

FALL 2024

Changing Seasons Board Update

Connection Brings Purpose Message from the CEO

Struggle to Strength Outpatient Therapy

Complete Your Dreams Scholarship Banquet

Bozeman Summer Program

A Summer Support Program



Intermountain Development

500 S Lamborn St = Helena, MT 59601 (406) 457-4804 = intermountain.org



Changing Seasons

A single leaf, already yellow, flutters to the ground. On a blistering hot July afternoon, this seems like an anomaly—an aberration intruding into the midst of an otherwise ordinary Summer's day. Of course, that is what I would like to think, for Summers always seem so short and I resist any reminder that this season will be soon gone.

But I can tell, as the nights grow longer and each morning brings a more bracing chill, that time moves inexorably along. And the seasons change. And that the veritable forest of rich green leaves currently adorning my yard's ancient cottonwood tree are destined for the same fate as this one single leaf slipping to earth on this hot Summer afternoon. Having endured an unsettling period of change as the chair of Intermountain's board, I can now feel that rhythmic, reassuring beat of time coming back to Intermountain. Barren branches are beginning to bud. And while some things are gone, other things — good things have come. And the difficulties of this era pass away like the leaves on my tree, in accordance with rhythms of time and life.

More leaves will fall in the course of the coming weeks. And by October, they will all be gone — the tree and its branches left naked to face the Winter and the cold, waiting for Spring and the promise of life's return. There is a rhythm and pattern manifest in time which keeps moving, moving, moving life toward a distant, unseen shore.

I am reminded of how events and circumstances come and then go. Like the cottonwood's leaves, they rise and then fall. They flourish and then disappear. They cling tightly to the moment's branch (but only for a little while) and then get pushed away by time and the north wind. And I realize how all of this can be a parable for our beloved institution—Intermountain Children's Home.

Like my yard's cottonwood tree, Intermountain Children's Home has endured many seasons of change. Time moves through institutions as well as trees. Seasons come and go. Different trends, patterns,



movements, and even people flourish and fade away. You turn around. And familiar things aren't where they were. The landscape changes with the seasons, which are never the same.

At first, it is hard. All the changes we have faced over the last several years have been unsettling and even disturbing. So much has happened in such a compressed time that chaos seemed to distort and overwhelm the rhythm of our institutional life and steal away the comforting, reassuring beat of time which pushes away Winter as well as Summer and ameliorates the restlessness of change.

Having endured this unsettling period of change as the chair of Intermountain's board I can now feel that rhythmic, reassuring beat of time coming back to Intermountain. Barren branches are beginning to bud. And while some things are gone, other things — good things — have come. And the difficulties of this era pass away like the leaves on my tree, in accordance with rhythms of time and life.

The life of a tree is not in its leaves but in its roots. Like my cottonwood tree, Intermountain has been blessed with abiding roots. These roots are sunk deep in our founder's vision that the suffering of children gets addressed. They are anchored strongly in our renowned treatment model. And they are nourished in our historic passion for healing through healthy relationships.

Though not always visible and apparent, those roots have been the source of life for Intermountain Children's Home. They offer strength and fortitude that endure generation after generation after generation. They provide resilience that allows us to weather the worst storms and the coldest Winter.

I give thanks for these deep and enduring roots and the life they bring to this institution we love so dearly. I am grateful for the life and the hope they provide, especially in the face of change and challenge. As a leaf and not a root, I know that my time is fleeting and will soon be gone. But Intermountain Children's Home's roots hold fast and will bring their promise of life for seasons and generations yet to come.

Rev. Tim Lanham Chair of the Board, Intermountain Children's Home Like my cottonwood tree, Intermountain has been blessed with abiding roots... Though not always visible and apparent, those roots have been the source of life for Intermountain Children's Home. They offer strength and fortitude that endure generation after generation after generation.

"Connection Gives Purpose and Meaning to Our Lives" -Brené Brown



Connection- that is what makes Intermountain so special! My journey with Intermountain started many years ago as a parent seeking support for one of my children. We tried out several professionals and found a true connection to healing at Intermountain. In my professional life, I had the opportunity to work with Intermountain in delivering services, and as a community member I have viewed Intermountain as a trusted pillar in the community. With connection, also comes the inherent expectation of humility, trust, and fortitude.

Connection is the foundation of what we do at Intermountain- whether it is in our deep relational healing model with kids; joining families in reflection

on their journey; meeting with current, former, or potential new team members; visiting with our friends at church; or meeting caring donors dedicated to supporting Intermountain in our mission of Healing through Healthy Relationships.

