Avoid Taxes on Your Required IRA Distribution!

If you are 70 ½ or older and must take a Required Minimum Distribution (RMD) from your Traditional IRA, or if you have inherited an IRA, you can avoid taxation by gifting all or a portion of the RMD to Intermountain.

For more information contact Kathy Ramirez at 406-457-4811.
The holidays always are hectic here at Intermountain. Sadly for many of the youth and families we serve, this season compounds crippling mental health issues. In our residential cottages, outpatient clinics, and schools across western Montana, dedicated staff know the holidays as the time when, more than ever, their care fills an immediate and essential need.

But part of the uptick in activity also is due to Intermountain’s determination, despite the impediments of a volatile and discouraging environment, to expand mental health services for youth and their families. These efforts are inspired by innovation, efficiencies, learning, and collaboration. Over the past several years the impact of our programmatic and geographic expansions has been dramatic: only five years ago, in 2013, Intermountain served 1,283 children and families at 11 locations—primarily in Helena, Missoula, and the Flathead Valley. During the past 12 months, more than 2,600 youth and families received Intermountain treatment at more than 25 locations throughout western Montana!

Part of this missional impact has been our recent focus on “strategic unions” with other mission-related organizations. In this endeavor, we are pooling competencies, resources, and creating efficiencies as we work closely with organizations that also serve youth and families in need of mental health care. This exciting effort has resulted in our clinical staff being embedded in Billings-based Family Support Network, Pure View Health Center in Helena, and the Pediatric Unit at St. Peter’s Health in Helena. These are exciting collaborations with great organizations with whom we share a common passion.

As entrusted stewards of private resources since 1909, our efforts are on maximizing impact by focusing on accessible, life-changing services to the more than 1,200 children and families we serve on a daily basis. But that good work is only possible by the generosity of donors and dedicated volunteers who share our vision of strong families and healthy communities.

In the spirit of the season and on behalf of Intermountain, I offer my sincere thanks for your generous support which has made our healing work a reality.

In gratitude,

-- Jim FitzGerald, Intermountain CEO

Kathleen Morris has generously supported Intermountain for 14 years. She makes specialized weighted blankets used in therapeutic treatment. With weights sewn into the edges, when kids wrap up in the blankets they feel a greater sense of security.

Kathleen has also taken on unique projects: one young boy in Intermountain Residential had clothes that were very important to him—they were the only things he had from his mother. He wanted to wear them all the time. But as he grew the clothes became too small. He was devastated.

A caring Intermountain therapist asked Kathleen if she could make one of her special quilts using the boy’s clothes from his mom. Kathleen felt honored to help. She didn’t want to cut up any of the clothes, so instead, stitched them into the quilt in the shape of the boy, his hand holding flowers extended upward toward the hand of his mother, which Kathleen added at the top of the quilt. The boy was thrilled to have this hand-made quilt as a “warm hug” from his mom.

“I wanted that little boy to feel like he was getting a hug from his mom every time he wrapped up in the quilt.” - Kathleen Morris

Recently we participated in Operation Christmas Child with the help of donations that came from various sources. This marked the 20th year the children at Intermountain have had the opportunity to put together gift boxes for children in various places around the world. We spoke about how this gift might be the first gift some of these children would receive and how we can learn to be grateful with what we have been given, even if we know our lives are far from perfect.

Jewish mentor, Edie Kort, and Jim Nallick, our Jewish educator, presented the children with a lesson designed to introduce to the children the concept of saving up so you could do good for another. Our littlest ones were able to grasp that it was far better to give charity without drawing attention to yourself (“That would be bragging,” said Macie) than to make sure everyone knew how important your act was.

Overall, while some of our younger children struggled with the concept of assembling a gift for someone they didn’t know, and not getting a gift themselves, most of the children were really able to get into the spirit of giving. We prayed for the children who would be receiving our gifts, and each child took time to write a note of encouragement and friendship to the young person they assembled a gift for.

