

FineGold

Fall 2016

Back to School

Your
Generosity
at Work

Alyssa's Story
A New Family A
New Home



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A New Family, A New Home

A NEW HOPE FOR ALYSSA

By the time she was 16, “Alyssa” had been kicked out of her house several times by her drug-addicted mother. She bounced back and forth from her home and several different group homes. Her mom told her she was worthless.

Alyssa was referred to Intermountain by the high school counseling staff. She was one of those kids who was trying, but not succeeding. She was showing up for school, but she wasn’t thriving.

She had the stereotypical sad eyes of a kid who was struggling inside.

When Alyssa first got connected to the Intermountain staff at school, she feared the stigma of receiving therapy. So her therapist met with her during walks back and forth to Starbucks each day. They would walk, drink coffee, and talk. The main work, the Intermountain team said, was simply to be there for Alyssa.

Yes, they’ve helped her work through the rejection from her mom. But they’ve also been there to simply smile when they see her and to show genuine happiness when she reports an A- on a test. Yes, they’ve provided intensive therapy to help Alyssa unpack her trauma. But they’ve also said important things like, “We love you for who you are,” “We care about you,” “You can do this,” and “You are not worthless.”

Thanks to generous, kind people like you, the Intermountain team is helping to re-write Alyssa’s script – working through the bad things in Alyssa’s life, but helping her to celebrate the good things too.

While she still faces many challenges, Alyssa now has a really good thing to celebrate. Through its extensive community connections, Intermountain recently found a couple who wanted to provide Alyssa with a home. Now Alyssa, a child who often didn’t know where she would sleep from day to day, has her own bedroom, a backyard pool, a dog, and a cat. (continued on page 5...)

Because of You

Teens like Alyssa have the hope of a better, happier future.



She also has a family who is committed to supporting her through her last year of high school and to achieving what is now her #1 goal: earning Intermountain's Complete Your Dreams Scholarship so she can go to college. The scholarship is available to all kids who've used Intermountain's services, from outpatient therapy to residential treatment.

"It's one year at a time for her at this point," says one of Alyssa's counselors. Thanks to you, Intermountain can be there for Alyssa – as she navigates her final year of high school, as she adjusts to a new home and a new family, and as she sets her sights on a happy, successful life.

Thank You

for partnering with Intermountain to help re-write Alyssa's story and the story of so many other kids. You're making a real difference for kids like Alyssa every day!

Mitch Johnson

LEAVES A LASTING LEGACY



If you ever want to know what it means to leave behind a legacy, look no further than the life of long-time Intermountain staff, Mitch Johnson. Mitch died unexpectedly on July 29, 2016, the same month he celebrated his 35-year anniversary working at Intermountain.

If you've ever visited Intermountain's residential campus in Helena, you've surely seen Mitch or had the privilege of hearing him evangelize about the success of developmental relational treatment (hint: he's the guy with the beard and pony tail wearing shorts, even in February). Mitch started working at Intermountain in 1981, and has been a stalwart on campus for 35 years, leading the formation of our developmental relational treatment approach in the 1980s and our outgrowth into community services in the 1990s.

Quietly and benevolently, Mitch spent himself for others throughout his career.

He mentored hundreds of staff and aided in the healing and restoration of thousands of children and families.

There is nowhere near enough space here to tell even half of the stories of how Mitch has influenced the lives of his colleagues and the kids and families he has served. While we deeply mourn his passing, we are so proud to be witness to his enduring legacy of healing and hope.

Back to School

BRINGING STRUCTURE BACK

By Katie Harlow, LCSW, Intermountain Clinical Supervisor of School Based Services

The end of summer is coming, when we trade in sunscreen and long lazy days for backpacks and school schedules. Every year kids and parents alike look forward to the fun that summer brings, and as it comes to a close, many parents find themselves longing for the structure and dependability of the school year to return. We often find that our kids experience a mix of emotions and can be in a state of uncertainty during this time; looking for structure yet struggling to adjust to the new day-to-day routine of the school year. Children with academic or mental health struggles, such as anxiety related to academics or social interaction, may even dread returning to the environment that increases their discomfort.

We know that structure and routine are important because they bring a sense of safety and dependability to our lives and solve for a common fear: that of the unknown. Developmentally appropriate structure allows children to learn to constructively regulate and

manage their emotions and behaviors. Therefore, that structure should grow and change as children grow and change. A return to the school year also means a decrease in freedom that is often given during the summer and an increase in rules, expectations, and adult control over teen lives. Teens, especially, tend to constantly be on the prowl for more freedom and more opportunities to control their lives and environments.

