

FineGold

Fall/Winter 2018

Dynamic New Partnerships

Matt Dale Tribute:
A Life of Service

Lisa's Motivation:
A Promising Future

Chaplain's Corner:
A Lesson In Charity



intermountain
Caring Solutions • Strong Families • Healthy Communities

www.intermountain.org

Fine Gold

a publication produced by
Intermountain

Chief Executive Officer

Jim FitzGerald, MSW, MPA

Board of Directors

Pam Schapper - President, Whitefish
John Watson - President Elect, Great Falls
Rev. Cathy Barker - Secretary, Helena
Crystal Amundson, Billings
Rev. JP Carlson, Bozeman
Frank Cannon, Helena
Linda Cladis, Billings
Katherine Curtis, Columbia Falls
Kori Dee, Helena
Mike Hudson, Hamilton
Jim Lawrence, Clancy
Robert Lopp, Kalispell
Elder Don Patterson, Bigfork
Dr. Michael Priddy, Missoula
Nancy Staigmiller, Absarokee
Trudi Schmidt, Great Falls

How can YOU make the difference
in the lives of children? Contact our
Development Team today to learn how
your gift makes an impact.

**Intermountain
Development Team
500 S. Lamborn Street
Helena, MT 59601
(406) 457-4804**

www.intermountain.org



All smiles at this year's Summer Roundup in Kalispell: Jim FitzGerald (right) with Adam Jespersen, Intermountain Chief Operating Officer, and Adam's wife, Jamie.

Greetings from our CEO, Jim

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



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!

Your *Honor Gift* helps Intermountain restore hope to over 2,600 children and their families each year!

Gifts Received
January 1, 2018-June 30, 2018

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

Pastor Melanie Martin Dent

Members of Lonsdale United

Methodist Church

Patricia Floyd

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

Geraldine Paulus

Gene and Linda Sentz

Helen Rummel

Mr. and Mrs. F. L. Whitsell

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:

- Engage in physical activity you enjoy (swim, walk, run, bike, dance...)
- Get adequate sleep
- Smile & laugh
- Un-plug
- Talk with a friend or loved-one
- Make time to do things you enjoy – take some “me” time
- 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



Matthew Dale -- Honoring A Life Well Lived

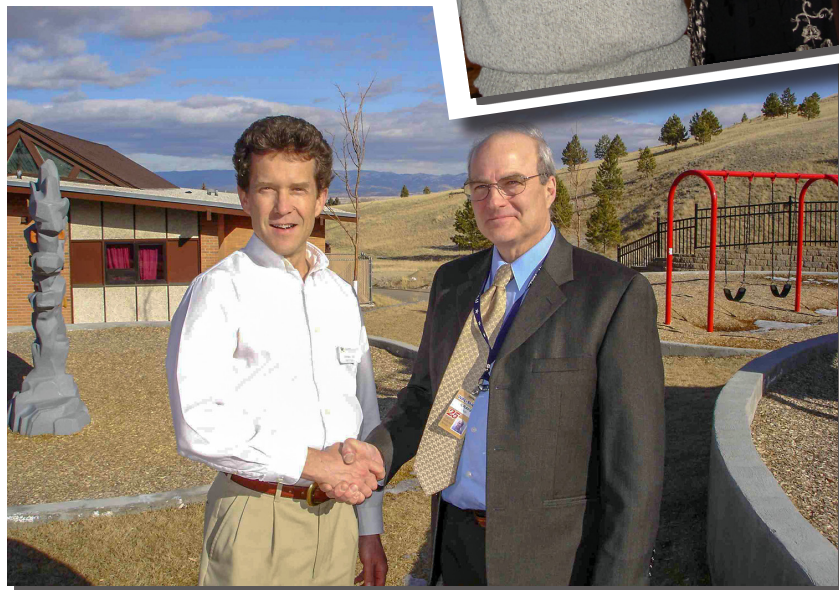
Former Intermountain Board President Matt Dale passed away in August. His tremendous leadership capabilities, his intellect and vitality, and his phenomenal wit—all wrapped around a huge heart for children—will always be remembered.

