

Better Tomorrows

An Annual Stewardship Publication of Family & Children's Center **2016**

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Family & Children's Center
Better Tomorrows Start With Us

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The Faces of FCC

Greetings,

Looking at the faces all around us, it's difficult to fathom the sum of our experiences—the obstacles, heartaches, opportunities and joys—that connect us all with Family & Children's Center. But all attest to the strength of the human spirit.

Whether the teens yearning for a safe, secure home, the man who learns to live more meaningfully with his mental illness or the community members who turn their own tragedy into hope for others, the faces of Family & Children's Center are diverse. But they—we—all share a very important, deep-seeded belief that we all can find better tomorrows.

Because of the generous, compassionate support we receive from people like you, we get to see Family & Children's Center's evidence-based programs put hope into action every day. We see lives and communities changed for the better. We see the better tomorrows, and we see them as they happen.

In this publication, we hope to show them to you too, giving you a glimpse into the lives you're changing and the smiles you're putting on the many faces of Family & Children's Center.



With gratitude,



Tita C. Yutuc, LCSW
President/CEO

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Better Tomorrows

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JOHN CINA SEVEN

A Legacy of Changing Lives



Deanna Manske has many memories of her younger brother John Cina. A lot of them involve sports, his family and friends, and many involve his work at Family & Children's Center. All of them involve people.

Sadly, memories are all Deanna and her family have of John today. Two years ago, at just 28 years old, he was diagnosed with a grade four malignant brain tumor and died nine days later. Wanting a more tangible legacy for John, his family created John Cina Seven, a fundraising organization to support the activities, places and people John cared deeply about. Through John Cina Seven, John's legacy of changing lives continues, even at Family & Children's Center.

John grew up in Genoa, Wisconsin, playing sports every chance he got.



He was named MVP in both football and basketball in high school and attended college at Howard College in Texas on a baseball scholarship (his jersey number in football and baseball was always the number 7). While a shoulder injury cut his time as a player short, he never stopped coaching, returning to the region to coach kids in sports and in life.

"He was a free spirit," says Deanna. "He never had extravagant things. It was more important to him to have time for what mattered most; it was always about people."

"Kids deserve a fighting chance. You don't know what you're going to get out of somebody until you give them the right opportunities to be the best they can be."

~ Deanna Manske,
John Cina Seven

That priority was evident in his work at Family & Children's Center where John worked overnights at a youth residential program.

"He was pretty close to a lot of the kids," says Deanna. "He would talk about how many of them had no role models at home but how treating a child a certain way now could help them avoid hardships in the future—things like learning how to respect people, respect themselves, how to be a good person just by following examples of the people you trust. He taught them about things that are not learned from being told. He knew

the better we can be, the better our children will be."

On a Great Rivers United Way tour of the agency, Deanna learned even more about Family & Children's Center and took special interest in the center's Healthy Families child abuse and neglect prevention program.

"When I heard about the program, I liked the idea that FCC works with hospitals and others in the community to get parents the resources they need to raise a child properly. One person never raises a child. It's a community effort: lots of working together. For families who don't have that support around them, this gives them that," Deanna says of her family's decision to support Healthy Families with funds from John Cina Seven.

"The tour guide directly correlated Healthy Families to the kids John worked with," adds Deanna. "If we could help kids avoid those situations in the first place, that's a good use of donated funds."

Research has shown that Healthy Families is 98% effective in preventing child abuse and neglect and saves taxpayers up to \$4 for every \$1 invested.



I didn't know what to expect – definitely not love.

When your mom is a single woman addicted to methamphetamine, it's not uncommon to be removed from your home. That's how 18-year-old Taya's story began.

Taya was just two years old when social workers removed her from her mother's home. Two-year-olds, after all, shouldn't be so desperate for food as to eat out of the garbage, but that's what her grandma witnessed before officially calling for help. Initially, authorities moved Taya to a foster

home, but after a few weeks she was able to join her brother and sister at her grandparents' home.

There she felt safe and loved and was able to enjoy a sense of childhood. Unfortunately, it didn't last. As her mom alternated between sobriety and drug use, so did Taya's home, moving her back and forth between her mom's and her grandparents'.

At age 12, Taya witnessed her then-sober mom unravel on the news of her uncle's death. She describes the

time as overwhelming. She was an adolescent with no dad, an uncle who had just died and a mom who was using again.

