

UPDATE



KEEPING KIDS SAFE. HELPING FAMILIES GROW STRONGER.

Pictures of Despair, Pictures of Hope

Matthew's pencil swiftly sketches the outline of wings, then a slender head and beak, and the image of a bird takes shape on the paper. He grins at the pleased look on the face of Donna, his foster care case manager, and shuffles his feet a bit in embarrassment as she praises him. "You're a real artist, Matthew, and you can be proud of it."



"It was as if a door closed behind him, and he had no choice but to go forward."

Matthew can still remember when Donna came into his life. He remembers clearly her scurry to move papers and folders off the seat of the car for him. "Sorry about the mess, Matthew," she said, and he laughs now when he thinks of how often she has said that since then. He wasn't laughing then though; like a cornered animal, he

stared straight ahead, frozen with fear and the instinct to fight.

And fight he did. He hated his foster home and wanted his mother, so he rebelled in every way possible. Even then he was drawing pictures for Donna, but his early sketches of knives and guns and bloody bodies invariably wiped the smile from her face. They were a painful window into his horrific childhood, and she soon learned the full extent of the abuse that Matthew and his younger brother and sister had experienced.

When the paternal grandmother offered to take the children, everyone settled in contentedly except Matthew. He continued to rebel and to bully his little brother unmercifully. Grandmothers seem to have an infinite amount of patience, but the day the younger boy needed stitches after a run-in with Matthew was the last straw, and Matthew was soon back in Donna's car and headed to a residential facility.

It was no place for a traumatized boy. The times when he felt most alone, Matthew would imitate the case manager's cheerful voice, "Sorry about the mess, Matthew," and in his mind's eye he could see Donna next to him. She was the one constant in

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Greg Echele, Chief Executive Officer

Dear Friends,

They say it's seven times easier to maintain an existing customer than it is to go out and find a new one. The same can be said for good relationships, and it's one of the reasons we value FRC's friends and supporters so much.

Over the years, Family Resource Center has had many wonderful relationships with individuals and companies. When I think back on how those relationships developed, I'm often intrigued by the web of connections that led to them. One relationship leads to another which leads to another, and so on, all of which end up benefitting FRC's kids. A good illustration of this is our relationship with a St. Louis company, Watlow, the 2011 winner of our annual Pott Award, and a Tournament Host for our recent very successful 17th Annual Golf Tournament.

It began back in 1995 with a simple conversation with our then Board President, Ron Barnes. Ron introduced me to the CEO of Watlow, a well-known St. Louis based engineering and fabricating company, because he thought Watlow's corporate values included a concern for people and for the well-being of high risk children. The relationship that developed has generated hundreds of thousands of dollars in support for our kids, and has literally reached into every corner of Family Resource Center.

Watlow's CEO was not only anxious to help us – he chaired one of the most successful golf tournaments we ever had, leveraging his own relationships to find sponsors and golfers. And it didn't stop there. When FRC's computer network blew up, Watlow immediately offered help from its IT department. With donated hardware and software, we were back up and running in short order.

Peter Desloge, Watlow's current CEO, introduced us to Gary Eberhardt, managing partner at the Greensfelder law firm. Now Dean Boeschen, Greensfelder's Director of Finance and Client Development is Chair of FRC's Audit Committee. Last January, Dean's band entertained us at FRC's first annual Night at the Races. Peter also introduced us to Bill Ott, former Watlow VP of Marketing. Bill left Watlow many years ago but remains a strong supporter of FRC, lending his expertise on our Marketing Committee and bringing a foursome from his current company, LMC, to our recent golf tournament. Tom Ferris, Watlow's Treasurer, joined FRC's Board and is now Treasurer and Chair of our Finance committee. He has also chaired a series of very successful golf tournaments.

About five years ago, John Heithaus, who was Watlow's Vice-President of Performance Development, saw a letter from Family Resource Center on Tom Ferris' desk. John called me, we met, and he is now our Chief Development Officer, and working to expand and deepen even more relationships.