Isn’t it great to be reminded that even in the midst of very difficult circumstances, we can learn to be grateful and give to others something that might be an encouragement to them? Our children are an encouragement to me daily, and I hope that we can carry ourselves with the same attitude of selflessness and love that they are learning to express during their time at Intermountain. And, hopefully, in bringing healing through healthy relationships at Intermountain, we are helping children learn to be independent and faithful contributors to their families and communities--the highest form of charity!
Shopping Online this Holiday Season?

Did you know purchases you make on Amazon can benefit Intermountain? Log onto smile.amazon.com, and use your regular log-in information. Near the top of the page, click on the “Supporting” box, and enter Intermountain Deaconess Children’s Services DBA Intermountain. Use smile.amazon.com, and Amazon will donate 0.5% of your future eligible purchases to Intermountain. Thank you for your support!

For more information on how you might benefit from a life income gift, contact Intermountain’s Development Office 406-457-4804, or visit us at Intermountain.giftlegacy.com

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.

Lisa’s Motivation:

Hope For A Promising Future

For Lisa, the urgency of rushing to the hospital to give birth to her child did not include the uncertain—but very hopeful—anticipation typical of a young mother-to-be. Lisa was in jail. And her brief release would involve two absolute certainties, both seemingly hopeless: her baby would leave the hospital to enter into foster care and, as quickly as possible, Lisa would leave the hospital and be returned to jail.

But Lisa had hope. Although substance use—ultimately resulting in her incarceration—had become a coping mechanism for loss and grief following the death of her baby’s father, she already was looking beyond her present circumstances. She wanted to be a mother to her baby.

Lisa sought change. She found Intermountain.

As a partner in the First Judicial District Family Treatment Court, Intermountain became aware of Lisa’s situation and offered support. At Intermountain, we understand that trauma—such as the loss of a loved one—can be a powerful trigger for mental health issues, and that mental health issues likewise all too often are accompanied by increasingly problematic substance use.

Intermountain also knows that for people like Lisa, true healing comes only through tackling both difficulties simultaneously. Sadly, addressing a substance use problem but failing to deal with the underlying causes of mental health issues means those triggers remain as powerful as before. Similarly, overcoming mental health obstacles but inadequately addressing addiction is a recipe for failure.

Lisa became a client of Intermountain’s Co-occurring Outpatient Services, a program that effectively and simultaneously addresses both substance use and mental health issues. She worked hard. And through her therapy she developed the tools to take control of her life.

Following her outpatient therapy, Lisa successfully completed the Family Treatment Court program—the final hurdle in having her Child Protective Services case dismissed, granting her full custody of her baby.

Lisa has subsequently trained to become a certified nursing assistant and now works full time in her new profession. She and her child share an apartment. She has been sober for two years. She credits Intermountain with providing the foundation necessary for the daunting task of starting again.

Strong families and healthy communities are built one meaningful life at a time. Your support of Intermountain helps people like Lisa make the most of a second chance, find purpose and promise, and create opportunities for themselves and others to change the future for the better.
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In Honor of:
Stephanie Barnes
Payne West Insurance
Ruth Barrett
Carolyn Dolderer
Chick Brogan
Mike and Juanita Mullin
Kristi Carlson
Mary W. Meng
Children at Intermountain
United Methodist Church - Harlem

Make Your Plan To Stay Mentally Healthy

1 in 4. That’s the number of young people who will experience depression, anxiety, or substance use disorders in a given year. Mental health is about being able to function to your full potential, coping with daily stress in a healthy way, connecting with others, and living your life with meaning and purpose. How can you help your child or teen stay mentally healthy? Here is just a small list of activities to help maintain mental health:

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- Un-plug
- Talk with a friend or loved one
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- Get some sunshine (vitamin D), but remember sunscreen
- Eat foods that boost mood such as omega 3, nuts, avocados, beans, leafy greens, blueberries
- Find relaxation and coping strategies
- Enjoy a treat

