



6/3/20

Dear Parents and Guardians-

Here is today's Campus update, which can also be found on the Campus page of the Orchard Place website at:

[https://www.orchardplace.org/services/orchard-place-campus.](https://www.orchardplace.org/services/orchard-place-campus)

Earlier this week we let you know we were working on a plan to communicate with the youth regarding police brutality and racism as it is connected to George Floyd's death.

After further consideration, we want to empower you as your child's parent/caregiver to have these conversations with your child. We have created talking points and guidance that you can use to assist you with this conversation with your child. In addition, your child's therapist is also available as a resource to help you determine how and when to communicate this with your child.

We do recommend you have these conversations with your child prior to upcoming home visits they may have. We also recommend you do not let your child watch videos of his murder, as this may be traumatizing to them. We recommend you monitor your child's social media use so they do not become overwhelmed by too much stimulus.

It's important to discuss this issue with your child as silence does not protect them and avoiding the issue is not a solution. Remember, you may not have all the answers and that is okay.

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Here are key reminders to help your child during this conversation (From Psychological First Aid).

LISTEN - Avoid judging and interrupting.

PROTECT - Ask "What do you need right now, to feel safe?"

CONNECT - Seek out the people who bring the child comfort.

MODEL CALM BEHAVIOR

TEACH - Find ways to wind down. Deep breathing. Turn off TV and social media.

Here are example talking points you can use if you find them to be helpful but certainly not required:

Last week a black man by the name of George Floyd was killed by officers who were arresting him for using a fake \$20 bill. One officer has been charged with his murder and there may be other officers who watched it happen who may also go to jail.

There have been many protests about his killing and people of all races who are angry that there is racism against blacks by police and in our society. There are both nonviolent protestors as well as people that are looting and breaking laws. The family of George Floyd do not support this violence. They are asking for it to stop.

People all across America are very angry, hurt and sad that there is racism and want our government and law enforcement to know we have to change. They want the officers who murdered George to stand trial and go to jail for his death. Mistreatment of blacks has continued throughout the years.

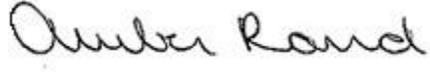
You may see some of this news coverage on line and on TV when you have visits. You are safe at Orchard Place and we will keep you safe at home. Be sure to talk to me and your staff as you think about what's happening in our state and nation. We want to be open and honest about our feelings and its okay to not feel okay about this.

Here is a link to a helpful but brief video for parents as well-

<https://www.msn.com/en-gb/video/other/how-to-talk-to-your-kids-about-racism-and-protests/vi-BB14V78e>

These are difficult and challenging conversations to have but important to do. As always, your child's therapist or building supervisor are available for assistance.

Sincerely,

Handwritten signature of Amber Rand in cursive script.

Amber Rand, LMHC, IAADC
Campus Vice President

Handwritten signature of Stephen R. Mandler in cursive script.

Dr. Stephen R. Mandler
Chief Medical Officer, Orchard Place
Board Certified in Child & Adolescent Psychiatry