

# **ifc** *Family & Children's Center*

Better Tomorrows Start With Us



*Proven.  
Solutions*

*Safer  
Communities*

*Hope*

*You'd never know...*





## Family & Children's Center

Founded in 1881, Family & Children's Center is a regional, not-for-profit agency that has helped thousands of children, adults and families enjoy better tomorrows.

The Center provides a continuum of services designed to strengthen families and promote individual well-being, with programs and services ranging from child abuse/neglect prevention programs, assessments, alternative schools, and residential treatment to outpatient counseling and numerous outreach programs.

Today, Family & Children's Center is the largest, private provider of human services in western Wisconsin and southeastern Minnesota. We are nationally accredited, signifying that we meet the highest standards of best practice for each of our programs.

# You'd never know...

Looking around your community, you'd never know the troubles some children and families face — the home and family instability, the abuse and neglect, the isolation and lack of resources, the mental illness and other circumstances beyond anyone's control. You'd never know the depth of their anguish.

With Family & Children's Center, however, these children and families can find hope for better tomorrows. Family & Children's Center provides a wide range of highly effective, life-changing prevention and intervention programs designed to strengthen families and promote individual well-being, in good times and in bad.

Please look through the following pages to see how Family & Children's Center can help you or how we can help each other. You'll be surprised to see the difference we can make together.

*"Never has the need for a healthy, cohesive family unit been greater. Through an integrated approach to providing quality services and by serving people in their own communities, Family & Children's Center can help all members of the family: children, youth, adults, seniors as well as the family as a whole."*

**Don Weber, Logistics Health Incorporated Chairman & CEO**



# Strengthen Families Effective Life-Changing



*You'd never know...*

## *Prevention*

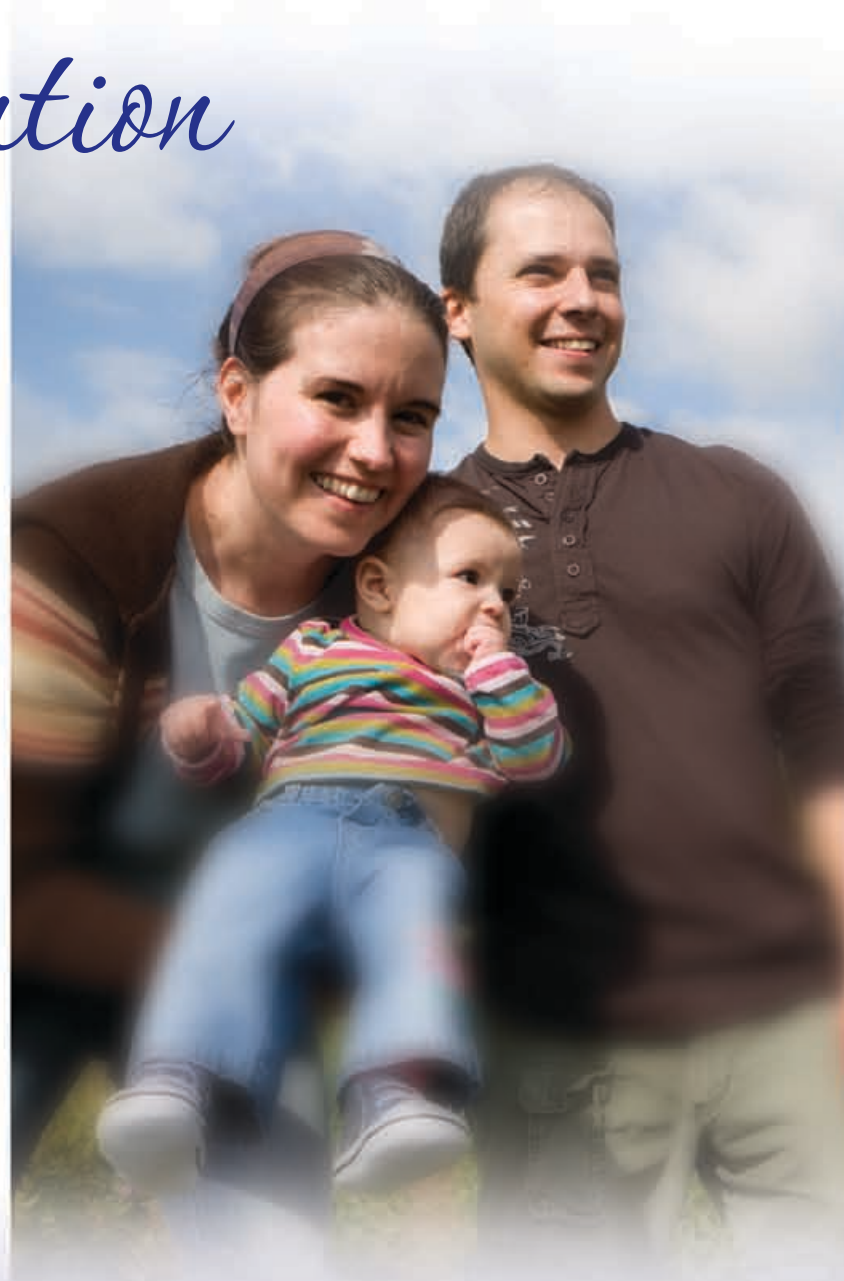
At Family & Children's Center, we are particularly proud of our prevention programs, including child abuse/neglect prevention and foster care to independent living transition services. By implementing these prevention programs wherever possible, we not only minimize the need for intervention down the line but we also minimize the toll of social ills on the communities we serve.

