

Spring 2019



nurture

Family Nurturing Center



Good vibes. New Feels.
Old Intentions. Same Heart.

- www.slickwords.com



Jane Herms, Executive Director

Dear Friends,

After what seemed like an endless winter, dreary days and false starts, it appears that spring is finally here. It's a welcome gift - I love seeing the evidence of new life all around.

At Family Nurturing Center, green grass and spring blooms aren't the only new things in our world. This newsletter is full of new and exciting signs of life in our work to end the cycle of child abuse. Inside you can read about our new Florence office, providing a larger and more welcoming space for children and families; new and innovative holistic programs that complement our tried and true services for greater impact; our new board members who give their time, talent and treasure to further our mission, and even a new location for the Blue Ribbon Bash, this year hosted at St. Elizabeth Training and Education Center. We are also working on a new web site with a new look and feel that will come to life soon.

There's a lot that is new, but there's one thing that isn't - our unending vision for safe children, thriving families, and nurturing communities. Old friends, evidence based programs and seasoned staff are all part of our ongoing commitment to making the world a better place.

Learn about all the ways, old and new, that we are working to ensure great futures for children and families. Visit our new website, or our new office, to find out more. Perhaps the next new thing for Family Nurturing Center is ...you!

Warmly,

A handwritten signature in blue ink that reads "Jane".

Jane Herms, MSW
Executive Director

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NEW PROGRAMS:

Holistic Support and Wellness Activities



Family Nurturing Center is excited to expand services and add modalities that bring creativity, out of the box solutions, and whole person awareness to the community we serve. Beginning in May 2019, we will host holistic support and wellness activities that are open to the public in order to explore and experience creative alternatives to living and healing. As leaders and providers of trauma responsive care in Northern Kentucky, Family Nurturing Center recognizes the value and true necessity for supporting the WHOLE person. There is no one size fits all approach to healing.

Trauma and adversity impact our whole being – physical, emotional, and spiritual so it makes sense that healing has to address all of these areas as well.

“Adding holistic services has been in the works for some time and is a part of the strategic plan. We are thrilled to add these to our comprehensive menu of services,” said Jane Herms, Executive Director. “We know that evidence based interventions work, but there is new and exciting research about the value of adding additional activities.

Please note that some of these offerings are still in the planning stages. Share your ideas for workshop topics and wellness activities with Family Nurturing Center jill.gay@familynurture.org.

Yoga, mindfulness, expressive therapies like art and journaling all provide stand alone benefits and enhance healing when paired with traditional services.”

“Traditional therapies focus on learning to think about something differently as well as building skills to put new thoughts into practice with action – this usually means talking,” explains Kim Fussinger, one of the therapists at Family Nurturing Center. “We know that trauma impacts brain development, and activities that engage different parts of the brain help reduce stress and anxiety and increase overall wellbeing. We are extremely excited to bridge the gap and create unique opportunities for the community. “

Holistic services, expressive therapies and wellness activities create flexible space for children, adults, and families to express things they may not have the words for, deepen their understating of themselves and others, learn to look from a new perspective, and experience life in a new way.

These projects are supported by Grant Number VOCA-2018-FamilyNUR-00018 awarded through the Kentucky Justice and Public Safety Cabinet by the U.S. Department of Justice, and are offered at no cost to the community.



RADITIONAL AND EVIDENCEBASED THERAPIES	TRADITIONAL AND SPECIALIZED GROUP THERAPIES	EXPRESSIVE THERAPIES AND NONTRADITIONAL OPTIONS	HOLISTIC HEALING ACTIVITIES	PSYCHOEDUCATION	WRAP AROUND SERVICES
<ul style="list-style-type: none"> •Parent Child Interaction Therapy •Combined Parent Child Cognitive Behavior Therapy •Trauma Focused Cognitive Behavior Therapy •Motivational Interviewing •Trauma Responsive Counseling 	<ul style="list-style-type: none"> •Groups for children who have been abused/trauma and their nonoffending family members •School based groups for children who have experienced abuse and/or trauma •Groups for Adult Survivors of Child Sexual Abuse •Child Adult Relationship Enhancement Groups for families struggling with behavior issues •Support groups for grandparents and kinship care raising children impacted by trauma 	<ul style="list-style-type: none"> •Art Therapy •Integrated Play Therapy •Writing Groups •Music Therapy 	<ul style="list-style-type: none"> •Guided meditation •Relaxation •Body Movement •Yoga •T'ai Chi •Therapeutic Massage •Reiki •Aromatherapy/essential oils •Nutritional impact on wellness 	<ul style="list-style-type: none"> •Trauma and Spirituality •Trauma and Sexuality •Trauma and Healthy Relationships •Trauma and Parenting •Trauma and Physical Wellbeing •Trauma and Mental Health •Healthy Coping Skills •Self Care •Support Animals and Healing •Substance Use & Trauma •Community trainings on trauma 	<ul style="list-style-type: none"> •Case management & coordination with other service providers •Assistance in filing victim compensation claims •Referrals •Therapeutic advocacy •Academic support

