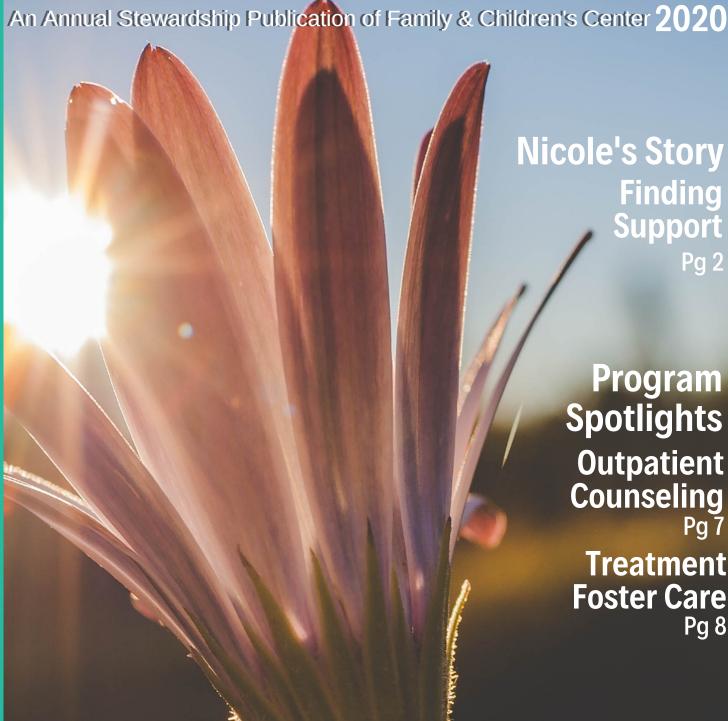
Better Tomorrows





2019 ANNUAL REPORT

Making a Difference Together

Greetings,

Family & Children's Center serves individuals of all walks of life. Just as our clients are so different from one another, so are our programs. Our vast programming allows us to address an assortment of adversities. We are able to help a person coping with a mental illness become more independent, a child in an unsafe situation feel comforted and thrive, give a family struggling a helping hand and create a plan for their future, and so many others in difficult situations. I am proud of the continuum of services we provide, proud of the impact we make with our clients, and proud of the difference we make within our community.

Our work could not be done without the support of our community. Because of your support we are able to address the various issues that are affecting our fellow community members. The generosity that we have seen from our donors, volunteers, and other advocates has changed lives. With the help from all of you, we have been able to create better tomorrows for our clients.

We will never stop striving for safer, healthier lives in our community. As long as we have those who believe in our cause and continue to support us, we will continue to help as many people as we can.



Thank you for helping Family & Children's Center continually provide better tomorrows to all that receive our help. Together, we are making a difference.

With gratitude,

Tita C. Yutuc, LCSW, LICSW President/CEO

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Better Tomorrows

Better Tomorrows is published annually by Family & Children's Center for supporters of our mission. To learn more about the center's services and community impact, or to inquire about making a charitable gift, please visit us at fcconline.org

or call the Development Office at (608) 668-2235

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Our Board of Directors

The community volunteers who serve on Family & Children's Center's Board of Directors are our most committed ambassadors and advocates. They share their time, talent, and treasure to ensure the center's success in every area: strategy, programs, personnel, and finances.

Board Spotlight - Margie Webster

Margie Webster resides in her hometown, La Crosse, Wisconsin and works in General Internal Medicine at Gundersen Health System. In addition to serving on the FCC board, Margie is on the Central Alumni Association board and volunteers for the Coulee Region Humane Society, Mobile Meals delivery, and as a community investment panel member for the Great Rivers United Way.

Webster grew up in La Crosse with the dream of helping people. After graduating from La Crosse Central High School, Margie became a doctor to make that dream a reality. In 1992, Margie completed medical school and residency training at Northwestern University in Chicago and moved back home to put her skills to work. Webster's passion for a healthy community makes her honored to serve on the FCC board.



Why do you believe in the mission of FCC?

Families and individuals in our community are facing more and more issues that affect their quality of life. FCC works to identify the root causes of these issues and helps them move towards reaching their fullest potential. After all, the health and well-being of our community depends on the health and well-being of each individual.

What is one thing you want everyone to know about FCC?