"I did what I've seen people do all my life. My uncle smoked. My neighbor drank. My mom used meth," says Taya. "I began smoking cigarettes and weed and started drinking to escape pain. By 8th grade, I tried meth, snorting it and smoking it."

Her drug use led to more bad decisions and an unhealthy

peer group. She skipped school, became sexually active, physically aggressive and disrespectful, even to her beloved grandparents.

Her truancy caught the attention of the county, and more moves followed. In one four-year span, she moved six times between group homes and three different residential treatment centers. She also lost her best friend to an overdose, her grandma to natural causes and was assaulted three times. She still has blurriness in one eye from one of the attacks. Taya says her wake-up call came in the last of those centers.

"I was disconnected from my family again. I was scared. I was not in control, and I felt unloved, unsupported. I realized I was not going home, and I didn't want to be like my mom," says Taya.

"She just keeps doing drugs. She has no home, no money and can't keep jobs for more than two months. She has six kids, and she can't keep any of them either. I don't want that for anyone else, especially my little sister. I don't want her to grow up without supportive people around her."

Taya was ready for change two years ago when a county worker told her they'd found her a foster care home. She worked hard to improve herself in that home. "My grades in school improved,

I stayed sober, joined track and field at school and started making friends with healthier peer groups,"

she says. "I was proud of myself!"

But the placement didn't work out. Taya broke strict family rules when she was caught using a friend's phone at school to check on her sister. Her foster parents isolated her in response, and Taya was frustrated seeing no way to earn privileges—like using a telephone. "The mom didn't want me anymore," says Taya.

That's when a social worker placed Taya in Family & Children's Center's Treatment Foster Care (TFC) program in Diane's home. TFC employs a trauma-informed care model with a multi-disciplinary team approach (including access to in-house social workers, therapists, a clinical supervisor and a child psychiatrist) to provide intensive, specialized support for each TFC family and child in placement depending on their needs.

"I was told the new home would be way better, but I didn't know what to expect—definitely not love," says Taya. But love is exactly what Taya found.

"I feel worth. I feel that someone is proud of me and my growth and changes," says Taya. "I told myself, I'd never call anyone else 'Mom.' I call Diane Mom. We

go for walks, movie nights; we just do everything. It's the first time I feel like I have a family. She does a

lot for me and supports me. I feel loved."

Taya's progress is reinforced in weekly therapy sessions, where she learns additional coping skills and sharpens what she's learning from Diane.

Diane also helps Taya see the big picture when it comes to challenges



at school. Taya's grades improved and she begins college classes this fall. She hopes to become a social worker and would like to work for Family & Children's Center someday.

"I want to do something that involves kids," Taya says. "My story can help others. If kids know that I've been through what they're going through—showing that from my low point of life to becoming a social worker—they'll see that they can still go on to have a great future. I want them to see, like I did, that they can have better tomorrows too."

"Family & Children's Center has been a wonderful place for the community. What they've done for the kids through many different programs is inspiring."

~ Diane, Treatment Foster Care Parent

Clients at The Other Door find...



Mary

...self-worth, healthy solutions and a sense of belonging.

"I found that as my health started to decline, I could not work anymore and had difficulty walking or standing on my feet. At the same time, I became diabetic and had to change my eating habits. The Other Door has been a great benefit to me. I am able to go there each Monday and prepare fresh vegetables for use that evening, and one Friday a month, a friend and I prepare a healthy meal for the people there. Providing healthy food for others who may not have the resources or information helps me appreciate myself and is helping me eat healthier too. The activity gets me out of the house, which is important to me because I think I would be lonely and depressed otherwise, and I am sure I would get worse."



Michael

...comfort, companionship and a safe place.

"I am generally really uncomfortable around people and it is very difficult to remain calm. But at The Other Door, staff leave me alone when I feel like it and give me time to talk if that's what I want. My favorite part about The Other Door is that there are several rooms I can escape to. When I want a peaceful activity I can go to the computer room and go online or to the game room to play the Wii or pool. When I start feeling isolated I go to the library room and go on my laptop or play cards, this way I can hear the others in the lounge but still have some privacy. I go to The Other Door nearly every day it's open and I am very grateful for a safe place to hang out."

the
**OTHER
DOOR**

Vernon County's Drop-In Center

The Other Door is Family & Children's Center's Drop-In Center in Vernon County. The Other Door provides a safe space for people during their mental health and substance abuse recovery. It's a place for people looking for nonjudgmental fellowship and support.



