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Winter 2018

Holiday Giving Project Success!



The Child Center's Holiday Giving Project has once again been successful in providing clients and their families with assistance during the holiday season, and this is in great part due to the dedication and commitment of our Holiday Giving Project Coordinator, **Abigail Detels**. With her leadership, we were able to give out 247 gifts to clients and families, including toys, shoes, clothing, bikes and helmets, and winter coats, hats, and gloves!

Abigail has been the Holiday Giving Project Coordinator for the past three years, and her favorite part of the project are the personal connections that she feels with the parents when distributing the gifts to them. They are so appreciative, she says, that several of them come to the point of tears when receiving the gifts.

When reflecting on her time as the Project Coordinator, Abigail said, "It can be easy to forget the purpose of the project, especially during the overwhelming days, but the gratitude of the families makes it worth it. The project also reflects how generous our community members are. It's always amazing to me how willing people are to give gifts to kids who they'll probably never see."

Abigail is attending Western Oregon University, and is majoring in Elementary/Middle School Education with a focus in Mathematics. After college, she would like to spend a few years teaching in Alaska, ultimately landing somewhere on the West Coast to continue teaching.

As with many Oregonians, she enjoys outdoor activities with her family and friends, particularly kayaking, hiking, backpacking, and tennis.

Team Starts Here!

When clients and their families come into The Child Center's administration building, the person to greet them will most likely be **Kim Banks**, our Administrative Assistant. In this vital role of organization ambassador and office administrator, she both ensures that clients receive a warm, hospitable welcome and the smooth operation of the office. Her organizational skills, good judgment, diplomacy, and etiquette when working with our clients allows them to feel safe and protected when seeking our services.

Kim has been working for The Child Center for 17 years, a reflection of her dedication to our mission and the personal fulfillment that she gets from helping people.

When she isn't manning her desk with her headset in place, she loves spending time with her son and her grandchildren, knocking down strikes at the bowling alley, or relaxing with a good book. She also has a new dog, a Pug called Spot, who ironically has no spots!



Giving is the ultimate act of love and purpose, and this can be seen very clearly in the annual donation we receive from community member and philanthropist **Nadine Wacker**. Again this year, we were very fortunate for her generous donation of 31 children's bicycles and helmets, as well as winter jackets, which were distributed through the Holiday Giving Project. Her gift put smiles on many faces this holiday season!



Collaborative Problem Solving – Parenting Education Classes

Kids do well when they can. That is the guiding philosophy of the evidence-based Collaborative Problem Solving (CPS) model. This differs greatly from the conventional notion that kids do well if they want to, and they need motivation (rewards and punishment) to do well. Using the CPS model, parents can better address their kids' misbehavior by helping them gain the skills they need to succeed, with the understanding that their motivation to succeed is only hindered by their skill sets. As the name of the class suggests, parents address improving skill improvement by working with their children collaboratively to help solve the problems that often lead to negative behavior.

In The Child Center's CPS parent education classes, this model is explored by learning about the 5 Pathways of skill development – Executive Functioning, Language Processing, Emotional Regulation, Cognitive Flexibility, and Social Skills. During the course, parents will assess their child's strengths and weaknesses on 32 different neuro-cognitive skills. This helps parents better understand their child's abilities and why some situations, tasks, or expectations routinely lead to difficult behaviors. It also defines a starting point for the parent to help their child practice and improve the lagging skills that are holding them back in life.



**Mark Beach, CPS Program Director, and
Breyer Barkman, CPS Trainer.**

Although this may sound confusing, the parent education classes that The Child Center offers move at a comfortable pace to ensure that all participants become both knowledgeable and practiced in CPS techniques. Class sizes are kept small, approximately 10 to 15 parents in each eight-week long class. Some classes offer dinner and childcare, and they take place at the Springfield campus and throughout Lane County.

Each class covers the basics of CPS, allowing the participants to learn through a lively combination of instruction, discussion, small group activities, and supplemental readings. They also build on the basics by applying CPS principals to every day family situations. Participants learn through interaction with the presenters and other group members as they bring real-life situations to the group for review and refinement.

When possible, groups are also offered for kids to explore CPS techniques, focusing on expressing their challenges, listening and understanding, and brainstorming solutions to problems presented.

The current CPS classes started on January 8th (morning classes) and 9th (evening classes), and will end on February 26th and 27th. New classes will start at the beginning of April. To sign up for our parent education classes or to get additional information about CPS, please contact Breyer Barkman at The Child Center at 541-726-1465, or visit CollaborativeParent.org. We are looking for sites, especially in rural areas, to host classes. If you can arrange a class in your community, please let us know!

Fees for classes are provided by grant funding, billed to the Oregon Health Plan, some private insurance, or sliding scale.

Success Story! "I wanted to just let you know that Tom [name changed] is doing so well this year. He has maintained a schedule in all mainstream classes and is currently staying up with the class expectations. At the beginning of the year, he was put into a class that he was not expecting nor wanted to be in, so he went to the office and advocated in a VERY appropriate way to change this schedule to an activity class! It was SO awesome to hear how he did this with such skill and appropriate for the environment. He also just got a new Border Collie puppy named Iris that he brings to his kindergarten class every day!"

We Couldn't Do It Without You!

Thank you to: Trond & Donna Arnesen, Bags of Love, Diane Burt, Great Clips, Marilyn Deaton, Holly Decker, Guy Dent, John Dunphy, Lynn Frohnmayer, Carolyn Giorgio, Janet Jacobsen, LaDonna & Thomas Jones, Kroger, Martin Joint Trust, Carol & Mike Marusich, Margot McDonnel, John & Vicki Mosby, Jose Rodriguez, Connie Thornton-Chaney, Cynthia Stenard, Jim & Kirin Walsh, and all of the anonymous donors who supported us. Your generous donations allow us to provide critical service to our clients and their families!

Additionally, thank you to the following individuals and businesses that donated to our Holiday Giving Project: Celeste Alvarado, Donna Arnesen, Bi-Mart, Janice Bocci, Columbia Bank, Heidi Detels, Chris Dunnington, Patty Edwards, Evergreen Roofing, Mike & Marlene Fishnaller, GloryBee, Emily Hough, Kids' FIRST, Kay Kirkpatrick, Kurt & Brenda Large, McKenzie Family Practice, Mid-Valley Metals, Daniel & Shannan Mills, Bill & Connie Minihan, Morgan Stanley, Dr. Carol Marusich, Janice Newburn, Cindy Pedersen, Riverhouse on the Deschutes, Riverview Market & Deli, Nicki Rodriguez, Roseboro Lumber, Sandi Shoemaker, AJ Smith, Sparrow Bakery Northwest, Square Deal Lumber, Rich Truett, the Vanbuskirk Family, Wabi Sabi, Nadine Wacker, Jim Walsh, Gerry West, Mel West, Jim Wildish, and Wildhorse Harley-Davidson.

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