BLUE RIBBON CAMPAIGN

April is Child Abuse Prevention Month



There is no powdered egg substitute in prevention child abuse, Herms added. "We all have to step up, we all have to say, 'Yes,' and we all have to contribute our own kind of egg – maybe that saying yes is being a foster or adoptive parent ... maybe it's writing a check ... maybe it's attending a Stewards of Children training to learn how to protect kids ... maybe it's offering support to a struggling parent ... or maybe it's reaching out and helping a child. There are a lot of ways to contribute but we need all of you. You are the secret ingredient to ending child abuse."

Anyone who has ever baked a cake using a Duncan Hines cake mix knows there are three necessary ingredients the baker must add for a moist and delicious cake – water, oil and eggs. The baking company could have easily added powdered egg to the mix. They didn't because they felt that for the success of the product, consumers would "have to contribute something. You had to feel proud, you had to feel like you had a role in making the cake, and the egg was that contribution," said Jane Herms, executive director for Family Nurturing Center during the Blue Ribbon Ceremony to kick off April as Child Abuse Prevention Month.

There is a connection between the boxed-cake marketing strategy of Duncan Hines and child abuse prevention. To end child abuse, "Everyone needs to contribute, everyone needs to feel proud of their part," she said.

Guests enjoyed listening to Chris and Alicia Johnson who serve as the Special Advisors to the Kentucky Governor and First Lady for the Office of Faith and Community Based Initiatives, as our featured speakers. Their mission is to engage churches and religious communities in helping to remake Kentucky's foster care and adoption programs. The Johnsons are inspiring examples for others, as they have been foster parents to 40 children and are parents to 10 children - three of which are biological.

"We often think that children in foster care are bad kids or troubled kids or that they have issues," said Chris Johnson. "They are there as a result of things that have been done to them, by people they should have been able to trust and should have been able to look to for care and support," he said.



Guests joined together for a community photo holding blue ribbons which were then attached to the white fence in front of Tom Gill Chevrolet in Florence.

2018 EMPLOYEE OF THE YEAR AWARDS



Congratulations to our 2019 Employees of the Year: Hannah Barker, Maggie Spring, Jordyn Cook and Kim Fussinger

Family Nurturing Center offers more than a place to work. We provide a place for people to put their passion to work – to make a difference in the lives of others, and to build not only a stronger organization, but also a stronger community.

Annually our agency recognizes employees for the Nurturer of the Year award. Recipients are nominated by staff and selected by an independent committee of board members, volunteers and staff. They are chosen because of their outstanding work and demonstrated characteristics of: Living the Mission; Impact; Nurturing; Change Agent; Leadership; Culture; and Trauma Informed.



Tom Gill receives an appreciation gift from Family Nurturing Center for his more than decade long support to host the Blue Ribbon Ceremony.



St. Elizabeth Healthcare's Cary Graham, Manager Community Relations/ Sponsorships is recognized for the hospital's commitment to preventing child abuse through education prevention and serving families in need.



Congratulations to Brooke Saalfeld, a 3rd grade student at St. Cecilia Catholic School in Independence, as the winner of the 2019 Children's Art Contest. Brooke was recognized by Florence Mayor Diane Whalen and her artwork was turned into a poster and displayed on the inside of all T.A.N.K. buses in Greater Cincinnati.



Jessie Whitish with the Kentucky Youth Advocates and the Face It Movement/ Kosair Charities are community partners with Family Nurturing Center to promote awareness efforts in the region to end child abuse.

Thank you to the following for helping to keep kids safe.

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Mark your calendar now to join with Family Nurturing Center for our annual Blue Ribbon Bash on Friday, August 23rd. This is our 25th year to host the gala and it will take place at the St. Elizabeth Training and Education Center (SETEC) located in Erlanger, KY. Last year we saw a record number of guests, sponsors, auction items and donors who all made it possible for us to raise \$83,000 for Family Nurturing Center and the child abuse treatment, prevention and education services that we provide to thousands of Greater Cincinnati children and families.

Family Nurturing Center is excited to welcome Kick Lee as our featured speaker. Kick Lee, founder of Cincinnati Music Accelerator, wasn't always as connected as he is now. He went through the foster care system as a child and is a survivor of child abuse, but he felt alienated from his family, other kids and his culture. He used his musical talent to draw in friends and ultimately created a community around his art.

