



washburn
center
for children



1100 Glenwood Avenue
Minneapolis, MN 55405
washburn.org



be a monthly sustainer

Enjoy the ease and convenience of being a monthly donor while providing ongoing support and stability for children. Donate online at www.washburn.org/donate and select "monthly donation" or complete the enclosed giving envelope.



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Join us for Washburn Center's 30th Annual Helping Hands for Kids Golf Tournament!

Enjoy The Minkahda Clubs exclusive, pristine course while you raise funds to help struggling children have happier, healthier futures.

~recognized by the Minneapolis/St. Paul Business Journal
as one of the top charity golf tournaments~

Monday, June 15, 2015
The Minkahda Club

For information about sponsorship opportunities,

visit www.washburn.org/golf or contact Liz Jones at 612.872.3316
or ljones@washburn.org



Come see Washburn Center's new facility!

Join us for

"Healthy Kids — Healthy Communities,"

a tour of the new building and
overview of our work.

May 14 noon – 1 p.m.

RSVP online: www.washburn.org/tour

We look forward to showing you how this
new facility is a vital community resource!



enhancing early childhood services

critical intervention for children from birth to age five

Trying new things sent four-year-old Oliver into a panic attack. Meeting new people. Trying new foods. Even swimming lessons spiked his anxiety to a paralyzing degree.

“It’s often eye opening for people to realize that children can struggle at such a young age,” said Judi Dutcher, Executive Director of the Bentson Foundation, an avid supporter of Washburn Center’s early childhood services.

“The ability to intervene as early as possible is important because mental health challenges impact a child’s home life and academic performance,” Dutcher explained.

Oliver’s mom knew her son’s anxiety would be a barrier to his success in kindergarten so she reached out to Washburn Center for help. With support and guidance from his therapist, Oliver learned how to cope with change and his fear of the unknown.

By the time he started kindergarten, he was eager to be a part of the classroom. When he found himself becoming anxious, he remembered his new motto: “New things are hard at first, but then I get used to them and I’m okay.”

strengthening clinical expertise

Washburn Center is grateful for support from The Bentson Foundation which has helped the agency strengthen its clinical expertise in early childhood mental health. Emphasis on a child’s very early years is a relatively new and emerging area in the children’s mental health field.

The agency has increased its efforts to serve children from birth to five in order to help set children on a path for success early on.

“Early identification and treatment is so important. Having strong mental health is integral to a child’s success,” said Dutcher. “The Bentson Foundation is proud to support Washburn Center in fulfilling an important and critical role in the community.”





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childhood matters
spring 2015 newsletter

**Please note our
new address:**

1100 Glenwood Avenue
Minneapolis, MN 55405



"Early identification and treatment is so important. Having strong mental health is integral to a child's success."

-Judi Dutcher, Executive Director
of the Bentson Foundation

"New things are hard at first, but then I get used to them and I'm okay."

-Oliver, age 5

Free webinar!

The Ripple Effect:

An Integrative Framework for
Enhancing Trauma-Informed
Practice with Children



9:30 a.m. – 3:30 p.m.
April 13, 2015



healthy snack drive

support a child's development



Looking for a fun, easy way for your family, friends or colleagues to get more involved in Washburn Center's mission?

Consider hosting a healthy snack drive to support a child's growth and development.

Children at Washburn Center begin their outpatient therapy appointment by choosing a nutritious snack as a way to connect with their therapist and relieve their hunger. In the therapeutic classrooms, snack time allows children to practice eating regulation, social manners and table conversation with peers.

Additionally, 61% of clients come from families with low-incomes. Meals at school and snacks provided by Washburn Center may be the most nutritious food the children receive.

Host a healthy snack drive to help fuel the bodies of children working to restore their mental wellness. Visit washburn.org/snackdrive for a list of needed items.

Training Institute

free webinar available

The first trainings hosted by the United Health Foundation Training Institute at Washburn Center for Children are underway!

The newly established Training Institute provides advanced training to professionals who work with children in order to enhance the mental health care experiences of children. This innovative initiative is made possible through a \$2.9 million grant from United Health Foundation.

Learn more and view upcoming trainings:
washburntraininginstitute.org

Register today:

washburntraininginstitute.org
Space is limited!

Learn new strategies to help reduce the negative impact of a child's exposure to trauma. Designed for any professional working with children, this free webinar provides participants with a better understanding of how trauma affects a child's development.

Dr. Chandra Ghosh Ippen, nationally renowned expert and Director of Dissemination at the Child Trauma Research Program at the University of California, will provide an integrative framework that explores different responses to trauma exposure and examines key factors that impact a child's development.

from the director

looking ahead to expansion



We have been in our new facility more than three months. Every day we see the positive impact of the new space on the children and families that we serve and on the staff who work here. We continue to be very appreciative of how the whole community responded to our capital campaign.

As the dust settles on our moving boxes, we're focusing on how to meet the community's growing mental health needs. I'm excited to share with you how the larger facility allows us to expand our services.

Here's an overview of our 2015 projected expansion:

- Intensive In-home and Crisis Stabilization – add two full-time therapists to assist families with high-risk children
- Outpatient Therapy – add one full-time clinician
- Day Treatment – increase from five intensive therapeutic groups to seven
- Family Focused – add one clinician to expand our in-home support to families

This expansion comes on the heels of significant growth in recent years.

- Our School-based program expanded to serve an additional four schools in 2014.
- The number of families served by our Case Management program has nearly tripled in the past seven years, and Washburn Center has become one of Hennepin County's largest case management providers for children.
- The agency committed to enhancing expertise in early childhood assessment and treatment.



We hope you will continue to help us make these critical services possible. Behind these statistics and plans, there are children and families in need. There are parents and grandparents — just like you and me — who want their children to grow into healthy, happy adults.

Follow Washburn Center on Facebook, tour the new facility, sponsor our golf tournament or make a donation. Everything you do to support our mission helps struggling children and their families realize hope.



diversity and inclusion



agency deepens its commitment

For 132 years, Washburn Center has remained focused on our founder's compassionate vision to provide hope to children, "without question or distinction to age, sex, race, color or religion." Washburn Center continually works to enhance its long-time commitment to diversity and inclusion.



The agency's recent efforts include:

- securing a grant from the Hennepin County Children's Mental Health Collaborative to expand training, clinical consultation and culturally competent children's mental health services
- partnering with The YWCA of Minneapolis Racial Justice and Public Policy Department to have Washburn Center staff take the Intercultural Development Inventory®
- ensuring artwork and toys displayed in the new facility depict diverse cultures
- developing a cultural proficiency training series that will launch later this year in collaboration with Kente Circle
- expanding Washburn Center's Spanish-speaking Providers Group to create the Spanish-speaking Children's Mental Health Provider Consortium, a resource network of nearly 60 mental health providers from at least 15 different agencies
- developing a Clinical Language and Resource Guide for Spanish-speaking mental health providers which will be distributed as a free community resource beginning this spring
- empowering the agency's Diversity Task Force to create a strategic plan for ongoing diversity, culture and inclusion efforts.

This intentional focus on increasing cultural competency illustrates Washburn Center's commitment to fostering healthy communities by being responsive to the mental health needs of the diverse individuals and groups within our community.

the impact of your support

a mother's words of gratitude

"Washburn Center has been a tremendous help to me and my child. Our supportive clinician taught my son how to be a stronger, more productive student. Thank you for giving our family someplace to turn when we felt alone." ~A grateful mother