FCC is able to do the hands on work to make a difference in the lives of many community members. Knowledge, experience and passion for helping is at the core of the staff working at FCC.

Why should people consider a gift to FCC?

Family & Children's Center has a proven record of meaningful impact in the lives of our community members. Support of our communities is more important than ever right now and donors can rest-assured knowing their gift will be invested in proven programs, with proven outcomes.

What have you learned from serving on FCC's Board of Directors? The need is great, and at times seems overwhelming, but FCC's focus on prevention and early intervention makes a crucial impact on the health of our community members today, and many years in the future.

Finding Her Support System



Finding a balance in high school can be tricky for anyone. As a freshman, Nicole suffered from depression, spent time with an unsafe crowd, and and struggled with issues of self-worth. She desperately wanted to feel connected. She found herself wanting the attention of a much older man. What followed was that Nicole found herself being used, and became a victim to a predator.

Eventually, she found herself in the doctor's office taking a pregnancy test. The fear and disappointment that she felt was indescribable. Questions raced through her head. How would she tell her parents? How could she become a mother? Was her entire future put on hold? To Nicole's relief, her parents were understanding and supported her decision to have the baby. However, there was still plenty on her mind that heavily concerned her.

Traditional high school is not ideal for someone who is pregnant. From the smallest things like sitting in the back of the classroom attempting to see the board due to no longer being able to fit into a desk, to the major things like how was she going to balance schoolwork and being a mother, it was an overwhelming experience.

Nicole found herself quickly drifting away from lifelong friends. They no longer shared the same priorities or interests. Her friends were shopping for video games, prom dresses, and phones while Nicole was purchasing diapers, onesies, and other supplies to prepare for her new baby. Nicole's focus on becoming a mom propelled her to push herself to build a better life for both herself and daughter. She knew she could not do it alone. It takes a village of people one can turn to for help, questions, and support. Her family and Family & Children's Center were able to fill that need.

Family & Children's Center was able to offer two levels of support. First, a former program, Hope

Academy, helped her graduate alongside those in a similar position. Second, Healthy Families helped her set and meet goals for parenting that focused on her child's development and wellbeing as well as her own personal goals.

Early on in her daughter's life, Nicole found herself craving another unhealthy relationship. She found her self-esteem lowering and slipping back down a dark path. She felt like a failure. However, Family & Children's Center continued to give her support and remind her of her selfworth, and Nicole was able to leave the relationship. Healthy Families helped her define what a healthy relationship looked like. They helped her realize that she not only deserved a better relationship for herself, but for her daughter. Nicole remembered her self-worth and decided she was not going to put her goals on the back burner any longer because her daughter deserved nothing but the best. Parenting became Nicole's top priority.

Healthy Families gave Nicole the tools she needed to balance being a mother along with other life demands. They helped her understand she was on the right track in her parenting. Being in Healthy Families built her confidence because she was able to see that her daughter was meeting her developmental milestones. Watching these milestones gave Nicole joy: rolling over, picking up cheerios, walking, talking, and saying "mama" for the first time.

As Nicole transitioned from high school to college, she faced the daunting prospect of rebuilding her village. At first it was overwhelming because she felt alone again not knowing anyone. But she was reminded of her grandma's mantra, "choose quality over quantity". That belief stuck with Nicole, as she would rather have five friends who cared for her and her child than 50 people who truly weren't invested. With that advice, she found a handful of truly supportive friends and built her village.



College brought her a new sense of independence. Nicole started working part time and planning for her future. The best part of her day was coming home to a goofy two-year-old. It made her happy to see her daughter playing with a new toy. She was proud that due to her hard work she was able to support and even treat her daughter. It gave her confidence to know she earned everything they had.

Nicole felt pride in her success as a parent, her academic achievements, and her understanding of what a healthy relationship looks like. For five years Nicole's Healthy Families case manager was there for every accomplishment, every low point, and all the moments in between.

Now, Nicole has a family of her own. She is filled with gratitude that she found a partner in her husband David that loves and accepts her daughter as his own. They have another child together; their village has grown. Nicole continues to feel confident that she has the skills to be a great mom and always remembers, "quality over quantity."

Program Outcomes

3,097 individuals served in 2019

Children



Youth Residential

75% clients achieved at least 75% of their goals by the time of discharge. 70% of residents successfully transitioned to less restrictive placements.

