

# Better Tomorrows

An Annual Stewardship Publication of Family & Children's Center **2014**

## Brittany's Story

With the right help, early struggles can still lead to a bright future.

pg. 2

## Dan Schraith & Trista Treglowne:

Using a hobby to make a difference

pg. 1

## How Kate Shaw

ended the cycle of abuse for her daughter McKenna

pg. 10

# For Good

The defiant teen whose current path is heading toward incarceration. The educated family man whose bipolar disorder has destroyed his family and his career. The overly stressed new mother whose only role model is a mother who abused her.

Mental and emotional challenges come in many forms, and, if untreated, lead to problems extending well beyond the walls of home — seeping into classrooms, workplaces, communities and filling public assistance rolls and prison rosters.

That's why Family & Children's Center is here — to bring healing tools and resources to change lives for good.

In 2013, Family & Children's Center was able to reach more than 4,000 struggling children and families. That's because of our many valued partnerships in the communities we serve, including collaborations with counties, school districts, like-minded agencies and health care institutions, and, most importantly, support from people like you.

On behalf of the board and staff at Family & Children's Center, I am excited to share this publication, showing the amazing work that is being done across the agency.

Thank you for your commitment to children and families in our communities. Your support is helping to build better tomorrows for all of us, for good.



With gratitude,

Tyler Dahl  
Board Chair

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### Better Tomorrows

Better Tomorrows is published annually by Family & Children's Center for friends and supporters of our mission. To learn more about the center's services and community impact, or to inquire about making a charitable gift, please visit us at [fcconline.org](http://fcconline.org) or call the Development Office at (608) 785-0001 ext. 235.

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On the Cover: Meet Brittany and read her story of how she found her better tomorrow through Family & Children's Center's staff and programming.

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# A Hobby That Makes a Difference

*"Success breeds success, so when we see an organization that is making a difference, we want to drive it to be even more successful through our support." ~ Dan Schraith*

Dan Schraith and Trista Treglowne had only lived in La Crosse for a couple years before they were first introduced to Family & Children's Center. A pathologist at Gundersen Health System, Dr. Dan and wife Trista were invited to a Medical Alliance event benefitting Healthy Families, the center's child abuse/neglect prevention program.

"That caught our attention," says Dan. "One speaker talked about well-cited research illustrating quantitatively how money invested in the program — with that prevention emphasis — returned \$2 or \$3 for every \$1 invested. It made sense. It had scientific merit."

Dan and Trista subsequently began supporting Family & Children's Center through The Children's Fund for donors who give successive gifts.

"Healthy families make a healthy community. Why not build healthier families to make the community better as a whole?" says Trista.

At the same time, coworkers increasingly were asking Dan, who

had taken up photography as a way to relieve stress during residency, if they could purchase his prints. "At first I was reluctant," admits Dan, "but then I recognized that if people find value in my artwork, perhaps I could translate that value into tangible benefit for the greater good."

That's when Dan and Trista decided to donate all proceeds from photography sales to Family & Children's Center. "It motivated me to take better photos and to put the time into it," says Dan.

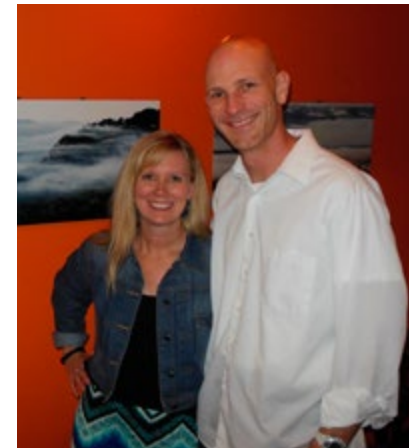
Today, a collection of his prints — mostly landscapes on printed aluminum called "metal prints" — are on display at JavaVino in

the fact," says Trista. A stay-at-home mom and attorney who volunteers at her children's schools, she adds, "You see these bright kids who are exceptionally smart and gifted and yet are in difficult situations. They won't have access to things that other kids do.

"Without Family & Children's Center, they'd be doomed to repeat the past of their parents, and it would be a continuing cycle of abuse. They'd be hopeless and struggling to survive instead of looking toward a bright future," she says. "If a child gets a healthy start early, we devote fewer resources later on. We have lower crime rates. We avoid problems with abuse and unhealthy behaviors when children come from stable homes."

"In some ways it seems hopeless," adds Dan. "You look at poverty, drug abuse, domestic violence,

addiction and ask if there's anything we can do — are these problems insurmountable. Society has to choose to not give up. We have to choose to make a difference. When that decision is made collectively and we work toward it together, we really can change things for good."



Trista Treglowne and Dan Schraith



# Brittany's Story:

## Breaking the Cycle for Better Tomorrows

**Sometimes challenges come with no warning and seemingly for no reason. That's what happened to Julie and Brittany. But with Family & Children's Center, Brittany was able to find a new outlook.**

Julie first suspected something was different about her daughter when Brittany was just two years old. Their pediatrician at the time dismissed Brittany's behavior as "terrible twos," but that turned into terrible threes and fours.

