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The Family Tree Spring 2008



Family & Children's Service Programs:

COUNSELING

- Crisis
- Trauma
- Family, Individual & Group
 - Family Resource Centers
 - MOMS Program
 - Domestic Violence Metro Police Partnership
 - Men's Anger Management
 - Survivors of Suicide

CHILD WELL-BEING SERVICES

- Attachment & Permanency
- Davidson County Relative Caregiver Program
- School-Based Services
 - FACES (Families and Children Emerging Successfully)
 - CHAMPS (Cora Howe - a Model Program for Success)
 - Children in Divorce & Bereavement

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THE FAMILY TREE

Volume 5
No. 1
Spring 2008

The Family Tree is a publication of Family & Children's Service, a private non-profit 501(c)(3) agency. Family & Children's Service provides real help for real hurt, right now. Through compassionate expertise, we strengthen relationships to create hope and healing.

The Red String



FAMILY & CHILDREN'S SERVICE DOES "HEART SURGERY"

I can't tell you what it is like for us when we see kids "unthaw" or move away from numbness. It is amazing to watch their hearts mend.

Read the full story inside...

Children and youth who have been removed from their home often feel disconnected and unworthy of being loved. This makes it difficult for them to bond with others and affects the stability of their placements in foster care and the likelihood they will find a permanent home.

For these children, building trusting attachments is a delicate and complex process. Eric is such a child. In this incident retold by his Family & Children's Service Attachment Counselor he has just experienced the profound hurt of a failed adoption placement.

"Yesterday I brought a spool of red string to our session. The intention was to create a symbolic connection between Eric and me. I cut a long piece of string and put one end on his seat in the car and one end on my seat. As I did this I explained how people are connected. Still grieving from a placement that fell through, he would hear nothing of my talk of connections. He didn't want any old string... he didn't want to be connected... he didn't need anyone! He pushed the string away. I affirmed all that he was feeling.

Today I again placed the string on our seats before we set out for our appointment. On the way I noticed that the string on his side was under his hand. He didn't resist this symbolic attempt to connect with him - he opened to it."

Family & Children's Service: Mission Driven Since 1943
Family & Children's Service provides real help for real hurt, right now. Through compassionate expertise, we strengthen relationships to create hope and healing.

SAVE THE DATE

Thursday, October 9

Gala 65th Anniversary Luncheon & Appreciation Event

Emcee: Sara Dorsey,
WSMV Channel 4

Celebrating 65 Years of Strengthening Families!



Family & Children's Service is a 501(c)(3) non-profit agency. We are funded through federal, state, local, and foundation grants. A large part of our funding comes from our generous local donors. We are accredited by the Council on Accreditation of Services. Services are offered without discrimination and are accessible for persons with disabilities. We are a member of the Alliance for Children & Families. The Crisis Center is a member of the Alliance of Information and Referral Systems and is accredited by the American Association of Suicidology.



At Family & Children's Service, this is our hope. In attachment work, these little openings are like gold. If a child can express connection, if a child can keep their heart open - even in a simple symbolic gesture, then there is a chance that a connection with caregivers and others can be fused one act of trust at a time.



From the Heart of the President/CEO
Dr. Raquel Hatter

Family & Children's Service does "heart surgery."

Greetings, friends. I am certain you are wondering, "When did F&CS start doing heart surgery?" Well let me tell you: from the very beginning in 1943. In this newsletter, we are doing a special focus on the attachment therapy services we provide, which is just one example of how F&CS does heart surgery.

Attachment therapy is focused on helping children develop healthy connections and relationships with primary caregivers and others. I call it heart surgery because kids who have experienced (in some cases before the age of 5) psychological trauma, multiple living situations, abuse, and neglect have a broken heart. This for them can be as intense as physical heart pain.

Our charge is to help them put their hearts back together again. These experiences leave them with a phobia of making human connections. In many ways, they become numb as a way to protect themselves. They become convinced that they can't trust others. This hinders their ability to live successfully,

even in a healthy family. They exhibit behaviors such as aggression, self-abuse, suicidal ideation, and many other at-risk behaviors. They are in a sense allergic to love and literally reject it – in their view, it simply is not safe.