Ken

...fellowship, connections and an improved outlook on life.

"As a volunteer and on-call staff member at the Other Door, I have found an antidote to my tendency toward depression and other challenges. I spend almost all open hours there as a consumer and I make myself available to anyone who wants to talk. This gives me a strong sense of value, and my involvement with 12-step groups, NAMI (National Alliance on Mental Illness) and other special programs have contributed to my outlook on life improving. The value of fellowship, serving others, making a connection and seeing others getting so much benefit from our site seems almost immeasurable. I have been able to help others living in Viroqua who were lonely, isolated or unsafe in their own homes by inviting them to the drop-in center and am grateful to FCC and The Other Door for giving us all a chance to improve our lives."

News Across the Continuum

Winona Introduces Youth ACT Services

Last year, FCC's Winona location became one of four providers of Youth ACT services in Minnesota. Youth ACT, Youth Assertive Community Treatment, is an option for youth suffering from severe mental illness and/or co-occurring disorders who need assistance managing mental health treatment, schooling, employment, housing, family and physical health services. Youth ACT reduces the need for residential treatment and out-of-home-care placements.

There is a significant need for this type of intensive community-based service for youth in the area; and as the sole provider of Youth ACT in this region, FCC has put together a multi-disciplinary team to provide the best support possible. Youth in the program benefit from access to

a therapist, certified peer specialist, an LADC (Licensed Alcohol and Drug Abuse Counselor), psychiatrist and mental health practitioners.

The Youth ACT team teaches valuable skills to help youth continue living successfully in the community. The program decreases legal issues, hospitalizations and out-of-home placements. Assistance with housing, vocational needs, finding and maintaining employment and medication management help give youth the



confidence to successfully transition to adulthood.

Youth ACT strives to build positive relationships with youth to develop healthy coping skills

and rebuild positive relationships through family therapy. Together, the team and the youth work on individual goals that revolve around continuing to live in the community. Youth in the program receive services until they are successfully discharged or turn 21, either of which will be a successful return to community living with the skills learned from Youth ACT.

Host Homes for Homeless Youth

Last year, the Department of Public Instruction identified 180 students in the city of La Crosse as displaced for at least one night, most of whom experienced recurring and/or extended stays away from a stable environment. Youth can end up displaced for a number of reasons that usually stem from situations at their family home. Situations include abuse, parental struggles with substance abuse, jail sentences, extreme conflicts and poverty.

To address this growing need, the La Crosse Community Foundation generously awarded Family &



Children's Center with a grant to start the Host Homes for Homeless Youth Program. Host Homes is designed to end daily crises for teens by helping them address larger life goals while providing a stable living environment.

Since the program's kick-off in November 2015, Host Homes has helped several teens by providing needed resources such as personal hygiene products and support from an expert social worker. The program has also identified adult hosts to take in youth in the program, with growing interest from others to become hosts at a later date.

The program has successfully helped youth when they need it most. When a youth needs supplies,

they are readily available; when an informal host feels like they are in over their head, a listening ear waits, offering reassurance and guidance; when a youth needs a place to stay, the door is open at a caring adult role model's home.

A stable environment ensures needed structure for teens to be positioned well for the future. The program is still in the early stages and conversations around how the Host Homes program can provide extended support and structure to situations facing displaced youth. We want to play an integral part in addressing teen homelessness in the La Crosse area and provide better tomorrows for teens in need.

News Across the Continuum

Domestic Abuse Outreach and Awareness in Vernon County

Children rely heavily on help from others to navigate their way through the world, making them one of our most vulnerable populations. They haven't lived long enough to have all the answers, to know right from wrong or to understand that what they experience isn't necessarily what everyone else is experiencing.



A children's advocate from Family & Children's Center's Domestic Abuse Project reaches out to protect children and educate young minds in Vernon County. The advocate gives preventative educational presentations to kids in groups and schools. Presentations can be tailored to the needs of the group but are often given on a range of preventative education topics including bullying, personal safety and sexual abuse, personal values, worrying and stress and empathy, among others.

The large group setting allows the advocate to provide somewhat sensitive information in a safe environment and starts the relationship-building process. If a child is referred for individual help, it makes it less invasive and stressful if they are already familiar with the advocate because of a prior presentation and opens up communication channels right at the start.

These presentations provide youth with valuable information that facilitates healthy development and relationships, change in harmful cycles where youth are often involved and offers support to youth who are in need of a safe, stable role model in their lives.