This time of life looks different child by child and family by family.

In an ideal world, changes such as this would happen seamlessly. But here in the real world, we know they often don't and we may dread engaging children in preparing for these changes. We can help kids start their school year off successfully by preparing them for change.





- **Help your child learn organizational skills.** Whether as simple as setting clothes out the night before for a younger child or teaching a teen to utilize technology in a beneficial manner by using the calendar features on their phones, these are all building blocks to helping your child succeed.

- **Begin to have conversations with your child about their day.** Ask specific questions that can't be answered with a blanket "fine" or "good," such as "Who did you eat lunch with today?" or "What was the best and/or worst part of your day?" This can help set up the routine of discussing your child's day, and ideally this will create connection as well as help them come to you when they are experiencing struggles.

- **Have a discussion with your child about their feelings about returning to school.** This might provide you some valuable information – Are they worried about their teacher? Are they dreading having to take a certain class or see a certain person each day?

This gives you the opportunity to validate their feelings and potentially problem-solve with them. This can also be a great time to normalize feelings of worry they may have; it is normal and healthy to have anxiety about new experiences.

- **Start the change in structure early so it does not feel like a sudden change to your child.** Begin a few weeks before school starts with adjusting sleep schedules to move closer to school schedules, have discussions about expectations, and begin to slowly build in the tasks that will change as school begins.

Katie Harlow is a Clinical Supervisor of School Based Services for Intermountain in Helena. Katie provides clinical leadership and oversight to teams of mental health professionals who provide therapeutic services in public school settings in the Helena area.

Because of You

Educated, talented professionals like Ms. Harlow are sharing their expertise on how we can most effectively communicate with our kids and teens!

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Notes From INTERMOUNTAIN PARENTS

“Our 14-year old son, ‘Julian,’ just returned from an 18-month stay at the Intermountain residential program in Helena. The experience was transformative for our son and our family. We are grateful that this unique program exists and that our son and our family were willing and able to participate in the program. Through the Intermountain program, our son has developed a dramatically improved ability to regulate his emotions, to navigate social situations constructively, and to make positive and safe behavioral choices. He is back home and on a completely different path. Our son was nurtured, cared for, and grew tremendously through the experience.”

-Julian's dad



“When we brought our son, ‘Simon,’ to Intermountain, he was defiant, depressed, suicidal, and out of control. The relationship between him and me (his mother) was terrible. He hated me. We could not communicate. He had never completed a full year of school, as he was always getting kicked out. That day we dropped him off was the hardest day of our lives. It took a while to see the changes, but when we did, they were amazing. My son and I finally were able to talk with each other without yelling. We enjoyed our weekly visits together. When we brought him home for home visits,

it was like having a totally different child at our home.”

He was respectful, polite, and he followed the rules. The program at Intermountain not only taught our son the tools he needed to be successful, it taught our whole family the tools we needed. It wasn't just he who was getting the treatment. We were involved in every aspect of his treatment and ours. [Intermountain staff members] were there any time, day and night, for support. After a year, my son was able to come home. He is now about to complete his first full year of school.... We still have our hiccups every once in a while, but now we have the tools to deal with them.

Intermountain changed our lives for the better and gave us hope, not to mention a happy, successful son.”

