



CHILDREN'S CENTER  
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SAVE THE DATE:  
JUNE 13<sup>TH</sup>, 2024 AT 6:00PM

# Children's Center Annual Benefit *Dinner*

AT THE BLACK PEARL ON THE COLUMBIA

*Join Children's Center staff and supporters for an evening benefit event at a gorgeous new venue!*

Keynote speaker Dr. Al Vecchione is a candid storyteller who believes in the power of compassion and kindness. He will share insight and anecdotes from his life's work as the founder of multiple organizations that serve people with extremely challenging behavior — including the *only* statewide crisis service for people with developmental disabilities in the country.

*More information to come!*





# THE *chronicle*

THECHILDRENSCENTER.ORG | MEETING FAMILY MENTAL HEALTH NEEDS | SPRING 2024



## The New Way We're Speaking Up to Fight Stigma

PAGE 3

**SAVE THE DATE**  
Our Annual Benefit has a  
whole new vibe and venue  
PAGE 1

**SALON HOSTS BENEFIT**  
Halo Designs spreads cheer  
and awareness  
PAGE 2

**PHOTO SPREAD**  
Holiday toy drive helpers —  
and a few elves!  
PAGE 5



## DO WHAT YOU CAN WITH WHAT YOU HAVE

In my last letter to you I quoted a passage from our friend John Moe's book, *The Hilarious World of Depression*, that highlights the power that talking about mental health has to bring about positive change.

In reference to his own brother's silent and fatal struggle with mental health, John wrote, "If we talk, things get better, and more people we love might stick around so we can love them more."

I'm excited to announce that this idea has blossomed into something tangible: the launch of our own podcast. Hope & Healing with Children's Center, aims to spark conversations about mental health beyond the walls of our clinic. We're committed to walking the talk and providing a platform for honest and positive stories of hope from the world of mental health.

It's free to listen and subscribe wherever you get your podcasts. I hope you'll join us on this journey as we spread hope, foster understanding, and make a meaningful impact in the lives of our listeners!

*Matthew Butte*

**Matthew Butte, Executive Director**

## NEWS FROM CHILDREN'S CENTER

- **SAVE THE DATE: ANNUAL BENEFIT DINNER IS THURSDAY, JUNE 13<sup>TH</sup>**  
*Join us at a new time slot and new venue!* See the back cover for more information about our Benefit Dinner at The Black Pearl on the Columbia in Washougal.
- **THANK YOU TO CLARK COUNTY ASSOCIATION OF REALTORS**  
CCAR awarded Children's Center \$1,500 to purchase Heavy Helper supplies. These weighted stuffed animals are a soothing tool for our clients. We appreciate your support!
- **THANK YOU TO CHARTER COMMUNICATIONS**  
Their Hearts of Appreciation drive raised \$1553.00 to benefit Children's Center! The funds were designated for Heavy Helper supplies and a team from Charter came to the agency in March to make them. Thank you for your support!
- **SAVE THE DATE: CAR SHOW ON SUNDAY, SEPTEMBER 22<sup>ND</sup>**  
Stay tuned on Instagram, Facebook, or subscribe to emails on our website for more information about this fun new event!

## COMMUNITY VOICES

What do you want people to know about children's mental health? Join the conversation by sending your thoughts to Jennie Hoheisel at [jennieh@thechildrenscenter.org](mailto:jennieh@thechildrenscenter.org).