Beyond teaching children, the presentations provide an avenue for Family & Children's Center to connect with school personnel and increase domestic abuse awareness. Increased awareness makes it easier for those in need to reach out and for teachers to make referrals for kids they suspect might need help—both of which make families safer throughout the region.

**BECAUSE
CHILD ABUSE
HAS NO PLACE
IN OUR COMMUNITY**



Healthy Families Pay it Forward

Moms and their kids from Family & Children's Center paid it forward earlier this year by baking and delivering cookies to the La Crosse Warming Center. They wanted to thank the community for supporting the Healthy Families program that helps them and other families start off on the right track.

Healthy Families is an intensive home-visiting program available for parents who may need extra support in caring for their children. Parents who could benefit are referred through a screening process that identifies stressors such as poverty, substance abuse recovery, teen pregnancy or other factors that make raising a child more difficult.

The assistance from the program provides parents with resources, teaches them about child development and ensures babies get a healthy start to life. The Healthy Families model is 98 percent effective in preventing child abuse and neglect, an issue that is more likely to occur when babies are born into more stressful environments.

The importance of healthy interactions as a family is emphasized in the program and giving back to the community was a great opportunity to highlight those interactions. The exchange helped moms say thank you and taught their kids how to show they appreciate the support of others.



It shouldn't happen here, but it does.

One in ten kids will be abused before the age of 18. Many of them will suffer lifetime consequences. All of them are forever changed.

These companies have had enough. They partnered with Family & Children's Center in 2015 and 2016 to become True Blue by sponsoring programs that give children better tomorrows.

The children thank them. We thank them. We hope you thank them, too.



True Blue Partners

- Allergy Associates of La Crosse
- Altra Federal Credit Union
- Bettesworth Concrete & Construction
- BNSF Railway Company
- Borton Construction
- Cory Roupe of Edward Jones
- Coulee Bank
- Dahl Automotive
- Dairyland Power Cooperative
- Endodontic Specialists of La Crosse
- Enterprise Holdings Foundation
- Festival Foods
- Firefighters Credit Union
- Fitzpatrick, Skemp & Associates, LLC
- Fowler & Hammer
- Genoa Healthcare
- Hammes Refrigeration
- Health Tradition Health Plan
- Honda Motorwerks
- JFK Associates
- Kirchner Custom Builders
- La Crosse Symphony Orchestra
- Legacy Financial Strategies
- Logistics Health, Inc.
- Marine Credit Union
- McAllister Financial Services
- Modern Crane
- Pischke Motors
- River Town Dental
- RTP Company
- Schneider Heating & Air Conditioning
- State Bank Financial
- The Insurance Center
- Three Rivers Technologies
- Three Sixty Real Estate Solutions
- Trust Point, Inc.
- Valley View Mall
- Waterfront Restaurant & Tavern
- Wieser Brothers General Contractor, Inc.
- Wipfli LLP

News Across the Continuum

Individual Placement & Support Achieves Exemplary Status

Individual Placement and Support, IPS, is an evidence-based supported employment model developed by Dartmouth College. IPS assists individuals with mental health and/or AODA (alcohol or other drug abuse) disorders find and maintain competitive employment in the community.

Family & Children's Center recognized the need for a program to assist people in attaining employment. The employment rate of individuals with mental health disorders hovers around 15 percent, a number far too low given that one in five adults have a mental health disorder. But IPS services can increase employment rates to nearly 50 percent, making the decision to start IPS at FCC very clear.

FCC launched IPS in 2011, in partnership with La Crosse County and the Wisconsin Department of Workforce Development. The program began with grant funding from Johnson & Johnson but is now self-sustaining.



The program has grown significantly over the past five years. IPS started in La Crosse with seven consumers in the program. The program expanded in 2014 and now serves 72 consumers, 37 of whom are gainfully employed, from La Crosse, Jackson, Monroe and Vernon counties.

In 2015, FCC's IPS program became the first in Wisconsin to achieve exemplary status from its fidelity review. The fidelity review is conducted by Dartmouth Psychiatric Research Center and holds supported employment programs to service quality standards to improve outcomes. The higher the fidelity status, the higher chance of employment rates increasing.

While Family & Children's Center has achieved a 50 percent employment rate for individuals in IPS, ways to consistently maintain or exceed that rate are at the forefront of the program.

