environment for our children, families and staff. The focus is not only on the trauma of the individual but also the capability of the individual to create positive change. Without your support, thousands of children and families across our community would not be safe. Thank you for joining us in a commitment to improving safety so we can advance health.

Denise Cross
President/CEO

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When a Community Comes Together: Gift Gallery 2018



This year's Gift Gallery was an incredible experience! Generous donations from individuals and corporate partners made it possible for 428 individuals we work with to shop for brand new holiday gifts at no cost. Volunteers from Netsmart, Sprint, KeyBank and Partners in Primary Care made everything run smoothly, and your generosity provided more than 1,000 gifts for families to choose from. To everyone who donated their time and resources to provide a happy holiday season for our families, thank you!

You can make a difference, too! Simply visit cornerstonesofcare.org/volunteer to submit your volunteer interests and we'll pair you up with the right activity.

Wish List

Physical safety is the first step to healing and overall health. When a child or family first comes into our care, we ensure that they are physically safe and that they have the necessary things to remain safe throughout their treatment. You can help our children and families by donating and delivering one or more of the following items to any of our campuses.

- Full- and Travel-Sized Hygiene Supplies (*shampoo, conditioner, liquid body wash, liquid hand soap, deodorant, hair picks and feminine hygiene products*)
- Bath Towels & Wash Cloths
- Twin-sized Bedding & Pillows
- Men's Boxer Briefs and Women's Underwear (*both S — XL*)
- 5-lb. Fire Extinguishers (*required for foster care licensing*)
- Carbon Monoxide Detectors (*required for foster care licensing*)



We respectfully request that all of the items be new. If you would like to donate used items for our benefit, we encourage you to give them to our thrift store partner, MAJ-R Thrift, by scheduling a free pick up at kcdonationpickup.org or by delivering your used items to Cornerstones of Care — Ozanam Campus. To learn more, please contact Kristen at kristen.zucht@cornerstonesofcare.org.

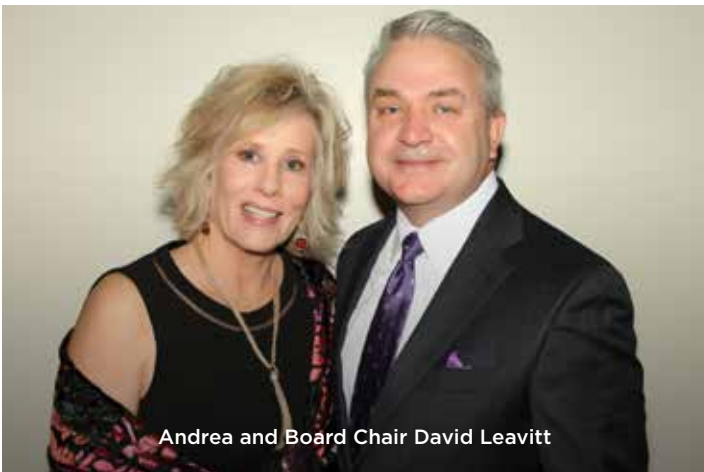
Inaugural Spirit Gala Raises \$416,000



NASB CEO and Spirit Award recipient Paul & Mandy Thomas



Honorary Chairs Sharon & Mike O'Connor



Andrea and Board Chair David Leavitt



Spirit Award recipient Carol Sherman (center) with Brooks Sherman, Hank Sherman, Alex Goedken and Nick Goedken



Board member John Burgess with Cornerstones of Care President/CEO Denise Cross



Board member Helen & Ross Jorski

More than 800 guests came together on November 10 for the inaugural Cornerstones of Care Spirit Gala, which raised more than \$416,000 for our children and families! Emceed by KCTV5's Brad Stephens, attendees enjoyed silent and live auctions, a delicious dinner and exciting entertainment by Quixotic and Twice on Sunday. We were thrilled to honor 2018 Spirit Award recipient Carol Sherman and 2018 Corporate Spirit Award recipient North American Savings Bank for their support in advancing the safety and health of the children and families we serve. The evening would not have been possible without the dedication and hard work of honorary chairs Mike & Sharon O'Connor and presenting sponsor Dynamic Fastener. We hope you had a great time and look forward to seeing you again this year — **November 1, 2019, at the Overland Park Convention Center!**

Where does your money go? Schedule a campus tour to see your dollars in action — you won't be disappointed! Just contact Laurie at laurie.minx@cornerstonesofcare.org.