Day Treatment

74% of youth showed behavioral improvement monthly.

Stepping Stones

396 victims and their families supported.

Matty's Place

82 victims and their families supported.



Treatment Foster Care

100% of clients achieved their quarterly treatment goals. 95% of children returned home or to less restrictive placement.

Domestic Abuse Project

95% of clients had a Safety Plan after their first visit.

Healthy Families

97% of children were current on well-baby exams and immunizations. 96% of families had created a Family Plan.

Safe Visitation

100% of visits occurred safely as planned.



Independent Living

93% of young adults obtained their high school diploma or equivalent.

95% of young adults secured housing or housing services.

Hiawatha Hall

95% of clients made progress on their treatment plans.

Supported Employment

90% of clients completed their career profiles within first 3 months.

Community Support Program

91.5% of clients received an In Depth Assessment completed within 30 days.

Adult Rehabilitative Mental Health Services

87% of clients had same or lower risk assessment than previous quarter.

The Other Door

5,538 mental health and sobriety peer support and group visits.

Program Guide:

Youth Home: 24 hour supervised residence providing behavioral support with trauma informed care model.

Day Treatment: Licensed half day mental health program for youth.

Stepping Stones & Matty's Place: Child advocacy centers for possible abused/neglected children.

Treatment Foster Care: Provides a structural and supportive home when children are unable to return to their own family.

Domestic Abuse Project: Professional support for those experiencing domestic violence.

Healthy Families: Home visiting program for struggling new or expectant parents.

Safe Visitation: provides a safe setting for parents and children to maintain a relationship.

Independent Living: Eases the transition from foster care to adulthood.

Hiawatha Hall: Prepares residence with mental health challenges to independent living.

Supported Employment: Helps those with mental illness find and maintain jobs.

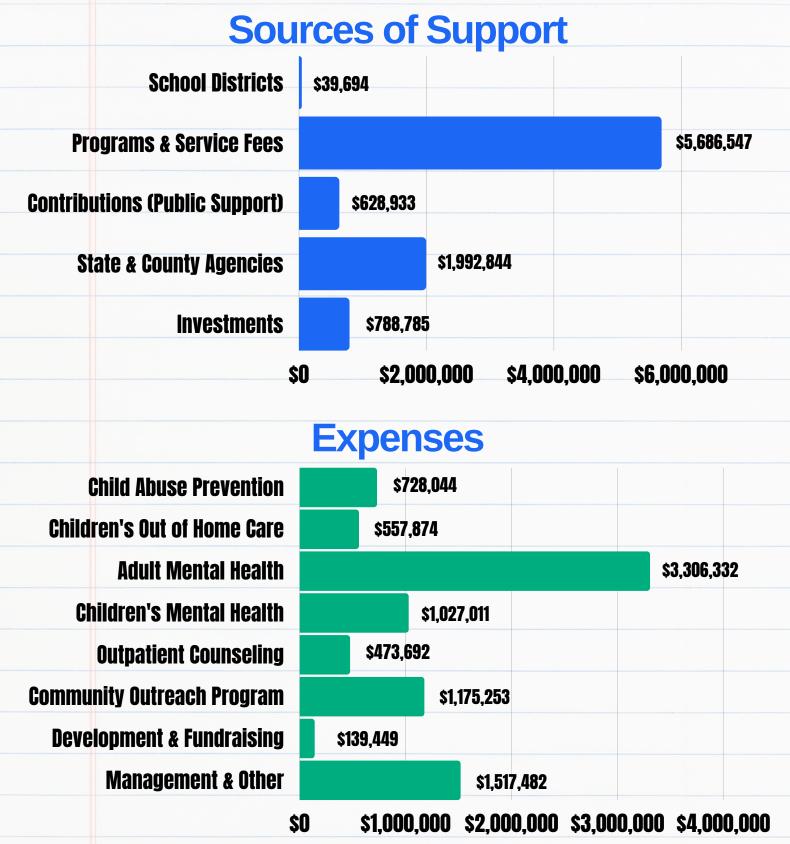
Community Support: Case Management services for those with mental illness and substance abuse.

Adult Rehabilitative Mental Health Services: Assist those with mental illness gain the highest level of independence.