During the evening event, we will be honoring Ellen M. Katz, President and CEO of The Greater Cincinnati Foundation for her years of leadership supporting causes that impact children and families.

We are so grateful to have the volunteer leadership team of Beth Welter and Dave Peterson, both with the Scripps Co., to serve as this year's Blue Ribbon Bash Co-Chairs. Doors open at 7 p.m. and the Bash doesn't end until 11 p.m. The first two-hours are host bar and we will have heavy food stations all night long along with a special late night snack. The Blue Ribbon Bash also will include one of the region's biggest and best silent auctions with bidding done through mobile bidding.

Tickets are \$100 per person and \$175 for a couple.
Visit www.familynurture.org to order your tickets.

Corporate sponsorship opportunities are now available. Please contact Tracy Klink at 859-538-1630 to learn more about the benefits of sponsorship.

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FAMILY NURTURING CENTER ENCOURAGES SIMPLE ACTIONS TO HELP KEEP CHILDREN SAFE

Family Nurturing Center is pleased to join with the Child Victims' Trust Fund (CVTF) to encourage community members to keep children safe. CVTF is administered through the State Child Sexual Abuse and Exploitation Prevention Board. Funds come solely from the tax refund check-off program, the "I Care About Kids" license plate program, and private donations. The Fund supports abuse prevention and education programs across the state, as well as providing the portion of child sexual abuse exams not covered by Medicaid or private insurance.

The CVTF provides partial support for the adult education program Stewards of Children offered through Family Nurturing Center. Stewards of Children is a revolutionary prevention program designed to teach adults to prevent, recognize and react responsibly to child sexual abuse.

THREE SIMPLE WAYS THAT KENTUCKY RESIDENTS CAN HELP:

1.) Purchase the "I Care About Kids" License Plate



Select the colorful "I Care About Kids" license plate at your local county clerk's office the next time you renew.

Proceeds from the "I Care About Kids" license plate go to the CVTF for helping Kentucky's most vulnerable children - those who are victims of sexual abuse.

2.) Make a Private Donation to the Child Victims Trust Fund

Contributions may also be made directly to the Child Victims' Trust Fund, c/o Kentucky Attorney General, Victims Advocacy Division, 1024 Capital Center Dr., Suite 200, Frankfort, KY 40601. For more information, call (502) 696-5312. www.ag.ky.gov For more information on CVTF, call (502) 696-5312 or visit the Kentucky Attorney General's web site www.ag.ky.gov

3.) Attend a free Stewards of Children training

Attend a free Stewards of Children training. Join with other adults who care about protecting children from sexual abuse by attending this two-hour training. To schedule your Stewards of Children training, visit www.familynurture.org or call 859-538-1620.

Thank You to Our Friends



Kappa Delta, Eta Eta Chapter

Kappa Delta Sorority provides experiences that build confidence in women and inspire them to action through the power of lifelong friendships. Chapters all across the country host events to support their national philanthropy, child abuse prevention. The NKU Eta Eta Chapter is no exception - this year by hosting their most successful Color Me KD 5k ever, with more than 500 participants. This year's run surpassed all records with the members raising \$23,670 for Family Nurturing Center bringing their decade of support to almost \$130,000. Thank you ladies!

The Legacy for Nurturing Parenting In Memory of Carolyn Eickhoff

Family Nurturing Center staff and volunteers express our deepest condolences to the family of Carolyn Eickhoff who passed away unexpectedly in April.

Carolyn was a Nurturing Parenting facilitator, a Stewards of Children facilitator, and even worked in the office part time as the Nurturing Assistant. Carolyn provided support and skill development to countless parents over the years, and helped hundreds of people commit to protecting children from abuse. She was a tireless advocate for children and a cheerleader for parents. Her death is a loss to Tom and her family, to all of us at Family Nurturing Center, and to the community at large.



We've Moved!

Family Nurturing Center is excited to announce the relocation of our Florence office to 5 Spiral Drive, Suite 100. Still located in Florence, the new building offers more space in a family friendly atmosphere for clients and staff to enjoy.

THE NEW OFFICE INCLUDES:

- Rooms for expanded child abuse counseling services.
- A training room and space for expressive therapies.
- Located on a public bus line.
- Free parking with more spots.
- More space for private offices and collaborative workspace.
- Conference room and meeting spaces.

New Board Member Spotlight:

Family Nurturing Center welcomes new board members

Dedicated community leaders provide countless hours of volunteer time and expertise in their chosen profession to help further the mission of the Family Nurturing Center. We are honored to introduce the newest members of our Board of Directors who began their term the first of the year. These individuals join an outstanding group of volunteers who give of their time and talents as advocates for our agency.