This little history lesson was a good reminder for me, and I hope an encouragement for you, that our kids benefit when you introduce us to others. Thanks to Watlow, and thanks to all of you who bring the world to our door, so kids can have hope in a future.

Regards,

Pictures of Despair, Pictures of Hope

(continued from page 1)

his young life. Then, six months into his stay, Donna was awakened one night by a call from the children's home with the alarming news that he had attempted suicide and was in the hospital. She arrived to find Matthew and a very disturbing story: he had been on the phone with his mother when he put a plastic bag over his head. Why? What had his mother said? Donna realized she would never fully understand the torment whirling in Matthew's head, but she wasn't about to give up.

Armed with a new and fierce determination, she packed Matthew's belongings back into her car and called his grandmother. "Will you take Matthew back... just give him one more chance?" she pleaded. She gave her word: she would do everything in her power to make it work, get Matthew to counseling, meet with his teachers, go to his games. She would call up the full arsenal of her professional training and experience and, together, they'd pull Matthew through.

Donna looks with affection at the curly headed young man in his school uniform quietly drawing at the table. "He is an honor student now," she says, "All A's and B's. I didn't think he was capable of doing better than D's and F's!" She takes little credit for Matthew's



progress, but whispers an aside that is both revealing and heart-wrenching: Back when he was at the children's home, she says, his mother told him she didn't want to ever see him again. "It was as if a door closed behind him, and he had no choice but to go forward."

Matthew is deftly putting the final touches on his artwork as Donna prepares to leave. She has been by Matthew's side through thick and thin, since the day DFS put him in her charge, but now the grandmother has guardianship and the case is closed.

Here at Family Resource Center we know that there are other children like Matthew waiting for someone to advocate for them and we hope, with your support, that Donna can be there for them – until their wings are strong enough that they can fly.

Parenting Wisely Classes

Free Parenting Wisely Classes are offered regularly at a central location in mid-town St. Louis.

Sessions are held on Monday evenings from 5:30 – 7:30 or on Thursday afternoons from 1:00 – 3:00 p.m.

For more information or to register for classes, contact Rebecca Witte, MSW, CSW at 314.534.9350.

Grants Bring Safety and Healing to our Kids

With the assistance of a grant from the **St. Louis Mental Health Board**, FRC has just completed improvements to the Therapeutic Preschool environment to make it a safer place for our kids. A new fence with a sliding gate was installed around the parking area so that our vans can load and unload children safely, and new matting was installed under the playground equipment to cushion any accidental falls.

The Missouri Foundation for Health

awarded a generous grant of \$100,000 per year for two years to Family Resource Center for operating expenses, so we can continue to provide the mental and emotional health services our children need to heal from their abuse. According to Greg Echele, FRC's Chief Executive Officer, "We're very grateful to MFH because their funding will help us cover those very real expenses often overlooked by other funders but essential if our staff is going to deliver quality clinical work – such basics as utility costs and gas for our cars."



New playground and fence at Family Resource Center provided by grant funding

Shopping for an Angel is a Holiday Tradition

Shop for an Angel is an FRC holiday tradition created seventeen years ago when the staff decided to try to fill the void felt by many children during the holiday season.

Friends come together to provide toys and gifts for the children FRC serves, brightening their holidays and bringing back simple joys. In 2011, Shop for an Angel will supply gifts for over 700 children! Donated new toys, games and books, hats and mittens (and wrapping paper too!) will help FRC provide something special for all our boys and girls, from newborns to young adults.

We Need Toys! Here is our wish list:

- Stuffed animals
- Learning and discovery toys and books
- Rattles and teething toys
- Trucks, cars and race sets
- Remote control cars
- Building sets and blocks
- Dolls of all ethnicities & accessories
- Pretend dress-up kits
- Tricycles, bikes and bike helmets
- Kitchen and play food sets
- Games for all ages
- Radios
- Personal CD players and batteries
- Handheld video games and batteries
- MP3 players & batteries
- Action toys and super hero figurines, such as Transformers®, Spiderman® and Teenage Mutant Ninja Turtles®
- Character theme toys, such as Disney®, Sesame Street®, Dora the Explorer®, Strawberry Shortcake®, Thomas the Tank Engine®, Bob the Builder® and Curious George®
- Shower gel and cologne sets for teens
- Watches
- Hats and mittens or gloves for all ages

Deliver new unwrapped toys to FRC between **November 15 - December 15, 2010**. Don't have time to shop? Make a cash donation!