Preventing problems costs only a fraction of dealing with later consequences. For example, our child abuse and neglect prevention program saves taxpayers at least \$2 for every \$1 invested in the program. And helping teens transition from foster care to independent living dramatically decreases their rates of homelessness, reliance on public assistance and incarceration later.

The real savings, though, comes in saving lives. Our prevention programs mean that children and youth will grow to be productive adults, community citizens and positive role models for others.

*"The Healthy Families program has helped our family exponentially and was a very important support network for us when we had no family in the area. It was especially helpful to know that the feelings, emotions, concerns, doubts and frustrations we had as new parents were perfectly normal. Change has to begin somewhere, and in my family that change began with me."*

**Mandy Lomen, Healthy Families Client**



*You'd never know...*

## *Early Intervention*

Problems of child abuse and neglect, social isolation, mental illness and others addressed by Family & Children's Center are widespread in the United States. In fact, one in four adults suffers from a diagnosable mental health disorder in any given year, and five percent of children are reported by their parents to suffer from definite or severe emotional or behavioral difficulties. (Sources: National Institute of Mental Health and National Institute of Child Health and Development, respectively)

These difficulties permeate every facet of life — our homes, workplaces, schools and relationships — and impact everything from safety and crime rates to societal productivity and taxes.

To minimize that impact, Family & Children's Center seeks to intervene as early as possible, adapting our proven, integrated programs and services to rescue struggling children, youth, adults, families and communities.

It also makes good economic sense for one successful, highly-effective agency to serve the regional area. One infrastructure and a unified team approach means more efficient and more effective solutions to community challenges.

*"Being in and out of foster care my whole life, I am grateful to a lot of people who have helped me, but the highest on this list would be the workers in the Independent Living program at Family & Children's Center. I'll always be thankful to these programs for helping me because they helped me become an independent, confident and successful college student who knows that I can succeed."*

**Genie Adler, Healthy Transitions Client**



*Productive  
Successful  
Solutions*

*You'd never know...*

# *The Programs We Offer*

Because healthy individuals and families are key to a healthy society, Family & Children's Center offers a continuum of services to care for individual members of families as well as families as a whole — including services designed especially for children, numerous prevention and early intervention programs and many approaches to counseling.

**Alternative Education** — Four alternative education programs, each of which is highly structured and holds students accountable for their actions, with well defined rewards and consequences for their behavior.

**Assessment Services** — Comprehensive assessments to determine the appropriate services for troubled children, however complex or extensive their needs.

**Child Abuse/Neglect Prevention** — Voluntary, intensive home visiting program offered to families prenatally or at birth where family support workers visit families weekly or as needed to help with parent-child bonding, coping skills and child development.

**Child Advocacy Centers** — Regional, multi-disciplinary collaborative team approach to investigation of child maltreatment reports, preserving the dignity and spirit of children reported to be victims.

**Community Support Program** — Assists adults with serious and persistent mental illness to live as independently as possible in their community.

**Coordinated Services Team** — A service designed for troubled children and youth involved in multiple treatment programs to integrate treatment from all providers into one cohesive plan.

**Day Treatment** — For students who need additional counseling or clinical attention, a half-day treatment program of group and individual therapy in concert with a half day of schooling. Programs are provided for children of all ages, ranging from preschool to high school.

**Divorce Mediation** — Assists divorcing couples in making positive, healthy decisions about their separations, minimizing conflict and reaching mutually agreeable settlements.

**Domestic Abuse Services** — Coordinates a county-wide domestic abuse project with an aim to end the cycle of abuse.

**Emergency Mental Health Services Team** — Provides coordinated emergency mental health services for people who are experiencing a mental health crisis.