Connection was evident at the recent Complete Your Dreams Banquet, where brave students shared their stories of resiliency with us. One student, now beginning her master's degree in social work said, "Intermountain gave me a life worth living." Last week, we had a visitor stop by campus on his motorcycle- a former client from the 80's who lived on campus when he was about eleven years old. During this surprise visit, he shared that the time he spent at Intermountain was the happiest, most hopeful time of his life. He also recalled fond memories of sledding and riding a bike on our beautiful grounds. These are just two of many stories with a common theme of connection and healing because of Intermountain.

These connections are not only our history but our current and future state. The future is bright! The Intermountain Board and leadership are committed to operational excellence at every level. We are focused on stabilizing and expanding services, and this is evident in our newly minted Family Empowerment Program (see "Summer Climb" article.) We are also well on our way to serving more kids on our residential campus. As we move forward, we aspire to ensure we are meeting the needs of our clients and the communities we serve. We work to understand those needs through connection. At Intermountain, we take our connections and relationships seriously. It is after all, "Heart Work."

Jamie Palagi Intermountain CEO



From Struggle to Strength

How Outpatient Therapy Transformed Clara's Life

Meet Clara

High school is a daunting time. Social media, peer pressure, and volleyball tryouts all cause anxiety in today's world. There are new social cues you have to pick up on, you're learning to drive, and more responsibility comes your way every day.

For Clara, this was no different. Her freshman year started off normally, but suddenly something changed. Mom and Dad's problems were becoming Clara's problems. With all the new things at high school and disrupted dynamics at home, change was the only constant in Clara's young life.

This set of circumstances created major upheaval for Clara. She began self-harming, her grades started slipping, and in one year she went from an upbeat_13-year-old to a very dark 14-year-old.

Clara's parents didn't know where to turn until one of their good friends told them about the care they received at Intermountain's Community Services Center (CSC) in Helena.

At Intermountain, we don't just focus on the diagnosis. Our model is rooted in a developmental-relational approach that requires strong engagement with clients.

A Team Approach

Clara and her dad came together for her first appointment with their therapist and found

out she was dealing with many of the same challenges that young people go through today. She faced depression, anxiety, peer pressure, and low self-esteem.

At Intermountain, we don't just focus on the diagnosis. Our model is rooted in a developmentalrelational approach that requires strong engagement with clients. Clara's first appointment involved sitting down with her therapist, and the visit primarily focused on relationship-building and cultivating therapeutic rapport.*

Once the intake appointment is complete and the relationship is on solid footing, that is where our treatment team's work begins! Clara and her therapist dove into understanding the reality of Clara's world. Change was a constant, and her therapist focused on one word - *Resilience*. So much of being a teenager is about adapting to uncomfortable situations and growing through them.

Tyler Zimmer Chief Growth and Development Officer

Clara's Milestones

At Intermountain we have many ways, both tangible and intangible, to measure clinical outcomes. There were measurable differences in her self-esteem during her eight months of outpatient therapy, she didn't self-harm in her last four months of therapy and in the year since she was discharged, and she made new, more supportive friends.

Clara's therapist and the entire team are so proud of how far she came in eight months of bi-weekly therapy appointments.

And as proud as Clara makes us, her story is just one of two hundred clients' each week at our CSC location in Helena and six hundred each week across Montana who are engaged in Intermountain's services.

Thank you for taking time to read this story and for supporting Intermountain's work with kids like Clara and so many more!

*Younger children's first appointment may even involve a game to encourage the child to open up!



Meet two of our therapists who work with kids like Clara!

David Ullrey is currently doing his internship with

Kara Bisenius is our Clinical Supervisor; she has been with Intermountain for eight years and in her current role for the last three. She helps develop and work with our therapists in trainings and with interns like David!

Intermountain and works with five children and families a week. He is very appreciative of the supervision he receives from Kara and loves learning about Intermountain's model. He says seeing families reach new milestones has been extremely fulfilling.

Complete Your Dreams



A big-hearted person cheers for someone else's win. A truly extraordinary couple studies the hardships of Intermountain children and then plans to make these children's future wins *possible* and *long lasting*. That's the one heart and two minds of Earl and Linda Bates.

Ranchers and longtime supporters of Intermountain, Earl and Linda began the "Complete Your Dreams" scholarship program, and it's their vibrant, living legacy. At its inception 18 years ago, the program's purpose was to continue the gains children

and teens made while in treatment with Intermountain and bridge the gap when major life obstacles threatened to disrupt their hopes for further education and career readiness.