For more information, contact Tina Nelson at 314.534.9350 or tnelson@frcmo.org.

Yes, There is a Santa Claus

"Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist." (Francis P. Church, 1897)

Bobbie Jo and Jim remember the October evening when Family Resource Center called with an urgent plea. "Can you take two children?"

"We said sure, we can handle that," Bobbie Jo recalls. "We already had two foster children, but we set about preparing beds for two more."

And then FRC called back, "What if it's five children? Can you just take them for tonight? We'll figure out something else tomorrow."

That night, as the foster parents tucked the children into bed, they reassured them over and over again that they would keep them safe. "And that was two years ago," Jim says, with a delighted grin.

Bobbie Jo and Jim have been privileged to witness many of the children's "firsts" – their first haircuts, their first birthday parties, and their first trip to a restaurant. Come December, they were determined that the kids would have their first real Christmas, but they also realized that they were going to have a difficult time providing gifts for seven foster children. So they did what they could: visited Santa at the mall, baked Christmas cookies, and put up a spectacular tree.

Then the miracles began. Their eyes grow misty as they recount that special Christmas:



"I have been looking for you for years, but I didn't know how to find you." Santa Claus

"First one family called and asked to adopt our kids for Christmas, and then another family offered. A friend was connected with the Shop with a Cop program and they took our kids shopping. One day we found a \$700 gift card for Walmart in our mailbox, signed 'Your Secret Santa.' By this time you couldn't walk in our living room!

"And then, on Christmas Eve," Jim recalls, "We were sitting at home when there was a knock at the door and in walked the most realistic Santa we have ever seen. He had a truck full of toys and he said to our kids, 'I have been looking for you for years, but I didn't know how to find you.' We have never felt so humble in our lives."

The children are doing marvelously now. The older ones are excellent students, and all five of them share a close bond that warms the hearts of their foster parents. And as for Bobbie Jo and Jim ... they've come to believe in miracles.

Adopt a Teen Angel Too!

Back this year is FRC's "Shop for a Teen Angel!" program. This new tradition provides clothing and essential items for teens in FRC's Foster Care Program. Consider "adopting" one of our teens for the holidays. For more information, contact Tina Nelson at 314.534.9350 or tnelson@frcmo.org.

New Curriculum Prepares FRC's Kids for Life

The first time we saw Tommy in our Therapeutic Day Treatment program, we noticed the gaping hole where his baby teeth should have been. (*Is the tooth fairy able to find our troubled kids, we wondered?*) Only later, as Tommy tried unsuccessfully to extract the pulp from an orange slice, did we learn that his teeth had decayed as the result of neglect – and worse, his spirits had been trounced by physical abuse. Tommy moved furtively around the fringes of the classroom. So many of our kids act out their trauma – scream and throw things – but not Tommy. We found ourselves wishing that, just once, he would throw a typical little boy's tantrum, or mischievously grab a toy from another child.

Thankfully, Tommy came to our therapeutic preschool at the perfect time.

This past spring, the preschool implemented a participatory learning experience based on the HighScope curriculum and funded by a grant from the PNC Foundation. Debbie Handler, who has worked with HighScope for 22 years, provided the training for FRC's teachers and she stresses the need for teachers to be as actively involved in the learning process as the children. And the emphasis is on process. "We don't care what that Play-Doh caterpillar looks like," she says, "we are concerned with the process that went into creating it." Each child's behavior, interests, and life experiences are taken into account.

