

Better Futures

WINTER 2019 PUBLICATION OF



casa de los niños

The Spirit of Giving

Often times parents and caregivers wonder “how can I teach my children to enjoy giving rather than receiving”?

We all want to raise kids who feel good about giving to others, but this generosity of spirit does not always come naturally to children. And even adults sometimes give a gift with an expectation attached. According to Wikipedia, “giving” or a “gift” is described as “the transfer of something, without the expectation of something in return”.

The best way we can teach children to have the spirit of generosity is to model that behavior ourselves. What messages are the children in your life learning from you? Do your behaviors reflect the same kindness and sensitivity to others that you would like your children to exhibit? Do your children see you helping neighbors, giving to those in need?

Take time at dinner or in the car to talk about ways you help others and how it makes you feel. And introduce ways that the children in your life can help others – whether it is helping a neighbor, making a gift to charity, or giving some of their clothing or toys to a child in need. And that does not mean handing off old, tattered clothing or broken toys. Always ask yourself and your child “is this a piece of clothing or a toy that you would feel good about having yourself”? And give spontaneously! Look around and see people that could use a hand or some help.

There can be many hidden delights in this type of giving. Helping connects us to others and creates stronger communities! The goal is to make the process of giving a natural part of your children’s lives.

“What messages are the children in your life learning from you?”

The holiday season is upon us and most find ourselves dreaming of family gatherings filled with warmth and generosity, but for many families in our community those picture-perfect images are often replaced with the harsh realities of economic and personal struggles. This holiday season take time to express gratitude to the children in your life, and look for ways to help those in need. Casa de los Niños invites you to join forces to brighten this season for the families we serve! Help children to develop the spirit of giving and they will discover that giving can be the best gift of all!



Message from Susie Huhn, CEO



Dear Friends,

It is hard to believe that holiday season is here again! It is a joyful time for so many as families and friends gather together to celebrate the season. The families we serve at Casa de los Niños look forward to the holidays, and so many hope that this will be a time of peace and joy. Of course, financial and emotional struggles are so often heightened at this time of year for parents and caregivers. In this issue we share some thoughts about ways to take care of yourself and others, and how to instill a spirit of giving in the children in your life. I do hope that we can all find ways to give to our community during the holidays, whether it's bringing a new toy or clothing for the kids of Casa de los Niños, providing some baby items for new mothers who might be struggling, or even making a financial gift. All of it goes a long way to help, and we

know that often times, the greatest gift of all is the gift of giving!

I wish you a peaceful and happy holiday season!

Susie Huhn
Susie Huhn

Tax Credit Changes: We're a Qualified Charitable Organization

In calendar year 2019, Casa de los Niños is a **Qualified Charitable Organization** rather than a Qualified Foster Care Organization.

The criteria for an organization to qualify for the foster care credit is that at least 50% of the organization's budget must be applied to kids directly in the foster care system.

Casa de los Niños continues to serve hundreds of kids in the foster care system and in our own foster care homes. **We help thousands more children in their own homes and therapeutic settings**, working hard to keep kids out of the foster care system!

When you make a 2019 gift to Casa de los Niños, your gift can qualify for the Charitable Organization Tax Credit.

Thank you!

Manage Your Holiday Stress

During the holiday season we look forward to spending time with loved ones, planning holiday parties, traveling, and starting new traditions. But for many, this can be a time of loneliness and stress. The feeling of being overwhelmed from social gatherings, additional financial stress, change of family dynamics, and high expectations can lead to a shift in your mental health. The holidays are often perceived as a joyful season but they can actually be quite stressful for kids, teens, and adults causing anxiety and depression. And many of the families we serve have the additional burden of how to provide a meal for their family, find reliable transportation, or maintain safe and stable housing. Facing these challenges on a daily basis certainly can make the holiday season all the more stressful. Self-care and mental health need to be even more of a priority for us all during the holidays! Here are some ideas to help manage your mental health during the holidays:

If you are considering professional support, we offer a full range of support services for children and families to help manage and heal from mental health challenges in a safe and supportive environment. For more information regarding our Behavioral Health Services, please call 520.881.1292.



- Keep your expectations for the season realistic

- Enjoy those holiday meals, but moderation is important!



- Exercise

- Set a budget for gift giving



- Meditate

- Volunteer your time

- Seek professional help if you are having difficulty



- Attend one of our FREE parenting classes to learn how to build positive child/parent relationships

- Check out page 6 for ways to help others during the holidays



PARENT AND CAREGIVER ENRICHMENT SERIES

Caring for LGBTQ+ Children and Youth

LGBTQ+ youth face some unique challenges that many caregivers feel unprepared to handle. The Community Outreach & Education Program of Casa de los Niños was awarded a grant from the LGBTQ Center for Philanthropy to support and educate parents, caregivers and child welfare professionals throughout Tucson. This vital resource will educate and support parents of LGBTQ+ children and young adults, particularly populations who are at risk of rejecting, isolating and displacing their child as a result of their identity.