The Other Door Drop In Center: Peer to peer support related to mental health & substance use.

Family & Children's Center offers even more programs! Read about them at fcconline.org

2019 Annual Report Financial Highlight



PROGRAM SPOTLIGHT Outpatient Counseling

Family & Children's Center has an Outpatient Counseling clinic that offers mental health counseling and substance use treatment for children, adolescents, adults, and families. Our experienced staff are available to address a variety of issues including anxiety, depression, addiction, relationship or marital problems, grief, childhood trauma, parenting issues, divorce, and concerns with hyperactive or defiant children.

Family & Children's Center uses trauma-informed care models throughout its programs. Our clinic strives to provide a safe, supportive environment where people can manage and cope with life's challenges. Our providers have expertise in a range of therapies including:

- Cognitive-Behavioral Therapy (CBT) strategies
- Trauma Focused CBT
- Parent-Child Interactive Therapy
- Art Therapy
- Play Therapy
- Psychotherapy
- Substance Abuse Treatment
- Intoxicated Driver Program Assessments

Insurance Information

Outpatient Counseling accepts most insurance plans including, but not limited to:

- Wisconsin Medical Assistance
- Ouartz
- Anthem BCBS WI
- United Healthcare
 [+ UHC/Optum Affiliates like UMR]
- WEA Insurance Group



Appointments & Referrals

Outpatient Counseling is open to everyone. Varied appointment times are available from 8am-6pm Monday through Friday.

To make a referral or schedule an appointment please contact 608-785-0001 or email frontdesk@fccnetwork.org

La Crosse: 608-785-0001 Viroqua: 608-637-7052 Winona: 507-453-9563

PROGRAM SPOTLIGHT Treatment Foster Care



Every day more and more children find themselves in the foster care system through no fault of their own. Removal from the home happens for a variety of reasons, but ultimately due to situations when it is determined to be in the best interest and safety of the child. When possible, the goal is for reunification of the family. However, no matter the end goal, being removed from one's home as a child is scary and stressful. Family & Children's Center's Treatment Foster Care team works with those children to help provide the support, care, safety and security they need.

Our Treatment Foster Care team works with children who require additional help due to physical, behavioral, or emotional disorders. These children may have an even harder time handling this major change in their life. Treatment Foster Care works with the foster parents and provides training to help them be equipped for the possible challenges they may face. This program utilizes a trauma informed care model, meaning they assume an individual is more likely than not to have a history of trauma, they recognize trauma symptoms, and they acknowledge the role trauma may play in the individual's life.

Treatment Foster Care uses a multi-disciplinary team approach, including in-house social workers, therapists, and a clinical supervisor. Treatment Foster Care's social workers provide intensive, specialized support, and advocacy for each family and child in placement. With this approach, everyone, including the children and the families, are receiving the proper support. An on-call social worker is also available 24/7 for any emergencies with Treatment Foster Care youth or for referrals for respite services.

Home visits to each treatment foster home occur monthly, while telephone contact occurs weekly, ensuring that everything and everyone is safe and supported. Services are provided for additional help including co-parenting and mentoring between Treatment Foster Care parents and birth or adoptive parents. Therapy is also provided for individuals and families, while independent living skills training is provided to young adults.

Nationally, around 23,000 kids age out of foster care every year. When children age out of foster care, they no longer have a permanent residence, often resulting in homelessness. This is why Family & Children's Center creates an independent living plan with young adults living in foster care and connects them with resources for beyond their time in Treatment Foster Care. Family & Children's Center understands that foster care is a major life transition that can be challenging for both the child and parents, so the program offers the resources and support to ensure everyone involved can be successful.



BETHE CHANGE

EVERY TWO MINUTES, A CHILD GOES INTO FOSTER CARE. KIDS IN OUR COMMUNITY NEED YOU.

We currently have more children in need of foster care than we have foster care parents. We are having to turn away youth everyday. If you have room in your heart to love, consider being a foster parent.

We offer:

- Training
- Intensive support
- Flexible schedules
- Competitive compensation
- Trauma-Informed Care model
- Multi-Disciplinary team

"Never underestimate how much you can love someone and how it can change their life."