A Safe Place to Call Home

JE's Story

JE's childhood was marked by significant trauma. After experiencing sexual abuse and neglect from his family at a young age, he was removed from his home and placed in a foster home. In 2013, JE was referred to our Pathways transitional living program.

While living in our Pathways Assessment and Transition House, a group-home setting with on-site staff who provide 24-hour supervision and guidance to residents, JE attended Job Corps, achieved his GED and became a certified nursing assistant (CNA). He then moved into an apartment provided by Pathways, living there until May 2015 when he returned to Springfield, Mo., to be closer to his mom. Unfortunately, JE's time with his mother was short-lived, as her mental health difficulties forced him to become the parent figure rather than the other way around. He moved into an apartment with a friend, then couch-hopped before ending up homeless.



In December 2016, JE reached out to us looking for a safe, stable placement with Pathways. Though he was working as a CNA, he was not making enough money to afford housing, vehicle expenses and insurance on his own. He relocated to Kansas City to begin the next chapter of his life in one of our apartments. Here, he found a new CNA job and took on a second job to start saving up.

“JE is a kind and thoughtful person, and has a desire to enter the nursing field,” shared Lori Wegman, JE’s caseworker. “The compassion that he has been able to maintain throughout his personal struggles is, to me, amazing.”

JE is now at Indian Hills Community College in Iowa where he is working on obtaining a certification in either emergency medical services, phlebotomy or pharmacy tech. His long-term goal is to obtain a degree in human services so he can support youth who have experienced similar traumas. We're honored to be a part of JE's story, and to have been able to provide a safe place to call home when he needed it most.

Learn more about our Pathways transitional living program at cornerstonesofcare.org/pathways.



Did You Know?

9.81%. That is the percentage of eastern Jackson County's population that is uninsured. In fact, in all of Jackson County, there is only one primary care physician for every 1,310 residents and only one dentist for every 1,240 residents. That's why we are partnering with KC CARE Health Center to open the Homeroom Health Clinic on Troost Avenue this summer.

Understanding the Types of Trauma

Trauma comes in many shapes and forms. While the perceived extent and its aftermath may vary considerably, it doesn't negate the fact that we all experience trauma in our lives. Generally speaking, there are two significant types of trauma, both of which can affect a single person or a group —

- **Natural traumas** are typically unavoidable natural events commonly referred to as “acts of God.” While often weather-related, they also include physical ailments/diseases, epidemics and famine.
- **Human-caused traumas** are events caused by human failure (technological catastrophes and accidents such as airplane crashes, accidental shootings, gas explosions, oil spills, train derailments, etc.), or worse, human design human (intentionally inflicted harm such as arson, homicide, physical abuse, school violence, sexual assault, terrorism, warfare, etc.).

How survivors of natural traumas respond to their experience often depends on the degree of devastation, the extent of loss and the amount of time it takes to re-establish a daily routine and home base. Human-caused traumas are fundamentally different because a person or group is typically the target of a survivor's anger and possible blame. The ordeal is even more devastating for survivors of human-designed traumas. After intentional acts of malice, survivors often struggle to understand the motives and psychological makeup of the perpetrator, and question if they would have been spared if they had behaved differently.

Learn more about trauma and the Sanctuary Model® of trauma-informed care at cornerstonesofcare.org/sanctuary.