At age five, a health care worker suggested Brittany's problems were a result of "middle child syndrome," and two years later, Brittany finally saw a therapist. But it didn't stop her behaviors from escalating or becoming increasingly dangerous. Brittany tried to jump out of moving cars. And she was easily enraged when things didn't go her way. Lashing out, verbally and physically, was her norm.

Julie continued trying her best to help her daughter, seeking referrals to other experts and trying various parenting methods. She refused to give up.

It was tough for the whole family, including one older sister and a younger brother. "I knew she was a good kid. She has a great personality and can be very caring, very loving, very considerate. But she had this routine," explains Julie. "I blamed myself. What should I have done differently? I was constantly second-guessing myself."

Brittany's behaviors landed her in and out of emergency rooms where doctors eventually diagnosed her with oppositional defiant disorder, bipolar depression, obsessive-compulsive disorder and attention

deficit disorder. They prescribed medicine for Brittany and sent her to outpatient behavioral therapy.

For a time, Brittany was calmer, but her old behaviors returned,

and social workers placed her in out-of-home care for a while. Still, nothing seemed to help.

Julie was losing hope. "I didn't feel it was ever going to get better," she says. "She would come home after a bad day and unleash. Mom was the safe zone. It was not fun being the center of the safe zone." Nor was it safe.

Last fall, Julie awakened Brittany to get ready for school. Brittany, then age 16, would not get up and missed her bus. As Julie called a cab to come for her daughter, Brittany struck out physically, creating a scuffle with her mom. When it happened again the next day, not knowing what resources she had left, Julie called the sheriff.

A social worker came to their home. Still, Brittany would not get out of bed, and Julie discovered that Brittany had taken a fistful of pills the night before. After another trip to the emergency room, Julie and two nurses tried to move Brittany into behavioral health. Brittany attacked again, but this time she ended up in court where a judge sent her to Family & Children's Center's residential treatment program.

That's when real change began.

"I didn't like it there," says Brittany. "Every place there was



locked down," and every privilege, every freedom was earned. "Sometimes I didn't agree with it. Everybody has privileges, but if you don't do what you're supposed to, you lose them."

In retrospect, Brittany admits it was what she needed. "But that way staff can do more for you and work with you more individually. I needed that one-on-one. I had them for my worst times and they were still there for my best times — kind of like family."

Brittany especially clicked with two staff members, including one she describes as a father figure. "He will point out what you do wrong, so you learn. He'll pick you apart and put you back together. He makes sure he tells you everything you do right," she says.

While in Family & Children's Center's residential treatment, Brittany also attended the center's alternative school. After a time, she moved to a youth home where the skills she'd developed could be reinforced in an environment with

less structure. Today, Brittany is at home once again with Julie.

Of her time at the center, Brittany says, "I felt like I got a lot. I feel like I'm done. I don't want to do all that again. I hope it's for good but I'm not taking that for granted."

"Now she copes," says Julie, adding that instead of lashing out she'll go for a walk or listen to music.

"Brittany is a new person. She's more laid back, not so uptight. We still have our moments but nothing major," says Julie. "When I say something, she actually listens. You can see her processing. She's happier. The cycle is broken."

For perhaps the first time in her life, Brittany looks toward the future with hope. "I want to make an urban clothing line and be my own boss, and I want to be a concert promoter," says the young hip-hop fan. "I want to go to California. That would be a good place to start. It has so many different cultures and varieties of people."

She credits Family & Children's Center for her new outlook. "FCC is the best place I've been to," says Brittany. "Every time I have a success in my life, I'm going to write them a letter. I'm going to want to call them. When I'm rich someday, I'm going to send them a check."

*\*Names changed to protect privacy.*



# News Across the Continuum of Care

## Better Tomorrows Start with Work

With help from the Supported Employment Program, individuals living with severe and persistent mental illness are becoming valuable members of the workforce and growing one step closer to recovery.

Family & Children's Center began offering Supported Employment as part of La Crosse's Community Support Program in 2010. The Community Support Program (CSP) provides coordinated care for individuals living with severe and persistent mental illness who are having difficulty coping with the ordinary demands of life. FCC has recently secured a contract to provide the CSP regionally to La Crosse, Jackson and Monroe counties. FCC will continue to provide services in Vernon County as well.

Supported Employment services are available for CSP consumers interested in obtaining competitive employment. Through Individual Placement and Support (IPS), participants can go to school, volunteer or get a job.

Motivation to work is a strong predictor of success and can help individuals overcome barriers as a result of their mental illness.

The program was initiated and is continuously supported by Dartmouth College and Johnson & Johnson as a Community Mental Health program.

Family & Children's Center's Employment Specialists work in collaboration with La Crosse County Human Services and the Department of Vocational Rehabilitation to fill the consumer's needs.

In May, the Supported Employment Program was awarded the Community Provider of the Year Award for the state of Wisconsin by the National Alliance on Mental Illness. The program was nominated by Dartmouth affiliated trainer, Bob Meyer.