The program continues to be successful in helping individuals through their recovery journeys. Their symptoms are reduced and lives improved because of the stable support and care they receive in IPS.

Providing Trauma Informed Care Across All Programs

Traumatic experiences are widespread throughout society; they don't discriminate and can impact anybody, often leading to long-lasting physical and mental health challenges. As a result, Family & Children's Center recognizes the importance of operating under the philosophy of "trauma informed care."

Trauma informed care, simply put, is treating all people—clients, coworkers, friends and neighbors—with the care that assumes they may have experienced past trauma. Trauma is the result of events or circumstances that are physically

or emotionally harmful, and that have adverse effects on a person's functioning and well-being. Because trauma is more about

the person's experience of an event than the actual event itself, traumatic experiences vary from person to person.



Traumatic situations could include sexual abuse or assault, serious accidents or illnesses, neglect, witnessing violence, system-induced trauma, traumatic grief or separation. Sometimes people experience secondary trauma by witnessing, literally or figuratively, the trauma

A Note from Grateful Grandparents



To whom it may concern,

We are the grandparents of one of your students from last year. We have seen an **OUTSTANDING** change in his behavior. We cannot **THANK** you enough for what you do with children. Thank you again!

— Grateful Grandparents

of others which has the same adverse effect.

Adults can experience traumatic experiences, but they typically have coping mechanisms already in place that help them recover quickly. Children, on the other hand, aren't adapted to the world as well and traumatic experiences can severely impact their development and their future.

According to the ACE Study (Adverse Childhood Experiences) conducted by the U.S. Centers for Disease Control and Prevention and Kaiser Permanente, traumatic

events experienced during childhood often lead to negative outcomes in adulthood. The higher the ACE score, the higher the risk for mental illness diagnoses, substance abuse issues, criminal justice involvement and developing diseases including HIV and heart disease. Thus, ACEs and associated trauma present significant health risks and could greatly impact the life-span of an individual.

The good news is that there is hope. The expert prevention and intervention techniques FCC provides can mitigate the effects of trauma. We embrace the

trauma informed care principles of safety, trustworthiness, choice, collaboration and empowerment. These principles provide guidance for how FCC approaches all people.

FCC applies trauma informed care throughout our continuum of services. Trauma informed care helps us see the person before their problems, helping to strengthen their resolve and promote individual well-being.



Andrew's Story

I truly believe there is always a better tomorrow

Adults aren't the only ones who struggle with homelessness. Nineteen-year-old Andrew knows that firsthand.

Andrew's troubles began early in life. With an absent father and a mother who shared his untreated bipolar disorder, he was a defiant preschooler who turned into a troubled teen. Physical fights with his mom turned into altercations with police, and using drugs turned into dealing drugs. By the time Andrew was 16, he had lived in foster care, jail, and CORE, a court-ordered juvenile detention program for displaced teens who are habitual offenders or at risk for committing crimes. "The big head I had: there was no intervention," says Andrew.

Never assigned a social worker (due to a paperwork mistake), Andrew bounced around, searching for what he called his adult self. Last year, broke and homeless, he finally bottomed out. "I was sick and tired of being in the same place doing the same thing every day. The routine that I had was not healthy," he says.

Andrew sought out a therapist he had worked with in the past who helped him with his drug abuse and bipolar disorder. The therapist also referred him to the Salvation Army for shelter and Family & Children's Center's Independent Living program for services designed to prepare him for life on his own.

Now, less than a year later, Andrew has a steady job that he's good at and enjoys and an apartment to call his own.

"To get from that point when I had nothing and went to sleep with two bags at the Salvation Army to having a good job, picking up extra shifts and having my own apartment, I fully believe that for every dark night there is always a better tomorrow," he says.

"It's the first time I feel genuinely content—content with everything going on right now. Stability makes me happy."

UPCOMING EVENTS

Please join us at the following events that benefit Family & Children's Center. Your support and attendance helps FCC continue our mission to provide better tomorrows. We look forward to seeing you there! Visit www.fcconline.org for more information and registration details.

