



COMMUNITY VOICE

Spring 2018



7 Amazing Things You Did in 2017

Intentionally stepping outside of comfort zones to challenge existing circumstances is something we ask our children and families to do every day. But, we never ask them to do it alone. We walk beside them every step of the way, helping to create a safe and strong support system as they embrace unfamiliarity. Drawing on our trauma-informed philosophy, we know that within that space of unfamiliarity is the greatest opportunity for growth.

Going into 2017, we knew it would be a year of significant growth and change for our organization, staff and you, our gracious supporters. Yet, your trust in our evolution to better serve children and families never wavered. Our resiliency blossomed as you grew alongside us.

Most importantly, you never lost sight of our mission to improve the safety and health of children and families in our community. In fact, you helped us achieve more than we ever imagined possible in 365 short days.

1. **You stood** beside us as five legacy organizations legally united to better serve children and families.
2. **You supported** those in our care by volunteering more than 7,000 hours of your time and donating your priceless resources to provide even greater hope and healing.

3. **You welcomed** hundreds of new children and families into your circle of support as we expanded our services to Salina, Kan., and St. Louis, Mo.
4. **You helped** Missouri children in foster care stay safe by embracing the loving families who opened their hearts and homes to children in state custody.
5. **You spoke up** for legislation that directly impacted the safety and health of our community.
6. **You chose us** to become the 2018 Chiefs Charity Game Beneficiary.
7. **You improved** the safety and health of 6,593 children and families who were directly served in our programs, plus an additional 3,686 who were supported by community trainings.

Thank you for all that you did in 2017. By broadening your capacity and compassion more than ever before, you played a direct role in making our community safer and healthier for us all. The achievements of our organization, our children and our families would not have been possible without the continuous support of our donor family.

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





Letter from the CEO

Denise Cross

“It is not enough to simply offer a program or service. The right type of care must be available at the right time for a child or family to truly succeed. By offering a combination of on-campus and community-based therapeutic services ... we have the ability to meet each child and family right where they are with the most appropriate intervention.”

As we continue to broadly and deeply partner for safe and healthy communities, our board of directors, leaders and team members are laser-focused in 2018. As a critical stakeholder in our success, we invite you to support us in the key initiatives outlined below, which support our efforts to improve the lives of children and families.

Integrated Care and Intensive Therapeutic Support

We are dedicated to continuing our efforts to integrate physical, behavioral and social healthcare for our most vulnerable youth by increasing access to care and providing wrap-around services to address the impact of trauma. However, it is not enough to simply offer a program or service. The right type of care must be available at the right time for a child or family to truly succeed. By offering a combination of on-campus and community-based therapeutic services, such as intensive residential services and treatment foster care homes, we have the ability to meet each child and family right where they are with the most appropriate intervention.

Program Enhancements

Many of you are familiar with our specialized programming for children who express sexually reactive behavior (COURAGE program), children on the autism spectrum (O-ACES program) and youth reaching independence (pathways transitional living program). We continue to refine on-campus and community-based programs like these and develop new programming to ensure best practices are infused in our care.

Operational Excellence and Employee Satisfaction & Retention

High-quality programs designed to best meet the needs of children and families have always — and will always — be our top priority. We believe excellence in care relies on efficient and effective operational performance that is focused on positive outcomes and a safe, inclusive and well-prepared workforce. Our human resources and leadership teams are committed to furthering our efforts in staff satisfaction and retention in order to provide the best care to children and families.

Regional Leadership through New Partnerships, Community Trainings and Consultations

We cannot do this work alone and continue to value our strong partnerships to deliver the highest quality of care. We are eager to explore opportunities in our region with new partners for greater impact. Sharing our prevention and intervention philosophies with individuals, organizations and corporations is the fastest way to improve the safety and health of our community.

If you have any questions regarding our focus for 2018, please do not hesitate to contact me. Transparency and open communication are two trauma-informed care principles we believe in deeply.

Thank you for your continued support as we work together to improve the safety and health of our communities.