Since the program began, 116 consumers have participated; 73 of those found stable employment and 11 enrolled in school.



Employment Specialists Amber Kaio, Kathy Rohr, Louise Campbell, and Wendy Watkins.

## The Partnership for Peaceful Homes Introduces New Event to Support the Domestic Abuse Project

The Partnership for Peaceful Homes hosted *A Night Out on the Town: Paint the Town Purple*, a new event in Vernon County to support Family & Children's Center's program, the Domestic Abuse Project. *A Night Out on the Town* was an elegant dinner on October 25, 2014 at the VFW Post 3032, and included local entertainment, a silent and live auction and 50/50 raffles.

This was a major fundraiser for the program and allows FCC to provide valuable services and funds to victims (adults and children) who are affected by domestic violence. The program is mainly funded through a grant from the state of Wisconsin. However FCC

is required to provide a 25% match locally and this event helps to fulfill that criteria.

The Vernon County Domestic Abuse Project is the only program of its kind in the area. It offers a 24-hour crisis hotline, one-on-one counseling and support, support groups, legal/medical advocacy, information & referral, and community education. It is completely free and confidential to participants. In 2013, it served 100 adults and 60 children in Vernon County.

The program employs two full time staff members: Lisa Hynek, project coordinator, not only keeps the program running, but also provides

case management to many victims; and Mary Sterling serves as the children's advocate, meeting with the children and families to make sure that every victim in a domestic abuse situation is remaining in a safe environment.

For more information, please call 608-637-7052 or visit [fcconline.org](http://fcconline.org).



## A Letter from a Grateful Client

Dear Family & Children's Center,

I wanted to just take a moment to share a humble thank you for the services you all have provided me. Because of the well-rounded team-work and support of the CSP team, I am finally able to walk outside and face the world we all live in with confidence and a smile!! You all have helped enrich my life to such an extent that I am able to live, work, and progress as well as anyone I encounter. "Thank you" will never measure up to all of the help, support and guidance I have been given! I ask that you share this letter and continue to enrich the lives of so many others, as you have done mine.

~ Anonymous CSP Consumer

## Alternative School in La Crosse Announces New Name and Mascot

Early in 2014, Family & Children's Center's alternative education program in La Crosse was renewed, reorganized and renamed! For the past several years, the program has simply been called Alternative Education. Moving forward, the program will be known as the *Breakthrough Academy*. The new identity will help normalize the school experience for students, reinforcing the academic component while also giving them a reason to be proud of their school and the accomplishments they experience.

*Breakthrough Academy* serves K-12 students from area school districts with behavioral and emotional challenges that make it difficult to succeed in traditional schools. The program takes a comprehensive approach to teaching. It provides certified



special education teachers for each major curriculum area along with life-skills curriculum, offering certified crisis intervention specialists, on-staff nursing and in-house mental health services.

To keep consistent with all FCC programs, the academy takes a trauma-informed approach to care, meaning that all students are

screened for trauma with the results dictating the services they receive. Each student is also assigned an on-staff case manager who coordinates programming with the student, family and home school.

*Breakthrough Academy* features small group and individualized academic instruction that aims to keep students on par with peers. Class size is generally under 10 students with at least one additional support staff.

The program began in 1991 as a result of discussions between La Crosse School District,

La Crosse County and Family & Children's Center looking for ways to help at-risk students achieve academic success. Since that time, the program has helped more than 1,000 kids experience success in school and get back on track to graduate.

## Safe Haven comes to Matty's Place



In July 2014, Safe Haven Child Visitation Center began offering services to families in Winona County. Safe Haven is the county's

supervised visitation and monitored exchange center for families affected by domestic violence.

The Safe Haven Child Visitation Center provides a safe environment for children, in families affected by domestic violence, to visit with their noncustodial parent. The visitation center is supported by a

grant from the Office on Violence Against Women, out of the U.S. Department of Justice. Current grant funding has allowed the program to provide services at no cost to the families. The visitation center is located in Matty's Place at Family & Children's Center in Winona.

## Staff Profile: Kiesha Morgan Shapes the Next Generation

An organization is only as strong as its employees. And at Family & Children's Center there are a multitude of excellent staff members who go above and beyond for our clients everyday! One of those outstanding staff members is Kiesha Morgan. Kiesha – case manager and supervisor for Bridges Early Childhood Day Treatment in Winona – works hard to create a fun, supportive, learning environment for children in the program.

Bridges is a day treatment program for children ages 3-6 years old with emotional a behavioral difficulties. It provides intensive, therapeutic services each day in a safe and supportive environment, along with individual therapy. The program's goal is to improve daily functioning and overall well-being of each child. Bridges works very closely with parents and other intervention services as well.

Bridges program goals include improving group readiness, relationships with adults, pro-social peer relationships, emotional regulation, and communication skills.