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Nick and Iva Jean Schultz
Sandra Lange
Leah G. McDonald
Toni Laurendeau
Susan C. Judge
Jim Lee
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George L. Sherry
Warren and Betsy Wilcox
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Ruth L. Reiquam
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Berenic Bailey
Davy and Betty Melby
Arline Baker
Lois E. Nemes and family
Marlene Beltramo
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Ralph C. Kenyon
Howard and Lynette Randall
Dr. Bill and Mrs. Janet Thomas
Betty Kesler
Ruth L. Reiquam
Deanna Styren
Mary Lee Knight
Tammy Crawford
Roy Lewis Jr

Matthew Dale -- Honoring A Life Well Lived

Former Intermountain Board President Matt Dale passed away in August. His tremendous leadership capabilities, his intellect and vitality, and his phenomenal wit—all wrapped around a huge heart for children—will always be remembered.

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Matt’s leadership has been instrumental in Intermountain’s expansion and increased outreach. During his tenure as board president, two new Residential Treatment cottages on the Helena campus and another in the Flathead Valley were built. Beyond Residential care, his unflagging devotion to the wellbeing of children and families helped facilitate exponential growth in Intermountain’s community-based, outpatient services.

All the while for those who came alongside him, Matt endeavored to make certain service was a joyful, rewarding experience. He will be dearly missed.
Maximizing Mission Impact Through Strategic Unions

At Intermountain, our goal is to provide high quality services to as many youth and families as possible. With this focus, our impact has grown exponentially over the last decade. To continue these efforts, Intermountain has been working hard the last couple of years cultivating strategic unions with other organizations to enhance client outcomes. Through collaborative partnerships, we are able to pool resources, blend competencies, and enhance client access to these critical services. Here are three of our current strategic unions that we have developed:

St Peter’s Health – We have partnered with St. Peter’s Health (formerly St. Peter’s Hospital in Helena) and are providing a children’s mental health clinician to serve on their Pediatric Treatment Team. Frequently, youth are admitted in psychiatric crisis due to substance abuse, suicidal ideation, emotional trauma, etc. This integrated Treatment Team directly serves youth that have been admitted to St. Peter’s Health in need of both emotional and medical services.

PureView Health – We have partnered with PureView Health and are providing a children’s mental health clinician to serve on their Behavioral Health Team. PureView is a Federally Qualified Healthcare Center serving Helena and Lincoln communities. The Behavioral Health Team provides brief and immediate support to PureView’s children and youth patients with mental health concerns, providing assistance with coping skills and a variety of behavioral changes.

Family Support Network – We have partnered with Family Support Network (FSN), a long-term Billing’s-based agency providing critical supervised visitation for children in the foster care system and their birth families. Our two part-time family therapists work seamlessly with their staff and are co-located in their Billings office. Our therapists are providing vital services to improve family functioning in hopes of reunification.

Expansion of Critical Therapeutic Services to Youth in Public Schools

Benjamin Franklin said “an ounce of prevention is worth a pound of cure.” While he was referring to fire safety in Philadelphia, this truth is applicable to the work we do at Intermountain. For struggling youth and families, access to services where and when they are needed is critical for early intervention. For many youth with behavioral, emotional, and psychological struggles, school is their arena of greatest need and oftentimes their only point of access. In our School Based Mental Health Services, not only have we been meeting them where they are, we have increased the number of schools (K – 12) where we provide these critical mental health services to children and adolescents. At the invitation of each school district, we have expanded into the following schools over the last six months:

- Bozeman High School
- Radley Elementary School in East Helena
- Boulder Elementary School
- BigFork Elementary School
- Muldown Elementary School in Whitefish

With this expansion, Intermountain now has 22 teams working in 17 schools providing vital services to a very vulnerable group of children and adolescents. Our partnership with each of these school districts represent our collective efforts to address the significant social and emotional needs of some of our most vulnerable youth.