-Foster Care Parent

YOU WERE BORN WITH THE ABILITY TO CHANGE SOMEONE'S LIFE, DON'T **EVER WASTE IT.**

To learn more, please contact Family & Children's Center **Treatment Foster Care** 608-785-0001 | fcconline.org

WE CAN ALL TAKE A STAND AGAINST CHILD ABUSE IN OUR COMMUNITY

It shouldn't happen here... but it does.

1 in 10 children will be abused before the age 18. Many will suffer lifelong consequences. All of them forever changed.

These companies have had enough. They partnered with Family & Children's Center in 2019 to be a True Blue Partner by sponsoring programs that give children better tomorrows.

We are most grateful for their support. We hope that you are too.



TRUE BLUE PARTNERS

Access Commercial Real Estate Altra Federal Credit Union AmazonSmile American Purchasing Service Aguinas Parenting Association Blessed Sacrament Women's

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BNSF Railway Foundation Catholic Daughters of the

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Family & Children's Center

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La Crosse Insurance Agency

Libera Knapp, PA

Marine Credit Union

Foundation

Mayo Clinic Health System

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Church

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Because of the generosity of our donors, we're able to help family, children, and individuals gain a better tomorrow. Our highly effective life changing prevention and intervention programs strengthen families and promote individual well-being.

Contact Info for Family & Children's Center

Wisconsin

Wisconsin Headquarters 1707 Main Street La Crosse, WI 54601

(608) 785-0001

Black River Falls

221 Main Street Black River Falls, WI 54615 (608) 396-6398

La Crosse Weston Facility 2507 Weston Street La Crosse, WI 54601 (608) 787-9403 Sparta

920 W Wisconsin Street Sparta, WI 54656 (608) 269-0567

Viroqua

13212 N Main Street Viroqua, WI 54665 (608) 637-7052

Minnesota

Minnesota Headquarters

601 Franklin Street Winona, MN 55987 (507) 453-9563

Rochester

930 40th Street NW Suite 110 Rochester, MN 55901 (507) 281-3913

Winona

428 West Broadway Winona, MN 55987 (507) 454-7711

2019 Donor Recognition

Thank You!

To all those who contributed to Family & Children's Center in 2019, whether it be with time, talent, or treasure, thank you. You help provide a better path to tomorrow for thousands of struggling children, families, and individuals in our community.

Leadership Society

Gifts of \$50,000+

Dahl Family Foundation Great Rivers United Way John & Linda Lyche

Founders

Gifts of \$10,000 to \$49,999

Cleary-Kumm Foundation, Inc. **Dahl Automotive** Dennis & Barb Boelter

Franciscan Sisters of Perpetual Adoration Robert & Eleanor Franke

Glendenning Family Foundation, Inc.

Michael & Joette Gostomski

Gundersen Health System Otto Bremer Foundation

John & Kathy Reinhart Family Foundation, Inc. Dave & Barb Skogen Slaggie Family Foundation Stansfield Vending, Inc. State of Wisconsin

The Elmwood Foundation.

Weber Family Foundation, Inc.

Better Tomorrows Fund

These individuals have made multi-year pledges to the Better Tomorrows Fund.

Kyle & Laurie Bakkum Bary Blomquist & Eva Dahl, DDS Tyler & Michelle Dahl Chris & Erin Gervais Jay & Dawn Jaehnke Derek & Maria Peterson Maria & Matthew Rundle Marti Shwem Lila & Glenn Seager, MD Wally & Jean Susdorf Mary Westlund

Better Tomorrows Society

Benefactors who named Family & Children's Center in their will, trust, or life insurance policy.

Sara & Chris Battison Sabina Bosshard & George Park III Vicki & J. Michael Hartigan, MD MD Robert Hembd Darci Keenan Kevin & Bonnie Mahoney Marilyn McElligott Harriet Myers Ed & Corine Neuman Mary & Michael Price, MD Kathryn Schroeder Grace & Patrick G. Spencer Wipfli

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Gifts of \$2,500 to \$9,999

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Foundation's Dr. Archie & Rosemary Britt Family Fund

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La Crosse Community Foundation Jack & Marti Schwem Fund La Crosse Community Foundation

William & Cynthia Berg Family Fund La Crosse Community Foundation

Warren & Denise Loveland Family Fund

Logistics Health, Inc.