CDLN will implement this new parent enrichment series to help provide parenting and caregiving strategies for LGBTQ+ youth in an effort to preserve and strengthen families and promote acceptance in our community. This program is implemented in collaboration with our partners at Southern Arizona AIDS Foundation (SAFF). These classes are free and open to anyone. Please visit our website at www.casadelosninos.org for a schedule of classes.

FREE Parenting Classes

Casa de los Niños offers FREE, interactive parenting training for parents, caretakers and professionals.

To attend, please register online at casadelosninos.org.

All December classes are in the Moore Building at Casa de los Niños 1101 N. 4th Avenue Tucson, AZ 85705



Mon, December 2	3:00 – 5:00 PM	Philosophy of Nurturing Parenting
Tue, December 3	10:00 AM–Noon	Praising Children and Their Behavior ESPAÑOL
Thu, December 5	4:00–6:00 PM	Understanding Feelings in Children and Adults
Mon, December 9	11:00 AM–1:00 PM	Nutrition and Fitness
Mon, December 9	6:00–8:00 PM	Nutrition and Fitness ESPAÑOL
Tue, December 10	3:00–5:00 PM	Communicating with Respect
Wed, December 11	1:00–3:00 PM	Raising a Confident Child and Building Self-Worth
Thu, December 12	5:00–7:00 PM	Understanding and Developing Family Morals, Values & Rules
Mon, December 16	5:00–7:00 PM	The Struggle is Real
Mon, December 16	7:30–8:45 PM	The Struggle is Real ESPAÑOL
Wed, December 18	1:00–3:00 PM	Managing Tantrums in Public and in Private
Wed, December 18	6:00–8:00 PM	Managing Tantrums in Public and in Private ESPAÑOL
Fri, December 20	4:00–6:00 PM	Ways to Support LGBT Youth
Mon, December 23	4:00–6:00 PM	Succeeding as a Single Parent
Mon, December 23	6:30–8:30 PM	Succeeding as a Single Parent ESPAÑOL
Fri, December 27	4:00–6:00 PM	Surviving Your Adolescents 13-18 Years of Age
Mon, December 30	5:00–7:00 PM	Learning Positive Ways to Deal with Stress and Anger

Building a Working Partnership with a Family

SEAN SEEBA, LCSW | CHILD & FAMILY THERAPIST

As therapists working in the behavioral health field we are regularly faced with difficult cases where we must use our training and experience to help children and families reach their full potential. One of the most difficult cases we are tasked with treating are those in which there is DCS involvement due to a history of abuse and/or neglect but few symptoms present in the child client. In these cases we have a child maltreatment and neglect diagnosis, maybe an adjustment disorder, but not much else to go on so we flounder.

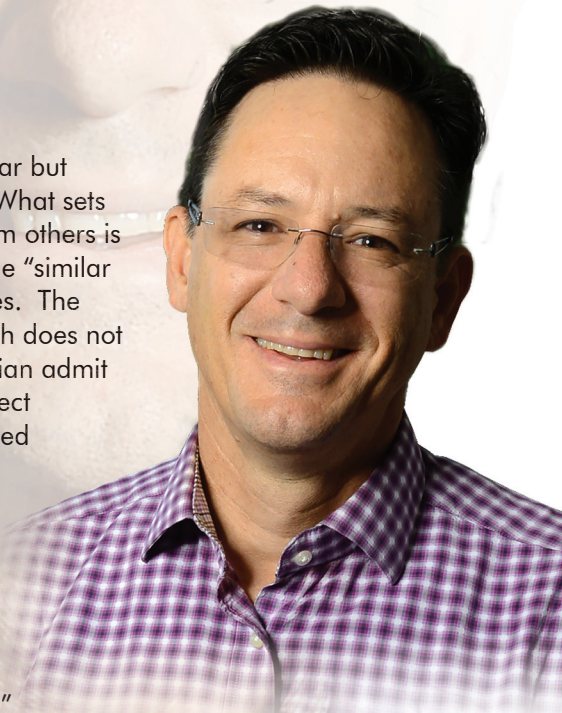


There is, however, a treatment model which we can employ in situations like this which addresses symptoms related to adjustment disorders, helps prevent future abuse or neglect, speeds up the reunification process and informs DCS’s decisions about placement; The Resolutions Approach. The model was designed to address child abuse denial in family therapy with DCS and court involved families but I have applied it to the neglect cases that I see here at CDLN as well.

The treatment begins with gathering data about what DCS, courts, children and families are concerned about or what brought the family into DCS care. The data is sourced from therapy sessions, court documents and child and family team meetings. With this data in hand the therapist meets with the guardians, that DCS is trying to reunify the child victims with, to determine if they are at a place where they can admit to the allegations against them or if we need to do an “end run” around denial

and work with “similar but different” families. What sets this model apart from others is the “end run” and the “similar but different” families. The Resolutions Approach does not require that a guardian admit to the abuse or neglect allegations while faced with court sanctions which could lead to severe penalties including family dissolution. Instead the therapist and guardians can use a “similar but different” family as the context for the treatment so that they feel free to talk about the factors which contribute to abuse or neglect in a family like theirs without the fear that what they say in therapy is going to be used against them in court. Next the guardians develop a words and pictures document which includes a narrative about the parent’s understanding of how a “similar but different” family might have experienced the alleged abuse or neglect and a picture representation of the narrative. The narrative guides the family therapy session between the guardians and the child client while the pictures help younger child clients better engage with the material. Then the guardians develop a safety plan which directly addresses the concerns about their ability to safely parent, which we identified in the first step, and makes re-abuse or neglect much less likely to happen in the future. Finally the guardians present the words and pictures document and the safety plan to the child clients in family therapy and to the DCS worker or the courts if need be.