Holli Alexander, Johnson Investment Counsel, Chief Operating Officer



John Gray, Fifth Third Bank, Assistant Vice President, Director Middle Market Banking



Marty Novakov, Fifth Third Bank, Senior Vice President, Strategic Initiatives



Sheila Simmons, Huntington National Bank, VP Client Advisor III-Wealth & Investment



Family Nurturing Center

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www.familynurture.org

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PROGRAMS

Child Abuse Treatment Services – Specialized trauma-informed therapy for child victims of abuse: sexual, physical, domestic violence, emotional/neglect and other violent crimes. These free programs include individual and family counseling, social and healthy coping skills groups, and therapeutic groups for child sexual abuse victims.

Community Education and Training – Specialized fee-based training programs and seminars covering topics such as parenting, child development, child abuse recognition and reporting, impacts of abuse, the nurturing philosophy and more.

Holistic Support and Wellness Activities – Integrated approach to healing that offers innovative ways to reduce stress, build resiliency and feel better. Activities can include yoga, meditation, art, music and writing expressive therapies.

Kids on the Block – Child abuse education and awareness program using life-size puppets in local elementary schools and community events. This free traveling puppet troupe gives children the tools they need to recognize, resist and report child abuse.

Nurturing Parenting Programs – Family-based parenting education programs proven to help families develop healthier, stronger relationships. A variety of curricula are available including programs for parenting of infants and toddlers, school age and adolescent children as well as the Nurturing Fathers Program.

Parenting Enrichment Services Comprehensive parenting services for families in the child welfare system, referred by Hamilton County Job and Family Services, which include assessments, group based services, individualized coaching and Combined Parent Child Interaction Therapy.

S.O.A.R. (Survivors of Abuse Recovery) – Serving adults who have experienced childhood sexual abuse victimization. This weekly program is available to men and women.

Stewards of Children – Public education program designed to educate adults on how to prevent, recognize and respond responsibly to child sexual abuse. This free program is available to private and public agencies, schools, law enforcement, clergy and parents.

Visitation – Supervised visitation promotes healthy relationships between children and non-custodial parents. Our Facilitated Visitation programs occur in our Hamilton County location for families referred by Hamilton County Jobs and Family Services.

Most direct service programs are offered at donated sites across Greater Cincinnati. Strong community support, a dedicated staff and the spirit of volunteerism allow this agency to provide quality programs in a very cost-effective manner. Many Family Nurturing Center services are offered free of charge. Please call (859) 525-3200 for more information.

STAFF

ADMINISTRATIVE

Jane Herms, MSW, Executive Director
Ashley Jackson, Director of Finance
Tracy Klink, Director of Marketing & Special Events
Carol Lapin, MSSW, Director of Training
Paul Miller, Director of Donor Relations
Bobbie Webster, SHRM-SCP, Director of Human Resources/Operations
Jessica Fletcher, Payroll Analyst
Edie Furtado, Human Resources /Operations Assistant
Hannah Barker, Receptionist/Administrative Assistant

KENTUCKY SERVICES

Jill Gay, LISW-S, LCSW, Kentucky Director of Programs and Services
Ashley Dunn, MSW, Prevention Services Coordinator

Prevention Services

Autumn Caldwell, Prevention Specialist, Kids on the Block
Rebekah Cookston, Prevention Services Case Manager
L-A Stopa, Prevention Specialist, Stewards of Children
Whitney Szabo, Kids on the Block Puppeteer

Treatment Services

Lori Daley, CSW, Child Abuse Treatment Services Therapist
Kim Fussinger, LPCA, Child Abuse Treatment Services Therapist
Carly Meier, CSW, Child Abuse Treatment Services Case Manager
Sarah Johnston, Child Abuse Treatment Services Case Manager

OHIO SERVICES

Parent Enrichment Services

Alisha Broughton, MSW, LSW, Clinical Supervisor
Robin Mulcahy, Family Engagement Specialist
Carley Storer, MSW, LSW, Clinical Specialist

Visitation Services

Maggie Spring, LISW-S, Visitation Program Coordinator
Terri Shelton, MA, Information Specialist
Rachel Heck, LISW, Clinical Facilitator
Rachel Stone, MA, Clinical Facilitator
Trisha Frazier, Intake Specialist
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Christie Sadler, Floor Supervisor
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CaSandra Kopaceski, Facilitator
Autumn Martin, Facilitator
Jacquelin Martin, Facilitator
Empress Minnifield, Facilitator
Lawanda Price, Facilitator
Brittney Rudisell, Facilitator
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Debbie Hutchinson, Case Aide