Denise Cross
President/CEO

2017 Governing Board

David Leavitt (Board Chair)
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2017 Foundation Board

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Capital Portfolio Management, LLC

Joe Pribula
Wells Fargo Advisors

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Lending a Hand



The Kansas City Young Matrons hosted a holiday party.



Friends from Undercover KC sorted holiday gifts.



Sprint volunteers helped set up the Gift Gallery.



Our Book Buddies hosted a holiday story time and crafts.

Volunteers came out in full force to make the holidays merry for our children and families. More than 100 volunteers joined us in just one week to help families shop, wrap gifts and even assemble bikes at our annual Gift Gallery! Jolly individuals and community partners provided holiday gifts for our Sponsor-A-Youth holiday program and even more hosted holiday parties for youth in residential care and foster care. We are so grateful for every person, corporation and church group who gave of their time during the holidays to help make ours a little more festive!

Join the fun! Simply visit cornerstonesofcare.org/volunteer to submit your volunteer interests. For questions, please contact Leah Kent at 816.508.3544.

Wish List

A safe place to sleep is a child's first step to health and healing. In Northwest Missouri, nearly 3,000 children are in need of a loving, temporary or permanent home. To meet this need, we recruit and license more than 1,400 foster homes in 30 Northwest Missouri counties. By donating one or more of the following items, you'll be helping a volunteer foster family prepare to welcome children in state custody into their home.

- 5-pound Fire Extinguishers (required for foster parents to become licensed)
- Carbon Monoxide Detectors (required for foster parents to become licensed)
- Duffel Bags (for children to transport their belongings)
- Toys & Games
- Twin-Sized Bedding
- Crib Bedding



To learn more or to donate, please contact Kristen at kristen.zucht@cornerstonesofcare.org or 816.508.3614. And be sure to follow us on Facebook to learn about critical needs of our children and families that are posted on Wednesdays.

You Raised \$460,000 at Our Annual Gala



Sharon O'Connor and Meghan O'Connor Domingue socialize before dinner.



Honorary Chairs Karen & Sean Miller worked hard to ensure the evening was a success.



Former Butterfly Gala Chairs Teresa & Ryan Keller visit with Cornerstones of Care Foundation Board Chair Phil & Nikki Frerker.



KCTV5's Ellen McNamara emceed the evening with an assist from auctioneer Yve Rojas.



Kevin, Cathay and Johnny Perz of Presenting Sponsor Dynamic Fastener pause for a quick photo.



Board member and event sponsor Jennifer Savner Levinson and Amy Hernandez take a break from bidding.

The Cornerstones of Care Gala was held on Saturday, November 18, at the Overland Park Convention Center. More than 700 guests came together to build on the legacies of Cornerstones of Care's past events — the Spofford Butterfly Gala, Marillac Enchanted Evening and the Ozanam Hollywood Holiday Gala. Guests enjoyed silent and live auctions, a delicious dinner and entertainment. Ellen McNamara of KCTV5 and Bryan Truta of KC102.1 emceed the event, with an assist from auctioneer Yve Rojas. The evening would not have been possible without the dedication and hard work of Honorary Chairs Sean & Karen Miller and Presenting Sponsor Dynamic Fastener. Thanks to all our supporters, we raised more than \$460,000 for our children and families! We hope you had a great time and look forward to seeing you again next year. *Remember to save the date — November 10, 2018!*

If you attended one of our events and would like to see our programs in action, please contact Laurie at laurie.minx@cornerstonesofcare.org to schedule a tour with us!

Restoring What It Means to Be a Family

Willoughby Family Story

Even though Stacy and Tom Willoughby had two children of their own, they always wanted to adopt. After discovering how expensive overseas adoptions can be, they began looking locally and made the decision to become foster parents. They have been doing it for 20 years now and have even been trained through our treatment foster care (TFC) program to provide a safe and caring environment for youth who have experienced significant trauma.

"I love the TFC program because you have 24/7 support," explains Stacy. "My social worker is always available with just a text or a phone call. If we need to meet in-person, they are there within 24 hours." She continues, "I used to work in a behavioral hospital, and there were a lot of children who were there that really needed families and out of the institutional environment. I found TFC as a way to get children back into families and homes. I feared that these kids would land in prisons or other places we don't want them to be."