*"Our community has changed greatly in the last five years and our children are feeling the impact with stress, anxiety and depression. We are as strong as our next generation and I appreciate everything that (Children's Center) does for us all."*

— LORI WICK  
VP/ BRANCH MANAGER, UMPQUA BANK

## OUR MISSION

*We serve children, youth and families through comprehensive community-based mental health services.*

## BOARD OF DIRECTORS

Gerald Bader, M.D.  
Donald Brunell, *Vice President*  
Denise Burgoyne, *Secretary*  
John Deeder  
Wendy Kelley  
Liz Luce, *President*  
Carol McCaulley  
Karen Smith  
Maggie Traverso, *Treasurer*

## CONTRIBUTORS

ADCO Printing & Graphics, *printing*  
Jennie Hoheisel, *writing*  
Kat Liljegen, *design*

# Champions in the Spotlight

## JUDY & CHARLIE PLAMP

In a word, Judy and Charlie are: active. They stay busy by volunteering — Judy is a frequent kindergarten "lunch buddy" at Ogden Elementary and Charlie treats patients at the Free clinic of SW Washington — walking with friends, gardening and playing golf (respectively), enjoying time with their grandchildren, and traveling when their busy schedules allow.

The Plamps are also avid supporters of Children's Center. In addition to answering the call of our annual giving campaign and showing up in person to help sort donations from our holiday food and toy drives, the Plamps have made it a tradition to organize support for a family in need every Christmas. We're grateful and humbled to count them as Champions.



**Why does children's mental health matter to you?** *"We realize positive mental health in children is a basic right and major need in our community."*

**What moved you to take action and support Children's Center?** *"We support Children's Center because we know our children*

*"We make a living by what we get, but we make a life by what we give."*

— WINSTON CHURCHILL

*and grandchildren are the future. Raising children in our complex world is not easy, and all families deserve the support they need. Healthy children are essential for a healthy community and a better world."*

# Become a Champion of Hope

## WHAT WE NEED MOST:

### Healthy snacks to restock our snack cabinet

*It's hard to focus on therapy if your stomach is growling — but each week our snack cabinet is picked bare!*

Please help us restock with individually packaged items like:

- protein bars
- peanut butter crackers
- fruit leather
- trail mix
- goldfish crackers
- popcorn

**We're also running low on art supplies — markers, colored pencils, watercolors, journals, etc.**

## DONATION DROP-OFF

*Donation drop-off: Mon–Thurs 8am–7pm*

## WHAT TO SHOP ONLINE?

You can have donations sent to us directly! Ship to:

Children's Center  
Attn: Jennie Hoheisel  
13500 SE 7th Street  
Vancouver, WA 98683



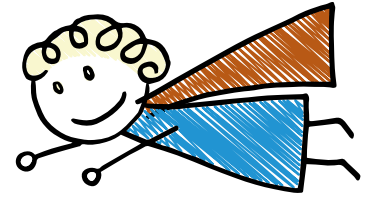
## DUTCH BROS 'BUCK FOR KIDS' RAISES \$11,357

On Dutch Bros' annual 'Buck for Kids Day' in September, \$1 from every drink sold is donated — and Children's Center was honored to be a benefactor once again. A total of \$11,357.13 was raised from 8 locations in Clark County. We cannot express enough gratitude for franchise owners Jessica Simon, Kenneth Stromer, and Sarah McGee and their spirited teams!



# Champions of Hope

When you support Children's Center's mission, you become a 'Champion of Hope' for a child in need. Here's what our generous Champions have been up to lately...



THANK YOU to the many donors and volunteers who spread holiday cheer during our Holiday Toy Drive. Clockwise L-R: Courtney True and son, Affinity elves, Twisted Roots, Pacific Lifestyle Homes, Orchard Adventis, Raymond James (middle bottom), Koreys Joy Drive (middle top), and The Mustang Club



BOTTOM ROW: Dutch Bros employees show their spirit on Buck for Kids day — an annual fundraiser that raised \$11,357 for Children's Center! (more on pg 6)



WANT TO SEE MORE PHOTOS?

Find us on  & 

Children's Center Clark County  
@childrenscenter\_clarkcounty

# Halo Designs Builds Community with Heartwarming Holiday Benefit

Downtown Vancouver salon raised funds for — and awareness about — kids' mental health

*Hair stylists are often lauded as "armchair therapists" by chatty clients who value the connection and self-care ritual that comes with a salon visit, but the team at Halo Designs are true champions of community mental health. The salon hosted a special holiday benefit event to spread cheer and raise awareness.*

*"I've witnessed firsthand the transformative power of therapy. It can alter the trajectory of a child's life, providing them the support they need to flourish. I can see the ripple effects, when we support a child's mental health, we're not only changing their life but also creating a positive impact on their family, friends and the community as a whole,"* said salon owner Charlene Bancel who has been a champion of Children's Center for more than 20 years.

