



335 NE 6th St.
McMinnville, OR 97128
www.familyplacelerief.org



a family place

RELIEF NURSERY OF YAMHILL COUNTY

Our First Year

Humble Beginnings

When I first took the bench in 2009, I started hearing from other judges across the state about the success of relief nurseries in their counties. I learned the program helps stop the cycle of child abuse and neglect through therapeutic services to struggling families. So in 2010, I, along with other Yamhill County professionals who work with vulnerable children, started asking how we could bring a relief nursery to the children of Yamhill County.

Through the months and years that followed we spent Saturday mornings in each other's living rooms, gathering information and insight into the needs that our local families in crisis faced and planning on how we could create a relief nursery to serve our children under age five – the age range that represented 44% of local child abuse victims.

For the next two years our grassroots group worked closely with local organizations serving young families to learn what programs already existed and how the relief nursery model could complement and coordinate those services.

Eventually we determined the relief nursery would open as a program of Lutheran Community Services Northwest's Yamhill County office, allowing us to utilize administrative staff already in place and incorporate parenting classes they offered county-wide. LCSNW took over the contract for Healthy Families of Yamhill County, which up until then had been administered by the county and work was done to develop a single referral form for families with children under age five seeking support (taking the burden of understanding different programs off the families themselves) before we felt ready to open our doors last year.

The relief nursery model treats families with dignity and respect, recognizing that abuse and neglect are frequently the result of extreme stress or a lack of good information. Relief nursery services are designed to stabilize families before stress and trauma have a long-term impact on the development of children in the home and have been proven to reduce foster placements. Children from at-risk families who are enrolled in a relief nursery are more likely to enter the school system ready to learn, grow and become productive community citizens in the years to come.

As we mark the one-year anniversary of A Family Place, I would like to thank each of you for the support you have offered to these families and for the future you have given to their children.

With Respect,
Hon. Cynthia L. Easterday
Yamhill County Circuit Court
Judge for Children & Families

a family place
McMinnville: 335 NE 6th St.
Newberg: 1714 Villa Rd.
www.familyplacere relief.org
503-472-4020
afamilyplace@lcsnw.org

Member of The Oregon
Association of Relief
Nurseries



leadership council

Bob Andrews, Mayor
City of Newberg

Rene' Bittle
First Federal

Ted Crawford, Mayor
City of Dundee

Cynthia L. Easterday
Circuit Court Judge

Dianne Haugeberg
Attorney
Haugeberg Rueter Gowell

Dan Hinmon
Hinmon Agency

Jon Johnson
First Federal

Michaele Lansing
Director of the State
Commission on Children
and Families (Retired)

Suey Linzmeier
Executive Director
Yamhill County Head Start

Dr. Peg Miller
Pediatrician

Ann Stevenson
Darkness to Light Facilitator

Julie Want
Want & Emery CPAs

Mark Wickman
Corrigan Wickman Advisory

leadership team

Jordan Robinson
LCSNW Area Director of Yamhill County Offices

Cara Copeland
Director

Elaine Burke
Director of Community Engagement

Thank you to our first-year donors*

3rd St. Pizza Company
Accessory Appeal
Paul & Julie Adelman
Frank Almdendarez
Ingrid Ammondson
Erica Anderson
LuAnn & Robert Anderson
Marcella Anderson
Mickey Anderson
Rhonda Andrews, LCSW
Tamara Ankeny
Susan Arnholtz
Dora Banson
Susan Barnes Whyte
Debbie Beam
Doug Beck
Ian Bergmann
Jeanette Bernards
Kathy Bernards
David Bertram
Mike & Rene' Bittle
Angie Blackwell
Travis & Kate Bonilla
Marc & Erin Bowman
Agnes Bradford
John & Debra Bridges
Emily Broom & James Rickards
Rich & Davida Brown
Victor & Diane Brown
Chris Browne
Scott & Elaine Burke
Gary & Kathryn Cabe
Karen Campbell
Catholic Community Services
Geri Catton
Susan & Scott Chambers
Roger & Kathleen Chase
Children's Medical Clinic of Newberg
Annette Christensen
Citizens Bank
Coast Hills Community Church