Research into the effectiveness of the HighScope curriculum, conducted over the last 40 years, shows that adults who participate in the program as children are 50% more likely to hold jobs, have higher earnings, avoid crime, and graduate from high school than their peers who don't participate.

Debbie points out the salient features of HighScope that make it ideal for traumatized

children like Tommy. The program provides a blueprint for consistent, predictable daily routine aimed at preventing disciplinary problems rather than wasting valuable time dealing with them later. Each day unfolds with the same sequence of events presented in a warm and supportive manner. The classroom is organized and calm and purposeful – a balm to the spirits of children who have known only chaos and correction. This unique structure results in independent, confident children who are ready for mainstream schools and ready for life.

Tommy is about to graduate from FRC's preschool, and we stopped by recently to check his progress. There was no sign of the sad, docile child of six months ago. Instead, we found a happy little boy, arms pumping and legs stepping high in exaggerated imitation of a soldier as he marched across the preschool playground. He saluted us with a grin – still toothless, but that will heal too.



MMP Holds Youth Conference

Missouri Mentoring Partnership held its 4th annual Youth Conference on June 16 at Harris Stowe State University. 60 teenagers participated in a poverty simulation in the morning, and received information on college opportunities and employment during break-out sessions in the afternoon.

MMP is administered through Family Resource Center and has three components: worksite mentoring, parenting classes and mentoring for teen parents, and drug court mentoring.

The Youth Conference is the brainchild of Peggy Baskin, Program Coordinator - MMP. This year she queried the staff in MMP's Worksite Program about the needs of the youth they served and they told her, "They need to get it together," so "Get It Together" became the theme of the conference.

The poverty simulation, orchestrated by the St. Louis County Community Action Agency, provided the teens with hands-on scenarios demonstrating the obstacles faced by the



poor. Peggy said it was an eye-opener. "Many of these kids grew up in poverty but are now in foster homes and don't remember the experience. Our point is, 'Stay in school and get a decent job so someday you and your kids don't go through this.' I think they got it!"

During the afternoon sessions, several local colleges provided information on college admission, financial aid, careers, and academic programs. Corporate sponsors spoke on employment opportunities, getting and keeping a job, and job interview skills.

Healthy Kids Express Van Visits FRC



Rylie Harris and grandmother

Healthy Kids Express "goes where the kids are," and this past summer Family Resource Center's youngest clients were able to benefit from a team of health professionals who set up shop in brightly decorated vans on our parking lot.

Healthy Kids Express has three vans that travel to sites throughout the St. Louis area, and

each van focuses on a specific need: health screening, dental care, and asthma. The health screening van arrived at FRC in June, and its pediatric team checked our kids for lead poisoning and gave them dental, hearing and vision screenings – on the spot, and free of charge. After being evaluated, each child was given a goody bag as his or her reward for patiently wearing ear phones, reading the eye chart, and "opening wide and saying ahh." Those who needed further dental work received care when the dental van arrived in October. Children with other health issues were referred to appropriate medical services.

Healthy Kids Express provides health care to 20,000 children each year. A service of St. Louis Children's Hospital, the program is funded through donations to the St. Louis Children's Hospital Foundation.

Jan Hess Named Most Influential Businesswoman



Jan Hess, FRC Board Member and 2012 Gala Chair

Jan Hess, Vice-President of St. Luke's Hospital, and a member of Family Resource Center's Advocacy Board, received the *St. Louis Business Journal's* 2011

Most Influential Business Women Award at a luncheon on Friday, August 12. This prestigious award recognizes remarkable women who excel in careers in business. Jan was selected for this award in recognition of her dedication to improving the quality of life for patients at St. Luke's, as well as for her volunteer work in the community, including her commitment to Family Resource Center.

Jan has been a caring friend to FRC for over ten years. Her passion for children was a catalyst to do more, and more she did by serving on FRC's boards and as Governance Board President from 2004-2007. During her term as Board President, FRC began a partnership with the Brown School of Social Work at Washington University, and her efforts saw FRC fundraising reach an all time high.

