

Better Tomorrows

An Annual Stewardship Publication of Family & Children's Center **2022**



What's Inside:



- 2021 PROGRAM OUTCOMES
- DRIVING OUT OF THE STORM - A STORY OF SURVIVAL
- SAVE THE DATE - CELEBRATE FAMILY & CHILDREN'S CENTER
- PROGRAM SPOTLIGHT - SAFE VISITATION

HELPING TO CLIMB THEIR OWN STAIRS

Greetings,

There are stories upon stories of people who have experienced trauma, abuse and loss.

Those who have suffered abuse or have severe and persistent mental illness often need special care, support and structure to be able to live better lives.

That is where Family & Children's Center comes in. Thankfully, the adults, teens and children who began their care with us last year are on the road to recovery and improved life skills, because of the help and support they received, especially following Covid-19.

The stories you will read in this edition of Better Tomorrows are stories of hope, recovery and healing from traumatic abuse or difficult life events - stories like "Michelle." You will read why Family & Children's Center exists to fulfill the mission that has been our philosophy of care over the last 140 years and served more than 4,000 people last year.

As one of our FCC clients stated,

"You go out of your way to make sure people like me are treated with care. I am so grateful for your help. I pray that you will all get back what you deserve. Without Family & Children's Center, many would be lost or lack the skill set to climb their own stairs."

We are thankful to the donors, volunteers and stakeholders who give their time, talent and treasures to help this organization fulfill our mission. When we fulfill our mission, we help create a healthier, more productive region and that saves everyone from both a human and financial perspective!

We can only help others with your support. It is with a grateful heart yet again that I say, "Thank you." Because of your generosity, YOU are helping us help others climb their own stairs.

Gratefully,



Tita C. Yutuc, LCSW, LICSW
President/CEO



Tita Yutuc, LCSW, LICSW

"Life's persistent and most urgent question is, 'What are you doing for others?'"
Martin Luther King, Jr.



To learn more about the Center's services and community impact or to inquire about making a charitable gift, please visit us at fconline.org or call the Development Office at 608.785.0001.

2022 Board of Directors



Angela Binsfeld



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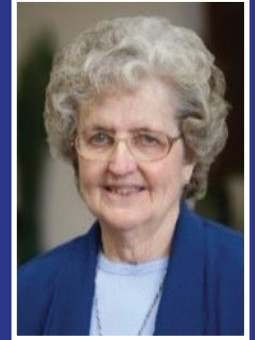
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Board Spotlight - Angela Binsfeld

How long have you served on Family & Children's Centers' (FCC) Board of Directors?

I have been a member of Family and Children's Centers' Board of Directors for three years. I am fortunate to be starting my 2nd term on the board.

What are the words that come to mind when you think of Family & Children's Center's mission and the work the organization does to serve the people and communities in which we operate?

Essential and dependable describe the work of Family and Children's Center. The organization responds to the needs of the region and supports individuals and families at many levels. It is with this support that a strong foundation is built for a thriving community.

How has the organization improved and changed since you have been involved as a donor and a stakeholder?

The organization is fluid and responsive, led by a strong executive leadership team. We've seen changes in programming, both the implementation and sunseting of programs based on need and impact. COVID-19 brought unique challenges to the organization, and our providers responded and supported our clients when they needed it most.

The board and the leadership team are continually analyzing the needs and considering approaches to maximize the organization's impact to individuals, families, and the community.

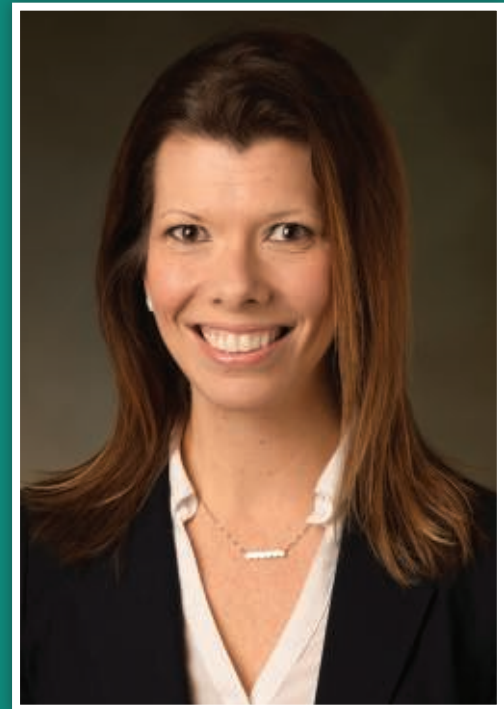
What is a major benefit you can share about FCC that you had little knowledge of when you first began your involvement with Family & Children's Center?

