make a continued commitment

Become a monthly sustainer to Washburn Center and invest in the mental health and stability of children in our community. Donate online at www.washburn.org/donate and select “monthly donation” or complete the enclosed envelope.
Join us in support of children’s mental health at Washburn Center’s Golf, Wine and Brew Celebration featuring singer-songwriter Adam Levy.

Enjoy a day on the course at the exclusive Minikahda Club.

After the tournament, the community is invited to join us for an evening highlighting tastings of wine and Minnesota craft beer. The evening features a live and silent auction and local musician Adam Levy, who shares his music and how mental health issues impacted his family.

Monday, June 13, 2016
The Minikahda Club

For more information about tickets visit www.washburn.org/celebration or contact Liz Jones at 612.872.3316 or ljones@washburn.org.
Lauren Alexander was jarred when one of the kids in Washburn Center’s Day Treatment classroom rammed his head into hers.

In fact, it jarred her entire life.

It was one of many experiences during her summer internship that inspired her to devote her life to helping children with mental health challenges.

Fast forward four years and a Master’s degree from the Harvard Graduate School of Education; Lauren now works as a school social worker in San Francisco, where she frequently uses the strategies she learned from her Day Treatment internship.

Lauren often thinks about Michael, the 9-year-old who rammed into her, and the progress he made that summer. Michael had experienced the trauma of his mother being repeatedly assaulted in their home. Still, Lauren recalls, he had the biggest smile, “It was hard to believe a kid that small could have such a big smile.”

When Michael’s emotions became overwhelming, his smile was quickly replaced by anger, swearing, yelling and physical violence. Lauren remembers watching the skilled therapists build trust with Michael so that he could learn how to calm himself and have fewer emotional outbursts.

Working with children whose trauma significantly impacted their healthy development was one of the most important lessons of her internship. “I was continually impressed by how attune the therapists were to each child, especially when the children had such intense needs.”

Today, Lauren generously donates to Washburn Center because she’s “seen how much the staff stretches donations to make a difference.”

“As soon as I was able to give back, I wanted to support the place that truly changed my life forever,” she explained. And, she knows her generosity will help kids like Michael find – and keep – their own big smile.
“As soon as I was able to give back, I wanted to support the place that truly changed my life forever.”

-Lauren Alexander

“I was continually impressed by how attune the therapists were to each child, especially when the children had such intense needs.”

“This third party evaluation validates what Washburn Center for Children has long believed: early mental health intervention is critical in improving children’s lives,” said Steve Lepinksi, CEO. “Our supporters truly help children have happier, healthier futures.”

This research partnership with CASCW is an initiative of the United Health Foundation Training Institute at Washburn Center, an innovative children’s mental health training program made possible by a $3 million grant from United Health Foundation to increase training opportunities for professionals working with children and enhance the emotional health of children and families.
new report

research highlights
Washburn Center’s impact on children

Donors, volunteers, staff and supporters at Washburn Center can be assured they make a difference.

A new report released by the Center for Advanced Studies in Child Welfare (CASCW) at the University of Minnesota shows that Washburn Center “has a significant impact on the well-being of children in Minnesota.”

CASCW’s researchers connected data from Washburn Center to other data through the Minnesota Linking Information for Kids (Minn-LInK) project to understand children’s functioning across multiple systems, and found on average:

- Children “benefit greatly from services received at Washburn Center” and their social, emotional and behavioral functioning improved in clinically meaningful ways over the course of treatment.

- Children’s improvements were better than expected after receiving mental health services at Washburn Center, compared to typical progress reported for similar services.

- Parents reported “significant, clinically meaningful progress and improvement in emotional symptoms and behavior.” The amount of progress made was consistent across race/ethnicity, gender and age.

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donation drives

providing comprehensive support

Looking for a way to further support children at Washburn Center throughout the year?

Consider hosting a donation drive at your workplace or with family and friends.

With more than 61% of clients struggling to meet basic needs, charitable contributions given through Washburn Center’s donation drives offer additional support to children and families.

Make a difference in the lives of struggling families by collecting these much-needed items:

- Healthy Snacks
- Therapeutic Tools
- School Supplies
- Essential Health and Hygiene Supplies

To host a drive, or for more information visit: www.washburn.org/drives
With gratitude for three decades of exceptional leadership, Washburn Center for Children's Board of Trustees announces that Steve Lepinski plans to retire as the agency's Chief Executive Officer one year from now, in February 2017.

After an extensive 14-month succession planning process, the Board of Trustees made the unanimous decision to select Tom Steinmetz, Washburn Center's current Chief Operating Officer, as the new CEO effective March 1, 2017.

The next 12 months allow for a thoughtful, strategic transition of leadership. The agency will hire an Associate Director of Program Administration this Spring to take over many of Tom's current responsibilities. In late fall, Steve and Tom will begin transferring some of the executive roles.

As we get closer to his 2017 retirement, there will be a celebration to honor Steve as we build upon the legacy he leaves for the agency.

Dave Ingraham
President, Washburn Center Board of Trustees

STEVE LEPINSKI has led Washburn Center with integrity and passion for nearly 30 years.

Under his leadership, Washburn Center has implemented a best practice model in treating children, became a leading community resource for children's mental health in the state, and received national recognition for its services and training.

Steve has been a part of numerous community efforts to improve the systems that serve children and families in Minnesota. His efforts to build a new children's mental health facility and his impact in the field will long be valued by the agency and the greater community.

TOM STEINMETZ, the current Chief Operating Officer, is a recognized leader in children's mental health within Minnesota who has been at Washburn Center for 20 years. He has served in evolving leadership roles at the agency for 15 years.

Tom's combination of clinical knowledge, agency operations, the children's mental health system and his relationships with key stakeholders has guided Washburn Center's extensive growth. Tom has led the creation and expansion of numerous programs, most recently the development of the United Health Foundation Training Institute at Washburn Center for Children.

The Board of Trustees and Steve Lepinski congratulate Tom as he moves into this expanded leadership role and continues to advance Washburn Center's mission.
Washburn Center’s Day Treatment program expanded services last year from five intensive therapeutic groups to seven, thanks to generous donors including Medica Foundation.

The therapeutic Day Treatment program helps children like five-year-old Kanye whose out-of-control aggression was jeopardizing his safety and his ability to stay in a community pre-school class.

Kanye joined Washburn Center’s intensive therapeutic pre-school to learn new skills to help regulate his emotions and be ready for kindergarten. Therapists not only worked with Kanye on self-calming strategies but provided his mother in home therapy to help develop a consistent approach to diffuse his aggression and build a stronger relationship.

A charitable grant from Medica Foundation helps fill a statewide gap in Day Treatment services for preschoolers and early elementary students. The grant increases the program’s capacity by 40% and reduces the wait time for our community’s most vulnerable children.

“Medica Foundation was impressed by Washburn Center’s commitment to provide early intervention to children experiencing severe mental health challenges,” says JoAnn Birkholz, Director, Medica Foundation. “We are proud to partner with the agency on this expansion and be part of the solution to better meet our community’s needs.”

Charitable donations are critical to the agency’s work, and Washburn Center is grateful for Medica Foundation’s support that helps even more children like Kanye learn crucial skills to be successful in school.

"Washburn Center was an amazing resource to our family! Our clinician was knowledgeable about the challenges facing my daughter. The compassionate and responsive care we received helped our family grow and heal." -a thankful mom