



Jackson-Feild

Behavioral Health Services

Fall 2019

Catching Excellence

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Every day, therapists at JFBHS work with children suffering from mental health disorders and/or substance use issues. Many are sent to JFBHS by the departments of social services (DSS) in their home localities. For each and every child, JFBHS therapists must submit progress summaries on a regular basis to the appropriate DSS. As you can imagine, it's difficult to carve out time – time ideally spent working directly with the boys and girls – to write and submit reports. JFBHS therapists are

forever chasing perfection in all areas from working directly with the children to writing progress summaries to following up after a resident is discharged.

At a recent conference attended by representatives of DSS throughout Virginia, Director of Business Development Nancy Philpy was approached by a woman wearing a wide, beaming smile. “I work with a lot of therapists at a lot of facilities

throughout the state,” she told Philpy. “Many are good. Some are just OK. JFBHS’ Lauren Allen and Adrienne Foster are the *best* of the best!”

All of JFBHS’ clinicians have tremendous compassion and dedicate themselves to ensuring that every child receives treatment customized to his or her individual needs. We want you to know more about Allen and Foster in particular.

Clinical Trainer and Therapist Allen is a licensed clinical social worker who notes that the most challenging part of her job is helping the boys and girls see that their behavior is neither normal nor healthy. “The most common misunderstanding about mental health,” she says, “is that while mental illness is a permanent condition, it can be managed in ways that allow the

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Clinical Services Manager Adrienne Foster (left), LCSW, CSOTP and Clinical Trainer and Therapist Lauren Grizzard Allen, LCSW.

“Perfection is not attainable, but if we chase perfection we can catch excellence.”

Vince Lombardi

From Tricia Delano, JFBHS President and CEO

I recently came across a quote that I found inspiring:

"We are all part of the same family. In every school and neighborhood, there are children without hope, but no child is hopeless." – Muhammad Ali

Children come to JFBHS without hope, but they are not hopeless. Our challenge is to provide them with first-class residential treatment services that will help them throughout their lives. This is no easy task as we have a very small window of time in which we must earn these children's trust in order to help them overcome their mental health issues.

Our therapists are highly trained and collectively have many years of experience working with emotionally

disturbed children who often don't recognize or understand that their behaviors are harmful to themselves.

We've invested a great deal of time and resources developing a trauma-informed program and training our residential staff in an approach that emphasizes the components of RICH – Respectful, Informative, Compassionate and Hopeful – a program designed to build the children's self-capacity, help them interconnect with others, improve their self-worth, and come to appreciate the worthiness of life.

Working with the kind of child that comes to JFBHS is hard. The children often lash out with verbal and sometimes physical aggression. It's exhausting and – frankly – upsetting at times. It's all too easy to feel hope drain away.

To help maintain and restore hope within our staff, we are utilizing the ARTIC Scale (Attitudes Relating to Trauma-Informed Care) offered by the Klingberg Traumatic Stress Institute. We're finding that when the staff receives training designed to restore their hope, their passion for working with children is restored.

The focus of all our efforts is to ensure that hope springs eternal not only in the children we treat, but in our staff members as well. Thank you for your interest, and for your continued support of Jackson-Feild.



Tricia Delano



Jackson-Feild
Behavioral Health Services

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Jackson-Feild Completes Construction on its New Activity Center

The boys and girls at Jackson-Feild Behavioral Health Services are now enjoying the benefits of an activities center in which they can participate in more frequent and varied recreational activities.

Funding for the new building was kicked off by a \$75,000 matching grant from The Cabell Foundation. Proceeds from Jackson-Feild's 2018 golf tournament were designated for this project, and significant monies were also provided

by grants from The John Randolph Foundation, The Titmus Foundation, The Gadsden Trust, and The Ridley Foundation. ITA International in Yorktown gave quite generously, and gifts from individual donors proved sufficient in raising the remaining funds.



In addition to serving as a recreation center for residents, the new activities center is large enough to handle staff development. (Above) Residential staff participated in specialized trauma-informed treatment training given by the Klingberg Traumatic Stress Institute.