Recently, the Willoughbys adopted three boys from the foster care system. Initially, things weren't easy. "One of my boys had a very violent temperament," recalls Stacy. "He'd throw rocks and try to kick windows. We'd get calls from school nearly every day." Though unsure what to do, through the TFC program the youth and families receive a weekly visit from their social worker to determine goals for everyone. Stacy continues, "Our social worker worked with him on a calm-down plan for when he got upset — things he could do for self-soothing when he felt sad or angry."

Now, Stacy says it's rare when they get a phone call from the school. "We use a point sheet to track progress. He could see on the point sheet that he was improving. It really helped his self-esteem too. I think he realized, 'Hey, I don't need to act out.'"

When asked why they still continue to foster after all of these years, Stacy says, "When you see something, you can't unsee it, and I've seen the need for foster families for older teen boys. We see that's where the need is, and that's just where our hearts are at."

In the Kansas City metro area, there are 3,560 children in foster care, but we only have 972 licensed homes in those communities. Currently, our greatest organizational need is more therapeutic foster homes. Learn more at cornerstonesofcare.org/tfc.



Did You Know?

20-27 million people. That is the number of victims of human trafficking worldwide, and the average age of sex trafficking victims is 14-15 years old. Our latest advocacy efforts focus on educating people to know the signs and appealing to lawmakers to protect the innocent. Learn more at cornerstonesofcare.org/humantrafficking.

Teaching Emotion Management

Any time we enter into conflict, there are three common roles — each with manipulative behaviors — that we quickly fall into called the Trauma Re-enactment Triangle. These roles are called the Rescuer, the Victim and the Persecutor.

Imagine: You do housework you feel needs to be addressed (Rescuer). Eventually, you begin to feel taken advantage of (Victim), and lash out at your partner for "never helping" (Persecutor). Your partner now feels victimized until they lash out about something bothering them, going from Victim to Persecutor with you as the Victim again. This cycle continues throughout the conflict's lifespan. We know these roles are not healthy, but how do we stop? We have to re-script the trauma triangle:

- *"It's okay — I've been through things like this before."* The Victim becomes the Driver, stepping back and understanding that they do have control over how they respond to situations.
- *"Who can help you with this?"* The Persecutor becomes the Guide, empowering others by reminding them of their strengths, having reasonable expectations and offering alternative options.
- *"I believe you can handle this!"* The Rescuer becomes the Coach, expressing confidence in others and assisting, but only when necessary.



Learn more about incorporating trauma-informed practices into your daily life at cornerstonesofcare.org/blog and selecting "Trauma-Informed Care."

Lighting the Way for Children & Families

Spotlighting Our Staff



Gerald Palmer

Gerald Palmer, program facilitator for both the BraveHearts for Dads and BraveHearts for Adolescent Boys programs, spends most of his free time with his family. When this father of three isn't running his two youngest children to their extracurricular activities, he writes about social injustice. But at work, he is known for his ability to talk to and connect with males of all ages.

Q: Tell us a little about yourself and your role at Cornerstones of Care.

A: I lead psychoeducation groups that empower fathers and father figures to be the fathers that they want to be. In my work with boys, I empower them to not only learn about healthy relationships but how to avoid unhealthy ones. I view my role as facilitator as being a servant leader.

Q: What's the most rewarding thing about your job?

A: Seeing the transformation of those I serve as they discover the gifts and strengths that they never knew they had.

Q: What have you learned working with youth and fathers?

A: I've learned that the field of fatherhood is so broad and that Cornerstones of Care is on to something great in our community. I view BraveHearts for Dads as that work of art with plenty of canvas yet to fill. We are looking to add Fatherhood Life Coaching and a Dad to Dad component where dads who have gone through BraveHearts and other seasoned fathers can become guides to dads in the program. The program does work!

Research shows when fathers are involved with their children, even if they aren't living in the home, rates of juvenile delinquency and teenage pregnancy decline. Learn more at cornerstonesofcare.org/bravedads.