The major benefit of this organization is its full array of programs. The continuum of programming allows for the organization to help individuals in a way they need it most, often serving them through several programs as their needs may change.

As a donor, why do you think it is important to give to the organization?

Family and Children's Center is one of the pillars of La Crosse and our surrounding communities. This organization provides services that are not available elsewhere in this region and supports those who need the support most. By strengthening the organization, we are directly strengthening our community. We are continually analyzing the needs and considering approaches to maximize the organization's impact to individuals, families, and the region we serve.

Family & Children's Center's Board of Directors serve the agency as key community volunteers and stakeholders. As committed ambassadors and advocates, these leaders help outline strategic initiatives, advise on high-level matters, and fulfill the fiduciary responsibilities of the organization.



Angela Binsfeld, PT, DPT



Save The Date

*A New Inspirational Fundraising
Event Celebrating
Family & Children's Center*

Weber Center for the Arts

Thursday, November 10, 2022

Social Hour: 5:30 - 6:30 PM

Brief Program: 6:45 - 7:30 PM

Enjoy appetizers and treats.
Wine, beer and a cash bar will be available.

*More details coming soon!

For more information email
ehongerholt@fccnetwork.org
or call 608.668.2132 or call 507.459.1989.

Thank You Monte Carlo!

Family & Children's Center has hosted "An Evening in Monte Carlo" for many years.

It is with much gratitude that we thank our sponsors, donors, partners, and participants. We are especially grateful for our FCC Guardian Angels who helped coordinate this event. We look forward to seeing you at our NEW fundraising event. Please see details above.

Driving Out Of The Storm



Names have been changed to protect the identity of the client

Michelle was driving home one evening on Highway 27, about to turn off the road and drive down a lane toward her home. But she couldn't turn. Michelle knew if she turned, she would not make it home. She realized she could not live the way she had been living any longer.

So, she drove. She followed Highway 27 north until early the next morning when she found herself looking over Lake Superior thinking about her journey, both through the night and in her life.

Driving a wedge

Michelle grew up in Lancaster County, PA, in a rural community. At 16 she began dating Jack, who

was 21 at the time. They married when she turned 17. The abuse started soon after.

Jack mentally, verbally, sexually, and physically abused Michelle throughout their 22-year marriage. Jack isolated Michelle from her family. When Michelle's parents would visit from Pennsylvania, Jack would often make a scene and create a crisis, so her parents would feel uncomfortable and leave. She was not allowed to write or call her parents. Even when she did convey the abuse within her marriage, her mother would say, "Don't say anything. Keep peace in the family." Her father discouraged Michelle from leaving

her husband, saying, it would be a waste of money to help Michelle leave, because she would only return to Jack.

Michelle attempted to leave several times. Each time she returned to face the cycle of abuse, which later also focused on some of the children. Finally, she was able to be separated from Jack, but one day she went to pick up her son, Jack beat her and choked her.

At the hearing, the judge saw pictures of Michelle taken after the assault and ordered immediate incarceration for Jack. He served almost eight years in prison for the two convictions.

A path of hope and healing

Shortly after the divorce, Michelle came to Family & Children's Center (FCC) to join a support group. She remembers how similar the stories were among those attending. For the first time she felt validated. For the first time in a long time, she did not feel alone. After 22 years of marriage and 10 children, Michelle finally felt safe. She was able to develop stronger relationships with her children, and through sharing in support groups, working new jobs, volunteering, and investing, Michelle was building a new life.

Michelle shared her views on being involved in a support group. "At first you feel like you are going crazy. How could you have been in a relationship like that? But that feeling is a good thing. When you are strong enough to deal with all the crazy that happened to you – it's a victory."

She has finally come to grips with her experiences. Michelle said it was like carrying a box around that she was afraid to open. Nearly 20 years after the assault, she opened that box. She dealt with what was inside. Yes, Jack tried to kill her, but she survived. She thinks about her children and how they now support her. She thinks about the people she has helped escape abusive relationships. She thinks about those she met in group at FCC. She can now say, "I feel good about my future."

According to Mary Jacobson, Director of Wisconsin Programs, Michelle's story is, unfortunately, not unique. "At FCC we hear similar stories all the time. The work that is being done to support victims and survivors of domestic violence is crucial. We have the tools, knowledge, experience and resources available to help take that first step or the 100th step needed to start again.