The attachment therapy services provided at F&CS are tailored to the specific needs of each child we encounter. It involves intensive one-on-one therapy, intensive in-home support, 24-7 on-call support, patience and unwavering commitment to each child's heart being healed. We don't take it for granted when these children take the huge steps of allowing others to care for them and allowing themselves to care for others again. I can't tell you what it is like for us when we see kids "unthaw" or move away from numbness. It is amazing to watch their hearts mend.

Your support allows us to provide the intensive attachment therapy they need – a different kind of "heart surgery." This ultimately allows us to touch the hearts of children so that they can touch the hearts of others. **Thank You.**

F&CS Announcement:

Flora Sanes – New Vice President of Marketing & Development.

Flora Sanes has been promoted to Vice President of Marketing & Development. Mrs. Sanes has served as a Development Associate/Grantwriter with Family & Children's Service since 2006. Before coming to Family & Children's Service she served in a variety of development positions with The Salvation Army Area Command in Nashville beginning in 1998, most recently as Director of Grants, Contracts and Special Gifts.

Donna and Jay Richards provide lead gift for Family & Children's Service 2008 Spring Campaign.

The Board and Staff of Family & Children's Service would like to express our sincerest thanks to Donna and Jay Richards for providing a lead gift of \$10,000 to begin the 2008 Spring Fundraising Campaign!

Your generous support will provide real help for real hurt, right now*!

Charity begins @ the home page.

Donate on-line at our website – fcsnashville.org.

- Who:** Hungry, curious you
What: Lunch & Learn – with lunch compliments of Jersey Mike's Subs
When: Call Sara Fried at 320-0591 ext. 112 for information and reservations
Where: Family & Children's Service, 201 23rd Avenue North
Why: You'll have the opportunity to
- Take a "Video Tour" of Family & Children's Service programs
 - Meet someone who benefits from our programs
 - See first hand the incredible impact your support can make



Why I support F&CS.

Dear Friends of Family & Children's Service,

My name is Donna Richards. My husband and I believe strongly in the importance of the services Family & Children's Service provides for our community – so strongly that for several

program in particular – attachment counseling – that is so crucial to the future of children in foster care.

Attachment, also known as bonding, is one of the most basic and profound occurrences between a child and its parent. The moment

...some of these children face a future void of any ability to feel joy, love or affection again.

years, we've made a commitment to support that work with both our time and financial resources. I'd like to tell you about one Family & Children's Service

that baby's eyes lock on its mother, an irrevocable, unquestioning bond is formed. As the baby grows, the bond expands to include other family members.



Obviously, to those who experience this relationship, there is nothing to compare!

Now imagine that infant or child, who through tragedy, abandonment or abuse, is removed from those family members and placed in the care of complete strangers. For many of these children, it doesn't stop there. Given the wrong circumstances, these feelings of fright and uncertainty can often turn into aggression, anger, withdrawal and worse. They often enter a merry-go-round of foster homes and like an algebraic equation, the problem is compounded again and again until there is little chance of this child becoming a happy, productive adult. It's hard to understand, but some of these children face a future void of any ability to feel joy, love or affection again.

This is why Family & Children's Service's attachment counseling services are so vital to our foster children. They have specially-trained counselors and programs available to help these children



work through these emotions. These programs recognize not only the importance of the child, but also the adults who make the lifetime decision to stick with them and provide permanence, structure and love.

Government funding for these programs is fleeting, never guaranteed and always, always, shrinking. It is so important for all of us to recognize our role and responsibility to help fill in the financial gaps needed to maintain F&CS's critical role in helping "our" children have all the help they need to overcome these undeserved obstacles.

I hope you'll join me in supporting the work Family & Children's Service does to heal children and build strong families.

Sincerely,
Donna Richards,
Board Member
Family & Children's Service

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We have great volunteer opportunities!

