



Families Plus

Give a child a hand up

Spring, 2019

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Feature

The Support We All Deserve

Think back to when you were growing up, was there someone who you got to know that made an impact? A relationship with someone who changed the trajectory of your life through many small powerful moments?



In April of 2018 Kami and Allan Collins, along with their daughter Addie, took a chance and became a mentoring family with Families Plus. After meeting with a Families Plus therapist, the Collins family was introduced to Novah and her grandmother Michelle. With the support and guidance from the Families Plus therapist and staff, Novah slowly became a part of the Collins' lives. Kami and Allan were surprised by what they discovered. *(Continued on page 3)*

BUILDING NEW MOMENTUM



Brenda Holland cuts the ribbon at the Opening of Momentum Health Plus

It has been a busy few months for Families Plus. Through the Federal Rural Health Services Outreach Grant, Families Plus rapidly grew in staff and community impact. We continue to be thrilled with the Champion in Innovation Award extended to us by the Federal Office of Rural Health Policy in Washington DC last April.

With the conclusion of this grant in May, Families Plus has reorganized funding and focus. We are continuing our commitment to behavioral health care access in Delta County by offering back to the community the talents and expertise of our fine licensed behavioral health providers. To achieve this, we opened Momentum Health Plus clinic in February. This clinic offers counseling appointment to all community members. Call to schedule an appointment.

Follow us on Facebook

Delta County Families Plus



Thank you to the Families Plus Investors Club

Please support these Delta County business and organization for giving their support to helping children get a hand up

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OWN WHAT MATTERS

 **FARMERS**
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Alpine Bank

 Delta
United
Methodist
Church

**Dependable
Lumber Co.**
Paonia, CO


ELECTRICAL CONTRACTORS INC.


FIRST COLORADO
NATIONAL BANK

If you see the Families Plus plaque, please help us warmly thank these businesses for supporting children.

Businesses in the Investor Club donate annually to Families Plus. These donations together increase the range of services that Families Plus can provide to children.

Do you run a business or organization that wants to support Delta County youth? Join our Investor Club!

If you want to learn more about how to be a part of the Investors Club contact Matt Spencer, Outreach Coordinator at 970-744-9471 or email him at mattspencerfp@gmail.com.



Feature

The Support We All Deserve

How one family realized the impact that they could truly have

(Continued from Page 1) Since being a part of the Family Plus program, Novah has been able to take part in Girl Scouts, volleyball, and basketball. Novah would struggle to participate in any of these activities if it wasn't for both charitable donations from the community to help cover her activity fees and the Collins' providing transportation to Novah. Kami and Allan were never asked to do this, as they got to know Novah they wanted her to have the same opportunities as their daughter Addie.

But to their surprise, the relationship that the Collins' have built with Novah is deeper than simply getting her to activities. Novah started spending small periods of time at the Collins' home where Kami, Allan, and Addie do what they normally do; share meals and spend quality time together, they merely add Novah to the equation. Their time together has had a profound impact on Novah and the family. Kami remarks that "Addie and Novah now refer to each other as sisters."

This is inspiring for Novah's grandmother, who is often overwhelmed with the responsibility of caring for her three grandchildren and working full time. She is grateful to know that Novah has a

safe place to go. This is true for most of the guardians in the Families Plus program.

The Families Plus therapist Brenda Holland could not stress the impact that these relationships will have on Novah's future. "No matter what life throws at Novah she will not only have her immediate family, but also her relationship with the Collins' to support her. It has been proven time and time again that these kinds of relationships are what truly help children thrive." Holland explains.

The Collins were initially apprehensive about mentoring someone else's child, but Kami was amazed by how seamless it was to make Novah a part of their life, and the whole family enjoys when Novah can tag along with them.

Families Plus mentoring families are a crucial component to helping the children we serve succeed in life. We work with many children who are desperately in need of relationships like the one the Collins' have with Novah. As a mentoring family, couple, or single adult, all it takes is allowing one child to be a part of your life occasionally and you slowly build a relationship that has a lasting impact for children like Novah.

"They now refer to each other as sisters"

We have children in need of mentors

Are you interested in being a mentor? Do you know someone who would make a great mentor? Start building a relationship that will impact both yours and a child's life. To learn how little it takes to be a great mentor and get started contact us at:

970-874-0464 or go to www.familiesplus.net/volunteering-and-mentoring.html

What's Happening

When Things Fall Together

A car is key to transportation here in Delta County. When most people get a new car they sell their old one, but this past month Paul and Nanci chose to donate their used car to Families Plus instead.