Domestic Abuse Program services are client-centered and client-led. From facilitating support groups to accessing shelter, the agency has the ability to assist when needed. FCC offers weekly support groups that are often led by peers. This group is uplifting and empowering.



Mary Jacobson, MASL

"We know that it takes an average of 7 times for a victim/survivor to leave their abuser. We don't judge or ask what is different this time, we simply listen, give guidance, and support."

- Mary Jacobson

Family & Children's

Center Director of

Wisconsin Programs

For more information about the Domestic Abuse Prevention program, please contact: Lisa Johanningmeier at 608.668.2312 or email her at: ljohanningmeier@fccnetwork.com.

Snapshot of Program Outcomes

4,633 individuals served in 2021



Child Advocacy Services

562 victims and caregivers served

Host Homes

95% of youth found and maintained employment with a living wage

Day Treatment

96% of youth received a completed evaluation every 6 months by two sources (parent, self, or teacher)

Children



Safe Visitation

Served 70-80 families weekly

Domestic Abuse Project

100% of clients were given a safety plan or the option to create a safety plan

Healthy Families

97% of children are up-to-date on their well-baby exams

Families



Community Support

100% of clients with recovery plans met at least one goal/objective

The Other Door Drop-In Center

2,465 visits

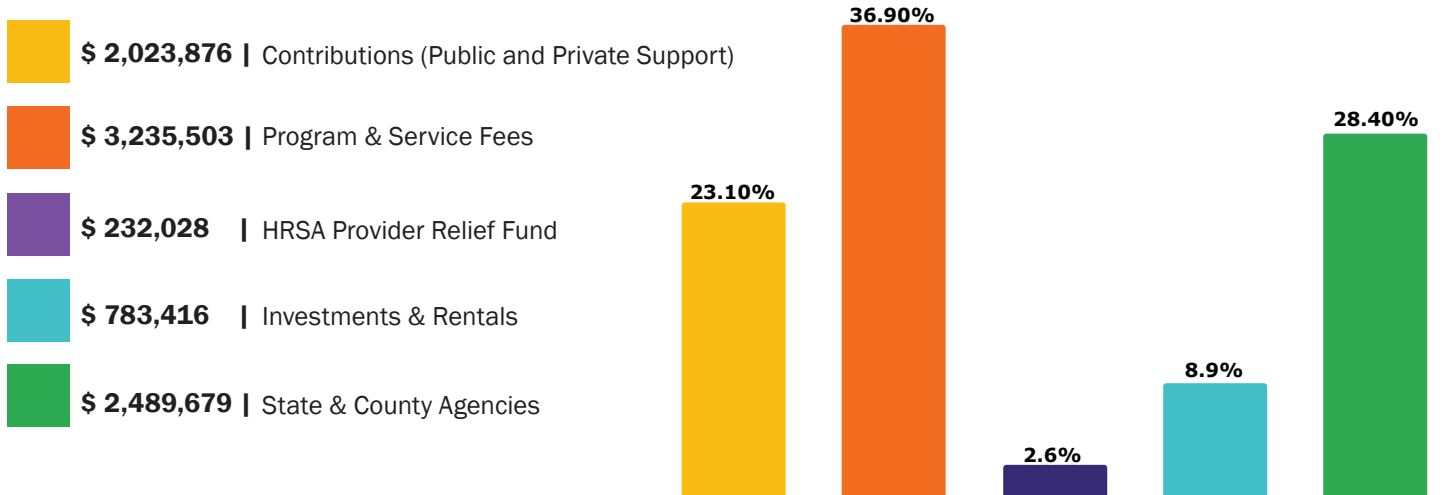
Hiawatha Hall