Check our listing on [Volunteermatch.com!](http://Volunteermatch.com)

Or call Sara Fried at 320-0591 ext.112.

FRIVOLITIES 2008

YOU'RE ALL HEROES. THANK YOU!



On January 19, 2008, in Nashville, Tennessee, ordinary citizens became super heroes and helped Family & Children's Service raise almost \$170,000.

YOU KNOCKED US OUT WITH YOUR GENEROSITY!



'08 TIES Co-chairs David Bennett and Evette White



Family of Tribute Honoree Jeannie Hastings: Jim, Tricia and William Hastings



Honorary Chair Joyce A. Vise (center) with Mark Schaengold, Cliff Richmond, David Vise and her father Harry Vise

FC&S HELPS RESCUE HEARTS FROM "REAL HURT"



Jasmine Taylor and Tony Rose



Stuart and Shirley Speyer with Honorary Chairs Donna and Jay Richards

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A Tribute to

Jeannie Hastings

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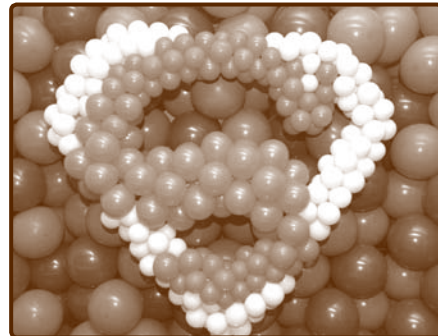
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Family & Children's Service: *Celebrating 65 Years of "Real Help for Real Hurt, Right Now"*

In 1943, a far-sighted group of community activists founded the agency that today is Family & Children's Service (F&CS). They provided counseling services for families disrupted by war and economic upheaval, and adoption services to find homes for children who could not be reunited with their families.

Over the last 65 years, F&CS has adapted and grown to meet community needs. Today, many of our services address child welfare and well-being:

- **Attachment Counseling** – Although F&CS no longer places children for adoption, we have recognized expertise in helping children removed from their birth homes regain the ability to develop trusting relationships.
- **Trauma Counseling** – Preventing serious long-term mental health problems for children who are witnesses or victims of violence.
- **Davidson County Relative Caregiver Program** – Keeping children from entering foster care by providing support groups, advocacy, and material and financial support for extended family such as grandparents who care for relatives' children when parents cannot.

Over the last 65 years, F&CS has adapted and grown to meet community needs.

Other Family & Children's Service programs include a wide array of counseling services:

- **Crisis Counseling** – 24-hour telephone counseling for anyone facing a personal crisis, including suicidal thoughts. The Crisis Center also houses the 2-1-1 Information & Referral Service.
- **Family Service Counseling** – Counseling for Welfare to Work families in 26 Tennessee counties to overcome mental health barriers to self sufficiency.
- **Family & Individual Counseling** – Counseling for families and individuals whose lives have been disrupted by depression, domestic violence, addiction and other serious issues.
- Many specialty services are also provided such as: Survivors of Suicide Groups, School-Based Services, MOMS In-Home Counseling Program and others.

Family & Children's Service is honored to have been entrusted with strengthening families and caring for some of the most important mental health needs of our community for the past 65 years. *Thank you for helping Family & Children's Service continue to give real help for real hurt, right now!*

FAMILY & CHILDREN'S SERVICE GIVING SOCIETIES.

Your membership helps provide real help for real hurt, right now!

Gifts may be made on a monthly basis by check, at www.fcsnashville.org, or by credit card authorization.

For information about tax-deductible gifts or to discuss including Family & Children's Service in your estate planning, please contact Flora Sanes, Vice President of Marketing & Development at 615-340-9714.

Family Circle Society includes leadership gifts of \$1,500 or more:

- **Bronze Circle** \$1,500
- **Silver Circle** \$2,500
- **Gold Circle** \$5,000
- **Platinum Circle** \$7,500
- **Diamond Circle** \$10,000+

Leaders Society \$750

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Champion Society up to \$249