Jackson-Feild thanks Winks Snowa Architects, P.C. in Richmond and Diversified Consulting Group in Raleigh, NC, for architectural and engineering services provided pro bono.

The new activities center is a wonderful addition to Jackson-Feild's campus and will serve the needs of its children for years to come.

Wish List – Fall and Winter Needs

For more information on making donations please contact: Tod Balsbaugh, VP of Advancement, 804-354-6929, tbalsbaugh@jacksonfeild.org.

<i>Resident</i>	<i>Cottage</i>	<i>School</i>	<i>Personal Care</i>	<i>Sports and Recreation</i>
Hoodies	Towel sets	Clear plastic back packs	Hair brushes	Balls – kickball, basketball,
Winter coat/jackets	Twin bed sheets	Composition books –	Bath soap	football, volleyball
Gloves	Blankets	<i>bound no wire</i>	Hair dryers	Fishing rods and tackle
Mittens	Pillow cases	Box of #2 pencils	Deodorant	Bicycles and bike helmets
Knit caps	Posters	Box of colored pencils	Toothpaste	Frisbees and kites
Boots	Towels	Hand held calculators	Tooth brushes	Corn hole bags
Scarfs	Wash cloths	Pocket file folders	Combs	Yoga mats and blocks
Slippers	Journals/diaries	Box of non-retractable pens	Shampoo &	Puzzles, board games
Socks	Word puzzles	Dry erase markers/erasers	Conditioner	Canvas for painting
Sweaters	Play Station or	Packs of lined	Lotion	Water colors & brushes
	xBox Games	notebook paper	Lip balm	Jewelry making kits

Rotary Clubs Care about Jackson-Feild's Children

Jackson-Feild is fortunate to have a number of Rotary Clubs recognizing and supporting the good work that takes place on its campus and in its school. Recently, the Rotary Club of Innsbrook and the Chester Rotary Club made significant gifts that will



Donated by the Chester Rotary Club, Rotarians and JFBHS residents assemble cornhole sets.

have long-lasting impact on our residents.

In a labor of love headed by Rotarian Peter Adler and his fellow Rotarians, the Chester Rotary Club built six of the best-looking cornhole sets in the state. They're painted with the Jackson-Feild logo, and came with matching cornhole bags! Members brought the unassembled units to campus where residents helped attach the legs before enjoying a good-natured competition followed by an ice cream social.

In early August, the Rotary Club of Innsbrook presented Jackson-Feild with grant funds in the amount of

\$1700 to help former residents prepare for and pass the GED exam. At a cost of \$170 per student, Jackson-Feild purchases GED workbooks, pays tutors, and covers the cost of the GED practice test as well as the actual GED test. These funds from the Rotary Club of Innsbrook will help 10 youth earn a GED that will positively benefit them for life.

Residents and staff alike are grateful to these Rotarians for all they've done. The cornhole sets are providing hours of enjoyment, and the grant funding is helping young men and women build a future for themselves through education.

Christmas is coming, the goose is getting fat ...

You may recall that song. It's an oldie, but a goodie. It's about kindness, charity, and helping your fellow man.

The boys and girls at Jackson-Feild need your help to have a happy Christmas. Each child creates a Christmas Wish List not to exceed \$150. Through the generosity of our donors, every child's wish list has been sponsored ever since we began this project several years ago. We hope we can count on your help this year.

Please contact us and we will send you the list(s) and you can let us know what you would like to purchase – one or two items or the entire list. If you don't have time to shop, please consider making a donation and our staff – our elves - will do the shopping for you. For additional information, please call the Development Office at 804-354-6929 or email twatkins@jacksonfeild.org or tbalsbaugh@jacksonfeild.org.



***Please put a penny
in the old man's hat.***

Chasing Excellence

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sufferer to have a meaningful life.” To Allen, the residents she works with aren’t just patients. She compares them to the JFBHS butterfly logo. “They’re children ready to experience a metamorphosis and grow. One of my greatest satisfactions is when a resident grows emotionally and embraces wellness.”