For more information, please visit us at: www.intermountain.org
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**Intermountain Programs and Services**

- Intensive Residential Treatment
- Day Treatment and School
- Youth Case Management
- Individual and Family Therapy
- Child & Adolescent Psychiatric Services
- Pediatric Neuropsychological Evaluations
- Co-occurring Substance Use and Emotional Distress Therapy
- Adolescent Substance Abuse Assessment and Treatment
- Minors In Possession Program
- Occupational Therapy
- Therapeutic Educational School-Based Services
- Therapeutic Foster Care and Adoption Services
- Parents and Professionals Training and Seminars
- ChildWise — Intermountain’s educational and advocacy organization
- ACE’s (Adverse Childhood Experiences) Training
- Elevate Montana
- Trauma-informed Ministries
- Complete Your Dreams Scholarship Program

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Josh and Nancy Bartos
Carl and Dianne Johnson
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Peggy Gentry
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Eldora B. Nielson
Joe Franchini
Richard Evans
Marci Herriford
Amy Patek
Ruth Hickey
Tim and Gigi Lanham and Sunrise Deacons
Marcia Johnson
Valley Bank of Helena
Pam and Bob Kampfer
Peggy, Bryan, Dina, and Ashley Gentry and Jen, Brandon, and Tyler Rogers
Minde Meng
Mary W. Meng
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For more information on how you might benefit from a life income gift, contact Intermountain’s Development Office 406-457-4804, or visit us at intermountain.giftlegacy.com

Lisa’s Motivation:

Hope For A Promising Future

For Lisa, the urgency of rushing to the hospital to give birth to her child did not include the uncertain—but very hopeful—anticipation typical of a young mother-to-be. Lisa was in jail. And her brief release would involve two absolute certainties, both seemingly hopeless: her baby would leave the hospital to enter into foster care and, as quickly as possible, Lisa would leave the hospital and be returned to jail.

But Lisa had hope. Although substance use—ultimately resulting in her incarceration—had become a coping mechanism for loss and grief following the death of her baby’s father, she already was looking beyond her present circumstances. She wanted to be a mother to her baby.

Lisa sought change. She found Intermountain.

As a partner in the First Judicial District Family Treatment Court, Intermountain became aware of Lisa’s situation and offered support. At Intermountain, we understand that trauma—such as the loss of a loved one—can be a powerful trigger for mental health issues, and that mental health issues likewise all too often are accompanied by increasingly problematic substance use.

Intermountain also knows that for people like Lisa true healing comes only through tackling both difficulties simultaneously. Sadly, addressing a substance use problem but failing to deal with the underlying causes of mental health issues means those triggers remain as powerful as before. Similarly, overcoming mental health obstacles but inadequately addressing addiction is a recipe for failure.

Lisa became a client of Intermountain’s Co-occurring Outpatient Services, a program that effectively and simultaneously addresses both substance use and mental health issues. She worked hard. And through her therapy she developed the tools to take control of her life.

Following her outpatient therapy, Lisa successfully completed the Family Treatment Court program—the final hurdle in having her Child Protective Services case dismissed, granting her full custody of her baby.

Lisa has subsequently trained to become a certified nursing assistant and now works full time in her new profession. She and her child share an apartment. She has been sober for two years. She credits Intermountain with providing the foundation necessary for the daunting task of starting again.

Strong families and healthy communities are built one meaningful life at a time. Your support of Intermountain helps people like Lisa make the most of a second chance, find purpose and promise, and create opportunities for themselves and others to change the future for the better.

Thank you for your tremendous support of the 31st Annual Intermountain Festival of Trees. This is our largest annual fundraising event, and because of the kindness of all our sponsors, volunteers, donors, and attendees, Intermountain is able to help bring hope and healing to the over 1,200 children and families served by Intermountain each and every day. Thank you!

COWBOY
Christmas
FESTIVALofTREES

THANK YOU FOR YOUR TREMENDOUS SUPPORT OF THE 31ST ANNUAL INTERMOUNTAIN FESTIVAL OF TREES.
The holidays always are hectic here at Intermountain. Sadly for many of the youth and families we serve, this season compounds crippling mental health issues. In our residential cottages, outpatient clinics, and schools across western Montana, dedicated staff know the holidays as the time when, more than ever, their care fills an immediate and essential need.