CEO Greg Echele echoed the admiration and gratitude of all of FRC's staff and board members when he said, "Jan's contributions to Family Resource Center have been exceptional. Maybe her greatest contribution comes from her unflinching optimism – her belief that we can do whatever we set our minds to."

Meet Brian Manchisi

Brian Manchisi arrived for his summer internship at FRC directly from a week of counseling at "Annie's Hope," a camp for children who are grieving the loss of a family member. "I love working with kids and helping the people who help kids," Brian says. He has clearly benefited from his parents' example: his mother and father are enthusiastic supporters of FRC and his father, Mike Manchisi, is currently on the Advocacy Board.



Brian Manchisi, FRC Summer Intern

Brian's internship involved assisting the Development Office with data entry and event planning, and learning the workings of a non-profit agency. In September he returned to Mizzou for his sophomore year, where he plans to major in marketing and minor in psychology (with a little ukulele on the side).

UW Week of Service and Remembrance



The United Way of Greater St. Louis sponsored a week of Service and Remembrance from September 6 - 16 to mark the 10th anniversary of the 9/11 attacks. United Way's goal was to engage 5,000 volunteers in more than 100 projects as part of a national tribute to the victims of 9/11. Wells Fargo employees were among the volunteers who helped out at FRC.

Putting the Fun in Fundraising

All year long FRC benefits from the ingenuity of our many friends who plan events to raise money, collect school supplies – you name it – to help our kids and their families. These are individuals, just like you, with the enthusiasm to make good things happen for FRC, and their ideas range from the very sophisticated to the casual, to the homespun. Events may bring in thousands of dollars from a "dress down day" at a large company, or \$10 from a sidewalk lemonade stand, but no matter how big or small, they shout out to our community that Family Resource Center counts when it comes to healing kids.



Walker's Lemonade Stand to benefit FRC

If you would be interested in planning a fundraising event, contact Tina Nelson at 314.534.9350 or tnelson@frcmo.org.

Y.E.A.H. Kids Collect Clothing, Toys and Books

A group of outstanding youth volunteers from Y.E.A.H. Kids (Youth Excited About Helping) recently organized a very successful clothing/toy/book drive in the Fenton area to benefit FRC.

Y.E.A.H. has no dues, no officers and no bylaws: just 50 or so young people who plan fundraisers for causes dear to their hearts. One of the kids summed up their enthusiasm well when she said, "We like to help people, and it's more fun when you do it with friends."

Thank you to all the kids for their hard work and generosity!



Wine Tasting Fundraiser is "Spirited" Event

Friends of Family Resource Center gathered at the Naked Vine Winery in Chesterfield on August 19 to sip, munch, and raise money for FRC's kids.

The event was co-hosted by Asha Lundal and Erin Minkin, with the generous assistance of Naked Vine's proprietor, Bryan Herr, and his knowledgeable staff.



Asha Lundal, Erin Minkin, and friends enjoy a wine tasting fundraiser at Naked Vine Winery



Thank You to Our Golf Sponsors

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Golfers Tee Off to Raise \$134,000 for FRC

The 17th Annual FRC Golf Tournament was held on August 22, 2011 at The Country Club of St. Albans. More than \$134,000 was raised for the prevention and treatment of child abuse and neglect in the St. Louis area.

The golfers had a perfect day for 18 holes on the Lewis & Clark and Tavern Creek courses. There were 178 golfers this year, and competition for the top prize was tough! The tournament winners were as follows:

Tavern Creek: Bank of America (A flight), Express Scripts (B flight) and Midwest BankCentre (C flight).

Lewis & Clark: Boeing (A flight), Monsanto (B flight) and Packaging Concepts, Inc. (C flight).

In addition to the regular tournament play, there were Closest to the Pin and Longest Drive contests. The winners of the Closest to the Pin contest were Melanie Rauschenbach and John Lee (Tavern Creek) and Christine Homan and Mike Burger (Lewis & Clark).

