

Better Futures

SPRING 2021 PUBLICATION OF



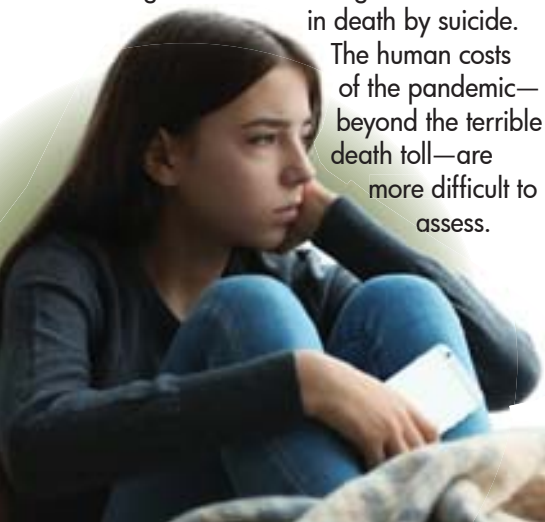
casa de los niños



Depression in Children is on the Rise

Children of all ages have been negatively impacted by the COVID-19 pandemic, and many are struggling with serious mental health issues. The isolation is taking a toll, and there are dramatic increases in depression and suicide. Of grave concern is the fact that very young children are not spared from the harsh impact of on-going isolation, fear, and lack of social connection.

Casa de los Niños is reporting the same data seen around the country—children at very young ages (8–12 and even younger) are experiencing serious depressive episodes, expressing suicidal thoughts and there is a grim increase in death by suicide. The human costs of the pandemic—beyond the terrible death toll—are more difficult to assess.



There is no question that the emotional costs of the pandemic are much higher for poor or vulnerable families. Unstable situations prior to the pandemic have only gotten worse with the added stress, isolation, and uncertainty of the pandemic. For children experiencing difficulties in the home (such as domestic violence, substance abuse, mental health issues among family members, living in poverty), being isolated is even more mentally taxing, as school was a safe, stable place where teachers and counselors had eyes on children and provided support. With the removal of these protective factors, children are often isolated within chaotic environments.

Many children are also witnessing a parent or caregiver lose employment, struggle to provide for their family, and be burdened with their own fear, depression and anxiety. In 2020, the Pima County Health Department reports a 67% increase in suicides among minors ages 12–17, and Casa de los Niños has seen a dramatic increase in need for mental health care; the sad truth is that we are struggling to keep up with the demand, and it is growing.

The Behavioral Health Services team of therapists and care coordinators at Casa de los Niños have risen to the challenge to meet this critical need. Therapists are providing therapy in a virtual environment and constantly looking for ways to accommodate family needs, kids' school challenges, and trying to help to address the urgent needs of families while ensuring the safety of every child they serve. It is a daunting endeavor, but our staff is skilled and deeply committed.

IF YOU ARE IN CRISIS OR DISTRESS, FIND HELP HERE:

Community Wide Crisis Line
520-622-6000

National Suicide Prevention
Lifeline 800-273-8255

Now more than ever, children and young adults in Tucson need mental health support. Casa de los Niños anticipates—and is preparing for—the inevitable rise in need for services. If you have a child in your life who is struggling, please visit our website at casadelosninos.org for ways to help.

Amazing Tucson Community Brought Holiday Cheer to Casa de los Niños Families

There was an outpouring of community support over the holidays!

Despite the upheaval of the pandemic, generosity and support were on display in the Tucson community! Church groups, local businesses, and individuals came together to make sure that kids had gifts and families had urgently needed resources.

We are incredibly grateful to everyone!



V.I.P MORTGAGE INC. ▶

"Gifts of Love started as a small fundraiser that has grown year after year into our biggest and best event. It is because of all the generous people we work and partner with that we have been able to keep this going for the last six years. Our original goal was to give back to our community, but in all honesty, the event does so much more than that and impacts everyone who participates. The kids aren't the only ones who feel the spirit of the season. Our hearts are full every year as well."

Rob Purvis, Senior Loan Officer/MVP Team Manager



ST. MARK CATHOLIC CHURCH

KNIGHTS OF COLUMBUS
ST. MARTIN DE PORRES

MARCY ALBERT

TUCSON APPLIANCE COMPANY employees selected CDLN to be the recipients of a portion of their holiday sale!