September 17th



Tri-Quest
Run, Bike, Golf

Drugan's
W7665 Sylvester Rd.
Holmen WI, 54636

September 24th



8th Annual
Lube-A-Thon

712 4th Street South
La Crosse, WI 54601

561 Theater Rd
Onalaska, WI 54650

1111 West Highway 61
Winona, MN 55987

October 8th



Winona Building
for Children:
Lego® Contest

The Playground
(in the Winona Mall)
1213 Gilmore Ave
Winona, MN 55987

October 22nd

Fundraiser &
Awareness Event for
Vernon County
Domestic Abuse
Project

A Night
Out on the Town:
Paint the Town Purple

Viroqua VFW
751 S Washington St,
Viroqua, WI 54665

November 3rd



An Evening In
Monte Carlo

The Waterfront, Cargill Room
328 Harborview Plaza
La Crosse, WI 54601

December 3rd



La Crosse Building
Bricks for Hope:
Lego® Contest

Valley View Mall
3800 WI-16
La Crosse, WI 54601

2015 Annual Report

Financial Highlights

Sources of Support

Total: \$10,818,646

47% \$5,036,640
State & County Contracts

24% \$2,630,330
Program & Service Fees

24% \$2,614,159
Donations

5% \$519,854
School Districts

>1% \$17,663
Rentals & Investments (Gains/Losses)