First Presbyterian Church, Newberg
Bryan & Jenny Fitzpatrick
Jack Frame
David & Theresa Gatti
John Gaudet
Kevin Gebhart
Eric Gerhart
Kori Gormley
Bob & Donna Green
Mike & Patty Green
Jane Griffin
Scott Griffith
Hagan Hamilton Insurance
Craig & Andrea Haisch
Margaret Halloran
Silas & Amy Halloran-Steiner
Michael & Laura Hampton
Ruth Hanson
Mary Harbor
Harper Jamison/Oregon Stationers
Jerry Hart
Jan Hartzel
Dianne Haugeberg & Brian Shea
Haworth, Inc.
David & Juliana Hayes
Headwater Investment Consulting
Monika & Terry Heilman
Bob & Joanne Herbst
Rob Higgins
Dan & Sandy Hinmon
Dwight Holton & MaryEllen Glynn
Aaron & Heidi Hopkins
Hopscotch Toys
Trevor & Heather Hoskinson
Barry & Jeanette House
Chuck & Alice Howell
Kevin Hudson
Alene Jacobs
Tai & Jim James
Brian & Sunshine John
Jon & Vicki Johnson

Colin McCrossin
Kathleen McCrossin
Martin McLaughlin
Melissa McLaughlin
Terence & Suzanne McLaughlin
Mike & Julie McLellan
McMinnville Community Foundation
McMinnville Kiwanis
McMinnville Martial Arts,
McMinnville Soroptimists

R. Steiner & K. Jackson
Erin Stephenson & Travis Easterday
Linda & Rob Stephenson
Mary Stern
Ann Stevenson
Stevenson Family Trust
Becky Swenson
Tom & Jan Tankersley
Anthony Terndrup
Third St. Books
Third Street Flats
Amy Thompson

a family place served over 250 families in the first year, employed 15 staff members and maintained a budget over \$400,000.

Marion McMuldren
Lee Means
Mes Amies
Mid-Valley Rehabilitation
Mardi Mileham
Mark Miller
Peg Miller
Monrovia
Paul Moreland
Karin & Robert Moshier
Mt. Hood Ear Nose & Throat
Jessi Niehus
Meredith Nelson
Newberg Early Bird Rotary
Foundation
Newberg Kiwanis
Newberg Community Mayor's
Prayer Breakfast
Newberg Noon Rotary Foundation
Anne Nisbet
NW Food & Gifts
Nicole Obrist
Donald & Jean Oliver
Rigo & Julie Parra
Ron & Doreen Pittman
Jill Poyer
Premier Bank/Newberg
Julia & David Primozich
Providence Medical
Prudential Bank
Connie Pullen
R. Stuart & Co.
Landis Reed
Natalie Reed
Johanna Renouf
Cheryl & James Robinson
Jordan Robinson
& Megan McCrossin
Connie Rolfe
Aurora Ronning
Hope Rosen
Gary Rueter
Maryalice Russell
Judy Rutschman
Samantha & Kenneth Ryneanson
Marilyn & James Salter
Jeff & Julia Sargent
Matt Scales
Linda Scherf
Richard D. Schieber Trust
Troy Schulz
Linda Schwichtenberg
Andy & Marta Sears
Lindsey & Matt Seehawer
Dan & Kristina Sheppard
Steve & Elizabeth Sherwood
Emma Siepmann
Julie & David Siepmann
Vicki Slater
Emily & Justin Smith
St. Paul Rodeo

Heidi Thompson
Timothy Timmerman
David Toth
Les & Kathleen Toth
Valley Women's Health
Jeff & Deana VandenHoek
Lee & Erma Vasquez
Rocky & Glenda Wade
Julie Want
Bruce Waltz
Patricia Waltz
Hope Walter
Washington Roofing
Pattie Warner
Pam Watts
Pam Weaver
JoAnn Weinstein
Kenneth Whittaker
Lyn & Mark Wickman
Ladd Wiles
Sandy Willius
Steve & Mary Wilson
Gary & Lydia Windom
Jarod & Nicole Winnen
Vickie Winters
Dick & Gayle Withnell
Rita Wolff
Sara Woodard
Judi Worral
Bruce & Carol Wyatt
Andrew Wynings
Yamhill Valley Dry Goods
Matt Zoch
Antonia Zupancich

