The Bountiful Harvest We See From the Seeds You Plant

Among the benefits of working for Intermountain is the opportunity to reconnect with former clients. There is a theme to many of their stories. An example is Deanna. She is only 25, but she has a wisdom that is beyond her years. When she talks about her painful past, you feel the weight of her sadness. You can see it in her eyes and her posture, and you can hear it in her quiet, monotone voice. She candidly acknowledges that every single day she still struggles to shake the vivid memories from her traumatic childhood.

When the conversation turns to her sandy haired, three-year old son Brandon, Deanna is transformed. She leans forward in her chair, her eyes light up, and in an animated, confident voice, she proudly says, “I am a good parent!” Intermountain helped Deanna let go of her anger at her mother. “I was so angry at her for what she did to me and what she let others do to me. But I realize now that she did the best she could. Her childhood experience was even worse than my own. I’m lucky because I got help!”

Intermountain also helped her to learn to trust again. Deanna says, “Because of Intermountain, I’m able to be there for my son in a way that my mom was not able to be there for me. And (here is an example of Deanna’s precocious wisdom) my son will likely – prayerfully – be an even better parent for his kids than I have been for him.” Thanks to gracious gifts from folks like you, adversity is not destiny! The positive change in lives like Deanna’s are like fruitful seeds that are planted and grow incrementally from generation to generation.

You can plant fruitful seeds today by including Intermountain in your estate plans or creating a life income gift. There are a host of options, and we have a team of friendly, qualified experts who would be delighted to help you find the option that is the best fit for your circumstances.

If Intermountain can be of service in any way, please call us (406) 457-4804. Learn more at intermountain.giftlegacy.com
Dear Friends:

In this issue of Fine Gold, you will hopefully get a glimpse of the extraordinary changes that are made possible through your support. Your shared passion for this mission of transforming the lives of kids—many of whom are in seemingly hopeless circumstances—is something that I am thankful for each and every day! If you haven’t already heard, the opportunities before us to restore emotional health and provide safe environments for hurting children just got a little more difficult because of government cuts in funding. As you can imagine, many of the over 1,000 struggling children whom we serve each and every day are not only the most severely impacted by early childhood trauma, but they are also among the most economically impoverished. While this is sobering news, we have weathered storms of this nature many times over the last 18 years. As we enter the giving season, I urge you to prayerfully consider what you can do to help us weather this most recent challenge. Thank you for your heartfelt prayers and financial support, and may our collective efforts on behalf of these children and their families be richly blessed!

Sincerely,

Jim FitzGerald, Intermountain CEO

Intermountain and Bigfork Schools are collaborating to offer a new Day Treatment program in the school starting this fall. Matt Jensen, Superintendent of the Bigfork School District, visited and observed the Day Treatment program on Intermountain’s Helena campus and immediately felt the program would work well to serve elementary children in the Bigfork School District who are struggling with emotional distress. He and Marvin Williams, Intermountain’s Director of Education, soon worked out the details for the program, including the funding stream from the school district.

The biggest hurdle, according to Williams, was helping the school officials understand the difference between Intermountain’s Day Treatment program and a program already in the school called Comprehensive School and Community Treatment (C SCT). CSCT is a more commonly known program that provides services to kids in the general education classroom, while Intermountain’s Day Treatment is a self-contained setting where services are provided throughout the child’s school day rather than sporadically.

Jensen stresses the need for early intervention for children struggling with emotional distress and other issues that not only interfere with their ability to learn but also with their ability to cope with life. He makes note of the Flathead health study that demonstrates high rates of children drinking, using drugs, becoming pregnant, and contemplating suicide at a very early age. Jensen says, “Our children need to come first and schools need to be in the forefront of finding solutions.”