Tayshen Automotive gave Families Plus a discounted evaluation, after which they determined the vehicle was in need of some small repairs. Our Families Plus Parent Partner contacted the automotive class at the Technical School of the Rockies in Delta. James, the automotive program coordinator, offered to donate

their student's labor to fix the car.

A few weeks after the donation, Kim Settles, one of the parents in our program, was on her way through Delta to her classes in Grand Junction when her car broke down. Fortunately, this happened on the same day the repairs on the donated car were finished.

We are always inspired by the generosity and amazing love in Delta County. Now Kim can safely and securely get to Colorado Mesa University in Grand Junction to earn a college degree.

Kim picking up her car from the TCR

The Hard Conversations Families Plus Takes on Substance Abuse in Youth



It is no a secret that alcohol, drugs, vaping, and nicotine have been an issue for youth in Delta County. Families Plus is continuing to educate our mentors, families, community members, about how to talk to youth about drug use.

Over 90% of people addicted to a substance started before the age of 18. It is vital to work to prevent drug use in youth.

Families Plus is doing our part by helping adults learn how to

“90% of drug addiction starts before the age of 18”

effectively talk about drug use with their youth through our online and in person training.

In an effort to bring more education and support around youth substance use prevention, Families Plus is partnering with other organizations in the community.

Go to our website to learn more and go through our “How to Talk to Youth About Substance Abuse” course at www.familiesplus.net

ARE YOU A PART OF A CHURCH OR COMMUNITY ORGANIZATION LOOKING TO LEARN MORE ABOUT WHAT IS GOING ON IN DELTA COUNTY? LET US SPEAK TO YOU ABOUT WHAT WE DO AT FAMILIES PLUS!

We are currently looking for new mentors and would love to talk more about our program at church services and organization meetings.

Call us at 970-874-0464 and ask to talk to Matt

What's New

Our New Staff and Board Members...

Stacy DeLisle joined the Families Plus team of therapists in August. She has had years of experience working as a counselor and brings a wealth of knowledge and skills to Families Plus.

In October **Matt Spencer** was looking for a new AmeriCorps VISTA position in Delta County and Families Plus had just put out the notice that they were in need of a VISTA. Since Matt started the position of Outreach Coordinator in October his impact has been felt by the entire organization. He will be serving with Families Plus until July.

After hiring **Sarah Moore** in December, Families Plus now has two working Parent Partners. Sara is a mother of two and takes pleasure in helping people and seeing them grow as individuals. Sarah will be using her skills as a Parent Partners by providing support to families and to help model self-advocacy.

Last but not least, we would also like to welcome **Fred Carson** and **Marie Forrester** to the Families Plus Board of Directors. We are excited to use their talents and experience to help guide the organization forward.



Stacey DeLisle, MA,
LPC Therapist

Matt Spencer, VISTA
Outreach Coordinator
(feat. Becca Nelson)



Sarah Moore
Parent Partner



Marie Forrester
Board Member



Fred Carson
Board Member



Giving A Hand Up Club, Are You In?

For a few years now, Families Plus has had the 100's Club for individuals who donate at minimum, \$100 annually. We are excited to announce we are renaming the club from the 100's Club to A Hand Up Club! We believe that you can't put a number on the impact you have on a child.

We would like to thank everyone in the 100's club for their continued support and we invite other people to join A Hand Up Club

With your donations we are able to help children thrive and help them have the opportunities, resources, and support that every child deserves.

Go to our website or call to start giving children a hand up!

The Families Plus therapist are now offering counseling services for the community

Call us at 970-874-0464 to book an appointment or visit our website and click on Momentum Health Plus



What's Happening

Another Successful Holiday Season

We had another busy Holiday season here at Families Plus. Once again we distributed our Giving Trees and tags through the community and the response was overwhelming with over \$3,000 in toys and goods donated. Families Plus would like to thank the community for their generosity.

Parents gathered at the community room of the United Methodist Church in Delta on December 14th and wrapped and wrapped. Lunch was provided by our Board of Directors and adding in some Christmas music made it a



memorable event. Because of Delta County's love and kindness, struggling parents were able to give their children a magical Christmas.

Thank you to Arby's, Kwiki Tires, Safeway, Alpine Bank, Creek Side Café, First State Bank, KVNF and Delta United Methodist Church for hosting trees this year. Families Plus also received donations from Calvary Baptist Church, Delta County Racquet Ball, and everyone who participated in the Santa Run. The toys our families couldn't take were donated to other agencies.