STARRVIEW AT STARRPASS APARTMENTS



NOVA
HOME LOANS

SUE HART

GREEN THINGS

MICHELE ANDERSON put together 50 stockings for kids and teens

CASA BELLA APARTMENTS

RYAN E. LOUNSBERRY



Our friends at **STONE CANYON**

held an amazing donation drive, and the results were incredible! They focused on items for the children in the Early Education Center (which they generously supported last year from their foundation with a grant!) and gifted Casa de los Niños with toys, clothing, shoes, diapers, wipes and so much more! They delivered the items to us, and the Early Education Center is so very grateful!

Every year, **MS. SUZANNE MOHR** donates over 100 beautifully handmade bibs

PIMA PAIN CENTER

PIONEER TITLE
AGENCY

REALTY ONE GROUP &
ONPOINT HOME INSPECTIONS

SKIN SPECTRUM



EMPIRE TATTOO
CENTREPOINT
APARTMENTS ▶



VIEW AT CATALINA

MS. DEVIN WOOD painted rocks and sold them to her friends and family, and then she gave the proceeds to help kids this holiday season.

200 ITEMS WERE PURCHASED BY INDIVIDUAL DONORS through our Amazon Wish List.



TUCSON H.O.G. CHAPTER

We are grateful to the **ARMSTRONG MCDONALD FOUNDATION** for their ongoing generosity to help the most vulnerable kids in a meaningful way. With the current mental health crisis for children, this gift will make an incredible impact in the Tucson community, and we are so fortunate to partner with them!

TUCSON REALTORS CHARITABLE FOUNDATION is truly committed to the health and well-being of children and families. They demonstrate this through their funding of our Community Education & Outreach Program which helps parents and caregivers with the resources and tools they need to be a great parent. Thank you for your partnership!

KNISELY FAMILY FOUNDATION has been such an incredible partner and supporter of Casa de los Niños for many years! They never fail to find a way to ensure that vulnerable children and families are empowered to live healthier lives. We are so very grateful for their recent grant for the Early Education Center and for their vision and generosity!

Thank you to **PICOR CHARITABLE FOUNDATION** for your gift to help to make Early Education accessible to all!

We were so fortunate to be selected by the **SOMOS UNO/ WE ARE ONE FUND** held at the Community Foundation for Southern Arizona with a COVID relief grant to provide urgently needed resources to families struggling to afford food, clothing and hygiene items. These incredible gifts came at a critical time and meant the world to families in need.



With the overwhelming support this holiday season, we are not able to list all donors, but please know **WE ARE THANKFUL FOR EVERYONE** who supported Casa de los Niños!

Rapid Response Team

Casa de los Niños has a Rapid Response Team of care coordinators ready to spring into action when urgent calls come in to help children that have just been removed from a home. This team provides immediate help for the child and families to connect them to services for therapy, manage communications and processes with the Department of Child Safety, and they work with families to make decisions in the best interest of the child or children.

Often children are removed with only the clothes they are wearing—this is where our community support means so much as this team ensures that kids receive, clothing, shoes, school supplies, hygiene items, and comfort items.



This dedicated group of professionals bring a sense of urgency to every case and are there whenever a call comes in (currently

between 60—70 kids a month), **and we are so proud to have been recognized by Arizona Complete Health for meeting 100% of stringent performance standards.**

Richard “RJ” Encinas, Behavioral Health Supervisor with Casa de los Niños reflects that part of the reason for our strong impact is that “no matter the time, we always answer the phone when the call comes in, and we are one of the most prepared networks of care.” He continues, “But, this is what Casa de los Niños has always done, even before we had a formal Behavioral Health Services Program. We work with families that don’t have a place to go or have struggles, and we try to do things differently—be more personable and do things face to face. We are out there in the community and always work with the clients to meet them where they are, physically and emotionally”.

An up-to-date estate plan can ensure that your loved ones will be cared for and your charitable legacy will endure.

Whether you’re young or old, have great wealth or live modestly, your generosity can make a significant and lasting difference to the children and families of Southern Arizona.



casa de los niños

For more information on Planned Giving, please contact Lisa Webster at 520.624.5600 x10302 or visit casadelosninos.org

Early Education Center Receives a Grant from Kaboom!