97% of clients met two or more objectives on their treatment plan

Adults

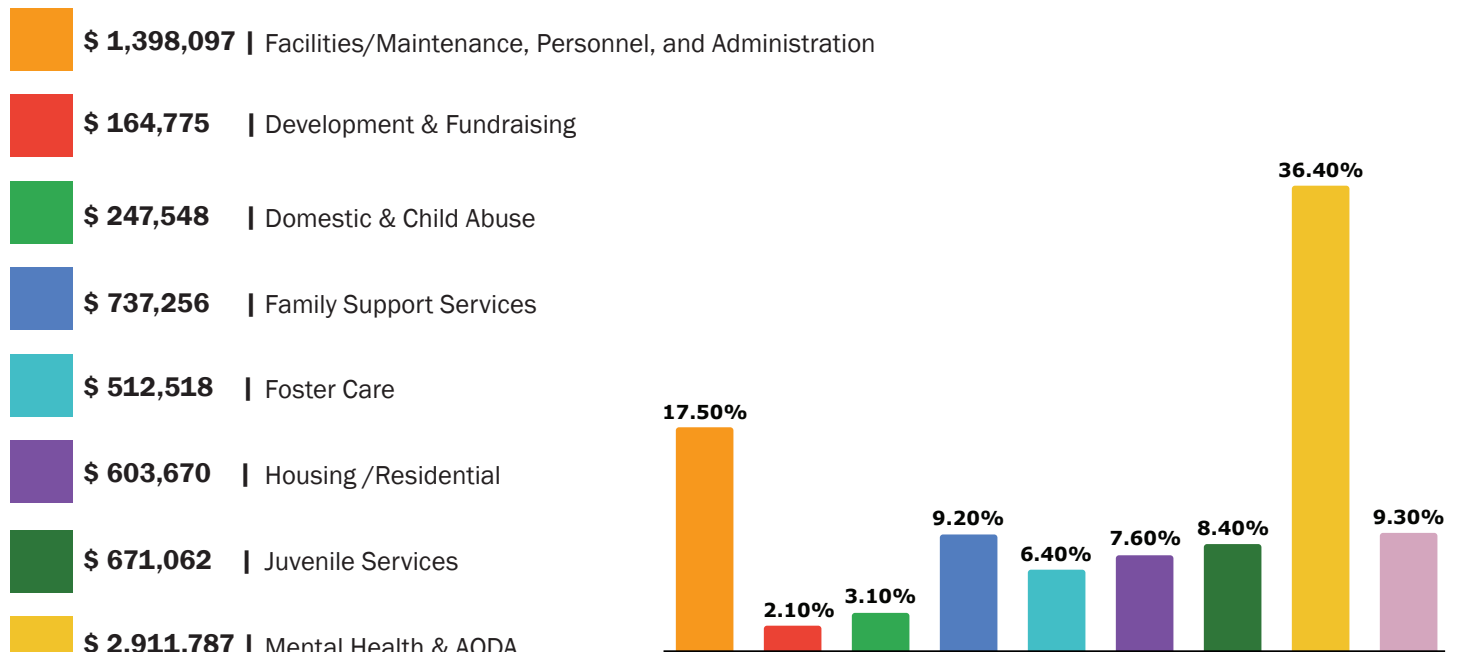
2021 Annual Report Financial Highlights

Sources of Support



TOTAL: \$8,764,502

Expenses



TOTAL: \$7,993,299

2021 Donor Recognition

Family & Children's Center is grateful for the outpouring of generous gifts which were received from January to December 2021. If your name was inadvertently misspelled or a correction is required, please accept our heartfelt apologies and contact the Development Office at 608.785.0001, so we may update our records.

Thank You!

Leadership Society Gifts of \$50,000+

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 Milo and Beverly Mayer Mach Family Fund
 of the La Crosse Community Foundation
 Mueller Photography
 Paige Wells
 Pam and Al Severson
 Pete's Bar
 Rebekah Helgerson
 SAP Labs La Crosse
 Scott Evans Agency Inc
 Shepherd of the Hills Lutheran Church
 Shawn Werner
 Sherry Hougum
 Stacey Sargent
 State Bank Financial
 Tita Yutuc
 The Charmant Hotel
 The Pilates Studio, LLC
 Tradehome Shoes
 UW-L Record and Registration
 Westby Coop Credit Union
 Winhaven
 YMCA - La Crosse

Tribute Gifts: In Honor Of

Julie Dietz and David Boen
 Ron Ame

Nancy Gerrard
 Michael Mader

Matthew, Kaehl & Kate
 Mary Hestekin

Dennis & Jolene DeMaiffe
 Todd DeMaiffe

Donald Malmo
 Rob Malmo

**Bonnie and Michael
 Bogen and family, Paula
 and Cliff Warnken and
 family, Karen
 Pennington, Jerry and
 Christy Souter, Paulette
 and John Fotsch**
 Ed Neuman