Matt served for 13 years on the Intermountain Board of Directors, including two terms as Board President. For more than a decade, he was emcee at the annual Festival of Trees dinner and auction, where a wider Intermountain audience came to know and appreciate his grace and, notably, his good humor.

His professional experiences as executive director both of the Friendship Center in Helena, and subsequently the Office of Victim Services for the State of Montana, broadened and deepened his understanding of the needs and challenges facing children and families in crisis. Intermountain is incredibly fortunate that Matt so generously shared his knowledge and expertise—and so much of his time—in bringing hope and healing to those we serve. He was a consummate volunteer.

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.



St. Peter's Health

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



PUREVIEW | Health Center

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.



FAMILY
SUPPORT
NETWORK

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

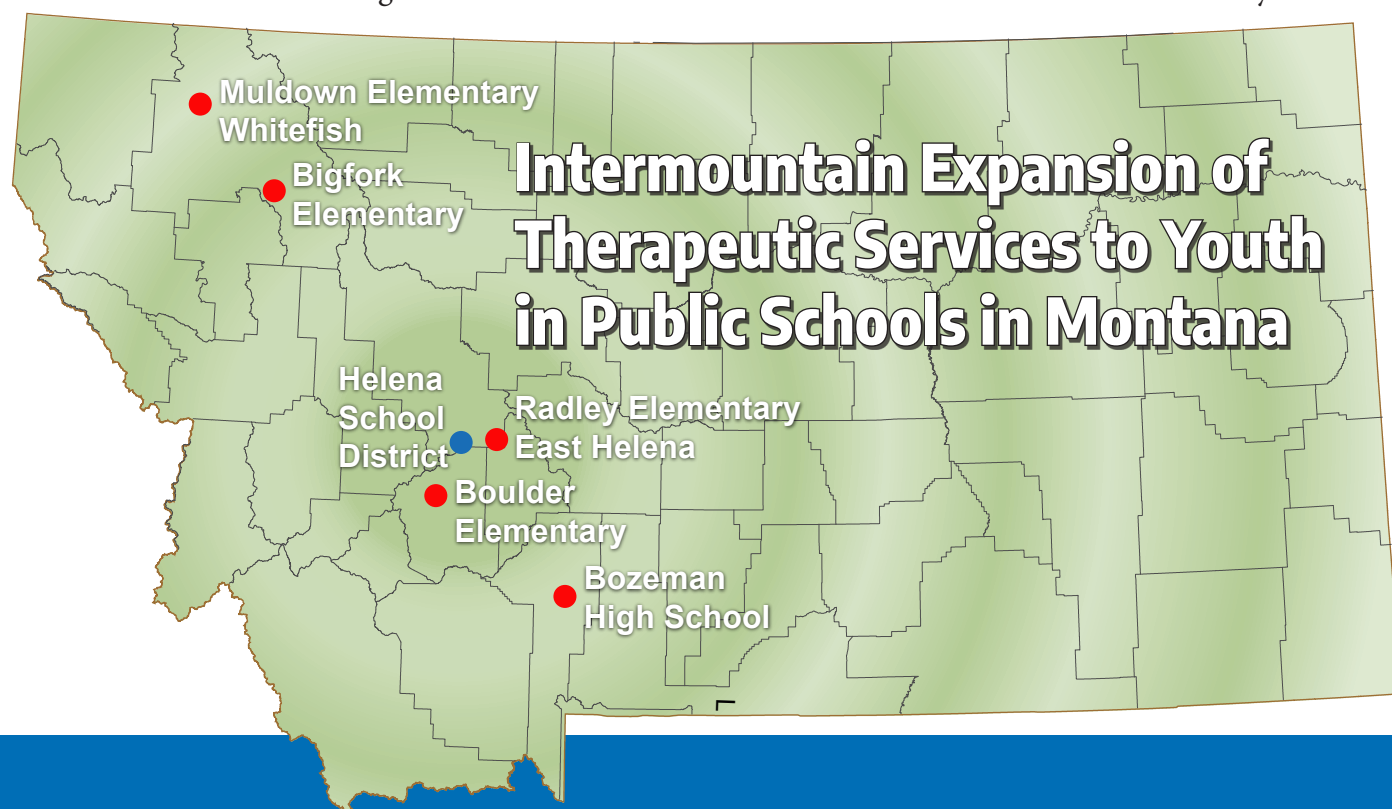


Expansion of Critical Therapeutic Services to Youth in Public Schools

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.



