

# CONNECTIONS

ORCHARD PLACE • FALL/WINTER 2021 ISSUE



## SEVEN COMMITMENTS:

- 1 ..... Nonviolence
- 2 ..... Emotional Intelligence
- 3 ..... Social Learning
- 4 ..... Democracy
- 5 ..... Open Communication
- 6 ..... Social Responsibility
- 7 ..... Growth and Change



Did you know that Orchard Place is the only provider in Iowa certified by the Sanctuary Institute? We first earned the Sanctuary accreditation in 2018 and we're proud to announce we've been recertified for the next three years.

This certification symbolizes our organization's commitment to providing a higher quality of care, a trauma-sensitive environment for the children and families we serve, and a better work environment for our team members.

Orchard Place chose Sanctuary because it promotes safety and recovery from adversity by utilizing a trauma-informed care approach to organizational change and treatment. This model recognizes that just as humans are susceptible to adversity, organizations themselves are equally as vulnerable.

### The Sanctuary Model:

- Helps us bounce back and recover from the challenging things that happen to us.
- Teaches us how to build and use supportive relationships with other people so we feel supported.
- Shows children and families that they can have a future that is different than they feel and experience today.

Sanctuary Model guides our organization in the development of a culture with seven commitments we make here at Orchard Place to our youth and families, to one another, and to our partners. These are also our agency values that, along with our mission of Developing Strong Futures, guide every decision we make.

A special thank you to Vice President of Orchard Place Campus Amber Rand, LMHC, IAADC, who led our agencywide effort to prepare for our recertification.

Sanctuary On!



Anne Starr, M.S.W.  
Chief Executive Officer

# Variety - the Children's Charity of Iowa Grant to Campus

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Getting into the swing of things is anything but easy for children with significant mental health concerns. Thanks to a \$25,108 grant from Variety – the Children's Charity of Iowa, outdated playground equipment at Orchard Place Campus will be replaced by swings that will turn what looks like child's play into a high-impact therapeutic activity.

"Youth who have experienced trauma often feel dysregulated, confused, and overwhelmed," said Amber Rand, LMHC, IAADC, Vice President of Orchard Place Campus. "Youth may over-react or under-react to various noises, sensations, sights, tastes, touch and more. Many of them find the smooth rocking and swaying of a swing a relaxing and calming way to play. Plus, they may be able to concentrate and focus more effectively during, and after, a trip to the playground."

Mental health experts also note that swinging provides kids with a better sense of where their bodies are in 'space' and in relation to their surroundings.



## Henry and Norma Peterson Charitable Trust Grant to Impact Enrichment

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We're grateful for a \$20,000 grant from the Henry and Norma Peterson Charitable Trust that will help fund next summer's Enrichment program at PACE. A special thank you to Trust Officer David Krugolski with U.S. Bank for personally delivering the check.

“Learning for Justice” inspired additional curriculum for youth at Orchard Place Campus. All the houses on Campus have been involved in developing the lessons. Learning plans include sections on identity and diversity with attention to questions of justice. Plus, youth are learning strategies for student action and collective action they may take to realize change.

## Youth Committee Inspires Change on Campus

Empowering youth is embedded in how Orchard Place fulfills its mission of developing strong futures. A new “Resident’s Committee” on Campus provides leadership experience for eight youth at a time. Each housing unit is represented by a resident who first applies for the opportunity, and then interviews for the role.

“It’s similar to a job interview, youth are asked why they want the job and what skills and qualities they’ll bring to the Committee,” said Kate Womack, Crisis Intervention Worker, Orchard Place Campus.

“They inspire me with their creativity and commitment,” said Amy Payne-Johnson, Recreational Therapist/Activities Director. “Their committee meetings involve brainstorming, problem solving, and planning next steps for how to share their recommendations with staff.”

They take their responsibilities to heart. While walking around Campus, one representative took the initiative to compile a comprehensive “to do” list for maintenance staff. The youth are also showing their creativity. For example, why settle for a trite “Time Out” room when it could be rebranded something more imaginative? Youth ideas range from the “Quiet” or “Calm Down” room to the “Courage” or “Regulation” room.

A shoutout to Kate and Amy for their teamwork in establishing the committee and supporting the success of our youth representatives.

**What makes you a good fit for this position? (Qualifications, special skills, etc. Consider our 7 Sanctuary Commitments.)**

I am good at negotiating and coming up with solutions to problems. I am good at helping fix problems.  
I am able to take in and process others ideas.  
I am a good friend. I am an overall good person.  
I am nice and kind and calm.

# Child Guidance Center Updates

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Please join us in welcoming Jodie Warth as the new Vice President of Orchard Place - Child Guidance Center. She is new to our Senior Management Team, but well-known in the community for her leadership at Boys & Girls Clubs of Central Iowa where she served as Chief Executive Officer for 11 years. Jodie earned her Master's in Public Administration from Drake University.