Holding degrees in massage therapy and cosmetology and a certificate in interior design, Kiesha tries to incorporate her other skills into her work with the kids. She tries to help her clients feel healthy and comfortable both inside and out to help them focus on the individual skills that need improvement.

"I like it when we can get the kids out into the community and do fun activities that not only benefit the kids here but others as well," Kiesha says. "I personally feel it helps the community see our kids in a different light, to understand them a little better and see that they have great intentions and can do great things when they have the help and support of the community."

From dressing up like Big Bird, to talking to the kids about listening to adults, to setting up a variety of out of the building activities, Kiesha is dedicated to the well-being of her clients. Other staff members have noted that she connects well with the clients and their parents too. Parents feel comfortable seeking her out and engaging more with their child's treatment, while the children connect with her immediately and feel comfortable opening up.

"When I can relate to a child going through things, it helps build a bond and great rapport with them. They feel I understand them, don't judge them and truly want to help them. Sometimes we have to be the voice of our kids when it becomes too much for them and I have no problem standing up for our youth and showing them that they are wanted, loved, cared for, needed, accepted, and we believe in them. Believe that they can and will do great things one day."



# Client Success in Big & Small Ways



**Name:** James  
**Age:** 17  
**Program:** Youth Home in La Crosse

**Trauma:** James arrived at the Youth Home after having been placed in multiple foster homes. James did not hesitate to express his anger to staff by flipping chairs and being verbally aggressive. He had multiple triggers and it became clear to staff that his emotional development did not match his age. James had a history of neglect and no relatives for him to return to. James' social and communication skills were minimal, but if you played him in chess you would surely be beat.

**Goals:** A mentor worked with James on building social skills, understanding boundaries, and improving cleanliness. The staff used games and activities that James enjoyed so he was involved in the learning process. Consistency was key.

**Future:** Staff began to see changes in James quickly. He could acknowledge his desire for attachments and regret when he pushed others away. He was able to identify boundaries between others better. Most importantly he developed an interest in spending time with his peers, a quality not seen by previous providers. He continues to do well in school and is beginning to plan for his future by learning new independent living skills.



**Name:** Pierre  
**Age:** 26  
**Program:** Supported Employment in La Crosse

**Trauma:** At a young age, Pierre was diagnosed with Schizoaffective, Bi-polar and Post Traumatic Stress Disorder. Throughout his life, he recalls painful neglect and abuse by his mother and other family members. They did not understand his disability. As a result of his disability, Pierre was not able to complete high school and moved away from his family to become a part of a treatment team at Family & Children's Center when he was twenty-three.

**Goals:** Working with the Community Support Program and IPS Supported Employment at Family & Children's Center, Pierre was able to develop the skills needed to obtain a job. FCC's staff helped him build confidence so that he could get through an interview without getting nervous or stumbling over his words. They also helped him develop his resume and find an employer that was

a good fit. There were some set-backs at times when Pierre would think too much about his abusive past and need to seek help at the local care center, however, he did not let these set-backs keep him away from pursuing work. Pierre also recently received his GED.

**Future:** Pierre was able to secure a job at Hobby Lobby and Kohl's and continues to work there today! He reports that while at work he doesn't think about the past and the things that make him sad. At work, Pierre is loved among his managers and co-workers for his good attitude and ability to focus on his tasks. His stays at the care center have decreased and he now has money to do activities such as go to movies with friends. Pierre also really likes to bowl and encourages others to practice and improve with each game!



**Name:** Sean  
**Age:** 17  
**Program:** Winona Youth Night Campus

**Trauma:** Sean was a very depressed kid who could not list or identify his emotions. He had a lot of built up anger and constantly kept up a 'shield' to protect himself from others. He was not willing to let anyone into his life or ask for any help. Sean had an extremely rough background and a current home life that was not conducive to his mental health needs. It was clear that his current home life was one full of emotional abuse.

**Goals:** Sean was able to identify his emotions and use coping skills appropriately. He still struggles to ask for help, but has shown that he is capable of doing so. He has been able to share his feelings with others and let others into his life. He realized that 'sometimes he needs to put his shields down and let others in.'

**Future:** Sean admitted that he has recently put his shields down and destroyed them forever. He was able to move into a foster home and away from the

emotional abuse he had endured. Upon successfully completing the program, he said, "I will miss you guys. You have walked your way into my heart with each step we took together, you've seen me at my best, you've seen me at my craziest and you've seen me at my laziest, but one thing you won't see is me forgetting you guys, you guys have been a skipping stone to me, a road worth traveling, you have helped me get to where I am today, the memories we have are one in a life time, now, then, and forever with me."



**Name:** Becca  
**Age:** 18  
**Program:** Hope Academy

**Struggle:** Becca found out she was pregnant with her son as a sophomore in high school. And she quickly found out that being a young mom isn't easy. From having to buy diapers and formula to clothes, wipes and car seats; it was not cheap either. Becca and her boyfriend became very stressed and her friends didn't want to hang out anymore. School slowly became less of a priority for Becca and she started failing classes.

