



2018 - 2019 ANNUAL REPORT

## **UPDATE FROM MOUNTAINSTAR**

### **ANNOUNCEMENTS**

MountainStar is pleased to introduce Kara Tachikawa, our new Program Director. Kara brings a wealth of knowledge about early childhood, trauma-informed care, and nonprofit management. She is a long-time Central Oregonian who is passionate about supporting young children and prioritizes direct engagement with families. Prior to joining MountainStar, Kara was Executive Director at a successful, local childcare program and instrumental in activating the Bend Chamber of Commerce to address the lack of quality childcare and how it impacts local businesses. We are thrilled to have Kara onboard!



Staff are trained to meet a child's unmet needs for attention and emotional safety, and a growing number have pursued additional education in the field of infant mental health. We celebrate their educational accomplishments and value the knowledge they bring to our work with children.

#### Oregon Infant Mental Health Endorsement:

Jacqueline Alania-Payta, Raquel Diaz, Yazmin Juarez Flores, Amethyst Hernandez, Amanda Smith, Erica Wallen

Infant/Toddler Mental Health Graduate Certificate: Kendall Crump, Erica Wallen

# LETTER FROM THE EXECUTIVE DIRECTOR



You probably didn't know that at MountainStar, we combat child abuse and neglect with glitter - glitter paint, glitter pens, and glitter powder - it's everywhere! Okay, it's not really the glitter that makes a difference; it is the relationships that get built when children come to MountainStar.

We look and feel like a high-quality early learning center, but there are extra elements that make our classes "therapeutic." High staff to child ratio, a trauma-informed approach, staff trained in infant/toddler mental health,

and the overarching goals of social/emotional development and building resilience are what sets us apart.

There is nothing scarier than a family with young children who face multiple challenges especially when they don't have a network of positive relationships. Big family problems, young children, and social isolation are a dangerous combination and that is where MountainStar steps in to help.

Parents and children enrolled at MountainStar benefit from the encouragement and support provided by staff and volunteers. They are more likely to meet developmental milestones, make progress on family goals, or simply enjoy a moment with glitter, glue, and a piece of paper. A recent study conducted by the data analytics team at the Oregon Department of Human Services confirms that children enrolled in Relief Nursery services, like MountainStar, stay safe despite their elevated risk for involvement with Child Welfare.

Local community support ensures MountainStar continues to serve close to 300 children and their families across Central Oregon. With your help, that number will continue to grow, especially as we work to create a new center in Redmond by April 2020. Thanks to the generous donors at our Birdies 4 Babies event this year, we have purchased a "new" used bus to transport children to our classrooms every day.

MountainStar is committed to improving outcomes for families with young children who live with overwhelming stress. As the need grows, so will our services. Please know that your involvement as donors, volunteers, and advocates is what allows our services to remain free and responsive to those families in need.

Thank you for believing in us, thank you for your partnership, and thank you for caring about our community's youngest children.

With gratitude,

Bur Rul

PS, I hope you are signed up for our occasional e-news and please stay in touch!

### FISCAL YEAR 2018 - 2019 OVERVIEW

### RELIEF NURSERY MILESTONES

# MOUNTAINSTAR FAMILIES

100% of children served are at risk of abuse/neglect

**75%** of families served live below the federal poverty level

Average number of family risk factors: 13

**TOTAL CHILDREN SERVED** 

Bend 167 · Madras 56 Prineville 39 · La Pine 12 Redmond 16

TOTAL SERVICES **PROVIDED** 

**TOTAL PEOPLE IMPACTED** 

children + immediate family members









# **PROGRAM OUTCOMES**

98% of children remained free from confirmed cases of abuse and neglect

99% of children did not require foster care or another out-of-home placement

**90%** of children routinely visited a primary care physician (well-child visits)

80% of children either met or exceeded the benchmark for social/emotional development

### CONTRACT SERVICES FOR ENHANCED VISITATION

Reuniting Families in **Foster Care** 

children reunified 608

hours of service provided

### **SPOTLIGHTS**

### "LOLA'S" STORY

### At 10 months old, "Lola's" mom no longer recognized her.

Lola's parents were in a severe car accident when she was just 10 months old. Both survived, but it was Lola's mom who suffered brain injuries. Her speech was affected, and she had extreme memory loss. She no longer recognized her daughter and could not provide the affection that Lola desperately needed. Lola's dad lost his job trying to balance the full-time care for his wife, and they soon ended up homeless.

Then MountainStar entered their lives. Our interventionists stood with them as the family was forced to adjust to their new reality. We provided as many resources as possible - diapers, food boxes, gas cards, grocery gift cards - and embraced Lola, surrounding her with love to help heal the neglect she had experienced. As of today, Lola's mom has regained her memory and speech. Lola's father found steady work and safe housing for their family. And Lola is doing great. You can find her at MountainStar dancing in circles. She loves music, playing with instruments, and engaging with her peers.