Whether a young person's dream entails attending trade school, pursuing a graduate degree, or enrolling in online training for a career, each scholarship recipient is equipped with even more tools to succeed, thanks to Complete Your Dreams program director, Melissa Wilson, LCSW. This scholarship's

It is a full circle moment of coming from Intermountain as a child more than ten years ago and continuing with my dreams now under the support of Intermountain. The connection is very important...in the long run, I don't think I would have made it to college without the support.

significant mark of distinction is Melissa's highly personal and supportive coaching of each recipient.



Even if the student must pause their enrollment in school and try again later, this program walks alongside each young adult. "The Bates rightly have the long view of success, and our students say that their unconditional support means all the world to them," says Melissa.



Scholarship recipients were invited to the annual Celebration Banquet on August 8th where Earl shared, "I have a real sympatico with young people who don't have a jump start in life". While Earl and Linda have achieved much success in ranching and business, Earl's start to adulthood wasn't easy. He shared, "After high school I was detailing cars for one dollar an hour. I really had no idea what I was going to do with my life."

During the banquet, one scholar shared her story: "This scholarship is not just the money, it's a connection with people who have (also) utilized services at Intermountain, the highest level of support through Earl and Linda, and a relationship with Melissa who truly believes in us. Not only did this scholarship alleviate the

financial burden of my education, but it inspired me every day to strive for excellence in my academic pursuits. Now that I have graduated, I am truly able to acknowledge and appreciate the full impact of Earl and Linda's generosity on my life. Thank you for making my dreams possible."



The Bates rightly have the long view of success, and our students say that their unconditional support means all the world to them.

Speaking to the recipients, Linda Bates warmly shared, *"When you complete your dreams, you complete ours."* Congratulations to every scholarship recipient, and hearty congratulations to Earl and Linda, inspiring everyone in attendance!

The Summer Slide Climb!

Bozeman Summer Program

Teachers dread the "summer slide", seeing their returning students slip below their previous level of progress during the summer months. So how is it that some Bozeman children and their families charted a steady climb in life skills over the summer?



Intermountain teams working in Bozeman public elementary and middle schools mapped out a plan for success for children and parents who had received mental health support during the previous school year. Intermountain Therapists and Mental Health Support staff hit the summer running with thoughtful and life-giving methods to support struggling kids in tandem with their parents.

While there are many summer programs for the younger set, this Intermountain program was different. It included weekly opportunities for parents to learn effective parenting strategies and ways to support their children in rocky behavioral

I've always wanted to take my kids to the Gallatin County Fair but have never been able to afford it. Thank you for letting us make those memories as a family.

situations. Parents of the group learned how problematic behaviors are a signal, revealing a deeper need the child can't easily express. Importantly, parents were also given hands-on tools for setting healthy boundaries, developing stronger self-regard, and learning about the difference between chronological and developmental ages of their children. Running at the same time as their parents' group, the kids were receiving support from Intermountain staff learning about similar topics, like personal curiosity about one's actions, what healthy friendships look like, and celebrating small milestones in a big way. Seeing the Intermountain

These classes have made me so much more aware of my own actions, and I realize how big a role I have (as a mom).

staff in action, it's easy to see their affection for the kids and their therapeutic skills.

Because of our incredible donors' financial gifts, parents were able to directly practice their new skills through "parenting assignments". Practicing the power of connection, families were tasked with planning and doing various delightful outings in Bozeman, and then soaking in the

The best part of Intermountain's Summer Program was two things: hearing other parents share their parenting struggles and the little community we built. family bonding as a result. These experiences outside of the Summer Program were made possible because of your generosity!

Perhaps the most powerful aspect of the parent portion of the program was how the

Intermountain staff created a safe space for confidential, emotional vulnerability. With other adults, we all know how it's too easy to let shame impede real depth. One parent shared, "The best part of

Intermountain's Summer Program was two things: hearing other parents share their parenting struggles and the little community we built. Parenting when things are rough can be so isolating. I was thankful another parent went first to share their story (in a therapy group). It made me have more courage to share our story (of needing support)."

Way to go Bozeman Intermountain staff! You set and achieve mountain-top goals for kids and families.

Did You Know?