*Special thanks to
McMinnville First Baptist
Joyful Servant Lutheran Church
for hosting our relief nurseries!*

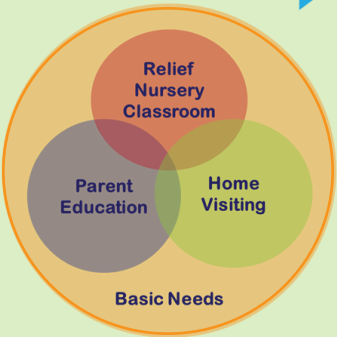


**First-year gifts were made prior to September 30, 2014.*

the relief nursery solution

Risk Factors

Poverty
Victims of Abuse as Children
Domestic Violence
Depression
Lack of Support System
Teen Pregnancy
Parents or caregivers with these challenges can be especially vulnerable to the stress of parenting infants and young children.



Proven Outcomes

Independently evaluated outcomes of relief nursery involvement include:
98.6% of children had no subsequent involvement with Child Welfare
99% require no foster care
90% develop at age-appropriate levels
63% increase in parents reading to their children
Increased concentration, learning, empathy and social skills.

Home Visiting

Served 48 families across Yamhill Co., representing over 100 children

our home visitors

Romelle Hermeyer

Born: Rochester, MN

This job all about helping parents experience “ah-ha” moments with their children!

Delphia Perezselsky

Born: Roswell, NM

I love working with new parents and watching them bond with, and develop the dance of life with their newborn. It is beautiful watching their relationship blossom and grow.

Yesenia Lopez-Duran

Born: McMinnville, OR

The most exciting thing about my job is seeing the parents and children interacting with smiles and the growth in the children after working with them for months.

Courtney Bennett

Born: Portland, OR

I enjoy getting to know different families’ strengths and hopes and journey with them as they raise their little ones.



Home visitors served families in Newberg, McMinnville, Carlton, Amity, Sheridan, Willamina, Dundee, Dayton, Yamhill & Grand Ronde.

What do you know about being a parent?

This question starts the relationship between our Healthy Families home visitation team and a mother seeking effective ways to interact with her child. It allows the home visitor to develop a sense of how a mother was parented, what expectations she brings to parenting and allows them to develop realistic goals for each step of a child’s development.

Lindsay (name has been changed for privacy) was born while her mother was still in high school. Acknowledging the difficulties she faced, her mom enrolled in our Healthy Families home visitation program and started meeting weekly with a member of our team.

The home visitor encouraged Lindsay’s mom in her new role as a mother and helped her set expectations based on Lindsay’s development. Lindsay’s mom was building a solid foundation for their family until, shortly after Lindsay’s little sister was born, her mother was involved in a domestic violence incident that resulted in Lindsay and her sister being temporarily removed from their home.

Despite the setbacks, however, Lindsay’s mom maintained her relationship with Healthy Families and the girls are back with their mother. Their home visitor now meets with them monthly, encouraging their mother and helping her identify positive things about each of the girls; with this encouragement, Lindsay’s mom has completed her GED and has enrolled in Chemeketa for the winter term.

When our relief nursery opened in October, Lindsay was one of the first on the list. Twice a week she spends three hours with staff members trained to reduce the impact of stress on her development. Meanwhile, Lindsay’s mom can use the time to connect with Lindsay’s baby sister, practicing attachment and bonding techniques she learns from her ongoing work with her home visitor.

A Family Place is wrapping around Lindsay, her mother and her sister to encourage them through the difficult times, focus on the positive and empower them to be a great family – and great members of our community.

what is a home visit?

During home visits families receive information and support from an understanding, professional visitor who will help develop skills so parents can:

- Cope better with parenting challenges
- Care for their child’s mental and physical health
- Understand how babies grow, develop and learn
- Keep their baby and themselves healthy
- Help their baby be ready for school

Families can enroll during pregnancy, up until the child is 3 months old; home visitors will work with families, as needed, up to three years.



Healthy Families Oregon
is part of the national
Healthy Families
America Network of
home visiting programs.



Relief Nursery Classroom

Served 19 two and three-year-old children

Andy, a member of our inaugural relief nursery class, was living in a local substance abuse recovery shelter with his dad when he started coming to the nursery. After a few months Andy’s mother and younger sister were able to join them and their family was together again, but living in a single room.