Run Santa Run

On December 15th, in partnership with Bill Heddles Rec Center, we held the first annual Santa Run 5k run/walk. This 5k had a unique twist! Each participant was given a Santa suite to wear during the race, creating a wave of red in the park. Participants also donated toys to Families Plus as part of the entrance fee. Thank you to Gary West and everyone else who helped with the event. If you missed it this year, be sure to be on the look out this December!



Safeway Gives Back



SAFeway

The holiday season is challenging for many families in our county to make ends meet. This year things were a little brighter and bellies a little fuller thanks to Safeway in Delta. Safeway donated meals to Families Plus to distribute to our families. Thank you Safeway for your support.

Youth Highlights

The youth in our programs are always overcoming incredible obstacles and accomplishing outstanding things. We can't always share these stories, but we would like to highlight a few.

We would like to congratulate Sadearah Hanson for making it to state in speech. We are incredible proud of her achievements!

We would also like to thank the Delta High School Freshman advisory class, who nominated Families Plus to receive the 11-11 Kindness Challenge. We are honored to be recognized. None of this would be possible if it was not for the families that we work with everyday.



RECENT GRANTS

CARING *for* COLORADO FOUNDATION

A Health Grantmaker

Caring for Colorado Foundation is a health grantmaking foundation whose mission is to promote and improve health care for the people of Colorado. Recently, the foundation awarded a 18 month grant to Families Plus to support innovations to sustain health in Delta County.

The Foundation recently hosted community conversations throughout the state to listen to local health needs as perceived by local agencies. Brenda Holland and Matt Spencer had the opportunity to speak with the leaders of this vital Colorado foundation at one of these meetings in March.

THE YOUTH OF DELTA COUNTY OWE MUCH TO INVESTMENTS BY THE CARING FOR COLORADO FOUNDATION OVER THE YEARS.

WEST ELK COMMUNITY FUND

In November, Matt Spencer, Families Plus AmeriCorps Vista member, and Board Member Carol Hickam were on hand to accept a generous grant from the West Elk Community Fund. Families Plus is pleased with the grant of \$1,000. The money will be used to develop mentors and skill-building activities for North Fork children.



TONY GRAMPSAS

The Tony Grampsas Youth Services Program is a statutory program providing funding to organizations for prevention, intervention, and education programs for children and their families designed to prevent youth crime and violence, marijuana use, and child abuse. Families Plus is pleased to be supported by this Colorado State program to increase quality mentoring time for Delta County youth, to provide skill-building opportunities for youth, and to enhance adult's skills in talking to youth about drugs.

WESTERN COLORADO HEALTH FUND

The Western Colorado Community Foundation administers the Western Colorado Health Fund. Families Plus was selected to receive a most helpful grant of \$1,000 to work toward children in the Delta County area getting all their preventive health care appointments accomplished even when they are growing up in challenging

NOT YOUR ORDINARY BOARD OF DIRECTORS

There is a lot that happens behind the scenes here at Families Plus. Our board of directors do much more than meet bimonthly, they are constantly going above and beyond to ensure Families Plus continues to serve the community in the best way possible.

We would like to recognize **Jo Lance** and **Al Hale** for their continued dedication to Families Plus. Jo is the president of our board and has gone above and beyond from accounting to volunteering at events. Al has been dedicating his time to overseeing our finances and ensuring that we are constantly striving for excellence. Please help us show our gratitude to our outstanding board.

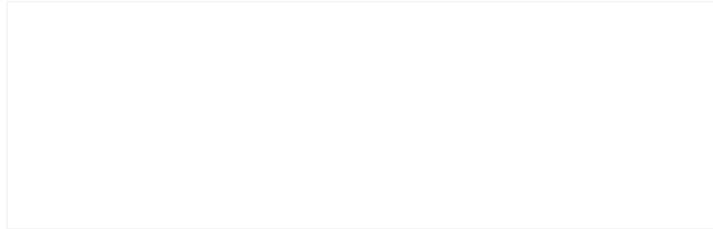




Families Plus

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To everyone that has given so generously, the Families Plus team appreciates your time, talents, gifts, and financial support. Thank you!

OUR FAMILIES, BOARD OF DIRECTORS, AND STAFF

Checkout our revamped website!
www.familiesplus.net

- ⇒ Learn more about our programs
- ⇒ Stay up to date on events and news
- ⇒ Learn about volunteer opportunities!
- ⇒ Donate
- ⇒ **Follow us on Facebook to learn when and how you can help!**

Be strong, you never know who you're inspiring!