Helping Families Face Challenges to Build Resiliency



Enhancing Services

We're excited to share that our direct-care staff will soon be implementing Solution-Based Casework® (SBC), an evidence-based model designed to reduce lengths of stay for youth in residential treatment, reduce re-entries of children in state custody and increase permanency. Supported by our trauma-informed care philosophy, the model focuses on full-family health to aid households in becoming prepared and resilient when facing life's challenges.

Cornerstones of Care is the first to bring Solution-Based Casework® to Missouri, which was made possible by grants from the Health Care Foundation of Greater Kansas City and the Hall Family Foundation.

We know for a child to thrive at home and in school, the family must first be safe and secure. SBC is an approach to assessment, case planning and casework to help our team focus on the entire family's well-being. The goal is to partner with everyone in the house to identify their strengths and the everyday life challenges they experience in order to build the skills needed to manage those difficult situations. By integrating both a problem- and solution-focused approach, each child's basic and unique needs are met in a nurturing environment while restoring the family's confidence in their own capabilities.

We have been partnering with children, families and communities for decades. "This framework seamlessly aligns with our philosophy to support the family unit," shares Denise Cross, president and CEO of Cornerstones of Care. "We're working with Dr. Christensen and Natalie [Bowlds] to ensure sustainability. They will train and certify staff members to become trainers, who will then have the ability to train future employees ... In the first two years, foster care case management, intensive in-home services, family reunification and our residential treatment programs will implement the framework."

If you would like to see our programs in action, please contact Laurie at laurie.minx@cornerstonesofcare.org to schedule a tour with us!



Connecting to Our Communities

Finding Mental Clarity

Have you ever driven somewhere only to arrive at your destination and realize you don't remember the journey? Or started eating a handful of chips only to realize you ate the whole bag? These are examples of mindlessness — what we often refer to as “zoning out.”

Mindfulness is the practice of being aware of your body, mind and feelings in the present moment instead of rehashing the past — which we can't change — or imagining the future — which we can't control. It may sound simple, but it goes deeper. Mindfulness is also about acceptance — paying attention to and accepting our thoughts and feelings without judgment or believing there is a certain way we should be thinking or feeling in a given situation.

We have partnered with Midwest Alliance for Mindfulness to offer a weekly class to the Kansas City community to help participants work toward achieving the mental clarity that comes with mindfulness. Open to all and free of charge, these weekly mindfulness sessions can help newcomers and ‘gurus’ alike with guided meditation; mindful walking, eating, or yoga; group discussions; or a combination of these practices.

“I’m still getting used to sitting still and quieting my mind, but I’m already seeing the benefits in the way I respond to stress in my life,” explains Jessica, a regular attendee. “I’m beginning to realize that this time of self-care isn’t selfish of me, but necessary for my family.”

Mindfulness has been shown to have many health benefits, including reducing anxiety and stress while improving memory, focus and empathy. But more importantly, mindfulness can improve one's physical and mental health, relationships and overall well-being.

See how mindfulness can benefit you! Classes are held every Tuesday from 7-8 p.m. at our Spofford Campus. Visit cornerstonesofcare.org/mindfulness to learn more.



Celebrating Successes

We were recently awarded a \$500 “Wins For Kansas” grant on behalf of KAKE News and DeVaughn James Injury Lawyers in Wichita, Kan.

The grant recognizes nonprofits in the area that have a positive impact on the community. We were chosen for our transitional living program in Wichita, which aids youth who have aged out of foster care, providing housing and teaching life skills so they can become self-sufficient and gain greater independence.

Honors & Memorials

Memorial and honor giving supports the Cornerstones of Care Foundation. These dollars have 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 of any amount, simply return the enclosed envelope or donate online. Please include any contact information for those who should be notified of your contribution. Honors and memorials will be recognized in the next issue of our newsletter.