Chris and Keith
 Katie Fassbinder

Charlene Gundersen
 Elizabeth Ramlow

Lynn De Bauche
 Joanne Gillette

Dr. Ken Kolb
 Leah Reimann, MD

Ben Stolpa
 Gayle Goetzman-Stolpa

Domestic Abuse Project
 Karen Traastad

Tribute Gifts: In Memory Of

Deceased Arlt Family Members

Dick Arlt
Elizabeth Nutter
Katie Baumbich
Joan Berg
Brian Hafner
Debbie Herrmann
Janelle Lee
Barbra Teff

James Beier Lynne Beier **Patricia Broege- Richmond**

Katie Baumbich
Betty Brevik
John Brevik
Arlin Carlson
Deb Carlson
Mary Beth Staszewski
Jake Delwiche

Chasity Robelia
Carolyn Dotzenrod
Ginny Pelton
Susan and Fred Heuer
Michael A. Johnson
Leta Johnson
Ron Mc Kelvey
Janelle Lee
Jeneane Mahr
Todd Mahr
Jack Ebert
Rob Malmo

Sarah Mullenbach
Daniel & Cecilia Mullenbach
Gail Dix
Tracy M Munson
Thomas Reinert
June Reinert
Jane Rohrer
Curtis Rohrer, DDS
Patricia Roslansky
Roger Roslansky
Larry Sacia
Deb Sacia

Cole Berra
Randy and
Bridget Trussoni

Family & Children Center 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.

Better Tomorrows Society

Benefactors who have named Family & Children's Center in their wills, trust, and/or life insurance policies.

Vicki and J. Michael Hartigan, MD
Kevin and Bonnie Mahoney
Marilyn McElligott
Ed and Corine Neuman
Mary and Michale Price, MD
Kathryn Schroeder
Grace and Patrick G. Spencer
Jeff and Andrea Wieser
Gary and Ellen Evans
Sara and Chris Battison
Sabina Bosshard and George Parke III

Because of our donors' generous support, we are able to help improve individuals' lives. Preventative measures and therapeutic tools give people the opportunity to heal and grow. Children and families now have the chance for a Better Tomorrows.



Thank You



Thank you for standing up against
CHILD ABUSE.

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

These companies have had enough. They
partnered with Family & Children's Center in
2021 to be a True Blue Partner by sponsoring
programs that give children better tomorrows.

WE are 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
Aquinas Parenting Association
Blessed Sacrament Women's Club
BNSF Railway Foundation
Catholic Daughters of the Americas
City of La Crosse
Clarkin Apartments
Cleary-Kumm Foundation, Inc.
Coulee Bank
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Digger's Sting Restaurant & Bar
Empire Screen Printing
Explore La Crosse
Facebook Payments Inc.
Family & Children's Center
Firefighters Credit Union
Franciscan Sisters of Perpetual Adoration
Frontier - Badger Lodge #45
Genoa - AQOL Healthcare Company
Glendenning Family Foundation, Inc.
Good Shepherd Lutheran Church
Gundersen Health System
Helen Trane Hood Charitable Trust

John Cina Seven
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Marine Credit Union Foundation
Mayo Clinic Health System
Merchants Bank - La Crosse and Winona
Midtown Foods
Our Redeemer Lutheran Church
People's Food Co-op
River Town Dental, Inc.
Schneider Htg. & Air Cond.
School District of La Crosse
Schumacher-Kish Funeral &
Cremation Services
Slaggie Family Foundation
State Bank Financial
Sue Anne Gelatt Foundation
The Benevity Community
Impact Fund
The Exchange Club of Winona
The Insurance Center
The Merck Foundation
The Waterfront Restaurant & Tavern

Tri-State Marketing, Inc.
Truist
Trust Point, Inc.
UW - La Crosse Women's
Soccer Team
Vocational Service Associates LLC
Vernon Memorial Healthcare
Viroqua Foundation
Wal-Mart
Weber Family Foundation
Wells Fargo
Wesley United Methodist Church
Wieser Brothers General
Contractors, Inc.
Wipfli LLP
WXOW
Women's Fund of
Greater La Crosse
Xcel Energy



Leaving A Legacy

Did you know retirement assets are subject to federal estate and income taxes? Family & Children's Center can help.

Approximately 70 percent of your assets could go to the IRS instead of your intended beneficiaries at the time of death. You could save significant tax dollars while leaving a lasting legacy to provide Better Tomorrows to children, adults and families through Family & Children's Center (FCC).