Lighting the Way for Children & Families

Spotlighting Our Staff



*DeeDee Conrad,
youth behavioral
health specialist*

DeeDee Conrad is the definition of a giving person. She began her career with us 21 years ago as a youth behavioral health specialist, and has since worked with just about every age group we serve in residential care. When she's not working, DeeDee continues to live out her passion for hospitality through her own catering business and routinely donates food and basic necessities to families in need.

What are some of the things you do with the youth you work with? We do a lot of age-appropriate therapeutic groups and basic life-skills training. Sometimes we need to start from the very beginning because they've been so neglected.

What drew you to work here? I had always wondered what this organization was. I walked in one day and asked some questions, and came away feeling like I could actually be really good at this. I turned in an application, and the rest is history!

Do you have an example of the successes you've experienced here? When I first came here, there was a particular child that needed extra attention that he hadn't previously received. We made changes, and they worked for him. Just to see his transformation was really rewarding.

What keeps you going when the work gets hard? I've always said that if I know I've helped one person — just one kid out of 10 — then I feel rewarded. I know that I make a difference. I know for a fact that I have.

You can make a positive impact on the children in residential care by becoming a mentor at cornerstonesofcare.org/mentor.

Homeroom Health Opening in Summer 2019



Enhancing Services in the Community

In our winter 2018 issue, we discussed the healthcare challenges faced by children who are or have been in foster care. Lack of access to consistent healthcare causes children and young adults with complex needs to miss out on the basics of preventative care such as immunizations, child wellness check-ups and dental cleanings. In addition to those concerns, older transition-aged youth and young adults have shared this about their healthcare experiences:

"I never really feel welcome. The receptionists are usually really grouchy and get frustrated when I ask a question, so I just stopped asking."

—Madison, 18

"Don't you have to have insurance to go to the doctor? I don't even know if I have that. If I do, I have no idea how to use it."

—Juan, 17

Together, Cornerstones of Care and KC CARE Health Center are tackling this issue by launching Homeroom Health, a pediatric healthcare center to be located at 30th and Troost in Kansas City, Mo. Its trauma-informed design and fully integrated model of physical, oral, behavioral and social healthcare will:

- Improve access to care and the patient/client care experience.
- Cater to the unique needs of children in foster care.
- Create a centralized hub of healthcare records and improve medication management for a highly mobile pediatric population.
- Utilize a positive youth development framework to empower young adults to access healthcare.
- Provide a safe landing-spot for transient older youth (including showers, Wi-Fi and charging stations).

Thanks to generous community partners and funds raised through the 2018 Chiefs Charity Game, Homeroom Health is projected to open this summer. Funds from the 2019 Chiefs Charity Game will support its first-year startup and implementation costs.



Connecting to Our Communities

Local University Becomes Strong Advocate

When we opened our doors in Maryville, Mo., our focus was finding foster care homes for children in the area. After recruiting, training and licensing foster parents, we prepared them for accepting youth into their homes. During this time, our relationship with Northwest Missouri State University (NWMSU) blossomed.

“It all started when a foster parent who worked in the university’s music department coordinated a collection drive for us,” explains Valyn McClellan, resource development manager. “The university’s choir collected toys and donations for children in foster care while caroling during the holidays.”

Since then, NWMSU has been a steady partner. Students from the Department of Humanities and Social Services have volunteered as interns at our local office. Students from the Department of Education collected toys for youth in our care in honor of NWMSU staff member Joyce Luke, who lost her battle against cancer in 2018. And these are just a few examples of the university’s support.

“Over the past several years, Northwest Missouri State University has not only welcomed us into the community but wholeheartedly supported our mission,” shares Valyn. “It’s inspiring to see these young adults with limited time and resources take on projects with such drive and passion to help out others in their community.”

Since beginning services in the area in 2017, we’ve added to our focus by providing outpatient counseling to help individuals and families address the effects of trauma, improve stress management skills and reduce the need for psychiatric hospitalization.



Celebrating Successes

Many of the youth we serve haven’t had the opportunity to form healthy relationships with adults. Our mentoring program is changing that. In 2018, we matched 36 new mentors with mentees. During the year, our mentors spent 1,335 hours with their mentees partaking in a variety of activities from visiting city parks and attending community events to just taking walks, talking and hanging out together.