In Memory Of

Lyndell Blevins

Mrs. Mabel Blevins

Grace Brasher

Mr. Greg Snyder

Sharon Exposito

Anonymous
Mrs. Chris Hoen
Mr. & Mrs. Bill Pecota

James W. Foreman

Mr. & Mrs. Robert E. Scott

Jerry Ginden

Ms. Susan Wolpe

Ruby “Carlene” Gumming

Mr. Marty Roberts
Ms. Linda M. Fanning

Eric Hart

Mr. & Mrs. Don Norton

Margaret Holt

Mrs. Coyne Lord

Jeff J. Jernigan

Mrs. Allie Briley
Mr. & Mrs. Paul Gemeinhardt
Mrs. Judy A. Hart
Mr. & Mrs. Doug N. Zimmerman

Richard D. Mather

Mr. & Mrs. Phil Acuff
Mr. & Mrs. Steve Begshaw
Mr. & Mrs. Kurt Goesser
Mr. Pete Heaven
Home Builders Assoc.
of Greater KC
Mr. & Mrs. Eddie Jones
Mike Bryant Heating & Cooling
Mr. & Mrs. Joe O’Connell
Mr. & Mrs. Bobby Sailors
The Spalitto Company

Luke Andrew Nilges

Mr. & Mrs. Henry D. Randall

James Withers

Mr. & Mrs. Michael D. Faler

Styles M. White

The Victor L. Phillips Co.

In Honor Of

Rod Borger

Mr. & Mrs. Josh Edler

Kathy Couch

Mr. & Mrs. James F. Muren

Mr. & Mrs. Gary DeWeese

Mr. & Mrs. Tim Brandyberry

Mr. & Mrs. George Fox

Mr. & Mrs. Tim Brandyberry

Mr. Thomas Gleitsman

Mr. & Mrs. Michael J. Lins

Robert Gragnani

Mr. & Mrs. James Sheedy

Kristen & Greg Hart

Mr. & Mrs. Don Norton

Kayla Hart

Mr. & Mrs. Don Norton

Brooklyn Hite

Ms. Lacie Bozarth

Helen & Tom Koch

Mr. Mike Dean

Andrew Lloyd

Mr. & Mrs. Dennis Lloyd

Dr. James Maliszewski

Mr. & Mrs. Moulton Green

Lauren Muren

Mr. & Mrs. James F. Muren

Al Pfeiffer

Anonymous

Ozanam Teachers Past &

Present

Ms. Jeanne Jensen

John & Judy Schofield

Mrs. Mary L. Stewart

Claude & Nancy Voucher

Mr. & Mrs. Kenneth Hoffman

Shea Walsworth

Deborah Smith & Mark Myron

Family Foundation Fund

Teresa Wollen

Mr. & Mrs. James F. Muren



CORNERSTONES OF CARE

300 E 36th Street, Kansas City, MO 64111

Partnering for *safe and healthy* communities.

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

1-844-824-8200

cornerstonesofcare.org



amazonsmile



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

Join Us

THYME FOR KIDS PLANT SALE

April 27-28 at 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

We are honored to be the 2018 Kansas City Chiefs Charity Game beneficiary. Slated for August 2018 at Arrowhead Stadium, we would be privileged to have you stand with us, the Kansas City Chiefs and all the children and families we serve whose lives will be positively impacted by your generosity.

Visit chiefscharitygame.com to learn more about sponsorship opportunities or the ticket raffle!

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Return Service Requested

2018 Fundraisers

EASTER EGG 5K & LIL' BUNNY FUN RUN

March 31 at Southcreek Office Park
cornerstonesofcare.org/easteregg5k

PLANT SALE

April 27 & 28 at our Ozanam Campus
cornerstonesofcare.org/plantsale

GOLF TOURNAMENT

June 12 at Loch Lloyd Country Club
cornerstonesofcare.org/golf

DISC GOLF TOURNAMENT

September 15 at Thornfield Disc Golf Course
cornerstonesofcare.org/disc

CHIEFS CHARITY GAME

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

PIES FOR A PURPOSE

October — December
cornerstonesofcare.org/pies

SPIRIT GALA

November 10 at Kansas City Convention Center
cornerstonesofcare.org/gala

Have questions? Contact Katie at 913.515.7951 or katie.culbertson@cornerstonesofcare.org.