Here's how IRAs and other retirement plans can make the perfect charitable gift. Tax saving options:

- Consider leaving a portion or all of your retirement assets to FCC. Any amounts transferred at the time of death avoid federal estate and income taxes.
- Fund a testamentary charitable remainder trust. This trust provides income for your surviving spouse and children as well as income for FCC. It provides income and possible tax benefits to heirs and helps save tax dollars.
- Individual Retirement Account Charitable Rollover allows those 70-1/2 and older to contribute as much as \$100,000 of their IRA assets each year directly to one or more charities like Family & Children's Center. For a couple, this could increase to \$200,000.
- Life Insurance is an easy way to continue your giving to FCC beyond your lifetime to make a lasting gift.

Call today, and we will help get the conversation started. To learn more contact Ellen Hongerholt email ehongerholt@fccnetwork.org or call 608.668.2132 or 507.459.1989.



Program Spotlight - Winona

SAFE VISITATION

Keeping Families Connected

Safe Visitation is a program offered at the Winona Family & Children's Center. It is designed to facilitate safe and appropriate parent/child interaction and/or to maintain the parent-child connection. Goals are to:

- Encourage and support parent and child interaction and safety
- Help assess longer-term, appropriate placement for a child
- Work to maintain a parent-child connection

According to Karrie Hahn, Director of Minnesota Programs, "Supervised Visitation is a growing program here in Winona. Approximately 70 to 80 safe visitations are provided weekly. It provides a way for families to have important personal contact between a visiting, non-custodial parent or guardian and their children."

A visitation monitor is accountable for providing this controlled environment - observing and ensuring safety between the parent and child. The visitation monitor is also responsible for accurately completing an impartial report at the end of EACH visit.

We Believe... that no matter what causes a family dynamic to change, children have a right to a relationship with both of their parents.

"Safe Visitation recognizes families may meet us with different needs and risks," says Karrie. A careful assessment is provided by the program supervisor upon referral. The program supervisor works closely with all referring parties to ensure that services provided are meeting the needs of the family, court system, and case plan. Multiple visit rooms can be offered in a neutral setting on-site at Family & Children's Center. Depending upon the family's plan, visits may occur off-site or in the family home.

Karrie shares that parent education is also a key part of Safe Visitation to help develop and strengthen parenting skills. Parent educators work with parents and referral sources to create a case plan that includes individualized parenting goals for each parent. Parent educators are responsible for providing parent education and vital tools to raise children in a healthy, safe environment.

For questions about the Safe Visitation program, please contact Karrie Hahn at khahn@fccnetwork.org.



Karrie Hahn, MBA
Director of Minnesota Programs



Karrie Hahn, Suicide Prevention Trainer Presents:

Suicide Prevention Training Class

You can prevent suicide in your community.

People trained in suicide prevention learn how to recognize the warning signs of a suicide crisis and how to help someone who is at risk, just as people who are trained in CPR and the Heimlich maneuver help save thousands of lives each year.

Through this training, participants will learn:

- How to recognize the warning signs of suicide
- How to offer help
- How to help and save lives

Who can attend?

Trainings are FREE for anyone and any organization in Winona, Fillmore, Houston, Olmsted, and Wabasha counties. Family & Children's Center is able to set up private trainings for individual agency staff members.

Training Dates:

- **Friday, May 20th:** 2-3pm (601 Franklin St, Winona, MN - in person)
- **Thursday, June 23rd:** 4-5pm (Zoom)
- **Thursday, July 28th:** 7-8pm (Zoom)
- **Friday, August 26th:** 3-4pm (Zoom)

Register:

To register or for more information, email Karrie Hahn at khahn@fcconline.org.



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 La Crosse, WI 54601
 608.785.0001
 fcconline.org

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 608.785.0001

Sparta
 608.637.7052

Viroqua
 608.637.7052

Winona
 507.454.7711

Highlights of 2021-22

**Darik Anderson, Supervisor-
 Safe Visitation/Tracking -Winona
 Planting of Child Silhouettes for Child
 Abuse Prevention**



**Friends of Family & Children's Center enjoying
 "An Evening in Monte Carlo"
 2021**



**Healthy Families Open House in Viroqua
 Lisa Clarkin, Alex Meyer, Andrea Pierson,
 Cassandra Krzebietke, Aimee Treanor, Christine
 Rediske, Nancy Walters, and Dianne Range**



**Family & Children Centers' Child Advocacy Team at 2022 Blue Ribbon Breakfast
 Standing - Nicole Eiken, Tami Taylor, and Danielle Swedberg
 Seated- Mary Jacobson, Jackson Peterson, and Mollie Fredrickson**



**Ribbon Cutting Ceremony for Solar Panel Installation
 at Viroqua Facility**