For eight-year-old “Amber,” it was eating her first ice cream cone. “I’ll never forget the smile on her face,” the Intermountain therapist says. Amber ordered three scoops in three different flavors: chocolate with red hots, bubblegum, and coffee. It couldn’t have tasted very good together, but she ate every bite and she “probably said thank you 150 times.” Eating an ice cream cone on a summer day is something most of us take for granted, but for Amber, who had been placed in eight different homes in the same number of years, it was a “first” and will hopefully be a good memory she’ll always have with her.

The “first” for Tucker, Bill, and James was learning to trust an adult male in a stressful situation. The group had traveled to Lewis and Clark Caverns for the day. They came to the part in the tour where the guide turned off the lights. The boys were terrified, their Intermountain therapist says. “They all wanted to hold my hand,” he says, “but there were three of them. I didn’t have enough hands!” So, with two in hand and one clutching his elbow, the therapist and the three boys completed the tour of the caverns. The boys learned that it was possible to trust an adult man and have him come through for them. “It was a corrective relationship experience,” the therapist says, “showing them that not all men are bad.”

Intermountain’s Summer Program allows kids to continue the work they had been doing in their school-based programs into the summer months. One of the most important things the program does is give kids “normative childhood experiences,” says Daniel Champer, Intermountain’s Director of School Based Services. He calls them “firsts.”

On September 28th and 29th, 2017, ChildWise Institute is presenting “The Brain Behind the Behavior”, featuring both national and Montana-based experts. Keynote speakers include Judy Cameron, Ph.D., a professor of psychiatry and neuroscience at the University of Pittsburgh, and Delaney Ruston, M.D., mother of two and creator of the award-winning documentary SCREENAGERS, which will also be viewed at the Summit. Breakout sessions will be provided on top issues Montana’s teens are facing every day: Substance Use; Suicide, Self-harm, and Mental Wellness.

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Seven-year-old “Camden’s” mom was highly abused throughout her life. In fact, horrific abuse goes back three or four generations in their family. Camden’s mom is both hyper-protective and terrified of her children’s emotions. She is desperate to protect them from anything negative, but is unable to deal with the normal negative feelings that inevitably exist in her kids.

Camden has a “light up the world” smile, according to his Intermountain therapist. When he first came into therapy, he had one emotion that he was willing to express: happy. As he progressed in treatment though, he became willing to express other big emotions. He did this by hiding under his therapist’s desk and building a fort of pillows around himself. His therapist would try to guess his emotion: Angry? Sad? Terrified? When the therapist got it right, Camden would burst out of his fort, sending the pillows flying.

At the same time that Camden was learning how to express emotions other than happy, his mom was doing the same. She was taking Intermountain’s Circle of Security parenting class, learning to be “Bigger, Stronger, Wiser, and Kind” for her kids. In the past, her immediate reaction to her kids’ strong feelings was anger. She’s now learned how to talk to her kids instead of yell and scream. In a recent joint therapy session, Camden was able to sit in his mom’s lap and just “be sad.” It was a breakthrough for them both.

While it used to take almost an hour for Camden’s therapist to get him to express his emotions, it now only takes a few minutes. At home things are better, too. Camden’s older brother has returned to the home from inpatient therapy, and their mom is continuing to improve the way she reacts to her kids’ strong emotions. She now has a steady job. She’s terrified of failing, so she’s tempted to quit, but she hasn’t. She’s determined to break the cycle of generations of abuse in her family, and Intermountain is determined to help her succeed.
My entire family has been involved with the Festival of Trees and Intermountain for over ten years. While sometimes the event can seem overwhelming, the support from the community is faith renewing. It is truly magical to see multiple groups of volunteers who step up to perform and work the event. Some of these volunteer groups include students from local high schools who run the children’s area, the Scout Bureaus who help us clean and organize the trees for delivery on Sunday evening, Carroll College students who run the cookie booth, and steering committee volunteers who work year-round planning Festival of Trees.

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Each year, we look forward to seeing the faces of the children as they delight in the beautiful trees. We relish hearing the joyful music from the choirs and watching the performers, both young and old, sharing their true gifts of time and caring to help each other. But, most importantly, we love remembering it’s all for the children of Intermountain!

