



# Families Plus

*Give a child a hand up*

Winter 2017

## STAFF

**Brenda K. Holland, Ph.D.**  
*Executive Director, Psychologist*

**Rebecca Ela, MSW, LCSW**  
*Director of Integrated Care*

**Betsy Nordstrom, MA, LPC**  
*System of Care Leader*

**Susan Simianer, MA, LPC**  
*System of Care Leader*

**Patricia Carsten, BA**  
*Parent Partner*

**Tamara Spano, BA**  
*Parent Partner*

**Toni Pearson, BA**  
*Business Manager*

**Jacob Small**  
*Technology/Administrative Support*

**Kristi Hensley**  
*VISTA/Outreach Coordinator*

## A NOTE FROM THE DIRECTOR

### Dr. Brenda K. Holland

Wraparound is “in.” Health systems are moving at a break-neck speed toward providing medical, behavioral, and even dental care altogether under one roof. It’s call integrated care and it is better care because everyone can communicate and blend the care together toward health.

For those children with low resources and high challenges the term is wraparound care or System of Care. All that these children need cannot be under one roof, but can be coordinated with the parents’ leadership by one agency. The effectiveness of coordination has proven to bring kids to health while saving a whole lot of costs. The state of Colorado is moving rapidly toward System-of Care treatment for children who could benefit.

Families Plus now operates a highly developed wraparound of inputs and services for 65 children throughout the county through lots of donors and volunteers who care about children and parents willing to let others help. This is one great big feather in the Delta County Cap.

## BOARD

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Linda Manley.....Secretary

Jo Lance.....Member

Connie Barry.....Member

Don Chapman.....Member

Christopher Cady.....Member

Erin Chlarson.....Member

### Congratulations

Jazzmine Harper for being selected as one of the March Students of the Month at Cedaredge Middle School.



### Congratulations

Fanessa Miranda on earning her drivers license. Through hard work and perseverance she overcame.

We’re proud of you!



### Follow us on

### Facebook & Twitter

*Delta County  
Families Plus*



## Thankful Thanksgiving Baskets

Families Plus heard the call from our clients and put the word out about the need. It was an overwhelming response of support from the community! From individuals giving from their hearts to Abraham Connection, Vision Charter Academy's Food for Thought and City Market. Ten families were given a Thanksgiving feast! They got everything needed for a great dinner; turkey, gravy, rolls, stuffing, potatoes and pie.



### SEEKING SAVY INDIVIDUALS TO GUIDE OUR GROWTH

We are expanding and need your help to develop appropriate supports and increase community awareness. As a member of our Board of Directors, you will also ensure we remain financially sound and true to our mission while ensuring compliance with all federal, state, and local laws and regulations.

Call 874-0464 [familiespluscolorado@gmail.com](mailto:familiespluscolorado@gmail.com)

### *The Families Plus Angel Tree* *was a huge success!*

*Thank you to the local businesses and community members  
for giving to Delta Counties children.*

**63 kids received Gifts**

**10 Families were given Christmas dinner**



**KWIKI TIRE SERVICE**



**DELTA COUNTY  
FEDERAL CREDIT UNION**

THANK YOU

Thank you Western Colorado Community Foundation. Harold and Margaret Porter Family Fund for your wonderful grant. This money will help Families Plus continue on our mission of enabling the children of Delta County, Colorado, to become healthy, educated and productive young people.



Thank you to Pam Bliss and Bob Pennetta from the Cocker Kids Foundation, for the wonderful donation of \$5995.43. This money will be applied to the Families Plus Child Fund. The Child Fund is used to allow our clients to attend summer camp, join sports and play instruments. It helps offset the cost of equipment and classes needed for a child to succeed in their passion. Thank you Cocker Kids Foundation.

## Families Plus hosts an AmeriCorps VISTA

Kristi Henley joined Families Plus in November 2016, for her year of service. Kristi comes to Families Plus with a background in finance, marketing and non-profit program organizing. Kristi is currently the Director of The ALA Colorado Girls State.

Kristi's position is the Outreach Coordinator and she will be raising awareness about the services offered by Families Plus and recruiting new volunteers to help with this extraordinary, life changing organization. If you are interested in learning more about Families Plus, please call 970-874-0464 or email [kristihensleyfp@gmail.com](mailto:kristihensleyfp@gmail.com).