Pictured child is not represented in the above story.

# SOCIAL AND FMOTIONAL LEARNING

When MountainStar talks about therapeutic classes, it means social and emotional learning. For children, the trauma they experience can be debilitating, causing an inability to create healthy bonds with family members and others they encounter. With this understanding, MountainStar focuses on a child's ability to build healthy relationships; and it is important that we monitor and measure each child's progress. We look at the interaction between a child and his peers, volunteers, and staff and how those relationships change over time. We also observe a child's ability to self-regulate and their overall emotional state, using activities that allow for an exploration of feelings with some very simple guidance.

Art is one of the best mediums available for children. We provide ample opportunity for self-directed art, but we also guide that process, suggesting children paint a picture of their family, something that is scary, or how the children felt with the recent loss of their class fish. With your help, MountainStar is able to provide a space that supports the emotional spectrum of a child's experiences, knowing that many children have some big feelings they need help processing.



## PARTNER HIGHLIGHTS/EVENTS



families helping families

MountainStar is proud to receive generous support from Glen Gives. This community has an incredible impact on the families we serve, providing a hand-up when they are struggling the most. Past support included funding for a homeless family at MountainStar to cover the security deposit and first month's rent for a home they remain in today.

Glen Gives' program creates stability, and whether it addresses housing issues, employment opportunities, or other resources, the funds make a true difference in families' lives. Thank you Glen Gives for understanding the needs of our community and responding!



### 11th ANNUAL **CARVING FOR KIDS**

Our SERIOUSLY awesome friends at Webfoot are at it again! We are talking about SERIOUSLY amazing pumpkins raising over \$125,000 over the past 10 years for MountainStar families! Every year. Webfoot dedicates over 500 combined hours of labor to coordinate and run this event. The commitment to vulnerable families in our community is amazing: "The work MountainStar does is so huge, and so important," says Gavin Hepp, co-owner of Webfoot. "We want to do all we can to support them in a big way and show that our Central Oregon community sees and appreciates them."

This is truly a family activity from the days spent carving ahead of time to the event on October 19. We'd like to give special recognition this year to Kathy Hepp, Gavin's mom, as carver extraordinaire. Thank you, Kathy, for your SERIOUSLY amazing carving skills!

# BIRDIES 4 BABIES

Birdies 4 Babies raised a record \$298,000 for children in Central Oregon!

#### Special thanks to:

- Pahlisch Homes STAR Event Sponsor
- Broken Top Club for their wonderful venue
- Leadership Gifts Robin & Troy Bailey, Jim & Maryclaire Collis, Gary & Kay Craven, Jim Noonan & Margaret Schaus, Swanton Family Foundation, and Adele & Mike Tennant
- Planning Committee Co-Chairs: Robin Bailey & Mary Jensen Committee Members: Cindy Chrystal, Carole Frazier, Margi Lilligard, Kathy Murch

The horn on the bus goes... beep, beep! This year, B4B raised \$30,000 to buy a "new" used bus for MountainStar's growing program needs! Transportation is often a concern for the families we serve, so instead of adding more stress for a family, MountainStar offers transportation for children to their therapeutic classes. We are grateful to everyone at B4B who helped raise the necessary funds to purchase a "new" used bus! Thank you!







### **COMMUNITY SUPPORT**

### "SAM'S" STORY

### "Sam" struggled in a shifting household and inconsistent care.

Sam's home environment was extremely unstable. He was cared for by his dad and stepmom, with his mom out of the picture struggling with addiction. His father worked multiple jobs and his stepmother was raising three other children. Sam was getting lost in the mix and began having trouble regulating his emotions and setting boundaries. When his dad and stepmom separated, things got even harder. Fortunately, Sam's mom was in full recovery and he was able to move in with her. Despite this positive transition, Sam still struggled.

When Sam arrived at MountainStar, interventionists immediately responded by setting clear boundaries and working on breathing exercises to help regulate his emotions. Sam's mom was referred to mental health services, coaching her on techniques to support Sam's behavior. Sam's mom immediately recognized the impact of MountainStar's program and started to increase her involvement in home visits and at family nights. Over the past year, Sam has gone through incredible change. He has become a helper in class, self-regulates, and is better prepared for kindergarten.



Pictured child is not represented in the above story.

# Gloria Lopez-Davis Infant Program Endowment

MountainStar mourns the loss of Gloria Lopez-Davis, a true friend and champion of vulnerable families in our community. Gloria provided incredible support to MountainStar, serving on the advisory board, governing board, and two terms as board president. Her leadership, commitment, and guidance propelled MountainStar forward, ensuring our services grew and reached those families most in need. In 2013, Carl Davis made a \$50,000 endowment gift to honor his wife, reflecting Gloria's passion for helping children.