**Help from Hope:** Both Becca and her boyfriend's families were supportive of keeping the baby. Becca says, "My life changed a lot because now I had someone

other than just myself to think about." Her school counselor told Becca about Hope Academy, a school for teen moms. "It instantly sounded like an awesome idea to go to school with people I could relate to." Starting at Hope Academy as a junior, Becca was able to catch up on her high school credits, learn good parenting skills and plan for her family's future. "It was one of the best choices I have ever made. Being in this kind of environment and also having Xander has made me so much more motivated to finish high school, go to college and make sure Xander has a really great future."

**Future:** "The day I had my son was truly the happiest day of my life. The moment I saw his perfect little face, I instantly fell in love with him." Becca is now on track to graduate with her peers with a diploma from her referring high school. "My dream for after high school is to go to the Salon Professional Academy and get my cosmetology license. I also hope Xander has a successful life and for him to do whatever his heart desires."

## Kate and McKenna: Ending the Cycle of Abuse

**Often times the only frame of reference people have for parenting comes from the way they were raised, for better or worse.**

For many adults, childhood memories are filled with family vacations, bedtime snuggles and holiday celebrations. For Kate Shaw\*, her childhood memories are marked instead by violence, abuse and responsibilities completely inappropriate for any youngster.

The oldest of four siblings, Kate bore the brunt of her mother's abuses — abuses that included drugs, alcohol and her own children. One of Kate's most vivid memories is of a time when her mother punished her by wrapping a belt around her neck and hanging her in the closet. She would have died there had her father not come home to hear her flailing and kicking.

Another time, when Kate was 12, her mother, downright drunk, drove home with Kate's little sister in the back of the car. Kate found her mother passed out in the bathtub and covered in vomit. After searching for her little sister and tucking her safely in bed, Kate got her brothers to help her clean up her mom.

It was no wonder that Kate found herself attracted to alcohol. It was a way to forget and free herself from those memories for a time. But addictions often run in families, and Kate was no exception. After wracking up several OWIs, Kate was facing prison time when she

discovered she was pregnant.

Prison time or not, Kate was determined not to repeat her mother's ways. She stopped



worked with Kate to connect her with community resources, including self-sufficiency and job training programs along with affordable housing. She's also provided a lot of less-tangible assistance, notes Kate, such as emotional support and healthy parenting guidance.

"I can always count on her to tell me the truth and be honest with me about the wisdom of my decisions," says Kate. "Without Jen, [my daughter] McKenna would probably be in foster care, and I would probably be in prison because that's where I was headed."

"Family & Children's Center helped me realize what an actual healthy family is so I can give that to McKenna. I don't want this community to view me as a mug shot. I want people to view me instead as a great mom. And that's the image that Healthy Families is helping me create for McKenna."

Kate and McKenna are headed toward better tomorrows for good. "McKenna gets to see the happiest, healthiest mom that I can be. I am completely present. Her life is not centered around Mommy and Mommy's problems. Her childhood memories will be happy ones."

*\*Name changed to protect privacy.*

drinking and sought help. That's when she found Family & Children's Center's child abuse and neglect prevention program Healthy Families and Family Systems Specialist Jen McConahay.

"I was buckling under the pressure — being a single mom, not having a job, facing justice sanctions and seeking treatment," says Kate.

For the past three years Jen has

## Sustaining Healthy Families *For Good*

Since Family & Children's Center established it's priority for child abuse prevention services back in 1992 when Healthy Families first started, we have seen thousands of stories like Kate and McKenna's — and we hope to see many more. We are working to guarantee that through a new 10 year sustainability project aimed to raise \$10 Million in endowed funds over the next 10 years. This combined with our current endowment from the Campaign for Better Tomorrows will fund Healthy Families and our other prevention services for good. Look for more information regarding this exciting project in future agency publications. Contact Josh Gates at (608) 785-0001 ext. 257 for more information including how you can get involved in the project.

# BECAUSE CHILD ABUSE HAS NO PLACE IN OUR COMMUNITY

It shouldn't happen here, but it does. One in ten kids will be sexually abused before the age of 18. Many of them will suffer lifetime consequences. All of them are forever changed.

These companies have had enough. They partnered with Family & Children's Center in 2013 and 2014 to become True Blue by sponsoring programs that give children better tomorrows.

The children thank them. We thank them. We hope you thank them, too.

### True Blue Partners

- Allergy Associates of La Crosse
- Ballweg Midwest Toyota
- Bettesworth Concrete & Construction
- Brown & Brown Insurance
- Coulee Bank
- Coulee Parenting Connection
- Dahl Automotive
- Dairyland Power
- Gundersen Health System
- Health Tradition Health Plan
- Honda Motorwerks
- The Insurance Center
- JFK Associates
- Kaplan Professional Schools
- La Crosse Graphics
- La Crosse Mail & Print Solutions
- Larson Architect
- Logistics Health Inc.
- Merchants Bank
- Misty's Dance Unlimited
- Modern Crane
- Moore Smiles
- Mueller Media
- Park Bank
- Pischke Motors
- River Rocks
- Schneider Heating & Air Conditioning
- TCI
- Three Rivers Technologies
- Three Sixty Real Estate Solutions
- Travel Leaders
- Trust Point Inc.
- Valley View Mall
- Waterfront Restaurant & Tavern
- WIPFLI LLP



Thank You!