- 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

For more information,
please visit us at:
www.intermountain.org



Thank You!

Your *Memorial Gift* helps
Intermountain serve over 1,200 children and
their families each day!

Gifts Received
January 1, 2018-June 30, 2018

In Memory of:

Nancy Allen

Butte Community Concert Association

Robert and Cindy Carlson

Donna Wigmore

Clyde Anderson

Carrol Anderson

Megan Anderson

Carrol Anderson

Leonard Atkinson

Delia A. Atkinson

Berenice Bailey

Dave and Betty Melby

Arline Baker

Lois E. Nemes and family

Marlene Beltramo

Anthony F. Beltramo

David P. Bock

Joyce M. Clemo

Steven J. Clemo

David and Darlene McNay

Ed Brittenham

Ted and Beulah Brittenham

Margaret M. Broderick

Christopher and Joan Miller

Matt Buck

Billy and Jean Tanner

Robert Caires Sr

Elizabeth Caires

Ralph Carr

Robert and Cindy Carlson

Susan L. Lee

Brian Lee

Chris and Teri Noble

Bob and Martha Scott

Mary Collins

Fred S. Collins

Rubie Cox

Don and Barbara Bishop

Lee Crawford

Bob and Mary Lou Garrett

Forest and Margaret Farris

Bill and Marilyn Johnson

Dorothy Feller

Josh and Nancy Bartos

Carl and Dianne Johnson

Nate and Debra Simmons

Bob Gentry

Peggy Gentry

Tim and Gigi Lanham

Daryle and Sharon Odden

Lanelle E. Petersen

Sunrise Prebyterian Intermountain

Festival of Trees Committee

John and Ruth Watson

Warren and Susan Wenz

Art Hall

Terry and Carol Dagenais

Margaret Healy

Margret Sovig

Lesley Holland

Carolyn J. Johnson

Don Isler

Helena Crawford

Monique Crawford

Heidi McLoughlin

Matthew Jergeson

Duane and Linda Tangen

Kevin Johnson

Bill and Marilyn Johnson

Mary Lou Montague Johnson

Ruth L. Reiquam

Veronica Johnson

Scott and Gabriela Chaney

Herb and Jeanne Jones

Donna Yaeger

Ralph and Anne Yaeger

Elva Verona Jorgensen

Christopher and Joan Miller

Delores Kellogg

Joe and Marcia Kellogg

Dalcie Kenyon

Howard and Doris Donaldson

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



Dona Laas

Nick and Irva Jean Schultz

Sandra Lange

Leah G. McDonald

Toni Laurendeau

Susan C. Judge

Jim Lee

Robert and Cindy Carlson

Brian Lee

Susan L. Lee

Chris and Teri Noble

Bob and Martha Scott

Marrianne Lee

Robert and Cindy Carlson

Brian Lee

Susan L. Lee

Chris and Teri Noble

Bob and Martha Scott

Steven Lee

Robert and Cindy Carlson

Brian Lee

Susan L. Lee

Chris and Teri Noble

Bob and Martha Scott

Jeanie Mercer

Fred and Libby Chaney

Lamont Meuwissen

Susan C. Judge

Bill Michael

William and Judy Young

Charles Samuel Miller

Christopher and Joan Miller

Robert and Elva Miller

Patricia G. Cobb

Clifford and Gladys Mummey

Duane and Linda Tangen

Chris Near

Joyce M. Clemo

James R. Northcutt

Marvin and Glenda Northcutt

Lester Oakland

Donald J. Keough

Daniel Paddock

Bette W. Bedey

Rev. David C. and Mrs. Lynette Donkle

Carol Meves

Jean S. Paddock

Burnell and Mary Saum