KABOOM! has awarded the Kelly Early Education Center the Imagination Playground! This interactive play equipment is custom designed with oversized foam parts that encourages creativity, communication, and collaboration in play. Children can use their imagination and work together to build

new structures, and then

play in them when they are complete! The

Imagination Playground from KABOOM! will be a wonderful addition to the Kelly Early Education Center to emphasize the power of play! Thank you KABOOM! for this generous gift – our students love it!



Looking for a Unique Gift?

Find those little (or big!) treasures to **create** your own style, decorate your **home**, or add to your **antique collection!**

STOP BY THE
CASA DE LOS NIÑOS
THRIFT STORE



Shop Tuesday-Saturday, 10am–6pm
1302 E. Prince Road | Tucson, Arizona 85719
520.325.2573

Community Education and Outreach Parenting Classes

VIA ZOOM | MARCH 2021

- Building an Emotionally Healthy Family**
Monday, March 1 | 4 – 5:30pm
- Encouraging Children to Care About Self/Others**
Tuesday, March 2 | 4 – 5:30pm
- Developing Morals, Values and Rules** Spanish
Tuesday, March 2 | 6:30 – 7:30pm
- Positive Discipline: Encouraging Self-Control**
Wednesday, March 3 | 4:00 – 5:30pm
- The Struggle is Real**
Thursday, March 4 | 4:00 – 5:30pm
- Developing Morals, Values and Rules**
Friday, March 5 | 4:00 – 5:30pm
- Why Children Break Rules and Misbehave**
Monday, March 8 | 4:00 – 5:30pm
- Surviving Your Adolescent**
Tuesday, March 9 | 4:00 – 5:30pm
- Ages and Stages of Growth for Infants and Toddlers** (Spanish)
Tuesday, March 9 | 6:30 – 7:30pm
- Loving Discipline: Ages 1-5 years**
Wednesday, March 10 | 4:00 – 5:30pm
- Managing Tantrums and Meltdowns**
Thursday, March 11 | 4:00 – 5:30pm
- Raising A Confident Child** Spanish
Thursday, March 11 | 6:30 – 8:00pm
- Ages and Stages of Infant/Toddler Dev**
Friday, March 12 | 4:00 – 5:30pm
- Expectations and Development in Children** NEW
Monday, March 15 | 4:00 – 5:30pm
- Help Children Manage Their Behavior** NEW
Tuesday, March 16 | 4:00 – 5:30 PM
- Positive Ways to Deal with Stress and Anger**
Wednesday, March 17 | 4:00 – 5:30 PM

- Establishing Nurturing Parenting Routines**
Thursday, March 18 | 4:00 – 5:30 PM
- Positive Ways to Deal with Stress and Anger** Spanish
Thursday, March 18 | 6:30 – 7:30 PM
- Communicating with Respect**
Monday, March 22 | 4:00 – 5:30pm
- Alternatives to Spanking**
Tuesday, March 23 | 4:00 – 5:30pm
- Taking Care of Ourselves**
Thursday, March 25 | 4:00 – 5:30pm
- Praising Children and Their Behavior** Spanish
Thursday, March 25 | 6:30 – 8:00pm
- Ways to Enhance Positive Brain Development** Spanish
Sunday, March 28 | 10:00 – 11:30am
- Recognizing and Understanding Our Feelings** NEW
Tuesday, March 30 | 4:00 – 5:30pm
- Understanding Alcohol Use and Abuse** NEW
Wednesday, March 31 | 4:00 – 5:30pm

For more info on free-of-charge parenting classes or to register, please visit our website: casadelosninos.org

Staff Spotlight

Heidi Long, CHILD & FAMILY THERAPIST: BIRTH-5 TEAM, AND PROGRAM FACILITATOR OF THE INCREDIBLE YEARS PARENT / DINA SCHOOL PROGRAMS

I became part of the Casa de los Niños family in July of 2017 and have really enjoyed my time here. While I love being a marriage and family therapist, I also love working with the children in the Dina school groups because I get to play and create a space for children to have fun and learn at the same time. It fills my heart to see them smiling and laughing despite what they may have experienced in their short lives. For the better part of a quarter century, I have been working in various roles with children and families and have many positive memories of the toughest families making changes to better their lives despite what has happened to them. Since I have done every job imaginable in behavioral health and in juvenile court, I often ponder on just how diverse, challenging, and quick this quarter century has been. Cheers to hopefully being able to have another 25 years to find new challenges and make new goals!