# Our Community Supporting Our Programs

## Dahl Auto Lube-A-Thon



For the past two summers, Dahl Automotive has hosted their annual Lube-A-Thon fundraiser to benefit Family & Children's Center. During the Lube-A-Thon, Dahl's dealerships in Onalaska, La Crosse and Winona shut down their service departments for the day to offer free oil changes for a minimum \$10 donation and car washes for a minimum \$5 donation. All supplies for the event are sponsored by Dahl's loyal community partners and staff volunteer their time, which means 100 percent of the proceeds can go directly to FCC programs!

This event has raised more than \$30,000 for FCC's child abuse prevention programs over the last two years.

Thank you to the Dahl staff who volunteer their time for this event every year! And thank you to FCC friends, family and staff members who supported the event as well!

## Tri-Quest: Run-Bike-Golf

Tri-Quest is a unique and challenging athletic competition created to promote healthy and physically active lifestyles and to benefit youth in the Coulee Region. The annual event involves a 5K run, 33K bicycle race and 18 holes of golf. Family & Children's Center was extremely fortunate to be the beneficiary of Tri-Quest 2013. The event raised over \$40,000! Ten FCC staff members (and family) volunteered at the event, as course marshals for the bike race. Vanessa Southworth, Jay Farmer and Lindsey Purl participated as a team representing FCC and placed fourth overall in the corporate division! The 20th Anniversary Tri-Quest event was held on Sunday, September 21<sup>st</sup> at Drugan's Castle Mound Country Club and benefited the La Crosse Children's Museum. For more information, please visit [Tri-Quest.org](http://Tri-Quest.org).



## The Guardian Angels Present: An Evening In Monte Carlo

The second annual Evening in Monte Carlo was a success once again this year! FCC's very generous volunteer group, the Guardian Angels, worked hard to create a fun, casino night including friendly casino games, elegant hors d'oeuvres, a raffle, and live auction. This year's event was sponsored by The Waterfront Restaurant and Tavern at the Cargill Ballroom and featured Jennifer Livingston and Mike Thompson as celebrity auctioneers!

An Evening in Monte Carlo has raised over \$56,000 in the past two years to benefit FCC's child abuse prevention programs, Healthy Families and Stepping Stones.

Thank you to the 2014 Guardian Angel's for all of their time and effort that goes in to this great event! Mary Bartos, Carolyn Case, Cindy Cassellius, Jenny Divney, Carolyn Furlong, Debby Gantert, Crystal Layland, Susan Johns, Jen Kloehn, Martha Oswald, Kelly Saterbak, Michelle Schneider, Libby Spirer, Sue Wise and Mary Zaky.



**2nd ANNUAL**

# Building Bricks for Hope

## Lego® Building Contest for Families & Kids K-8

Saturday, December 6, 2014 • 9:30 a.m. - 5:00 p.m.  
Herberger's Court at Valley View Mall

*Register Now!*

Proceeds benefit  **Hope Academy**  
A Program of Family & Children's Center

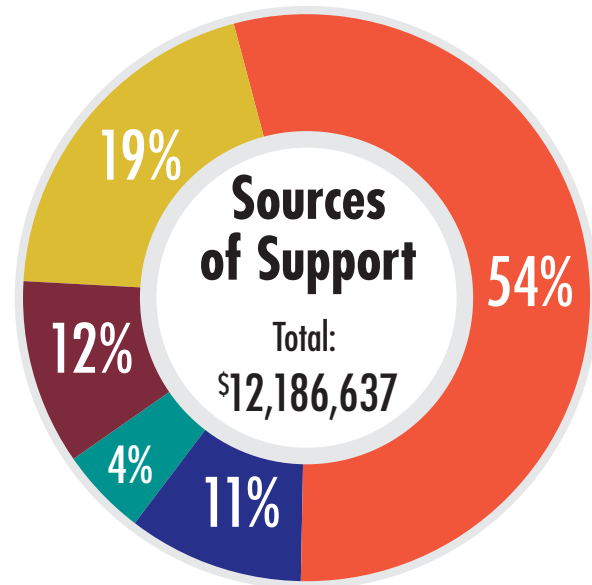
**For more information, please visit [fconline.org](http://fconline.org)**