Why is our publication named "Fine Gold" (at least since 1971)? The inspiration comes from Lamentations 4:2, and the verse was often written at the top of our newsletter publications:

...our precious children, worth their weight in fine gold... - Lamentations 4:2

Income For You, A Charitable Gift For Intermountain

Tax savings are something that you likely always consider before the sale of appreciated property, such as real property or stocks. That is especially the case in today's real estate market. Here is an example of how you can convert property to cash for yourself or your children, save on taxes, and make a valuable charitable gift to Intermountain.

Susan and Kevin bought a vacant lot along Flathead Lake many years ago. They had planned to build a second home so that their children could spend their summers by the lake. However, as time went on, Kevin's job kept them in town and the children grew up before Susan and Kevin had the financial resources to build on the land.

Kevin: Over the years, that lot increased in value. It now is worth much more than what we paid for it. We paid about \$40,000 for the lakeside property and it is now worth almost \$200,000.

Susan: The lot has gone up greatly in value, and with the children out of the house we were thinking of selling the property. We wanted to sell, but we also wanted to avoid paying so much in taxes on the sale. We were thinking of making a gift of 25% of the property to Intermountain.

Kevin: I happened to be talking to a CPA at a community luncheon. He mentioned that we could probably give about twice as much with almost the same cost if we gave 25% of the property (prior to the sale) rather than writing a check after the sale.

After talking to our tax advisor, we discovered that if we gave a 25% interest in the property to charity, we would receive two benefits. We would get an income tax deduction for the value of our gift plus save on capital gains tax on the 25% interest given away.

Susan: That is what we decided to do. By giving Intermountain a 25% interest in the property prior to the sale, we saved the capital gains tax on that part. The deduction on that part offset a large portion of the tax on the \$150,000 we received when the property actually sold. We are very pleased with the "double benefit" from giving the property, and Intermountain received \$50,000 - a very nice gift.

*Please note: This is just one example of how typical donors of Intermountain have realized significant tax benefits while also making life-changing gifts on behalf of Intermountain. For more info on how you can benefit, please call Intermountain's Gift Planning office at 406-457-4804, or visit our planned giving website at Intermountain.giftlegacy.com.

Terry W. Chaney Senior Development Officer - Planned Giving

Caring Friends Monthly Donors: More than a *club*, better than a *newsletter*

When I call to mind my circle of caring friends, they are the ones who know my quirks, history, and loves. The way I want more milk than coffee in my "to go" café order, and that my dirty jeans smell like love (well, ok...maybe just horses).

Likewise, when I think about Intermountain's Caring Friends monthly donors, I smile because they know our history and love for struggling kids and families. This week, I received this email highlighting again our important connection with our Caring Friends monthly donors and the important work we do:

I enjoy getting the newsletters from Intermountain to keep me informed about what is going on. Back in 1990 when I was stationed in Poplar, Montana my wife and I were using Catholic Social Services to adopt our son. Several of the nuns told us information about Intermountain. I was touched by what I heard and admired what the organization was doing for the children in their care. Later I was transferred to Cut Bank, Montana, and learned more about Intermountain's impact.

I appreciate all you do for the children there and their loved ones. I will continue to support Intermountain as long as I can because you are changing the lives of so many important children and our Lord is well pleased with "love in action".

Dr. Michael Crutcher, 34-year Intermountain friend

My current reading buddy on campus also loves horses, and just like me, loves quirky, funny reading material about giants and cowgirls. I think of her when I share my love of Intermountain with our donors, because every week I see how our skilled and caring staff bring healing through thoughtful, tender interactions with kids and families.

If you aren't already, I hope you too will be inspired to be a monthly donor like Dr. Crutcher, part of the group we officially call "Caring Friends". They are our best ambassadors to share our mission and show

the world that mental, emotional, spiritual, and occupational healing comes through healthy relationships. One friend, one coach, one caring therapist, one school-based mental health specialist, one chaplain at a time. Thank you to all our Caring Friends, many who've shared our mission for decades!

To learn more about Caring Friends, please contact Dana Holzer at danah@ intermountain.org or 406.594.0370 or visit our website and look for the "Donate" button. Be on the lookout for a Caring Friend Campaign this January 2025. I am hoping to make 80 new friends, Caring Friends, that is! I hope you'll join me.

Dana W. M. Holzer Annual Giving

Honor

Gifts received between October 1st, 2023 and July 31st, 2024

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Intermountain Development

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For more information, contact Intermountain's Planned Giving Office at 406.457.4804 or terryc@intermountain.org. Visit **intermountain.giftlegacy.com** for your free planning guide.