- Simon's mom

Because of You

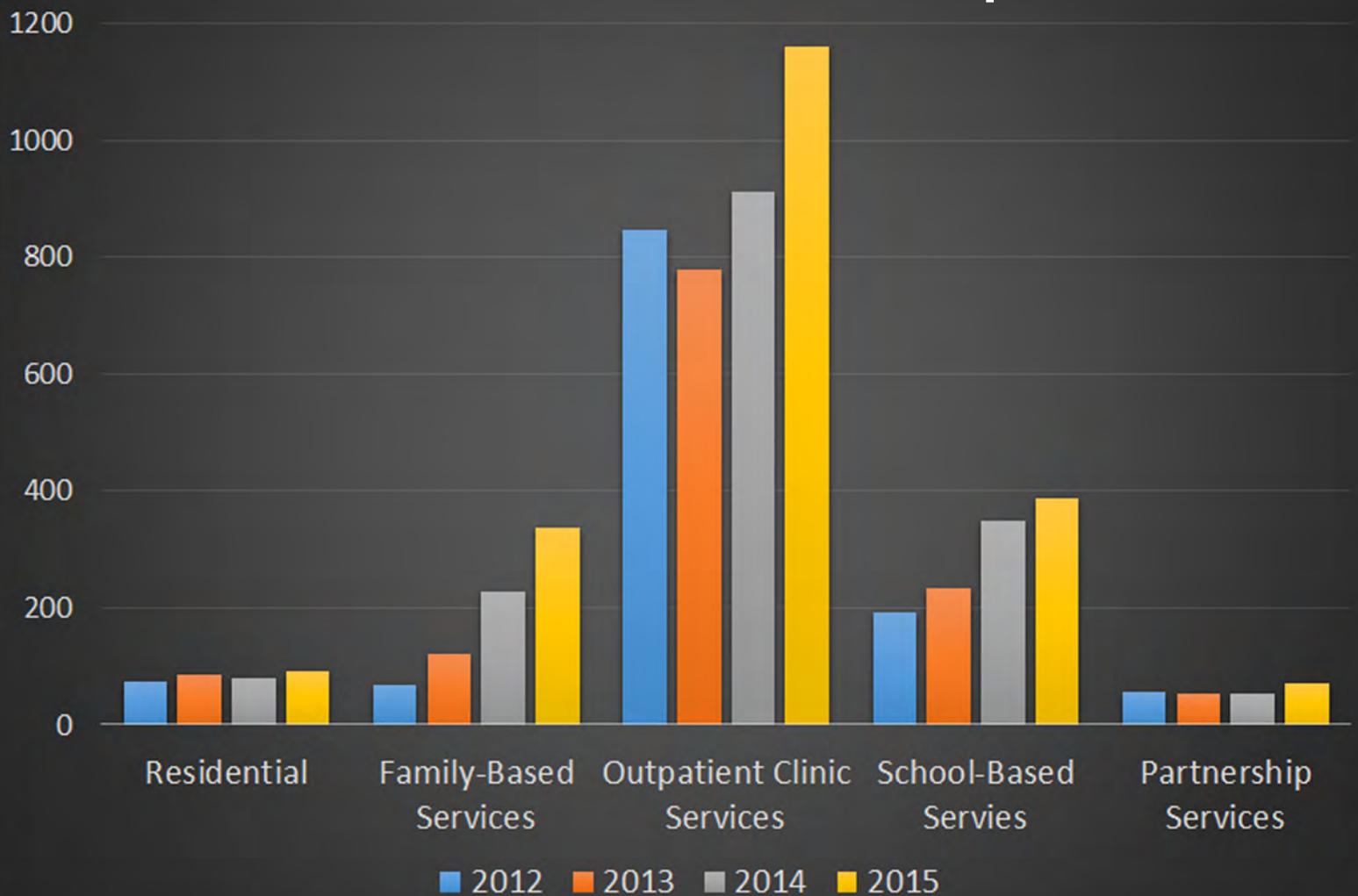
Kids like Julian and Simon are getting loving, high-quality care from Intermountain, and their parents are seeing the amazing results!

Your Generosity at Work

83% CLIENT SUCCESS RATE



Number of Clients Served per Year



89% FAMILIES AND CLIENTS are satisfied with Intermountain's services





Income For You For Life, A Gift For Intermountain

Tired of fluctuating markets and low return on fixed investments? A life income gift with Intermountain, such as a Charitable Gift Annuity, may be an excellent way to provide the security you need while benefiting Intermountain in perpetuity:

- Receive fixed payments to you or another annuitant you designate for life;
- Receive both a Montana state tax credit (up to \$10,000) and charitable income tax deduction for the charitable gift portion of the annuity;
- Benefit from payments that may be partially tax-free;
- Further the charitable work of Intermountain with your gift.

In spite of what he's going to say...

Everything is Not "Fine"

Montana has one of the highest per capita rates of substance use and adolescent suicide in the country.

Troubled kids don't look a certain way and they probably won't tell you they are struggling.



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To learn more please visit
www.intermountain.org/resources



Memorial Gifts Received Oct. 1, 2015 - July 31, 2016

In memory of Alexander, Craig

From Mary Ann & Dean
Alexander

Alexander, Gil

Valeria and Ken Van Rooy

Allmon, Charles

Alexander Millard

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Lloyd & Barbara Amundson
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My Cousin Sue,