**Jodie Warth**

MPA, Vice President



Please join us in welcoming Scott Whitney, Ph.D. who serves as our new Director of Clinical Services of the Child Guidance Center. Scott earned a B.S. in psychology from Duke University and his M.A. and Ph.D. in Child and Adolescent Clinical Psychology from Southern Illinois University-Carbondale. He has worked in the field of psychology as a clinician and supervisor since 1989. Prior to joining us, he provided clinical assessment and therapy services at the Platteville Family Resource Center in Wisconsin. Scott is excited to return to his hometown of Des Moines to serve the community and to enjoy time with his family.

**Scott Whitney, Ph.D.**

Director of Clinical Services

## whatSUP? Teen Substance Use Prevention at Orchard Place

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Our Substance Use Services (SUS) team at PACE is using creative social media to deliver important up-to-date information, education and resources to youth and teens on substance use prevention.

This initiative is grant-supported through uVoice, a youth philanthropy board facilitated by Community Youth Concepts, which includes students who live in the Des Moines metro area.

Follow us and share!



Orchard Place Substance Use Services



@whatsup\_orchardplace

# Polk County Awards PACE \$100,000 Grant for Infrastructure Improvements



Freezing cold or blazing hot? It is hard to focus when you can't get comfortable. Our PACE Center teammates and the kids we serve know the feeling. That's why we're giving Polk County a big thumbs-up for its Community Development Grant. This much needed investment in our infrastructure will make it possible for us to replace our outdated heating and cooling system.



"We are beyond grateful for Polk County's generosity and support. Our PACE Center will feel more welcoming, and everyone will be able to focus on what they're here for - Developing Strong Futures!"

**Sonni Vierling**

Vice President of Orchard Place - PACE Center

## DID YOU KNOW?

**Did you know that Orchard Place is approved as an outpatient provider for Hazelden, which is part of the well-known Betty Ford Center? Our Substance Use Services at PACE passed the rigor and proof of high quality required. Now, youth discharging from Hazelden to our area may be referred to us for follow-up treatment.**



## Why I Serve...

I've been in the healthcare industry for over 15 years and served as an advocate for health care access and choice. I believe mental health services should be a core part of the care provided by health systems, complementing physical health.

As an Orchard Place Board member, I understand that mental health is the number one cause of disability and more than 50% of us will be diagnosed with a mental illness or disorder at some point in our lifetime. Unfortunately, mental health services are rarely integrated well with other health services, and the stigma attached to mental health issues prevents many people from seeking and accessing services.

I am passionate in supporting Orchard Place's leadership, community impact and elevated awareness in enhancing children's mental health.

**Marcus Miller**

President, Orchard Place Board of Directors

## Development Update

Please join us in welcoming Doyle Monsma as our Director of Planned Giving and Major Gifts. Doyle is a Certified Fund Raising Executive (CFRE) with over 25 years of nonprofit fundraising experience. He is from Pella and most recently served as the Major & Planned Gifts Officer at Central College.

Doyle's career experience includes nonprofit healthcare fundraising for the Arthritis Foundation for 12 years where he served as President and CEO of the Iowa Chapter, Regional Director of Development and Area Director of Planned Giving.

Doyle has also raised funds for the American Heart Association, American Diabetes Association and Calvin Community Foundation.

Doyle is a member of the Mid-Iowa Planned Giving Council, National Association of Charitable Gift Planners and the Association of Fund Raising Professionals. In his spare time, he enjoys volunteering, singing, boating, biking, and traveling.



**Doyle Monsma, CFRE**

Director of Planned Giving & Major Gifts



A child's mental health crisis isn't like a skinned knee or a split lip. It takes more than a first-aid kit and a parent's love for a child to feel better. When a child is in crisis, their family is too.

**Your end of year gift is more mission-critical than ever.**

# GIVE NOW



or visit [www.orchardplace.org/donation](http://www.orchardplace.org/donation)

"We became involved with Orchard Place when our son was struggling with adolescent mental health issues that severely impacted his well-being, education, and our family life. We felt we had exhausted all resources and had no idea where to turn for help when someone made us aware of Orchard Place. Thankfully, Orchard Place not only helped our son work through his issues and develop life-long coping skills, but it also helped our entire family learn how to work together, provide improved supports, and learn how to navigate in this world."

- GRATEFUL PARENT

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## YOU CAN HELP DEVELOP STRONG FUTURES

To make a gift to Orchard Place or schedule a personal tour, please contact:

Wendy Ingham, Vice President of Development  
925 SW Porter Avenue  
Des Moines, Iowa 50315  
Phone: (515) 287-9610  
[wingham@orchardplace.org](mailto:wingham@orchardplace.org)

2116 GRAND AVE • DES MOINES, IA • ORCHARDPLACE.ORG • 515.246.3514



Will you put the **HAPPY** in the **HOLIDAYS** for a child?

The holiday season is stressful for many families and especially those caring for children with mental health concerns and/or experiencing financial distress. As many as 1,000 children will be touched by the 2021 Orchard Place Holiday Drive thanks to the generosity of donors like you.

**Here's how you can help make holiday dreams come true:**

- Shop for a child (1 need + 2 wants)
- Sponsor a child (we'll shop for you)

The cost for fulfilling a child's wish list averages \$75.