The Resolutions Approach provides therapists with a unique opportunity to provide treatment in what appears to be, at first glance, a complicated case where there is little we can do to help a child and family facing reunification without the clinical support they need to be successful. The positive anecdotal evidence that I have accumulated while employing the model and the research on the approach will hopefully continue inspire other therapists to use it too.



Hope for the Holidays!

Here are some ways you can help make this holiday season a little brighter for a child or family in need! Stop by any of the following locations we have partnered with to donate items:



Old Navy at Park Place Grab a tree tag and donate new clothing

Olive Garden (Irvington Rd) Donate a new item from their wish list tree



Stop by any **OneAZ Credit Union** location to donate a new unwrapped toy

Join us on Saturday, December 7 from 10AM -4PM at Ace Hardware at 9581 E. Golf Links Rd. for a **Stuff the Ace Truck Event** by donating a NEW unwrapped toy. Hamburgers, hotdogs, and refreshments will be available and raffle prizes!

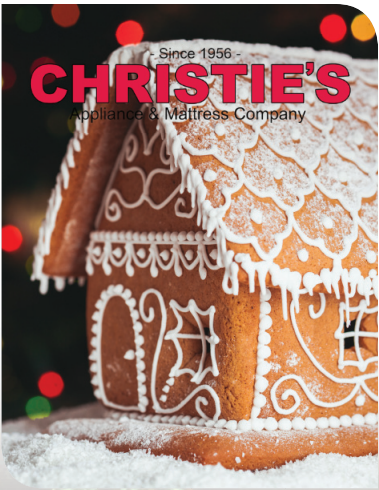


Bring a new unwrapped toy to **Tucson Appliances** located at 4229 E. Speedway Blvd.

Bring a new, unwrapped toy, at any **Christies Appliance Co.** in Tucson, now until Christmas!



The Loft Cinema Bring a new unwrapped toy by December 18 and receive 50% off admission for the Holiday Sing-a-Long event!



Trail Dust Town Santa Comes to Trail Dust Town on Sunday, December 8. Bring a new toy and receive a free ride ticket! Toys will be collected until December 18.



Staff Spotlight Dawn Kasarda NURSE FAMILY PARTNERSHIP

For most of my life I have been in the helping profession. I did community projects through Girl Scouts and my church community, and in college I was a Sunday School teacher. I also had an internship at a Hotline Help Center in Orange County California, where I answered calls for people in crisis or who were suffering trauma. In 2000, I graduated from California State University of Fullerton, with a bachelor's in science in Biology and minor in Human Services. I was able to get a job as a primary care worker at a crisis children's shelter called New Alternatives, where I worked until I moved with my husband in 2004 to Arizona.

the opportunity to join the Nurse-Family Partnership team. Casa de los Niños has a belief that each one of us is an "essential piece", and in my role in home visitation I aim to carry that message; families together are able to work to improve their situation and support one another each playing an essential role in a greater picture. Nurse-Family Partnership helps first-time mothers to set goals such as: finishing high school, getting a job, finding high quality childcare, and raising a healthy baby by using the resources in the community. In October I had my first set of six families graduate the program, from pregnancy all the way to their child turning two. I am so grateful to have been there each step of the way! One of the delights of working in home health, is I can and frequently encourage my mom's to go on walks and enjoy being outside in the parks and trails in Tucson. So if you are up for a hike to Tumamoc Hill, I'm in.



Dawn with one of her first Nurse Family Partnership graduates

While in the Nursing Program at Pima Community College I did a community health pediatric rotation, where I first learned about Casa de los Niños. I was excited to see there might be a place for me in Tucson that was so familiar. My first goal in becoming a nurse was to serve as a home health nurse because I believe people are most comfortable at home. Upon graduation from nursing school, I immediately found work in home health and I loved it. But I was so impressed by the work of Casa de los Niños, so I applied and in 2009 was offered a position of staff nurse at Casa de los Niños crisis shelter. I was overjoyed! For those who have seen me over the years, they can attest I love working with children and families. In December 2016, I was offered



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 N. 5th Avenue
Tucson, AZ 85705

casadelosninos.org
520.624.5600

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Looking for a Unique Gift?

Or that special antique
to complete your collection?

Stop by the Casa de los Niños Thrift Store to
create your own style,
decorate for the **holidays**, or
find those **little treasures**!

SHOP LOCAL

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520.325.2573

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REUSE!