If you would like to partner with us in northwest Missouri, please contact Valyn McClellan at valyn.mcclellan@cornerstonesofcare.org.

Honors & Memorials

Memorial and honor giving supports the Cornerstones of Care Foundation and has a lasting impact on the children and families we serve by sustaining the long-term needs of our programs. Anyone wishing to remember a departed friend or loved one, or to honor a living individual or significant event, may send a gift to the Foundation in their name. If you would like to make an honor or memorial contribution, simply return the enclosed envelope or visit cornerstonesofcare.org/donate. Please include any contact information for those who should be notified of your donation. These gifts will be recognized in the next issue of our newsletter.

In Honor Of

- Theodore J. Bunch**
Mr. & Mrs. Peter Barbier
- Willa Cosgrove**
Mr. James Cosgrove
- Kathy Couch**
Mr. & Mrs. James F. Muren
- Robert Cutler**
Mr. Robert Levy
- Chad Harris**
Ms. Jennifer Kraenzle
- Jeremy Hegle**
Mrs. Karen Dowis
- George & Traci Ismert**
Little Flower Fdn Fund

Charles Klein

- Mr. & Mrs. Edward Carhart
- David A. Leavitt**
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- Lauren Muren**
Mr. & Mrs. James F. Muren
- Richie Sanders**
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Deborah Smith and Mark Myron Family Fdn Fund

Dustin Williams

- Ms. Ronda Ruckman
- Ember Williams**
Mrs. Brinna Ford
- Teresa Wollen**
Mr. & Mrs. James F. Muren
- In Memory Of**
- Sophie Grebowiec**
Ms. Valerie Beachy
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- Brian Hayhow**
Ms. Georgiane Hayhow

Mary Therese Ismert

- Little Flower Fdn Fund
- Robert Komorn**
Dr. & Mrs. Donald M. Lieberwitz
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- Styles M. White**
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Partnering for *safe and healthy* communities.

- Education
- Mental & Behavioral Health
- Foster Care & Adoption
- Youth Support
- Family Support
- Community Training

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The easiest way to positively impact thousands of lives is to join us at an upcoming event. With your help, we can ensure children and families are safe and healthy.

Join Us

THYME FOR KIDS PLANT SALE
April 26-27 on our Ozanam Campus

Featuring a variety of plants, flowers and herbs grown by the children, the event is open to the public, free to attend and most items only cost \$2-\$8. Proceeds support our horticultural therapy program, which gives youth the opportunity to spend time in a greenhouse to gain work experience and feel a sense of accomplishment as they watch their plants flourish.

Visit cornerstonesofcare.org/plantsale to learn more!

Don't Forget

CORNERSTONES OF CARE CHAMPIONS BREAKFAST
March 15 at 7:30 a.m.
on our Gillis Campus

Our Champions are civic-minded individuals who believe in our mission and are taking action to be the change they wish to see in the world through volunteering activities, social engagement and more.

To become a Champion, contact Stefanie at (816) 405-4002.

2019 Fundraisers

EASTER EGG 5K & LIL' BUNNY FUN RUN
April 20 at Southcreek Office Park
cornerstonesofcare.org/easteregg5k

PLANT SALE
April 26 & 27 on our Ozanam Campus
cornerstonesofcare.org/plantsale

GOLF TOURNAMENT
June 10 at Loch Lloyd Country Club
cornerstonesofcare.org/golf

CHIEFS CHARITY GAME
August (date to be announced in the spring)
chiefscharitygame.com

DISC GOLF TOURNAMENT
September 21 at Thornfield Disc Golf Course
cornerstonesofcare.org/disc

PIES FOR A PURPOSE
October — December
cornerstonesofcare.org/pies

SPIRIT GALA
November 1 at Overland Park Convention Center
cornerstonesofcare.org/gala