I would like to share my favorite quote that I have been carrying around with me since 1998 and has become my motto. The little square strip of paper seems to pop up on my desk at the very times I really need its message. Ralph Waldo Emerson said:

“To laugh often and much, to win the respect of intelligent people and the affection of children... To earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition... To know even one life has breathed easier because you have lived. This is to have succeeded.”



INCREDIBLE YEARS AND DINA SCHOOL CHANGING LIVES

The Incredible Years Parent and Dinosaur (Dina) School programs have been part of our Behavioral Health Services program for four years. These programs focus on children ages 4-8 who need support with social and emotional interactions and regulation. Many of these children have experienced trauma, been diagnosed with ADHD, struggle with intense tantrums, or have difficulties expressing themselves. Families enrolled in the Incredible Years program face many adverse experiences that may be difficult to manage in a healthy way: domestic violence, substance use, neglect and grief/loss. Many of our families come to us because they are single-parent homes, work multiple jobs and struggle to find time each day to spend time with their children outside of homework and other activities such as meals and bath times. Children in these types of families may struggle in regulating themselves in a healthy way and often engage in verbal or physical aggression. Many of the families in this program experience defiance and power struggles that often end up in high stress conflict situations that can last for hours or days. It is through the Incredible Years Parent and Dinosaur School program that families are able to learn new strategies to communicate and work through tough situations.

This evidence-based program lasts 18 weeks and enrolls one child in Dinosaur School while at least one parent or caregiver enrolls in Incredible Years. Both child and parent are learning the same concepts at the same time, assisting parents in building stronger, healthier, supportive families together and applying at home what they have learned. This helps strengthen the relationship between child and parent as they experience learning these new techniques together and provide opportunities to role-model change and build resilience. The Dina School program uses puppets, toys, games, and positive reinforcement to help children understand how to work through and regulate tough emotions, how to connect with each other, how to build healthy relationships with their peers, increase understanding of appropriate ways to get their needs met, and build a foundation of resiliency to manage typical life challenges.

This program is a great tool to decrease the chances of abuse and neglect, to address and heal from traumatic experiences, and to help build a healthy emotional and mental mindset for children and families.



THE MISSION of Casa de los Niños
is to promote
CHILD WELL-BEING and
FAMILY STABILITY in our community.

the
voice
for change
advocacy
children



casa de los niños

CHANGING LIVES FOR GENERATIONS

Casa de los Niños
1120 North 5th Avenue
Tucson, AZ 85705

casadelosninos.org
520.624.5600

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U.S. POSTAGE
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TUCSON, AZ
PERMIT 2216

TWO WAYS TO HELP

Please Make Your Tax Credit Gift to Help Children and Families

Your gift made prior to April 15, 2021 can qualify for the Arizona Qualified Charitable Organization tax credit.

Casa de los Niños is a **Qualified Charitable Organization**. Your gift may entitle you to a credit of up to **\$400 as an individual** or **\$800 as a couple** on your Arizona State tax return. **QCO Code: 22048**

For more information regarding your state tax credit, please visit azdor.gov or consult your tax advisor.

To make a gift, email lcanez@casadelosninos.org or call 520.624.5600 x10400.

Thank you!



Sign up is easy!

- Go to smile.amazon.com
- Log into your account, and you'll be prompted to select your charity. Type "Casa de los Ninos Tucson" into the search box, and click the "Select" button.

After that, simply shop at smile.amazon.com, or set the Amazon app to activate AmazonSmile to have them donate from your purchase to Casa de los Niños!

Shop to support Casa de los Niños!

When you shop at Amazon, the AmazonSmile Foundation will donate .5% of your eligible purchases to our organization.

It's the same Amazon. Once you sign up for AmazonSmiles, the foundation does the rest.



**THANK YOU FOR
YOUR SUPPORT!**