"All children are a gift to be cherished. No child - regardless of the circumstances of their birth or the harsh reality of their home environment - deserves to be neglected or abused. It is clear and certain that programs that focus on prevention with the voungest and the most vulnerable are the most successful. because they truly work. ... It is my fondest hope that many others in our community will join me in cherishing these young children and their parents," said Gloria.

The endowment remains an inspiration for MountainStar and has grown to \$125,594. We acknowledge and thank those who joined with Gloria and embraced our community's children.

Adam & Courtney Bledsoe Susan & Fred Breidenbach Kent & Diana Campbell Chad & Melissa Conrad Joan Craig Gloria & Carl Davis Edward & Kathleen Deenihan Bogdan & Lea Dziurzynski Fournier Family Foundation

Todd & Grace Gerdes Bruce & Tvan Grout Judy & Gary Heck John & Candace Holley Eric & Alana Hughson Michael & Jane Leach David & Catherine Light John & Sylvia Mathews Stan Michota

Carole Ann & Larry Milton Gene & Elizabeth Moore Kathy & Jerry Murch Gayle Najera Ronald Nelson Jim & Jovce Norman Janet & Bob Pearson Lynne & Anthony Rosenthal Kayla & Nick Rotunno

Richard & Kate Rumelt Tim & Jen Rusk Alexis Scharff Hazel & Richard Schieferstein **Fmily West** Ron & Ellen Wolff Susan & Werner Zehnder

Thank you, Gloria.

# INDIVIDUAL DONORS

#### \$25,000+

Adam & Rachel Albright Anonymous (2) KC Hurt Dennis & Beverly Pahlisch Margaret Schaus & Jim Noonan Jean Thompson

#### \$24,999 - \$10,000

Robin & Troy Bailey Gretchen Brooks Allan & Julia Charles Jim & Maryclaire Collis Elizabeth & Michael Enright Pam & Dana Gillet Fred & Alicia Hallett Rebecca Julian Kathy & Jerry Murch Norman & Nancy Swanton Dr. Edward & Rosalie Tank Mike & Adele Tennant Cinnie Tomlinson Diane Wagner

#### \$9,999 - \$5,000

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#### \$4,999 - \$1,000

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#### \$999 - \$250

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### **COMMUNITY SUPPORT**

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April Lawyer

Jinnell Lewis

Jane Lin Sherrie Moen &

Jamie Fritz

Steve Linderman

Adam Lochmann &

Wayne & Pam Looney

Bethany Graham &

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Donald & Mary Liebman

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Nancy Siegenhagen
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Cole Mack Ron Simpson Lisa & John Skaggs Colette & Tim Smith Mark & Karen Stanard Steve & Robin Sterba Wayne & Fran Stockdale John Stone & Kristina Knittel Tom Story Catrena & Sean Sullivan Matt Summers Murphy Sweet John & Carol Ann Thurston Ric & Connie Tiplady Shar Tohin Kay & Jon Tompkins Patrick & Maryle Tracy Natalie Vandenborn Marilyn & Michael Ward **Retsy Warriner** Marla Rae & Jeff Watson Craig & Leslie Weigand Heidi Weiss-Hoffman & John Hoffman Linda West Eileen & Ron White Melanie Widmer Kay Wiles Jim & Karen Wolfe Carlos & Gwenn Wysling Doris Yillik

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#### Fund, Donor Advised Fund of The U.S. Charitable Gift

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Community Foundation
St. Charles Health System

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The Deenihan Family Fund

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The Frederick Foundation

of Deschutes County United Way of Lane County

Williamson Family Fund of The Oregon Community

GOVERNMENT SUPPORT

Deschutes County Board

Oregon Department of Education, Child and

Adult Food Care
Oregon Department of
Education, Early

Learning Division
Oregon Department of

Human Services, Child Welfare

of County Commisioners

Washington Federal

WHH Foundation

The Burch Family Charitable Fund

at the Fast Bay

United Way

Foundation

Foundation

Samuel S. Johnson

Foundation

Trust

#### \$500+

ASIM Photographer\* Be Bottle\* Bend Brewing Company\* Bend Electric Bikes\* Bend Furniture & Design Bend VW Photo Bus\* Bigfoot Beverages Bowtie Catering Brandt Safaris Bright Wood Corporation **Brooks Resources** Corporation Caldera Springs Cascade Lakes Brewing Company Central Oregon Seeds, Inc Century Insurance Group Chow Crafted Life\* Dan Coffey Company\* Direct Adventures\*
Domaine Serene Winery\*
E2 Solar