For Clinical Services Manager Foster, also a licensed clinical social worker, the path to becoming a JFBHS therapist took a circuitous route. As a child, she wanted to be a lawyer advocating for at-risk children. While a student at James Madison University, Foster took a social work class that changed her life. “I realized that as a therapist, I could advocate and help children in more of a one-on-one capacity.” Having completed an internship at Jackson-Feild,

Foster was offered employment upon graduation, and has spent the past 15 years working with JFBHS’ very high-risk youth who typically remain in therapy for nine to 12 months. “I’ve witnessed true miracles,” reports Foster. “These children need therapy and support, and quite often are able to repair their mistakes and lead meaningful lives.”

Every day, with every child, Allen and Foster chase perfection in order to catch excellence. In that chase, there have been hurdles and roadblocks. Allen and Foster clear each and every one.

At JFBHS, we couldn’t be more pleased to have such a dedicated team of therapists. As noticed and commented upon by that representative of a DSS, they are the *best* of the best.



Black Friday. Cyber Monday. #GIVINGTUESDAY December 3, 2019

Imagine what it’s like for children suffering from mental illness to be sent somewhere for treatment without having time to pack a bag with things from home. It’s a shock. It’s a bit like being dropped into a foreign land without the protection and comforts of all things familiar.

Many of the children at Jackson-Feild arrive in exactly that condition. Their only possessions are the clothes on

their backs. Sometimes, those clothes have seen rough days, and haven’t been laundered recently.

You can help. By making a gift to Jackson-Feild on #GivingTuesday, you can figuratively give the shirt off your back to help a child who needs a change of clothing. Your gift will buy t-shirts and jeans ... and hats, coats and gloves. Your gift will help a child stay warm this winter. It will literally wrap a child in love.

To make your gift on #GivingTuesday, please go to www.jacksonfeild.org or call Terron Watkins at 804-354-6929.

Celebrated on the Tuesday after Thanksgiving, #GivingTuesday has become an annual tradition. It’s a great way to kick off the holiday season, and we hope you will join us as we reach for our goal of \$5,000.

Committed to accountability and ethical practices, Jackson-Feild Behavioral Health Services is accredited and endorsed by these organizations.



CREDIBILITY • INTEGRITY • ACHIEVEMENT

For our financial information, please visit www.jacksonfeild.org



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Jackson-Feild Earns GuideStar's Highest Seal of Transparency

Platinum Seal Allows Donors to Focus on Progress and Results

We're thrilled to tell you that Jackson-Feild recently earned a 2019 Platinum Seal of Transparency, the highest level of recognition offered by GuideStar, the world's largest source of nonprofit information. "In accordance with our belief in being transparent about our work," said V.P. of Advancement Tod Balsbaugh, "we are excited to convey our organization's results in a user-friendly and highly visual manner."

To reach the highest level of transparency, we added extensive information to our Nonprofit Profile: basic information about our missions, programs, leadership, etc.; in-depth financial information; qualitative information about goals, strategies, and vision; and the progress we are making toward our mission. Plus, we've provided this information to the 200+ charitable websites and applications that use GuideStar data, such as AmazonSmile, Facebook, and Network for Good.

"I encourage you to visit our GuideStar Nonprofit Profile to see what we're all about," added Balsbaugh. "We're thrilled that our Platinum Seal of Transparency and its associated benefits help us better communicate our organization's exciting initiatives at a global scale."

We're proud to have earned a Platinum Seal to share our full and complete story with the world. Check out our profile at <https://www.guidestar.org/Profile/7797984>.

About GuideStar Nonprofit Profiles

GuideStar is the world's largest source of information on nonprofit organizations.

The GuideStar database contains a profile for every tax-exempt nonprofit registered with the IRS, and encourages every nonprofit to claim and update theirs at no cost to the organization.

Each year, more than 10 million people – including individual donors, nonprofit leaders, grantmakers, government officials, academic researchers, and the

media – visit GuideStar to learn more about nonprofit organizations and to make intelligent decisions about the social sector.

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