**Foster Care Respite** — Provides caregivers relief from stress and thus improves their ability to provide healthy home environments for children who have been removed from their family home.

**Intensive In-Home Counseling** — Assists families in making changes that promote the well-being and healthy functioning of the family unit; improves relationships and keeps families together.

**Independent Living Services** — Provides preparation and resources for young people transitioning from an out-of-home environment to living on their own at age 18.

**Individual and Group Counseling** — Services for individuals, couples and families to address a broad range of issues such as anxiety, depression, grief, major life changes, self esteem, chemical abuse, divorce, sexuality and personal relationships.

**Residential Treatment** — For children who have suffered severe physical, sexual or emotional abuse, an intense therapeutic setting where therapists and youth counselors help children work through the difficult aspects of their lives. And, for adults with severe mental illness.

**Residential Youth Homes** — Similar to residential treatment, but in a home-like setting for youth ages 11-17.

**Respite Care** — County-wide program offering relief to caregivers with children with behavioral, medical, mental, or physical challenges.

**Sandcastles** — For children experiencing the divorce of parents, a half-day group education program to help them cope with the stress and confusion.

**Senior Apartments** — Affordable two-bedroom apartments for people age 55 and older with a philosophy centered on enhanced quality of life.

**Supervised Visitation** — For families living apart, monitoring services for parent-child visits to assure a safe, supervised environment for children and positive coaching for parents.

**Treatment Foster Care** — Healthy home environments for children who have been removed from their family homes and who require more intensive support than that provided in regularly available foster care settings.

**Youth Tracking** — Tracks youth who have experienced delinquency issues, monitoring their progress in court-ordered programs.

**Youth Night Campus** — A highly structured adolescent day treatment program that provides supervision, therapeutic intervention, educational support and life skills training to improve overall behaviors, foster success and reduce the likelihood of more restrictive placements.

*Lindsey*



Lindsey is 15 years old. Her favorite past-time is shopping, she has a passion for fashion, and she obsesses over the minor acne on her beautiful face. She loves animals and cries every time she visits the Humane Society. She hopes someday to be a dog trainer who drives to work in a Lamborghini.

You'd never know that Lindsey's earliest childhood memory was as a toddler living in a foster home and that she has no memory of her birth mother. She does, however, remember feelings of aloneness, worthlessness and defensiveness and how those feelings turned her into a belligerent, manipulative, trouble-making and sometimes violent adolescent.

You'd never know because Lindsey found Family & Children's Center.

After only a year of intensive treatment with Family & Children's Center — including residential treatment, alternative education, outpatient therapy, day treatment and a group home — Lindsey has transitioned to one of the Center's Treatment Foster Care homes and is once again attending public school. She continues working with her therapist and is entering the independent living program to develop the skills she will need to live as a productive adult upon high school graduation.

With Family & Children's Center's help, Lindsey has learned to communicate with words instead of rage. She understands that her actions, good and bad, carry consequences. And she realizes she deserves love and respect, both of which are better than pity. She has learned there are better tomorrows for her — and she's embracing them.

*Family & Children's Center serves children, families and individuals with a continuum of services designed to strengthen families and promote individual well-being.*



*You'd never know...*

# *The Difference You Can Make*



The growing problems of families in our communities — their social isolation, their lack of education, employment and resources, the increasing number of single-parent homes — are real. They affect all of us, yet many never know the difference we can make through gifts of time, talent and treasure.

As a not-for-profit agency, Family & Children's Center's success depends on a variety of public and private partnerships. And donors, specifically, play an enormous role in decreasing waiting lists for services vitally needed in their communities — services that will bring about healthier individuals, better family lives and brighter futures.

As a society, we fail together or we succeed together. An investment in Family & Children's Center is an investment in better tomorrows for others and for ourselves. Please know that you can make a difference. *To learn more about giving to Family & Children's Center contact our development office at (608) 785-0001 ext. 257 or [supportfcc@fccnetwork.org](mailto:supportfcc@fccnetwork.org).*



*Invest Brighter Futures  
Better Tomorrows*



## *Immeasurable Impact*

Though Rick and Julie Diermeier could count the thousands of clients Family & Children's Center has served over the years, they say they would never know how to measure the impact of the Center.



"We live in a small enough community that our lives and our children's lives cross paths many times with people who have been helped by the Center — co-workers, children in our kids' schools," says Julie.