Every child deserves to have a magical Christmas - every child deserves to share in all the joy and love the Christmas season represents. Intermountain’s Festival of Trees is truly what makes Christmas all it should be for my family and me!

Sharon Witham has served on the Festival of Trees Steering Committee for 11 years in various roles and spent numerous hours making Funland a magical experience. Sharon is the Training and Event Coordinator at Opportunity Bank of Montana and one of over 500 volunteers who help make this event Helena’s unofficial kick-off to the Christmas season in Helena.
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Joyce M. Clemo
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Virginia and Tommy Just
Kathleen Just
Esther K. Fraser
Audrey Ombolt
Denise Feller
Wally Patefield
Doloris Patefield
Maxine Patek
Will and Sharon Loveall
Jane Pehrson
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Pemble Family
Fay L. Pemble
Einu Peared
Tim and Gigi Lantham and
Sunrise FOT Committee
Curtis Peterson
Karen and Rollin Peterson
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Elizabeth U. Downs
Johanna Wallace
Robert J. Wallace
Mrs. JaNohn Wasson
Duane and Linda Tangen
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Blake Mackin
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Earl and Linda Bates
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Honorable Gordon Bennett* and Norma Terrell
Annabelle Berthelot*
Kathryn B. Bestwick*
Paul and Amy Blavin
Glenn Brackett and Christine Lambert
Ken and Ann* Bratney
Steve and Judy Brownrigg
Frank and Jeanne* Cannon
Forrest and Virginia Carhartt
Peter and Mary Carparelli
Terry and Katrina Cherry
Florence Coghill
Mary* and Fred Collins
Ed * and Bonnie Conrad
Shari Copenhaver
Twila and Bryan Costigan
Lora and Jeff Cowoo
Millicent and Percival Cox*
Dave Creamer
Charles and Anna Creon*
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Cody and Michelle Danielson
Dick and Martha Davidson
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Rita Whitehead
Paul and Betty Whiting
Elizabeth Wick*
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Doris W. Wood*
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Camden has a “light up the world” smile, according to his Intermountain therapist. When he first came into therapy, he had one emotion that he was willing to express: happy. As he progressed in treatment though, he became willing to express other big emotions. He did this by hiding under his therapist’s desk and building a fort of pillows around himself. His therapist would try to guess his emotion: Angry? Sad? Terrified? When the therapist got it right, Camden would burst out of his fort, sending the pillows flying.

At the same time that Camden was learning how to express emotions other than happy, his mom was doing the same. She was taking Intermountain’s Circle of Security parenting class, learning to be “Bigger, Stronger, Wiser, and Kind” for her kids. In the past, her immediate reaction to her kids’ strong feelings was anger. She’s now learned how to talk to her kids instead of yelling and screaming. In a recent joint therapy session, Camden was able to sit in his mom’s lap and just “be sad.” It was a breakthrough for them both.

While it used to take almost an hour for Camden’s therapist to get him to express his emotions, it now only takes a few minutes. At home things are better, too. Camden’s older brother has returned to the home from inpatient therapy, and their mom is continuing to improve the way she reacts to her kids’ strong emotions. She now has a steady job. She’s terrified of failing, so she’s tempted to quit, but she hasn’t. She’s determined to break the cycle of generations of abuse in her family, and Intermountain is determined to help her succeed.
Jensen stresses the need for early intervention for children struggling with emotional distress and other issues that not only interfere with their ability to learn but also with their ability to cope with life. He makes note of the Flathead health study that demonstrates high rates of children drinking, using drugs, becoming pregnant, and contemplating suicide at a very early age. Jensen says, “Our children need to come first and schools need to be in the forefront of finding solutions.”