Expenses Total: \$9,933,198

7% Child Abuse Prevention

17% Children's Out of Home Care

30% Adult Mental Health

14% Children's Mental Health

4% Outpatient Counseling

10% Other Community Outreach Programs

Development & Fundraising

2%

Management & Other

16%

8

Locations

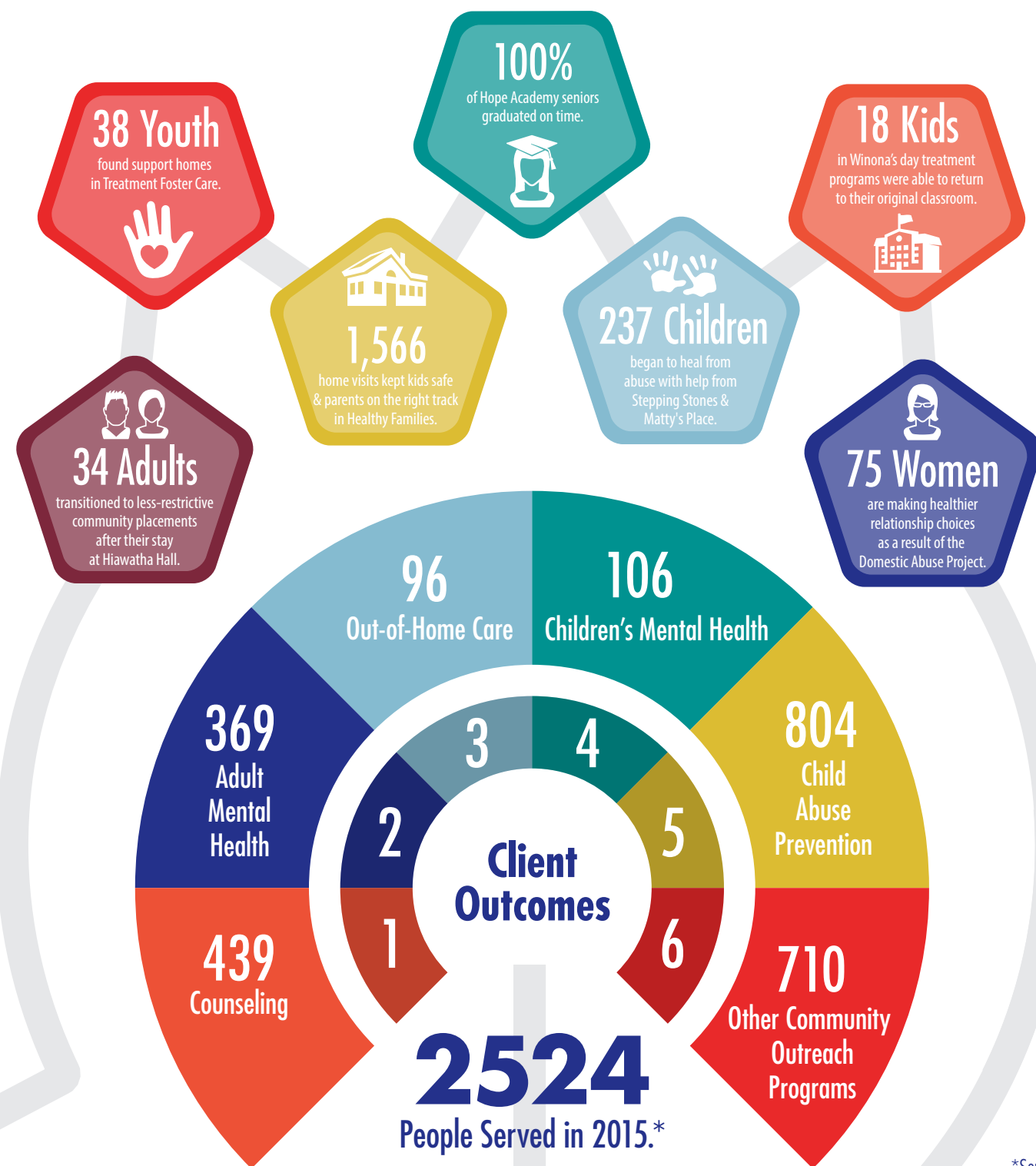
224

Employees

149

Volunteers

A Few of Our Program Outcomes



*Some clients utilize more than one program at any given time.

STAFF PROFILES

Family & Children's Center's staff represents the most skilled and talented professionals in the area. We are the leading provider of human services in the region because of their hard work, dedication and passion for excellent care.

Ken Morey – Day Treatment Program Aide, La Crosse



Family & Children's Center opened the Day Treatment program in 1999 and has served hundreds of kids from the Coulee Region throughout the years.

Children in FCC's Day Treatment program receive expert support with help from a multi-disciplinary team that includes a mental health practitioner, case manager, nurse, therapist, psychiatric consultant, recreation therapist and program aides.

Ken Morey is one of those program aides. After starting as resident care staff at FCC's Weston Residential Facility in 2009, Ken has settled into his current role as Team Lead for Day Treatment.

His positivity is infectious and he continually encourages the kids to do their best. He manages to

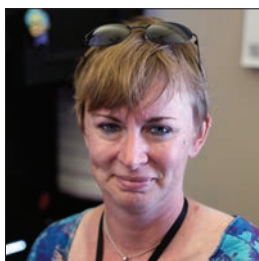
structure his work to ensure the youth are empowered to accomplish their own tasks without taking over and doing it for them.

"He has a way of working with youth that doesn't end in a power struggle. He holds them accountable, but in a compassionate and respectful manner," says Ann Weidenheim, Day Treatment Clinical Supervisor.

He loves being able to help the clients and give them support. One of his favorite parts of his job is being able to work as a team to help the kids. "It's all about teamwork," says Ken.

When he is not serving youth in the program he can be found helping with other charities such as the Red Nose Foundation and the La Crosse Jaycees. He also enjoys woodworking, fishing and spending time with his wife taking "mini-trips" to the casino.

Rhiannan Richardson – Community Support Program Peer Support Specialist, Black River Falls



A peer specialist is a person in mental health recovery who uses their lived experience and training to help others in their journey from the point of view of a person who has "been there."

Rhiannan Richardson bravely puts her past experience to work as part of the WRICC (Western Region Integrated Care Consortium) Community Support Program in Black River Falls. She facilitates a recovery group and works with people on an individual basis.

When asked what she does for a living, her response tends to be, "I help people get out of the house and to have fun." While it's not an answer that covers everything she does, it's very true.

She helps people develop recovery plans, get to appointments, grocery shop and complete other tasks needed to help them live successfully in the community. More importantly, she brings a bright smile and kind words to people who might not otherwise have that throughout their day.

A can-do attitude, positive outlook, and passion for care are what she is known for around FCC. She was previously involved with the Culture Club, a committee dedicated to ensuring a positive workplace culture at FCC, and currently serves on the Trauma Informed Care Committee, a task-force for promoting the use of trauma informed strategies to ensure a safe and welcoming environment for clients.

"Seeing Rhiannan harness her past traumatic experiences for the good of helping both our agency, and clients, makes us proud to have her as part of our FCC team," says Kathy Rohr, Director of Adult Programs for Wisconsin.

She loves her job so much that she can't truly label it as work. Seeing the difference in her consumers' lives keeps her driving the hour to work every day.

Rhiannan doesn't have much in the way of downtime. Her partner's three kids are all involved in sports and she is usually running from city to city for baseball, football, and basketball games. She is passionate about reading and finds no better escape from the world than falling into the pages of a good book.

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, M.D.



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 went on to become 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?

FCC 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 for many years in the future.

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Please call the Development Office at (608) 785-0001 ext. 235 if you have a question or correction. We apologize in advance for any inaccuracies.

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