

# CONNECTIONS

ORCHARD PLACE • FALL/WINTER 2022 ISSUE





**Are you ready to advocate?** We need your voice!

**Iowa's Medicaid-funded mental health therapy and psychiatric services have fallen far behind those of other states and the rates are simply not sustainable.**

We are facing a *mental health crisis* for youth and must ensure the stability of the existing system as well as grow the professional workforce to meet the critical needs of Iowa youth.

In preparation for the upcoming legislative session, Orchard Place created an advocacy agenda to advance the mental health needs and priorities for youth and families.

### **What's on the agenda for 2023?**

Advocacy goals requiring legislative action:

- Rate relief for Medicaid funded Mental Health Therapy including services provided at Orchard Place - Child Guidance Center
- Rate relief for Medicaid **psychiatric services** for providers including Orchard Place - Child Guidance Center
- Rate relief for Medicaid funded non-waiver **respite care**.  
Note: Orchard Place doesn't provide this service, but it is critical to the youth and families we serve so we are advocating for it.

Advocacy is the essence of Democracy which is one of our Sanctuary commitments and core values. Please feel free to contact me if you would like to learn more.

Sanctuary on!

Anne Starr, M.S.W.  
Orchard Place CEO



You're invited and encouraged to participate in the  
**Orchard Place 2023 Legislative Breakfast**  
which will be held on February 14th at the Iowa State Capitol.

# MEET ME AT THE PARENT CAFÉ

Alone. That's how too many parents and guardians of youth with emotional, mental, or behavioral health concerns describe feeling. That's why Orchard Place – PACE Center created a new way for caregivers to connect with others and feel heard. Our new Parent Cafés are designed to open communication and supportive sharing between parents, caregivers, and family members of the youth we serve. This monthly event is offered in a relaxed coffee shop style atmosphere to inspire natural conversations while also providing space for our staff to further educate caregivers about protective factors for children and families.



**I AM A PARENT OF A CLIENT OF ORCHARD PLACE AND MY FAMILY BENEFITED GREATLY FROM THIS ORGANIZATION DURING ONE OF OUR MOST CHALLENGING TIMES.**

My child received inpatient, outpatient and school-based services from Orchard Place that resulted in effective treatment for my child, ongoing counseling, and family support that aided in reintegration and a sustainable and positive future. Today my child is a high school graduate and entrepreneur. Most importantly, our relationship is the best it has ever been, and I am grateful to Orchard Place for working in partnership throughout the cycle of care.





## Why I Serve...

“Saying ‘yes’ to joining the Orchard Place Foundation Board was one of the easiest decisions I’ve ever made. From my very first meeting with leadership, it was easy to see they put their heart and souls in to serving Iowa youth and families. It lit a fire in me to want to help do more for an organization I was already passionate about.

As many know, children’s mental health services are drastically underfunded and underserved. Being a small part of the group that aims to help further this mission, raise funds, and make an impact on these children’s lives has been an honor.

When I joined, I was a single professional who was passionate about mental health, just wanting to help. Now, years later, I have my own child, and this mission hits even closer to home. I plan to continue serving Orchard Place as long as they’ll have me. It takes a village, and I plan to be a part of this one for many years to come!”

### **MEGAN STELTER**

Secretary/Treasurer, Orchard Place Foundation Board

## Brandi Mulder Stays on Mission

While she’s new to the development team, Brandi Mulder knows firsthand the impact of our mission. Brandi began her career at Orchard Place Campus in 2009 as a Milieu Treatment Counselor. In 2012, she was promoted to Milieu Treatment Coordinator, a management role she served in until the spring of 2022. In Brandi’s newly created role, Associate Director of Communications, she drives our social media and digital marketing strategy and supports Diversity, Equity, and Inclusion communications, and recruitment.



## SHOW YOU CARE: LIKE, FOLLOW, AND SHARE

The broader our social media reach, the higher our community awareness, and being better known helps future families and prospective team members find out about Orchard Place. Please take a minute to start following us on all our social media networks, then when you see a post, like it, add a positive comment, or even better share it so that your friends and family see it.



/orchardplace



orchard\_place



Orchard Place

## RUN: Rise Up Now Builds Self-Esteem & Team

Emily Powers, a Primary Milieu Treatment Counselor on Campus, started RUN, also known as Rise Up Now, based on her own life experience.

