



From the Chief Executive Officer, Bob Lieberman

"You know how it's not cool how we were treated in the past. The selfish things life has done to us...we are only human...it is very possible for us to break."

Thus started the talk of one of the clients of Kairos (formerly SOASTC) at its Celebration of Hope luncheon last month. This event is put on each year to draw attention to Children's Mental Health Awareness month (May). May 9th was National Children's Mental Health Awareness Day, but the whole month was an opportunity to educate the public regarding children's mental health.

What is it that we want to make the public aware of? We want you all to know that adverse childhood experiences are a leading determinant of not only mental health problems but also adverse physical health outcomes across the life span. Mental wellness is a key to physical wellness. Yet there is much else we think the public should know. For example:

- One in five children has a diagnosable mental illness.
- Out of those, only about one in three are receiving help.
- Children do well if they can. If they are not doing well it is not because they don't want to or are not motivated; it is because they have lacking or lagging thinking skills that can be identified, and that they can develop with help.

"We come into treatment like a broken package with big letters on us saying what we are and who we are. The 'Handle with Care' sign is gone like we want no one to care for us. The 'handle with care' sign was not on me at all. I was broken but I did not want to show it. I tested the waters showing my tough face...I tried to get them to hate me. I would try talking with staff to get rid of my pain then I started being mean all over again."

It's a grim start, not unusual for children with mental health challenges. However, over the past several years we in the field have learned that:

- Children are resilient and can recover from mental health challenges. Children's mental health issues are most prominent between the ages of 12 and 25, and also represent the most serious health problem for people in that age group.
- Helping children build strengths and develop assets has a more powerful effect on outcomes than attempting to undo deficits.

"I realized I had nowhere to go, but I had a plan I was focused on. Getting my mom back. I wrote poems and stories; I spoke with staff. They stuck with me over several stops and starts, and this time deep down I did not question their sincerity."

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Treatment is effective. We know from the research that:

- Helping children remain connected or reconnect with their families is a key to achieving successful outcomes, regardless of the family history.
- Working with youth, young adults, and families in partnership is proven to be effective; empowering youth and families to have a voice in their treatment is proven to yield results.

"I have learned to accept caring. You taught me that my life will get better no matter what I've been through if I let it."

And her mother said, "My daughter and myself have a voice that people believe in. We see that light at the end of a long dark tunnel. Our moment has come."

Our experience has shown us that change is possible at any moment; sometimes the seemingly small interaction or intervention has a large effect. This teenager and her mother were reunified in court last month, after nine years, and have resumed their life as a family.

This is why we celebrate hope each year during Children's Mental Health Awareness month. Please support us in this celebration and help us bring more hope into the lives of more children and families. Your financial support is critical during hard times, so please take a moment to help make change possible, and be part of a growing community of supporters that values hope for our children, our families, and our future.

Please mail this form and your check to:



**Kairos
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715 SW Ramsey Avenue
Grants Pass, OR 97527**

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[Recent Events at Kairos](#)

[New Beginnings & Impact Theater](#)

The youth at the psychiatric residential treatment program, New Beginnings, had acting workshops from the local acting company, Impact Theater. The youth came up with the idea to create their own production.

With guidance from Impact Theater, the residents and staff worked diligently to plan their very own creative dinner theater production. The residents wrote, directed, designed, planned, practiced, painted, and performed their own version of "The Wizard of Oz". The performance and the scenery were great!

[Celebrations of Hope](#)

We had two amazing Celebration of Hope luncheons in Grants Pass and Coos Bay. The youth, young adults, family, and community members testimonial stories were moving and heartfelt. Once again the audiences were inspired and in awe of the clients ability to speak so bravely and frankly about their stories and healing paths. Thank you to all who attended the luncheons and please join us in thanking the following luncheon sponsors:

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- Taprock Event Center
- Pacific Power
- South Valley Bank & Trust
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[Coos Bay](#)

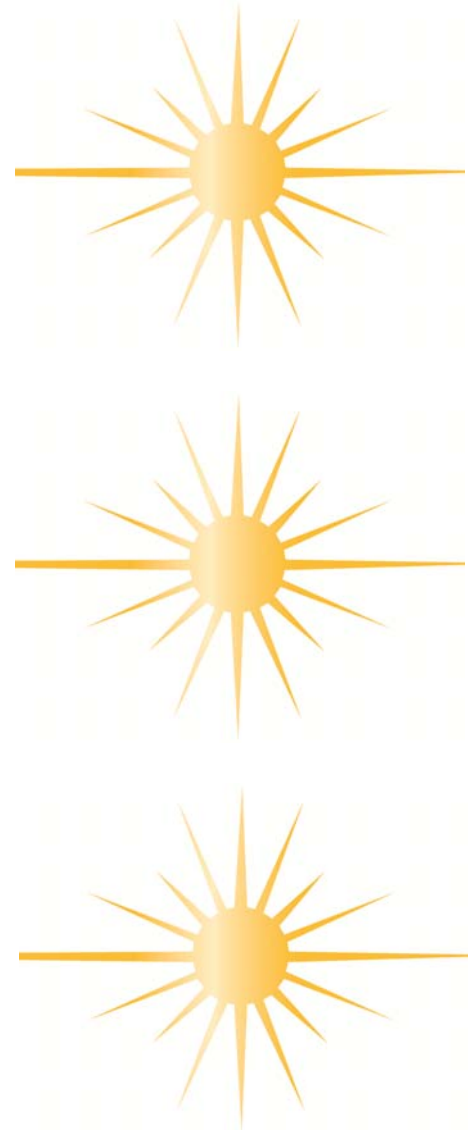
- The Black Market Gourmet
- Umpqua Bank
- Southwest Oregon IPA

[Upcoming Events for Kairos](#)

- [Hope Floats](#)
Friday, September 14 at the OK Corral
www.thehopefloats.org
- [Harvest Harmonies](#)
Sunday, October 14 at Wooldridge Creek Winery
- [Rogue Winterfest](#)
Gala- Thursday, December 6th at the Bear Hotel
Golden Social- Friday, December 7th at the Bear Hotel
Public Preview- Saturday & Sunday December 8 & 9 at the Bear Hotel
Culinary Classic- Monday, December 10 at the Bear Hotel
www.roguewinterfest.com



Kairos Clinical Director Alan Ledford and Chief Executive Officer Bob Lieberman enjoying the dinner theater performance



Should you need additional event details or information, please call Mary Lynne DeRocher at 541-956-4943 ext. 1116 or email her at mlderocher@kairosnw.org.

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