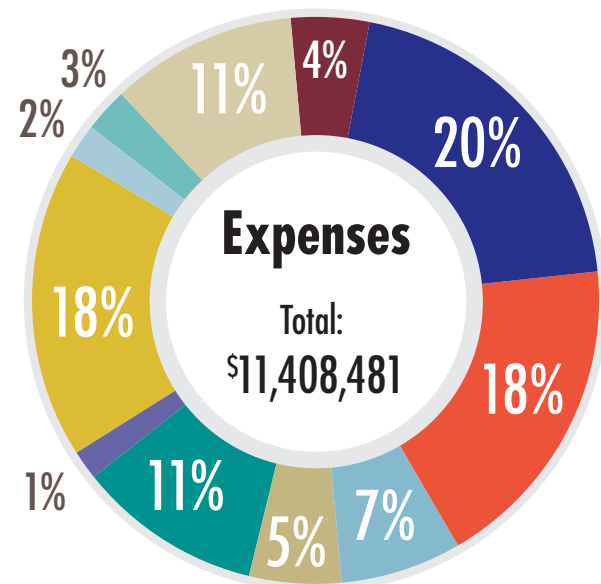
# 2013 Annual Report Financial Highlights

## A Few of Our Program Outcomes

- \$1,346,310 Contributions (Public Support)
- \$2,424,219 Program & Service Fees
- \$6,599,074 State & County Agencies
- \$1,245,127 School Districts
- \$517,907 Rentals & Investments (Gains/Losses)



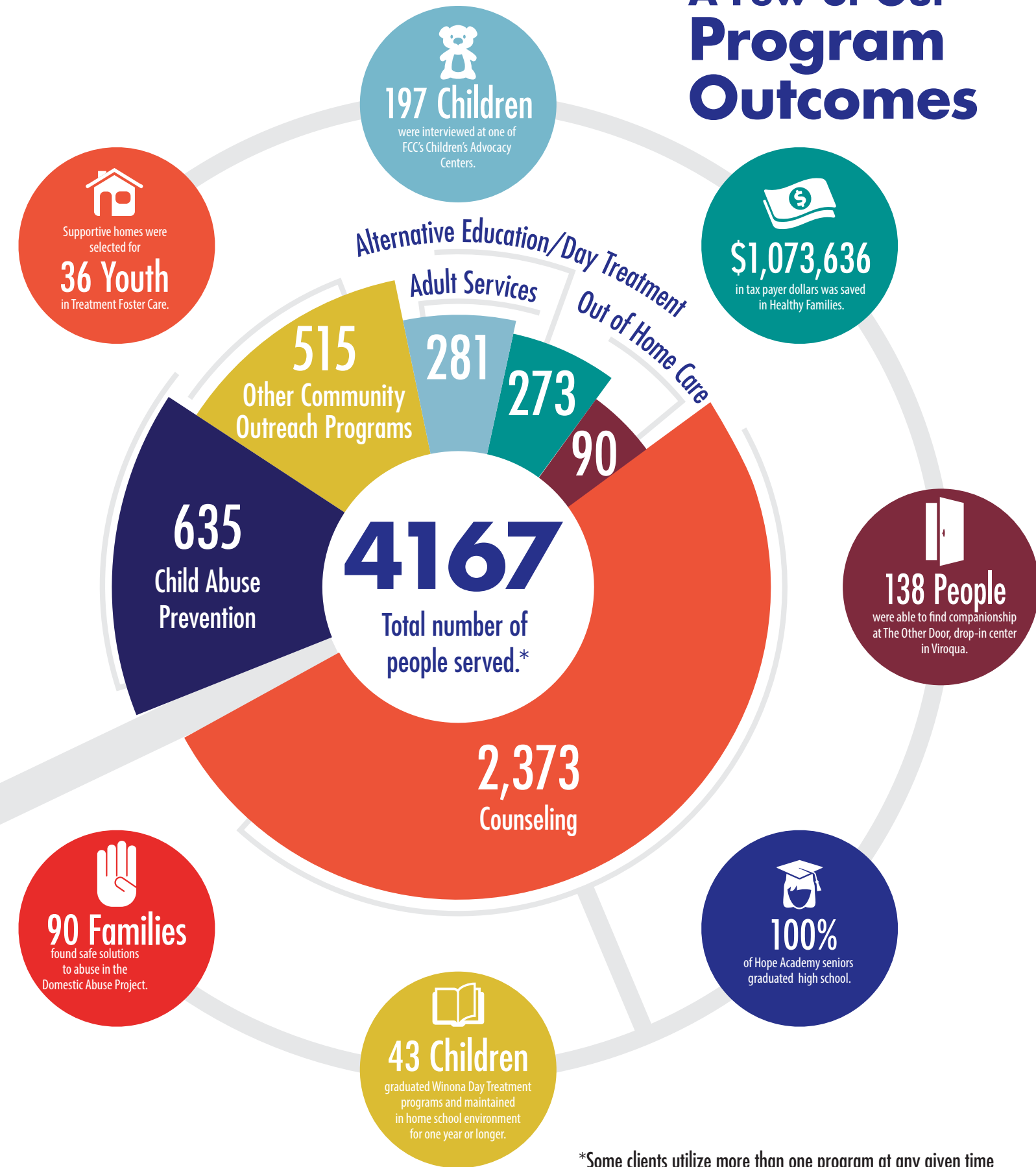
- \$225,593 Healthy Families
- \$307,327 Youth Homes
- \$1,201,837 Residential Treatment
- \$510,853 Treatment Foster Care
- \$2,326,562 Alternative Education/Day Treatment
- \$2,092,137 Community Support Programs
- \$820,189 Outpatient Counseling
- \$569,081 Hiawatha Hall
- \$1,185,931 Other Community Outreach Programs
- \$184,474 Development & Fundraising
- \$1,984,497 Management & Other



**6**  
Locations

**233**  
Staff

**169**  
Volunteers



\*Some clients utilize more than one program at any given time

# Our Board of Directors

The community volunteers who serve on Family & Children's Center's Board of Directors are our most committed ambassadors and advocates. They share their time, talent and treasure to ensure the center's success in every area: strategy, programs, personnel and finances.