The biggest hurdle, according to Williams, was helping the school officials understand the difference between Intermountain’s Day Treatment program and a program already in the school called Comprehensive School and Community Treatment (CSCT). CSCT is a more commonly known program that provides services to kids in the general education classroom, while Intermountain’s Day Treatment is a self-contained setting where services are provided throughout the child’s school day rather than sporadically.

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For eight-year-old “Amber,” it was eating her first ice cream cone. “I’ll never forget the smile on her face,” the Intermountain therapist says. Amber ordered three scoops in three different flavors: chocolate with red hot, bubblegum, and coffee. It couldn’t have tasted very good together, but she ate every bite and she “probably said thank you 150 times.” Eating an ice cream cone on a summer day is something most of us take for granted, but for Amber, who had been placed in eight different homes in the same number of years, it was a “first” and will hopefully be a good memory she’ll always have with her.

The “first” for Tucker, Bill, and James was learning to trust an adult male in a stressful situation. The group had traveled to Lewis and Clark Caverns for the day. They came to the part in the tour where the guide turned off the lights. The boys were terrified, their Intermountain therapist says. “They all wanted to hold my hand,” he says, “but there were three of them. I didn’t have enough hands!” So, with two in hand and one clutching his elbow, the therapist and the three boys completed the tour of the caverns. The boys learned that it was possible to trust an adult man and have him come through for them. “It was a corrective relationship experience,” the therapist says, “showing them that not all men are bad.”

**Dear Friends:**

In this issue of Fine Gold, you will hopefully get a glimpse of the extraordinary changes that are made possible through your support. Your shared passion for this mission of transforming the lives of kids – many of whom are in seemingly hopeless circumstances - is something that I am thankful for each and every day! If you haven’t already heard, the opportunities before us to restore emotional health and provide safe environments for hurting children just got a little more difficult because of government cuts in funding. As you can imagine, many of the over 1,000 struggling children whom we serve each and every day are not only the most severely impacted by early childhood trauma, but they are also among the most economically impoverished. While this is sobering news, we have weathered storms of this nature many times over the last 108 years. As we enter the giving season, I urge you to prayerfully consider what you can do to help us weather this most recent challenge. Thank you for your heartfelt prayers and financial support, and may our collective efforts on behalf of these children and their families be richly blessed!

Sincerely,

Jim FitzGerald, Intermountain CEO
The Bountiful Harvest We See From the Seeds You Plant

Among the benefits of working for Intermountain is the opportunity to reconnect with former clients. There is a theme to many of their stories. An example is Deanna. She is only 25, but she has a wisdom that is beyond her years. When she talks about her painful past, you feel the weight of her sadness. You can see it in her eyes and her posture, and you can hear it in her quiet, monotone voice. She candidly acknowledges that every single day she still struggles to shake the vivid memories from her traumatic childhood.

When the conversation turns to her sandy haired, three-year old son Brandon, Deanna is transformed. She leans forward in her chair, her eyes light up, and in an animated, confident voice, she proudly says, “I am a good parent!” Intermountain helped Deanna let go of her anger at her mother. “I was so angry at her for what she did to me and what she let others do to me. But I realize now that she did the best she could. Her childhood experience was even worse than my own. I’m lucky because I got help!”

Intermountain also helped her to learn to trust again. Deanna says, “Because of Intermountain, I’m able to be there for my son in a way that my mom was not able to be there for me. And (here is an example of Deanna’s precocious wisdom) my son will likely – prayerfully – be an even better parent for his kids than I have been for him.” Thanks to gracious gifts from folks like you, adversity is not destiny! The positive change in lives like Deanna’s are like fruitful seeds that are planted and grow incrementally from generation to generation.

You can plant fruitful seeds today by including Intermountain in your estate plans or creating a life income gift. There are a host of options, and we have a team of friendly, qualified experts who would be delighted to help you find the option that is the best fit for your circumstances.

If Intermountain can be of service in any way, please call us (406) 457-4804. Learn more at intermountain.giftlegacy.com