



MountainStar is the only program in Deschutes, Jefferson, and Crook counties providing crisis intervention, family support, and therapeutic services targeted at protecting young children from abuse and neglect.

We help over 300 of our region's most vulnerable children and their families each year using proven methods to reduce risk factors for abuse, restore relationships, and keep families intact and improving.



MYTH BUSTERS

MountainStar

strengthening families to keep children safe

1

Some parents are irresponsible and just don't care →

FACT

It's impossible to be a great parent when you're homeless, can't afford enough food, and struggle with depression, addiction, domestic violence, and other **extreme stressors** - MountainStar families have an average of 18. Parents come to us voluntarily because they want the best for their kids.

2

Young children aren't abused in my local community →

FACT

There were 434 confirmed cases of child abuse in Deschutes, Jefferson, and Crook counties last year. Officials estimate only 1 in 3 child abuse cases are ever reported. **Half of Oregon's child abuse victims are ↓5.**

3

Child abuse and neglect are inevitable →

FACT

97% of children enrolled in a Relief Nursery like MountainStar for at least one year have no subsequent contact with DHS/Child Welfare Department – meaning **no more child abuse reports or foster care!**

*From independent study on Oregon Relief Nurseries by Portland State University in 2012

4

MountainStar is just a daycare

NO WAY! The truth is MountainStar's model of care is based in science. We do what is **PROVEN** to bolster a young child's development and we do it as early as possible when it matters most.

Wait a second, when does it "matter most"?



The first 1,000 days of a child's life are VITAL.

85% of brain development occurs in a child's first 1,000 days, with an astounding 700 neural connections forming EVERY SECOND!

Those connections affect a person's entire future, but they can't form properly when a child lives with toxic stress. That's why the little ones at MountainStar are often working on mastering skills (walking, talking, potty training, playing with peers) that they should already have down pat. Our teachers conduct our classes through a therapeutic lens, helping babies and toddlers get back on track.



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

MountainStar's vision is a community that supports each parent's efforts to nurture their children's emotional, physical, and intellectual development in a safe environment.



What does MountainStar DO to prevent child abuse?

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Safety Net Services For All MountainStar Families

- ▶ Crisis intervention, non-judgmental support
- ▶ Home visits once a month or more
- ▶ Individualized parent coaching
- ▶ Mental health therapy for kids + adults
- ▶ Parent training classes + social activities
- ▶ Basic needs (food, diapers, clothing)
- ▶ Connections to community resources
- ▶ Transportation for visits, classes, etc.

Our intensive Therapeutic Early Childhood Program

- ▶ Therapeutic classes for babies and toddlers where they can heal from the physical, emotional, social, and intellectual impacts of growing up in a high stress home
- ▶ 300 hours of contact per year for each child and family

Our Enhanced Visitation Program*

- ▶ Visits in a family-friendly environment between children (0 to 18) in foster care and their parents who no longer have custody of them
- ▶ The goal is to expedite safe family reunifications *This program is funded through DHS contracts

When we provide this kind of labor-intensive help to families in crisis, they are able to make positive life changes, keep their children safe, and create a brighter future.

MountainStar provides these services to over 300 Central Oregon families each year. HOW? Through strong support from donors, volunteers, and key partners, of course!

Board & Advisory Members:

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Gloria Davis	David Light	Wade Whiting

Key Partners:



How Can You Help?

- ▶ Learn more on a tour (call to sign up)
- ▶ Advocate by telling family and friends
- ▶ Volunteer in our therapeutic classes
- ▶ Donate funds or wish list items
- ▶ Become a Fairy GodMother
- ▶ Come to our annual luncheon
- ▶ Golfers - join "Birdies4Babies"



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Visitation Center
454 NE Revere Ave
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Do you want to get involved? Learn how at mtstar.org