“EXERCISE IS A HUGE COPING SKILL FOR ME. BEING IN SPORTS AT A YOUNGER AGE HELPED ME. THE YOUTH WHO ARE AT ORCHARD PLACE DON’T ALWAYS HAVE ACCESS TO BEING ON A SPORTS TEAM. I CREATED RUN SO THEY COULD BE A PART OF A GROUP AND DEVELOP A NEW COPING SKILL.”

RUN is a 12-week therapeutic group focused on self-esteem, exercise, and team building. Each practice includes an educational lesson, running laps around Campus, conditioning exercises, and then journaling.

One youth shared, “The reason I like running so much is because it helps me clear my mind, and it helps get my anger out.”

## Game on! All Winter Long

Thanks to a generous grant from Prairie Meadows, Orchard Place youth have new equipment to enjoy during recreational therapy and P.E. class. The rowing machine, elliptical trainer, and recumbent bike will keep kids safely on the move even when the weather outside is frightful. Plus, new game balls, bags, corn hole boards, and other fun activities are sure to inspire creativity and a little competition.

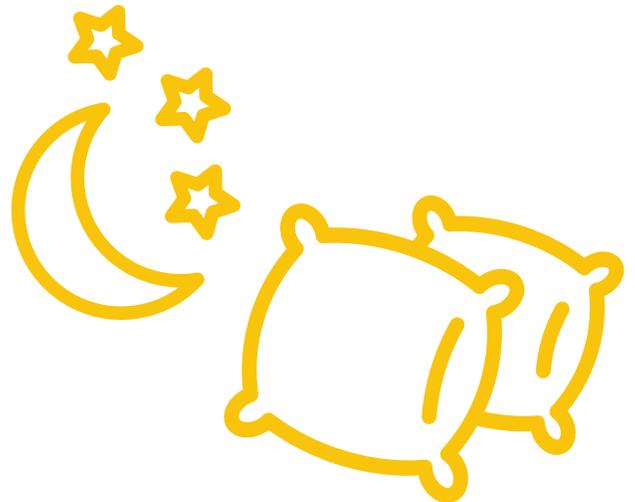


## Summer Fun + Education = Enrichment

More than 50 youth from low-to-moderate income families benefit from our Enrichment program at PACE. This eight-week summer experience provides learning, social, and recreational opportunities. We’re grateful for a \$17,500 grant from the Henry G. and Norma A. Peterson Charitable Trust and \$10,000 from Voya Financial to help fund Enrichment.

# A Good Night's Sleep Is Essential To Healing

At Orchard Place, we understand that anxiety, depression, history of trauma, being away from home, and other worries may keep kids up at night. That's why we strive to make each bedroom a cozy space for a child in treatment to rest, read, and recharge. Thank you to Variety – the Children's Charity of Iowa and Prairie Meadows for generous grants supporting our Campus Furniture Campaign. Thanks to you, we're able to purchase safe, durable furniture that is specifically designed for the unique population we serve.



## Dog Days & Kids Play

Offering youth an opportunity to interact with a therapy animal can truly make a positive difference in their physical and mental health. Plus, it gives our staff a break and the chance to benefit too.

Here's what happened on Roman's first day at Jacobson House:

A youth was starting to escalate, then looked up and saw Roman, the new therapy dog walking into the house. The youth instantly changed her mood and said, "I think this will help."



LEARN MORE ABOUT OUR UNIQUE TREATMENT APPROACH



# WE ASKED ORCHARD PLACE STAFF MEMBERS WHAT BRINGS THEM JOY.

Their answers will inspire you!

Youth being able to explore who they are, we are accepting and inclusive.

Seeing kids be kids.

TEAM CAMARADERIE BRINGS ME JOY AND HOPE.

Getting updates from prior clients sharing their success.

Youth asking for me when they're having a hard day; love being able to provide them with comfort and connection.

WORKING AS A TEAM, I HAVE A VOICE.

SEEING THE ENERGY AND PERSONALITY I BRING TO WORK MAKING A DIFFERENCE TO THE YOUTH AND STAFF.

When youth trust me, know I will listen and keep them safe.

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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

2116 GRAND AVE • DES MOINES, IA • ORCHARDPLACE.ORG • 515.246.3516



## 2022 Orchard Place Holiday Drive

## \* Want To Spark Joy?

### SHOP FOR A CHILD:

- \* Each profile includes the child's name, age, and what holidays they're celebrating. Each child's list includes two needs + one want. The total cost to provide all three items averages \$75.

### DONATE CASH AND/OR GIFT CARDS:

Give online now and type "Holiday Drive" in the designation area or mail a check payable to Orchard Place and/or send gift cards to 2116 Grand Ave., Des Moines, 50312

*Learn More*

*Donate Today*