In addition to the classroom time Andy’s teacher, Aimee, also visited their home monthly to provide guidance on how to respond to the children’s behaviors and coach both parents through sibling interactions. During home visits Aimee noticed how serious Andy’s dad was about understanding and implementing the parenting techniques she shared each month and learned he was using Andy’s classroom time to seek out a better housing arrangement.

Today, when Andy leaves the classroom he goes home to a three-bedroom apartment his dad secured for their family. With a permanent address, his parents now spend Andy’s classroom time looking for work near the apartment. The scheduled time each week, combined with monthly accountability through home visits, has helped the family outline and execute a plan for returning to work and lays one more brick in a stable foundation for their children.

“The smiles of recognition from the children are precious to me, but the real blessing is how thankful the moms are to have a safe place for their children while they improve their parenting skills and receive support.”

—Susan Chambers,
community volunteer



our nursery teachers

Aimee Amerson

Born: Wichita, KS

I want to help the community’s children; making our next generations stronger along with our community.

Angela Blankenship

Born: Portland, OR

I enjoy bonding with the children and making an early difference in the lives of the youngest members of our community.

Diana Reyes Retana

Born: Mexico

I want to help provide a safe and nurturing atmosphere for children in our community.

stories from the nursery

Clint, 3: My mommy is in treatment and doing her best to keep my brother and me. I just started school and I am always excited to put my back pack on and go to the nursery. While I am at class mommy attends her classes.

Brent, 3; Louis, 3: Our mommy just gave birth to another set of twin boys! We are happy she is now clean and staying in treatment. At the nursery we get to play with other kids our age and have fun in circle time, while mommy spends time with our new brothers.

Evan, 3: My birth mom has been working with many case workers and is trying really hard to have my brother and me back. My foster mom takes care of me as well as a few other kids who have special needs. Going to the nursery gives my foster mom time with the other kids and allows me to spend some time with new friends and very caring teachers.

Allen, 2: My family is constantly moving. We just moved again, last week and my mommy is having a hard time adjusting and getting things done. I love coming to the nursery since I know what each day will be like.

Layla, 2: I mostly spend time with my mommy at home. She has some medical difficulties and sometimes she has days where she just needs rest. While I go to the nursery my mom gets to stay at home and take care of herself. I enjoy playing and cuddling with the nice teachers.

Sam, 2: My mommy, brother, and I live in my grandma’s apartment with little room and no outdoor space. My mommy keeps looking for work and she seems to be pretty stressed about that situation. Going to school gives me space to run around, play and learn.

Adam, 2: Both my parents are busy working and going to school. I live in an apartment with my family, but it has no outdoor area and very little room for me to run around. Going to the nursery makes me feel happy because I get to move around, play with my friends, and spend time outside!

Melina, 2: My mommy is enrolled in a treatment program so we live in a house with other mommies who are also enrolled. Mommy is going to school and is doing her best to continue her studies. While mommy is at school I am at the nursery learning and playing with fun-loving volunteers.

Parent Education

Served 197 parents across Yamhill Co., representing over 500 children

our parent educators

Laura Lockhart

Born: Mt. View, CA

I love giving people tools that benefit their families.

Mary Sanchez

Born: Austin, TX

I love my job because it allows me an opportunity to instill life skills/tools in others and to facilitate a sense of hope and self belief.

Arcelia Valdovinos

Born: Michoacán Mexico

I love the support we give to families through parenting classes.

Amy Kopsa

Born: Memphis, TN

My favorite thing about being a parent educator is getting to nurture mothers and teach them about nurturing themselves and their children.

Diane Roleandt

Born: Detroit, MI

When teaching, I enjoy participating with parents in discovering new awareness and strengths to grow hope and improve connections with children and relationships.

Michele Gray

Born: Ronkonkoma, NY

I love that my job allows me to positively impact people's lives with the resources I share.