The winners of the Longest Drive contest were Melanie Rauschenbach and Pat Notestine (Tavern Creek) and Cynthia Behr and Tom Carroll (Lewis & Clark).

After the tournament, golfers enjoyed a cocktail reception, dinner, and blackboard auction emceed by Zip Rzeppa. Zip is well known for his days as a sportscaster on local St. Louis television, and today serves as the Managing Director for Angels' Arms.



Watlow (Tournament Hosts): Tom LaMantia, Bryan Hennemann, Kevin Schloemann, Tom Tetlow



Peabody: Lina Young, Mark Reed, Brad Phillips, Randy Tucker



Midwest BankCentre: Ron Barnes, Don Schance, Alex Fenny, Eddie Davis



LMC Industries: Bill Ott, Craig Marton, Steve Suellentrop, Keith Suellentrop



Centene: Don Imholz, Keith Bernier, Freddie Harris, Glen Schuster

Young Professionals Board Hosts 5K Run and Volleyball Tournament

Family Resource Center's Young Professionals Board recently held two events to raise money for our children and families.

The annual **Ready, Set, Go! 5K Run/Walk**, held in Carondelet Park on Saturday, June 25th, attracted over 100 participants and raised more than \$3,400. Fleet Feet Sports and Emmis Communications served as sponsors.

The always popular **Serving it Up for the Kids Volleyball Tournament** was held on August 6th at Bar 101 in Soulard. The twelve teams raised \$2,540.

Thank you to the Young Professionals Board and all the participants for creating such fun, enjoyable events!



Ready, Set, Go! 5K Run/Walk



"Serving it Up for the Kids" Volleyball Tournament



Watlow Raffle Benefits Kids



FRC Chief Development Officer John Heithaus with winner Sue Reidel

The “Dream Destination Vacation Raffle” held by Watlow employees raised \$4580 for Family Resource Center. Sue Reidel of St. Louis won the Grand Prize: a vacation in Orlando, Florida, including two Southwest Airlines tickets, seven nights at the Wyndham Bonnet Creek Resort, and passes to Disney Park, Universal Studios and SeaWorld. Runners-up, Jim Rickenbaugh of Columbia and Henry Wasowicz of Hannibal, each won a paid vacation day. Congratulations! And thank you for helping our kids.

United Way Kickoff Party



FRC employees Dale Klooster, Greg Echele, Annie Herz and Jill Knaup participate in a pie eating contest

Step right up, Ladies and Gentlemen! On September 8, FRC kicked off its annual United Way Campaign with a lively carnival – complete with popcorn, peanuts and soda, and games and prizes.

Each year, FRC employees raise money to help the United Way of Greater St. Louis. The United Way has been a long-term supporter of FRC, including an allocation this year of \$311,006.

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UPCOMING EVENTS

Young Professionals Board Trivia Night

Saturday, November 12, 2011

Richmond Heights Community Center

Join our Young Professionals Board for a night of trivia, raffles, food and more! \$30 a person, teams of 8 tables. Sponsorship opportunities available!

Shop for an Angel/Shop for a Teen Angel

November 15 - December 15

Now accepting donations for FRC’s annual holiday project to provide new toys and clothing for children and teens. See the story on Page 4 for more information

A Night at the Races

Saturday, February 11, 2012

Anheuser-Busch Brewery

Save the date for this exciting event featuring fine food and ales, virtual “horse racing” and more! Stay tuned for more details.

2012 Love Grows Here Gala

Saturday, April 28, 2012

Renaissance Grand Hotel

Save the date for an evening of auctions, dinner, and great entertainment! This is the event of the year - you don’t want to miss it!

For more information about these or other events, contact Tina Nelson at 314.534.9350 or tnelson@frcmo.org, or visit our website at www.frcmo.org.



How can you help this little girl?

Have you considered creating your own legacy to ensure that FRC is there for thousands of hurting children by leaving a bequest to FRC in your will? Talk to your CPA or call John Heithaus at 314.534.9350.

**\$50,000 and More**

Herman T. and Phenie R. Pott
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