Roberta Patton

Georgia Barke

The Pemble Family

Fay L. Pemble

**Mark Peressini**

Donald J. Keough

Frank Potter

Donald J. Keough

Jerre Pugh

Rev. John Pugh

Joanne Reynolds

Jim and Carmelita Bullock

Jim and Carrie Reynolds

Ruth Fellowship First United Church

Myrna Rudio

Terry and Carol Dagenais

Rick Salvhus

Robert and Cindy Carlson

Brian Lee

Susan L. Lee

Chris and Teri Noble

Bob and Martha Scott

Pat Saville

Don and Mary Patterson

Rose Schriber

Raymond and Susan Watson

Mary H. Schultz

Alan and Susan Forkner

Stormy Schwindt

Raymond and Susan Watson

Eleanor Shea

Stan and Anne Wilmoth

Russel and Betty Shelley

Leon Shelley and Stan Ginther

Margaret Spangenberg

Robert and Jo Ann Weststeyn

Michael Edward Sparks

Ashlie Green

Christine McComb

Travis and Teresa Meyer

Carla Scott

Ralph and Anne Yaeger

Donnie Stanley

Marlyn and Alice Janssen

Holly Endicott Stark

Dr. Will and Mrs. Sharon Loveall

Betsy Stimatz

Kristine M. Stimatz

Rose Stuart

Lois E. Nemes

R.C. Swaim

Scott and Gabriela Chaney

Doris Reiquam Swenson

Ruth L. Reiquam

Conrad Myrtle Tangen

Duane and Linda Tangen

Mary Ann Tonkovich

Dick Blodnick and Shari Marx

Dr. and Mrs. V. O. Ungherini

Elizabeth U. Downs

Madeleine Rose Vojacek

Scott, Gabriela, and Sabrina Chaney

Rev. Wilbur Whanger

Rev. Robert L. Barnes

Rev. David and Lynette Donkle

Kay Norum

George L. Sherry

Warren and Betsy Wilcox

Judy White

Ruth L. Reiquam

Dr. Robert Whitesitt

Darrell and Sharon Vallance

Glee Wilson

Georgiana Buck

Ruth L. Reiquam

Bill Yaeger

Donna Yaeger

Georgiana Buck

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.



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



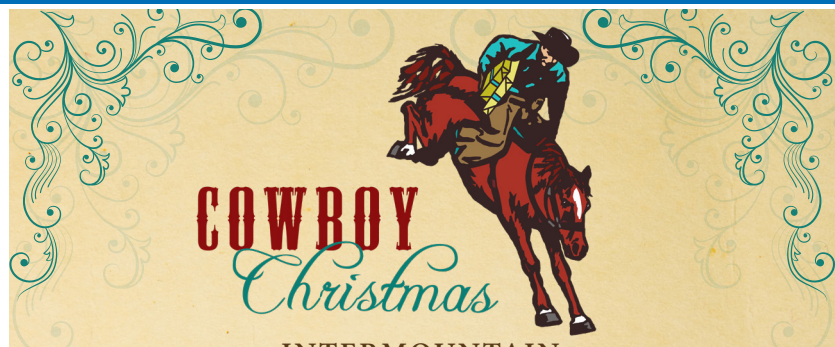
Shopping Online this Holiday Season?

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!



intermountain

Caring Solutions ■ Strong Families ■ Healthy Communities



FESTIVAL of TREES

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!



intermountain

Caring Solutions ■ Strong Families ■ Healthy Communities

Donor Spotlight -- Kathleen and Larry Morris



Kathleen Morris, and her husband, Larry, display the latest blanket she has generously donated to Intermountain.

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

Chaplain's Corner - A Lesson in Charity

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!



intermountain

Caring Solutions ■ Strong Families ■ Healthy Communities

500 S. Lamborn St.

Helena, MT 59601

(406) 457-4804

www.intermountain.org

Non-Profit Org.
U.S. Postage
PAID
Helena, MT
59601
Permit No. 117

Intermountain is a
Recognized Mission of:
Evangelical Lutheran
Church in America,
United Methodist Church,
Presbyterian Church (USA),
and United Church of Christ.



UNITED CHURCH
OF CHRIST

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.



intermountain

Caring Solutions ■ Strong Families ■ Healthy Communities