Thank you

McMinnville Cooperative Ministries
Joyful Servant Lutheran Church
Head Start of Yamhill County
McMinnville First Baptist Church
Sue Buel Elementary

for hosting
Parent Education Classes

Angela enrolled in our Mothers & Babies class during fall 2013 after the birth of her third daughter. Only then did she begin to realize the troubling thoughts she had experienced with her second child had been a result of postpartum depression. By the time she had sought help, it had been too late and her second child had been removed from her home. Her new baby was another chance and she was determined to do it right. During the 12-week class Angela developed meaningful relationships with other participants and was able to gain perspective and understanding on how to monitor her moods and keep them from having a negative impact on her daughter.

By the time the relief nursery opened, Angela understood the importance of taking time for herself and enrolled her daughter, who continues today as part of our three-year-olds class.

More than 15% of mothers will experience postpartum depression, which is one of the top three risk factors for child abuse.

parent education classes

Mothers & Babies

For women who are pregnant and/or have children under the age of 3 and have been feeling sad, isolated, lonely, anxious, and/or have problems sleeping. This 12-week class helps identify if they are experiencing Ante/Postpartum Depression, and develops skills for coping and seeking help. The course will cover topics including taking care of yourself, finding emotional support and emotional attachment.

Make Parenting a Pleasure

This 8-week class helps all parents identify ways to take better care of themselves and discover new ways to make parenting easier. Parents are encouraged to connect with each other and develop strategies together to better understand their child's behavior and ways to discipline that fit their child's age.

Circle of Security

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

Most classes are offered in both English & Spanish.

Visit www.ParentEdTogether.org to view and register for classes offered in your community.



who needs a change?

Parents, children and our community all experience positive change when we increase access to diapers for local families.

- 1 in 3 moms report they do not have an adequate supply of diapers
- The stress a parent or caregiver feels when they are not able to meet their children's basic needs adds to the already difficult task of parenting and can have a negative impact on their baby.
- Families unable to afford an adequate supply of clean diapers often leave their babies in a single diaper all day, which causes stress to the child and can have a negative emotional affect.
- Children without an adequate diaper supply are often unable to enroll in early childhood classrooms or daycares that require a family to supply diapers, thus reducing a parent's ability to work.

Organizations across Yamhill County have been hosting diaper drives to stock our diaper banks and ensure emergency supplies of diapers are available to local families.

Ask for a copy of our diaper drive kit today!

Diaper banks are open weekly to anyone in the community
Thursdays from 10am to noon
McMinnville: 335 NE 6th
Newberg: 1714 Villa Rd.

volunteer vacancies

Relief Nursery (week day mornings; 1-2 days/week)

Positions include: Childcare, Food Preparation, Bus Driver

Parent Education (weekday afternoons/evenings; 1 day/week)

Childcare assistants.

Committees (Weekdays; 1 day/month)

Committees focus on Marketing, Events, Facilities, Resource Development and Volunteer management.

Administrative (As available)

Assist with office work and diaper bank staffing.

LV VanBlaricom

LV came to A Family Place in February 2014, anxious to find a role she could play to help and give back to her community. Since then LV has served as the champion for our McMinnville diaper bank and clothing closet. She recruited and built a team of volunteers who staff our distribution and ensure there is a scheduled time every week when we are open to the community.



supporting our staff

Michelle Harvey knows working with vulnerable families can result in traumatic levels of stress for those involved—that's why she's here. Known as *vicarious trauma* within the social services field, it's the stress employees often feel when they see children and families experiencing crisis day after day. Michelle, who holds a Masters in Social Work and a certificate in trauma-informed services, spends much of her time with staff members, helping brainstorm creative suggestions unique to the situations their families are facing. Her fluency in English and Spanish also allows her to work directly with families when needed.

Early Childhood programs like AFP introduce resilience and protective factors where they have the highest impact - at the very beginning of the lifespan. I am excited to be part of such an incredible, hard-working organization!

-Michelle Harvey



Next Steps

Over the next year we will work to develop a client outreach team to connect with families on our waiting-list. This team will monitor risk factors for abuse and neglect and prioritize which families will fill program slots when they become available.

We plan to also...

McMinnville

Add a relief nursery classroom for infants within two years.

Newberg

Open a relief nursery classroom at Joyful Servant Lutheran Church in early 2015.

Add two more classes in 1-2 years, serving infants through 3 year-olds.

West Valley

Increase Parent Education opportunities.

Start distributing diapers at already existing community events.

Develop long-term timeline for establishing a relief nursery classroom space.