

Northwest Children's Home

419 22nd Ave
Lewiston, ID 83501
northwestchildrenshome.org
208.743.9404



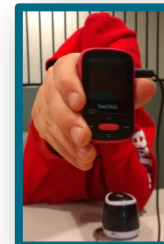
Highlights

Summer 2018

A look at Trauma Informed Care

by Valerie Allen, Trauma Informed Coordinator

Did you know that in addition to providing comfort rooms, our youth are also provided comfort items to support taking space in healthy ways. Our Recreation Specialist put appropriate music on 32 mp3 players and distributed them to our youth this quarter. The results have been very positive as music is a very healthy emotional outlet. We encourage our youth to take breaks as needed, either in their personal rooms or in a comfort space. In our kids histories, many of them have been sexually abused in bedrooms and they do not feel safe going to these spaces. Our Trauma Informed Coordinators have created an appropriate break box for specific residents who need a safe activity to make that space safe again. These boxes contain simple crafts, coloring, and sensory items and have been successful in implementation to our programs. Our Trauma Informed Coordinators have been also implementing and providing activities to support the staff and residents. These activities include painting, crafts, and coloring. Our residents are able to communicate better when they are engaging in activities that reduce fear and alarm and support a calm environment as well as a calm brain state. As our youth get healthier, they ask for more stimulating environments and may become eligible for off campus outings. These outings are supported by our Recreation Specialist who weekly takes youth into the community and supports this stage of development. Our Trauma Informed Coordinators have spent much of this quarter involved in training staff, enhancing trainings to reflect trauma informed practices, and creating weekly emails to target trauma informed practices. These goals of shaping the environments, enhancing trainings, and sending out weekly emails are key to helping staff develop a trauma informed lens. What this means is, our staff are able to look beyond behavior to what the behavior is trying to communicate. We are working to develop staff to a point of reflective responses instead of reactive responses, and this quarter we have taken significant steps in creating a strong foundation of support and accountability. Remembering we are the only ones we control in any situation and if we do not like the interaction or outcome, we must change what we (staff) are doing.



When asked what the best thing is about living at the Children's Home, one child said she really likes the activities the staff let's them do.



We appreciate the generosity and support from so many people!

Day of Caring



Board Members

Mike Salisbury, Chair
Kathy Cone, Chair Elect
John Keatts, Past Chair
Sue Martin
Kelly Carper
Dustin Hibbard



Gala



GOLF Links



Call Us!
Brian Pope, CEO 208.413.4403
Christy Lunceford, Children's Services 208.305.7012
Kenny Robertson, Quality Assurance 208.791.5272
Hy'D Andrews, Development 208.790.4181
Kim Bacon, Education 509.552.9483

*Please let us know if you would like to be removed from our mailing list.

handrews@northwestchildrenshome.org

208.743.9404 Ext. 205

Contact Hy'D for more information!

Sponsorships available on our website soon!

Team Registration &

9:00 A.M. Shotgun Start

Quail Ridge Golf Course

Saturday, September 8th, 2018

GOLF 'FORE' Kids

Northwest Children's Home
Charity Golf Tournament

Mark Your Calendar!

34th Annual

Great things are happening at



WE ARE HIRING!!

Visit our website at
www.northwestchildrenshome.org
or pick up an application at



Recipe

From the kitchen of Hy'D Andrews
Director of Development & Operations

Cowboy Caviaer

INGREDIENTS

Diced

- 2 Roma Tomatoes
- 1/2 green bell pepper
- 1/2 red or yellow bell pepper
- 1 jalapeno pepper, seeded
- 1/2 sweet onion
- 1 can Black Bean
(drained & rinsed)
- 1 can Black Eyed Peas
(drained & rinsed)
- 1 can Shoepeg Corn
or smaller can of Corn
- 1/2 bottle Wishbone
Italian Salad Dressing
(Lite or Regular)
- 1 Avocado, diced (Makes it creamy)

Mix together, pepper to taste.
Serve with tortilla chips and/or use
as a topping for grilled chicken or
fish!