Her sentiments were matched by salon manager Elizabeth Davis, who shared that, *"Working with Children's Center is near and dear to my heart. I am a survivor of a traumatic childhood and was blessed to work with a mental health specialist. I know firsthand how it feels and what a difference that support makes in a child's life!"*

In early December, Bancel, Davis and salon staff transformed the Clark County Historical Museum into a magical space. Attendees enjoyed cookies, hot cocoa, and browsing goods from local businesses that took part in the event. Musical performances by Julie Gorham and Ari added to the festive atmosphere, while Ice Cream Renaissance



## Halo Designs owner Charlene Bancel (center) and staff are a cornerstone of community in downtown Vancouver

provided delicious peppermint ice cream. There was even an appearance by Santa!

### DRIVING DONATIONS

Attendees were encouraged to bring unwrapped toys, books, or donations to make the holiday season brighter for the children and families we serve. The toys and books collected were given to the children we serve, spreading warmth and joy during a time that can be particularly challenging for families dealing with mental health issues.

### COMMUNITY BUSINESSES CHIP IN FOR SILENT AUCTION

In the true spirit of giving, local businesses and sponsors generously contributed more than 15 beautiful baskets to a silent auction, with proceeds benefitting Children's Center. We are grateful to the following business for their support: Kilnfolk Pottery, Joanne Cavallaro Art, School of Rock, Ratany Bloom, Very Ok Paper, Julie Moe State Farm Insurance, Tatiana Xenelis

of EXP Realty, Uptown Barrel Room and many more!

The Halo Designs Holiday Event was proof of the compassion and generosity of our community. Together, we can build a brighter, more compassionate future for Clark County families.

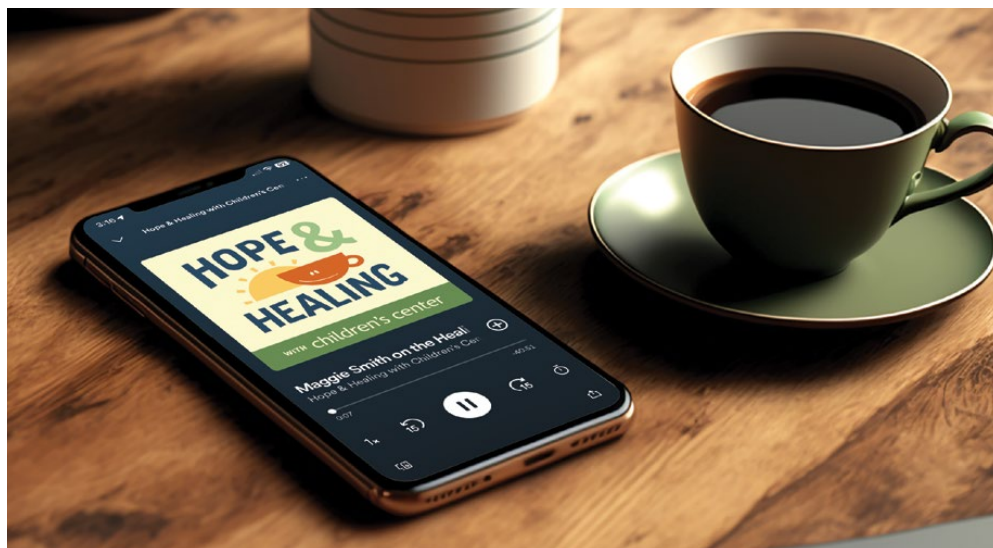
*"I've witnessed firsthand the transformative power of therapy. It can alter the trajectory of a child's life, providing them the support they need to flourish."*