BOLD: \$10,000+

Central Oregon Health

Oregon

Knife River

Les Schwab

Lumashots Photography\*

Macy's Madras Computers\*

Mann Mortgage Mauritson Vineyards\*

McLean Concrete Construction LLC

Memories To Quilts\*

Mountain Sky Landscaping Napa Furniture Design

Nate's Rogue Adventures\*

Newport Avenue Market Norman Building & Design

Old Spaghetti Factory

OnPoint Community

Credit Union

Pacwest Builders

**Pahlisch Homes** 

Parscription Golf

Pete McCracken

Photography

PGA West\* Pickleball Zone

Foundation\*

Mazda

Plateau Forest Products

Poland Organic Dairy Promontory Club

Rabenstein Consulting

Rainshadow Organics

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River Park Family Dentistry

Remix Marketing

Roger Langeliers Construction

Secure Storage

Studio Stereo Planet

Summit Bank Sunriver Resort\*

Tank Law

Tetherow\*

ShurTech Brands Stahancyk, Kent &

Hook, P.C.\* Starfire Body Piercing

Summers Flooring & Design

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The Country Craftsman\* The Loft of Bend\*

The Vandenborn Group True North Companies\*

The Source Weekly\*

Washington Dining &

Webfoot Painting

Wilson Curb Construction

Wyndham Destinations Zydeco Kitchen &

\* In-Kind Gifts

Cocktails\*

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Ćocktails\*

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KIALÓA

Central Oregon Independent Practice Association Central Oregon Veterans Crook County Library Staff Crosswater Ladies Golf Club Jefferson County Cultural Coalition Ladies Auxiliary to Fraternal Order of Eagles #2555 Loval Order of Moose #323 Lutheran Church of the Lutheran Community

Relief Nurseries Rotary Club of Bend High Rotary Club of Greater

Sunriver - La Pine Rotary

Temple Beth Tikvah The Crosswater Community Trinity Episcopal Church Unitarian Universalists of

Central Oregon United Methodist Church United Methodist Church Unity Community of Central

Oregon Watkins-Beeman Charitable Fund Westside Church

### BUSINESS SUPPORT

10 Barrel Brewing Co. 900 Wall\* A Helfrich Outfitter\* Abbott Schindler Photography\*
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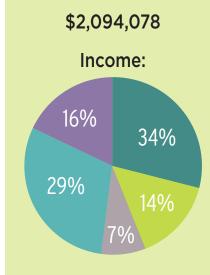
Umpqua Bank US Bank US Bank Wealth Management Vanilla Urban Threads Verde River Golf & Social Club\* Warren John West, P.C.\*

Central Oregon Dermatology

Eagle Rock Lodge\* East Lake Resort\* Eureka Oxygen

Facebook Prineville Data Center\* First Interstate Bank Forest City Trading Group G5 Search Marketing High Lakes Healthcare

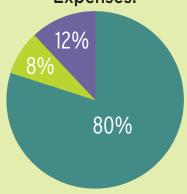
#### Holland America Line\* FINANCIALS Imagine Stoneworks Johnson Brothers Keller Williams Central



2018-2019 Fiscal Year

- Private Donations: 34%
- **Private Foundations: 14%**
- In-Kind Contributions: 7%
- Government Grants: 29%
- DHS/Child Welfare contract for Enhanced Visitation Program: 16%





- Direct Program: 80%
- Administration: 8%
- Fundraising: 12%

### COMMUNITY SUPPORT

Assistance League of Bend Awbrey Glen Golf Club Bend Golf and Country Club Beta Sigma Kappa Broken Top Club Broken Top Club Women's Golf Association Central Oregon Association of Realtors

### STRENGTHENING FAMILIES TO KEEP CHILDREN SAFE

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#### **PRINEVILLE**

Ruth Brumagin • Marlee Dutli Bob Haden • Bev Horton Pam Looney • Mary Reed Tollie Rogers • Kathleen Wilson

# ABOUT MOUNTAINSTAR FAMILY RELIEF NURSERY

Our mission is to prevent child abuse and neglect through community support and therapeutic services that help vulnerable children and families succeed.

We are the only program in Deschutes, Jefferson, and Crook Counties providing therapeutic classrooms, parenting education services, and family support targeted at protecting babies and toddlers who are at significant risk for abuse and neglect. We envision communities that support each parent's efforts to nurture their chidren's emotional, physical, and intellectual development in a safe environment.

#### We served 369 children and their families this year.

#### Our services include:

- Nationally-accredited therapeutic classes
- · Regular child assessments
- Home visitations
- · Parent education
- Transportation
- Services for limited English-speaking families
- · Mental health services
- Outreach Program which provides crisis intervention and ongoing services to high risk families
- · Enhanced Visitation Services and intensive parent education for families with children in foster care





### MtStar.org | info@mtstar.org | 😝 📵

MountainStar Bend | 541.322.6820 MountainStar Madras | 541.475.2537 MountainStar Prineville | 541.416.0146 MountainStar La Pine | 541.213.6502 Enhanced Visitation Services | 541.323.3800





**Community Partner** 