## Board Spotlight - Barb Skogen



Lifetime La Crosse community member Barb Skogen joined the Family & Children's Center Board of Directors in 2012. Barb currently works in her family's business, Festival Foods, alongside her husband, Dave. Previously Barb also worked as a Medical Technologist at Gundersen Health System for eight years.

Barb is very active in her community, volunteering her time on many boards. Along with FCC's Board of Directors, she also currently serves on the Viterbo University Board of Trustees, University of Wisconsin-La Crosse

Foundation Board, and the Gundersen Health Systems Foundation Board. In the past, Barb has served and been President of Bethany Lutheran Homes, Inc., and the Greater La Crosse Area Chamber of Commerce.

Barb, along with the entire Skogen family, believes in philanthropy—giving to make their community a better place to live and helping others to hopefully live a happy and wholesome life.

### Why should people consider a gift to FCC?

A gift to the FCC is an investment in creating and sustaining a strong community. Funding from the Federal, State, and Local governments is decreasing. Without community support, without assistance some of these vulnerable families will fail. They will continue down the destructive path abusing and/or neglecting their children. These children more than likely will develop behavioral and emotional problems which could cause them to become abusers themselves, and/or reside in correction facilities. The cycle continues. People considering a gift to the FCC should consider it as an investment in their community and the future of our great Country! FCC is a good steward of your gift. Money well spent!

### What have you learned from serving on FCC's Board of Directors?

I am amazed with the number of programs the FCC offers, and the commitment and passion of the associates of this great organization. Most of us live in a bubble, and we don't totally realize the number of families, individuals, and children who need our help. I now have a new appreciation for those who struggle with life. I know there is help for them within the FCC family! We need to offer that assistance to those in need.

## Board of Directors

Tyler Dahl, CHAIR

*Dahl Automotive*

Laura Eddy, CHAIR-ELECT

*Crescendo Consulting L.L.P.*

Jim Warren, VICE CHAIR

*Community Volunteer*

Mike Boehm, PRESIDENT/CEO

*Family & Children's Center*

Jerry Arndt

*Gundersen Health System*

Kyle Bakkum

*Vernon Memorial Hospital*

Eva Dahl

*Endodontic Specialists of La Crosse, Ltd.*

Tom Fitzpatrick

*Fitzpatrick, Skemp & Associates, LLC*

Chris Gervais

*Edward Jones*

Mark Hansen

*Nesnah Ventures, LLC*

Kelly Hein

*Community Volunteer*

Peter Hughes

*Mayo Clinic Health System*

Jay Jaehnke

*Stifel Nicolaus*

Stacey Mounce, DDS

*Downtown Dental PA*

Maria Peterson

*Access Commercial Real Estate*

Tom Reinert\*

*Community Volunteer*

Barb Skogen

*Festival Foods*

Libby Spirer

*The Waterfront Restaurant & Tavern*

Sr. Julie Tydrich

*Franciscan Sisters of Perpetual Adoration*

Jeff Wieser

*Wieser Brothers General Contractor*

\*Tom Reinert lost his battle to cancer, in summer 2014, after serving as a board member for 5 years. We are grateful for his dedication to the kids in our community and we miss him immensely.



## For Better Tomorrows...

Help **children** find better tomorrows.

Support more stable **families**.

Promote healthier **communities**.

## For Good.

Family & Children's Center gratefully accepts gifts of all sizes and in many forms. Will you consider how you can give for the greater good?

You can build better tomorrows for generations to come through planned gifts to Family & Children's Center. Planned giving allows you to partner your financial goals with your personal values to create lasting change — all while improving your financial and tax situation today.

- Bequests in wills
- Charitable lead trusts
- Charitable remainder trusts
- Retained life estate
- Life insurance
- Retirement assets

To learn more about how you can help Family & Children's Center, contact Jamie Schloegel at 785-0001, ext. 235, or [jschloegel@fccnetwork.org](mailto:jschloegel@fccnetwork.org).

*With your help, we can bring life-changing programs to the children and families who need them most and bring better tomorrows to our whole community for good.*

## Wisconsin

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Black River Falls, WI 54615  
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**Viroqua:**

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Telephone: (608) 637-7052

**La Crosse:**

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Telephone: (608) 787-9403

## Minnesota

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**Rochester:**

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