— CHARLENE BANCEL  
OWNER, HALO DESIGNS

# New Podcast Aims to Break the Stigma, Spark Conversation About Mental Health

**Hope & Healing shares honest and positive stories of hope through inspiring conversations**

*In a world where mental health awareness is more important than ever, Children's Center is thrilled to announce the launch of our new podcast, which we hope will serve as a source of empathy and understanding. We made this podcast to share hopeful stories and introduce you to people who inspire hope.*



Hosted by our Executive Director, Matthew Butte and produced by John Moe and Jennie Hoheisel, the podcast features current issues and important figures in the world of mental health both in the Vancouver area and around the country.

## WHAT TO EXPECT

Each episode will feature candid and heartfelt conversations with a wide variety of guests; mental health experts, authors, poets, community advocates and more. All of whom have bravely confronted their own mental health challenges or guided others to do so. *Hope & Healing* strives to break down the stigma surrounding mental health by sharing stories of triumph, resilience and the power of seeking help. Five episodes will be released throughout the spring with the goal of instilling hope in the hearts of listeners through conversations.

Beyond conversations, the podcast will provide insight into how our guests cope with their own mental health issues or how they help others to equip themselves with the tools that empower them on their journey.

## WHY PODCASTING

Since our founding in 1989, we've sought creative ways to overcome stigma and foster conversations around mental health. Podcasting has emerged as a powerful medium for effectively reaching a wide audience, and provides an ideal platform to further this discussion.

By normalizing dialogue and providing valuable resources, we can help destigmatize mental health treatment far beyond the walls of our clinic.

## SUPPORT FROM PARTNERSHIPS NEW AND OLD

As our development team set out on this brand new venture, we knew we'd need a lot of help to bring the vision to life. A

serendipitous encounter at a University of Washington career fair connected us to Hedy Li, a graduate student in the University's Communication Leadership Program. Hedy's interest in mental health along with her skills in digital marketing and project management made her a great fit. She joined our cause and quickly helped organize a launch strategy — collaborating with our internal team as well as external vendors including our designer Kat Liljegren and website manager Roman Schauer.

Longtime supporter and Concert Rock Violinist Aaron Meyer contributed beautiful, original music for our intro.

## CALL FOR SPONSORS

Interested in sponsoring an episode? Want to advertise your business to our listeners? Contact Jennie Hoheisel at [jennieh@thechildrenscenter.org](mailto:jennieh@thechildrenscenter.org) for more information.



## JOIN US ON THIS JOURNEY

We hope you'll join us on this journey by listening and subscribing to *Hope & Healing with Children's Center* on your preferred podcast platform. If you enjoy the show, leaving a rating or review will help others find it.

You can listen for free on Spotify, Apple Podcasts, and YouTube Music (formerly Google Podcasts) or on our website at: [thechildrenscenter.org/podcast](http://thechildrenscenter.org/podcast).



*"It's not like a broken leg... You can't see where the fracture occurs in the human mind"*

— JOHN MOE  
HOPE & HEALING: EPISODE 1

## COMING UP ON THE SHOW



### EPISODE 1

#### John Moe on Openness, Honesty, and Jokes

John Moe uses humor and humility to break the stigma of depression and make tough topics more approachable. Moe is the host and creator of the award winning hit podcast *The Hilarious World of Depression*, the author of three books — and a producer of our show!



### EPISODE 2

#### Maggie Smith on the Healing Power of Poetry

Acclaimed poet Maggie Smith sits down for an interview about mental health, post-partum depression, and the written word. Smith is the bestselling author of the viral poem "Good Bones" and the memoir *You Could Make This Place Beautiful*.



### EPISODE 3 – COMING 3/27

#### Hope and Healing Inside Children's Center

Take a peek behind the curtain. Children's Center therapists Ashley Hernandez and Sarah Stahl share the challenges and deep, profound rewards of working with the people who come to Children's Center for help.

NEW EPISODES RELEASED EACH WEEK THROUGH APRIL 10<sup>TH</sup>!