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Deanna Styren

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Deanna Styren

Nelson, Janice

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Bernice Wilt

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Padgett, Perry

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Paralusz, Elizabeth

Zyella Voiles

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Patefield, Wally

Deloris Patefield

Les Turner

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Arthur Patera

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Plowman, Byron

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Marvin and Marie Radons

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David and Carol Rasmussen

Rasmussen, Jack

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Patricia Baker

Rauser, George

Patricia Baker

Rea, Doris

Beverly Cass

Rea, Reasy

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Russell, Gregory

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Quentin and Sally Schwartz

Schwindt, Stormy

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Wix, Bob

Ken Bratney

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Wix, Eleanor

Margaret M. Eagle

Worley, David

Judith Worley

Honor Gifts Received Oct. 1, 2015 - July 31, 2016

In Honor of Allen, Roxanne

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Allmon, Agnes

Gwen Allmon

Allmon, Ross

Gwen Allmon

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Darlene Depner

Amini, Rex

Brooke Amini

Warren and Julie Wilkinson

Andersen, Dave

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Theone M. Christman

Barrett, Ruth

Ruth E. Barrett

Bott, John & Connie

Mary W. Meng

Cannon, Frank

Eric and Kayti Bashore

Carlson, Tyler & Kristi

Mary W. Meng

Cauffman, Jed and Nancy

Dave and Donna Byerly

Chaney, Wyatt

Betsy and Warren Wilcox

Chirgwin, John

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Shellenberger

Cies, Herbert

James W. Tanner

Cies, Herbert and Lucile

James W. Tanner

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Covey, Jessie

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Cox, Rubie

Nathan Cox

Crivello, Jeanne and Mike

Bill and Ivy Crivello

Crivello, Marlene and Charles

Bill and Ivy Crivello

Crivello, William

Charles Crivello

Crowe, Gretchen

Jon Michael Geist

Dale, Matthew

Bill and Jo Reynolds

Davidson, Francis

Randy and Jill Daughtry

Davidson, Nancy

Randy and Jill Daughtry

Davis, Noelle

Robin Anlian and Jack
Slevin

DeBartolo, Edward

Linda and Greg Markellis

Depner, Craig

Darlene Depner

Dixon, Karen

Patricia Baker

Dunn, Terry

Ronald and Clarice Hinman

Eidel, Betty

Wiley Kendle

Elliot, Alan & Sandi

Helen P. Elliot

Elliot, Neil & Linda

Helen P. Elliot

Elliot, Tom & Bonnie

Helen P. Elliot

Engborg, Cathy and Ted

Kathleen Smith

Erickson, Everly

Pam Cornelius

FitzGerald, Jim

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Geist, Jerry

Jon Michael Geist

Gormley, Mary

Bert and Peggy Guthrie

Hanson, Ron

Presbytery of Yellowstone

Henricksen, Harry

Karen and Steve Breck

Herbert, Hugh

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Hernandez, Barbara

Mary Ann and Dean
Alexander

Herriford, Marci

Amy Patek

Hill, Scott

Dolores Kellogg

Holden, Geneva

Shirley and Jerry Kontos

Holly, Dorothy

Fran Chirgwin
Shellenberger

Hucke, LeRoy & Vicki

Joseph and Carlene
Armstrong

Hudson, Lawrence

Marvin and Louise Parker

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Hudson, Sandra

Marina Hudson

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Roger and Judi Hall

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Morgan

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Dolores Kellogg

Kellogg, Joe

Dolores Kellogg

Kellogg, Mark, Theresa, Connor & Kevin

Dolores Kellogg

Kellogg, Rick

Dolores Kellogg

Kemp, Ben & Lorraine

Gloria Helgeson

Kitto, Rod

Patricia Baker

Kontos, Jerry

Geneva Holden and Tony
Lyght

Kontos, Shirley

Geneva Holden and Tony
Lyght

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Lange, Dave

Ann Mateka

Longbottom, Mike & LaRae

Ben and Beverly

Longbottom

Longbottom, Steve and Jean

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Marilyn Buechler

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Meng, Joe

Mary W. Meng

Meng, Loretta

Mary W. Meng

Meng, Melissa

Mary W. Meng

Nivens, Austin

Arthur Patera

Northcutt, Marvin

Marvin and Glenda Northcutt

Novak, Margaret

Arlo and Darlene Skari

Ogg Family, Steve

Alex and Sharon Ogg

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Patricia Baker

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Bill and Jo Reynolds

Reynolds, William

Jim and Carrie Reynolds

Robinson, Robert

Bill and Jo Reynolds

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Shea, Eleanor

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Sherry, George

Cynthia and Gary Winchell

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Marvin and Marie Radons

Tibbs, Billy

Karen Tibbs

Treat, Mary

Bub States

Tribe, Corinne

Bill and Jo Reynolds

Wallace, Robert

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Andrew and Sarah Hall

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Williams & Family, Toni

Cathy Quinones

Woods, Ember

Shaun and April Tatarka

Wright, Duane

Loren and Joni Stormo

Yuhas, Tyler

Vicky Simonson

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