Employment

Are you, or someone you know, looking for a job and want to make a difference in the lives of children? We need you! We train you to be **successful** working with our residents that need positive relationships in their lives. Here at the Children's Home, you are helping to **Build Brighter Futures!** We have implemented a new career ladder for our direct care staff, including health insurance and other benefits. Contact us today to join our team!

Join Our Team!

...to make a positive difference
in the lives of youth!



Kid Profiles

We are proud to **celebrate** two of our own kids who have successfully graduated from High School. For this article, they will be referred to as Colby and James.

Colby was a local boy that attended our Education Center. On graduation night, he had this to say about

coming to our Ed Center a couple years ago. He had convinced himself he was "simply too stupid to graduate...I had given up." Two years later, he is graduating with great **success!** He said, "The attentive and **nurturing** staff at the Ed Center are by far the biggest reason I was able to succeed here."

Our second graduate was a resident on our campus for around 5 years and successfully moved up to be able to live at our Triumph house,

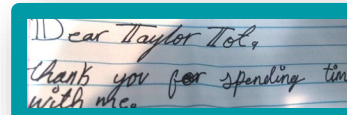
an independent learning transition home. He worked hard to be able to attend public school. At his school, he was very highly regarded and **well-liked** by staff and students. He even became a manager for the football team. This is what one of the coaches had to say about James, "James quickly became friends with every player on the team. He even wrote a hand written letter to each player on the team to encourage them and help form the brotherhood that our team strives to create. James's growth from freshman to senior year has been huge! He went from a relatively unknown student to a young man that almost every person in the entire school knows and likes."

Great job Colby and James!! We are proud of you both!!



Campus Life

Recently many of the residents were asked what the best thing is about living at the Children's Home. The overwhelming response was the staff and the **relationships** with the staff. One resident made this note for one of our staff, Taylor Crawford. This is what Taylor had to say about her work at the Children's Home, "The girls at work call me Taylor Tot. Most of these young ladies just want someone to spend time with them. It's the little things in life that mean the most."



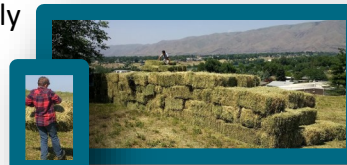
Having **positive relationships** and interactions with our residents is something our staff are regularly trained on. This is having a Trauma Informed mindset. Instead of asking "Why are you acting this way?" we now ask "What happened to you?" to best understand what interventions we can use that aren't retraumatizing. Our Trauma Informed Coordinators, Anastasia Kibby

and Val Allen, along with our Director of Development and Operations, Hy'D Andrews; will be speaking at an upcoming SOLD OUT conference this summer in Pasco, WA. We are excited

that our campus is looked to as a **leader** and example of being trauma informed.

Some of our residents recently learned that hard work pays off! Our campus is partially surrounded by an alfalfa field that provides us with a little income and gives the residents an opportunity to make a little money. This last week almost a dozen

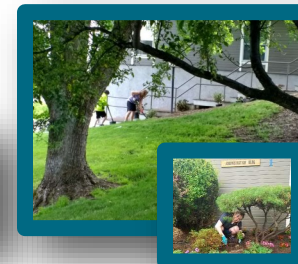
residents, boys and girls, worked hard alongside 4 staff bucking bails of hay. It was a very fun and **productive** day!



Congrats to Logan Woolery & Marcus Veney for receiving our employee Helping Hands awards at our Gala this year!

Building Brighter Futures Since 1908

Beautification & Garden Greatness



This spring, the Children's Home received an abundance of flowers and bushes to **beautify** our campus. We have been working with our residents on campus

to bring color and beauty to our landscape with these plants. The kids have worked hard, right along with the staff and volunteers, and it is looking great!



We have also started our **garden!** We are looking for **volunteers** that would like to share in the harvest after

we work together weeding, watering, and general upkeep of our large garden this summer. We appreciate our volunteers and are thankful for the **produce** that we can share!

Contact Chef Darren if you are interested in volunteering in our garden and reaping the bounty with us. 208.743.1081 Ext. 236