"When you pull a child out of mainstream schools to attend alternative education, he won't be a distraction to the other kids in the school and he will be getting the help he needs," says Julie, offering just one of many examples of how helping one suffering individual also helps others. "The benefits of Family & Children's Center in our community are immeasurable."

We're all linked, say Rick and Julie. The individual — with all his or her gifts and challenges — is linked to the family. That family is linked to the overall community. "Individual well-being and strength and the health of the family are the core building block of society," says Julie.

As donors to Family & Children's Center, the Diermeiers will never know how many people they'll touch or how many generations will be forever transformed. But they do know it's an investment with infinite dividends to others and themselves.

"Giving brings intrinsic rewards — the knowledge that what we do helps in some small way. That's why we do these things: other than doing good, it makes you feel good."



## Family & Children's Center Staff

A critical component of our success is our professional staff. They represent the most skilled and talented professionals the area has to offer and have contributed greatly to the Center's obtaining the prestigious, rigorous and voluntary national accreditation from the Council on Accreditation for Children and Family Services.

We have a team of more than 300 highly skilled therapists, adult and child psychiatrists and psychologists, special education teachers and support personnel who together offer expertise in nearly every area of mental health. Combining that expertise, we use a team approach to treat not only the whole person but also the whole family unit where indicated.



# Service Area and Contact

## Wisconsin Headquarters

1707 Main Street  
La Crosse, WI 54601

Telephone: 608-785-0001

Fax: 608-785-0002

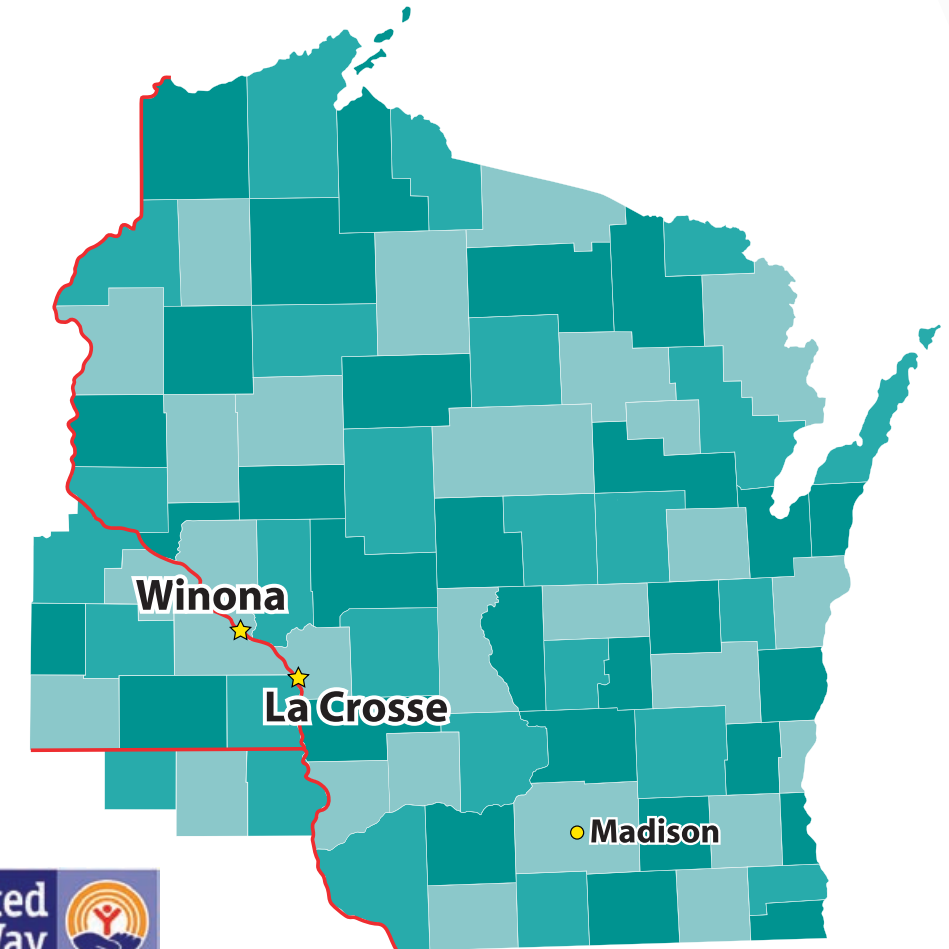
## Minnesota Headquarters

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Winona, MN 55987

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[www.fcconline.org](http://www.fcconline.org)



Meaningful  
Compassion  
Intervention  
Programs





**Family & Children's Center**

Better Tomorrows Start With Us



*Well-Being  
Prevention*

*Strong Families  
Healthy  
Children*