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Mary Zaky & Prem Rabindranauth Michael & Denise Kachel

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Patricia & Harvey Witzenburg

Women of the Moose "College of

FCC Staff

In addition to the individuals and organizations listed in these pages, Family & Children's Center gratefully acknowledges each of our employees and interns. Their tireless efforts and great commitment to the children, adults, and families in our communities are what help create better tomorrows for us all.

Gary & Kris Kastner

Friends of our Family

Gifts up to \$199

Anonymous (4) Mario & Fe C Abellera LaCinda & Daniel Adams Ben & Julee Agar Marsha & Aaron Alens

AmazonSmile Ron & Terry Amel

American Purchasing Services Odell & Carol Anderson Hans & Margaret Anderson

Dick Arlt

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Charles & Gwendolyn Hatfield

Hawkins Ash CPAs

Charles

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Anniversaries, Birthdays, Friendship, and More

-Dr. Robert & Maureen Freedland

Bonnie & Michael Bogen and Family, Paula & Cliff Warnken and family, Karen Pennington, Jerry & Christy Souter, Paulette & John Fotsch

-Ed Neuman

Morgan Becker -McKenna Becker

Emily Cook & Dan Walzer

-James Wickizer

Tyler Dahl

-Alan & Marci Cosentino

Dennis & Jolene DeMaiffe

-Todd DeMaiffe

FCC Staff

-Sister Julie Ann Tydrich

Gayle's 80th Birthday -Big Valley Ranch, Inc

Charlene Gundersen -Elizabeth Ramlow

Dr. Ken Kolb -Leah Reimann, MD

Erik Onsrud -David Onsrud Brady & Ty Patterson -Florence Overgard

Makenna Brielle Pedretti

-Bruce Grant

Karen Rude, NP -Nelleen G. Noack, MD

-Laura Taylor **Carol Schilling** -Ed Neuman

Nancy Sedbrook

Leslie Smith Schweitzer's Baby Shower

-Judy Papanek Smith

St. Nick's Day Challenge

-Andrew Guzzo

Libby Weber -Leslie Schweitzer

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-Kim Wiliams -Jo Lamont

Tatum Walters -Ellen Luebker -Jessica Rohde

Wilfrido Yutuc M.D. -Mario Abellera

Mary Zaky -Ellen Conway -Patrick Conway -Mike & Pam Stuhr

Tribute Gifts: In Memory Of

All Family Members Who Have Gone

Before Us -Dick Arlt -Ken Peshon

Betty Brevik -John Brevik

Kenneth Buckley -Lana & Gene Smithart

Larry Busching -Mary Busching

Roberta Conrad -Charlotte Grant

Roberta Gelatt -Larry and Carolyn Furlong

Peter Groves -Marilyn Groves

Cindy Heffner -Beth Peterson

Nicole Hiser -Vona Hiser

Maxine Kroner -James and Maxine Kroner **Margaret Peeters** -Angela Binsfeld

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-Karol Schlosser Smith

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-Ruth Vanderploeg

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The Pearl

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The donors listed in this report contributed to Family & Children's Center during the 2019 Calendar year. Listing donors' names is one way we can show our appreciation for the many friends who support our mission.

Please call the Development office at (608) 668-2235 if you have a question or correction. We apologize in advance for any inaccuracies.

Thank you for your support!

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To learn more about how you can give the gift of a lifetime, contact Family & Children' Center at 608-668-2235 or jkorn@fccnetwork.org



1707 Main Street La Crosse, WI 54601 601 Franklin Street Winona, MN 55987

Upcoming Events

This is typically where we show Family & Children's Center's upcoming events. In following with proper health and safety protocol, we've had to cancel all our major events this year. These cancellations resulted in a major deficit of our fundraising efforts. We rely heavily on our events to fund our mental health & sobriety, victims of abuse, and child abuse prevention programs. Please, support Family & Children's Center with the same generous spirit you have always given!

Below are two events that will look a lot different this year, visit fcconline.org to learn more.



*12th Annual Lube-A-Thon*September 9th-3oth

Get an oil change at Dahl in La Crosse, Onalaska, or Winona and support child abuse prevention!

A Spin on Monte Carlo November 7th

Keep the spirit of Monte Carlo alive by hosting a game night with a great meal. Purchase a raffle ticket and tune in to our Facebook live drawing at 7:00!