# Welcome to the team...



Patricia Carsten (Tricia) has joined the Families Plus team as a Parent Partner. She lives in Western Colorado with her husband Michael and five fur babies that are Miniature Australian Shepherds. She currently volunteers at Hilltop Resources, which is a facility for battered woman and works on the crisis line. Tricia is working on a therapy manual for at-risk youth with a local therapist, in

her free time.

Tricia decided to pursue a degree in professional counseling after a back injury at work. Overcoming personal obstacles has given her the courage and drive to help those around her succeed.

Tricia will graduate from Liberty University in August 2017.



Tamara Spano joined Families Plus in January 2017. She is currently working on her Masters of Social Work from Simmons College. She has a Bachelors in Elementary Education from the University of Phoenix and has a teaching license from the State of Colorado. She is an accomplished

Flutist, has owned

her own business and has been a Girl Scout troop leader.

Tamara brings her compassion and educational background to the children and families in the Families Plus Organization.

## Integrated Care Update

Becky Ela, MSW, LCSW Behavior Professional

Families Plus' Behavior Health Specialists continue to provide integrated care in Delta County primary care offices. Susan Simianer, LPC and Betsy Nordstrom, LPC can be found at Delta County Family Practice in Delta. Becky Ela, LCSW, sees patients at Stoney Mesa Family Practice, Delta County Family Practice in Hotchkiss, and beginning in January, at Delta Health and Wellness.

From May 1, 2016 through October 31, 2016, we have seen 134 unduplicated patients. Sessions with our patients vary from seeing them once or twice to more sessions for behavior interventions (improving poor sleep, making diet and exercise changes or changing patterns with smoking tobacco and/or other substances). We work with patients who have concerns with their mood (anxiety, depression, bipolar disorder) and other life events (ongoing health issues, grief/bereavement, multiple life stressors).

We are in the second year of our three-year grant. We are looking ahead to renewing our federal grant that provides this integrated care opportunity through the Federal Office of Rural Health Care Policy. We will begin writing this grant in the fall of 2017 and are currently reaching out to other stakeholders in the community. Stay tuned as things are shifting and changing in our rapidly changing health care world!



# BECOME A MEMBER OF THE FAMILY!

## Make a difference in the life of a child Be a Mentor!

Mentors build positive, life-long bonds with children by giving of their time to support and guide a child living in a family struggling with overwhelming circumstances.

What does a mentor do?

- Meet with your child once a month, twice a month, weekly, or whenever best suits the child's need.
- Provide an emotionally and physically safe place for the child.
- Help the child get to/from important appointments, such as doctor appointments.
- Help with homework.
- Include the child in family activities like family game night, movies, cooking, and the like.

Families Plus will give you training and support.

The children and families enrolled in the Families Plus program are facing seemingly impossible obstacles, but every day they get up and tackle those challenges head-on.

We are proud to know these families. Please join us in celebrating their success!

### FINANCIAL SUPPORT

Supporter (\$15 one-time gift)

Donor (\$25 one-time gift)

100s Club (\$100 annual gift or \$8.33 a month for 12 months)

Contact Families Plus at 874-0464 or at [familiespluscolorado@gmail.com](mailto:familiespluscolorado@gmail.com) to make your gift or for more information.

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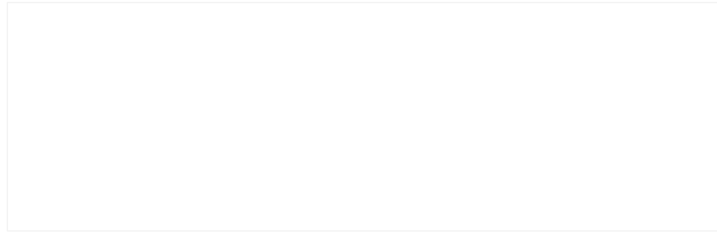
Families Plus is a 501(c)3  
nonprofit organization.  
All contributions are tax deductible.



# Families Plus

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TO ALL OF YOU WHO HAVE SO GENEROUSLY GIVEN OF YOUR TIME, TALENTS, GIFTS, AND FINANCIAL SUPPORT. WE AT FAMILIES PLUS APPRECIATE EACH AND EVERYONE OF YOU.

*OUR FAMILIES, BOARD OF DIRECTORS, EXECUTIVE DIRECTOR, AND STAFF*

## Major Supporters Include:

- |                            |                                   |                           |
|----------------------------|-----------------------------------|---------------------------|
| Caring for Colorado        | Anschutz Foundation               | HRSA                      |
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