But part of the uptick in activity also is due to Intermountain’s determination, despite the impediments of a volatile and discouraging environment, to expand mental health services for youth and their families. These efforts are inspired by innovation, efficiencies, learning, and collaboration. Over the past several years the impact of our programmatic and geographic expansions has been dramatic: only five years ago, in 2013, Intermountain served 1,283 children and families at 11 locations—primarily in Helena, Missoula, and the Flathead Valley. During the past 12 months, more than 2,600 youth and families received Intermountain treatment at more than 25 locations throughout western Montana!

Part of this missional impact has been our recent focus on “strategic unions” with other mission-related organizations. In this endeavor, we are pooling competencies, resources, and creating efficiencies as we work closely with organizations that also serve youth and families in need of mental health care. This exciting effort has resulted in our clinical staff being embedded in Billings-based Family Support Network, Pure View Health Center in Helena, and the Pediatric Unit at St. Peter’s Health in Helena. These are exciting collaborations with great organizations with whom we share a common passion.

As entrusted stewards of private resources since 1909, our efforts are on maximizing impact by focusing on accessible, life-changing services to the more than 1,200 children and families we serve on a daily basis. But that good work is only possible by the generosity of donors and dedicated volunteers who share our vision of strong families and healthy communities.

In the spirit of the season and on behalf of Intermountain, I offer my sincere thanks for your generous support which has made our healing work a reality.

In gratitude,
--- Jim FitzGerald, Intermountain CEO

Kathleen Morris generously supported Intermountain for 14 years. She makes specialized weighted blankets used in therapeutic treatment. With weights sewn into the edges, when kids wrap up in the blankets they feel a greater sense of security.

Kathleen has also taken on unique projects: one young boy in Intermountain Residential had clothes that were very important to him—they were the only things he had from his mother. He wanted to wear them all the time. But as he grew the clothes became too small. He was devastated.

A caring Intermountain therapist asked Kathleen if she could make one of her special quilts using the boy’s clothes from his mom. Kathleen felt honored to help. She didn’t want to cut up any of the clothes, so instead, stitched them into the quilt in the shape of the boy, his hand holding flowers extended upward toward the hand of his mother, which Kathleen added at the top of the quilt. The boy was thrilled to have this hand-made quilt as a “warm hug” from his mom.

“I wanted that little boy to feel like he was getting a hug from his mom every time he wrapped up in the quilt.” - Kathleen Morris

Recently we participated in Operation Christmas Child with the help of donations that came from various sources. This marked the 20th year the children at Intermountain have had the opportunity to put together gift boxes for children in various places around the world. We spoke about how this gift might be the first gift some of these children would receive and how we can learn to be grateful with what we have been given, even if we know our lives are far from perfect.

Jewish mentor, Edie Kort, and Jim Nallick, our Jewish educator, presented the children with a lesson designed to introduce to the children the concept of saving up so you could do good for another. Our littlest ones were able to grasp that it was far better to give charity without drawing attention to yourself (“That would be bragging,” said Macie) than to make sure everyone knew how important your act was.

Overall, while some of our younger children struggled with the concept of assembling a gift for someone they didn’t know, and not getting a gift themselves, most of the children were really able to get into the spirit of giving. We prayed for the children who would be receiving our gifts, and each child took time to write a note of encouragement and friendship to the young person they assembled a gift for.

Isn’t it great to be reminded that even in the midst of very difficult circumstances, we can learn to be grateful and give to others something that might be an encouragement to them? Our children are an encouragement to me daily, and I hope that we can carry ourselves with the same attitude of selflessness and love that they are learning to express during their time at Intermountain. And, hopefully, in bringing healing through healthy relationships at Intermountain, we are helping children learn to be independent and faithful contributors to their families and communities --the highest form of charity!
Avoid Taxes on Your Required IRA Distribution!

If you are 70 ½ or older and must take a Required Minimum Distribution (RMD) from your Traditional IRA, or if you have inherited an IRA, you can avoid taxation by gifting all or a portion of the RMD to Intermountain.

For more information contact Kathy Ramirez at 406-457-4811.