

# The Legacy

Building strength in children and families since 1913



Summer 2017

## Turning Tragedy Into Triumph

Sandra still cannot tell you which hurt more: the constant, dull ache in her heart caused by her husband's endless verbal assaults, or those times when his fists would leave her bloodied and bruised. She can tell you, though, that the most tortuous part of her 12-year marriage was seeing her husband harm their young son, Joseph . . . and being paralyzed by fear to do anything about it.

Paralyzed, that is, until you helped Sandra shed her fear, stand up, speak up, and get help.

Your support offered them just what they needed! First, it was important to stabilize the family and get Sandra and Joseph into a safe place -- a service provided by their CBC care coordinator. Next, our care coordinator began working with Joseph's school and teacher; they were given some insight into Joseph's trauma history. Fortunately, Joseph was attending a CBC Trauma Coalition school, so his teacher already had an understanding of trauma, its impact, and how to help! (It also made care convenient since Joseph could receive support services at his school.)

At the same time, Sandra was also in our care. That's

because we know the whole-family approach provides the best chance for success. Sandra and Joseph were in family therapy to heal from their hurt and anger, and our family advocate worked with Sandra to ensure the family would be kept safe and protected. In doing so, Sandra developed the tools to advocate for her and Joseph once out of our care.



Given the depth of their hurt, Sandra and Joseph are still with CBC, but not for too much longer. "It's hard to describe, but we really are better," says Sandra. "Being safe and out of fear, I can feel my body is just better and I can see it in Joseph."

*It's hard to describe, but we really are better.*

- Sandra

Sandra has historically had a hard time of describing what happened, but she's learning to do so. She's learning to feel, to articulate those feelings, and

(See *Triumph* on pp. 2)

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## *Triumph* (con't from cover)

to move forward. That said, sometimes just a few words say it all, and it's because of YOU that she can say this:

## “Joseph stands taller now.”

What beautiful words Sandra uses so that you can feel what your kindness does.

# HELP

# HEAL

## SUSAN STONE: DECADES OF COMMUNITY COMMITMENT



**Young Susan sporting the ringlet curls!**

Alongside her mom and dad (dedicated community leaders in their own right!), Susan Stone sported ringlet curls and rosy cheeks for her earliest volunteer duties. As a spirited young adult, those experiences morphed into child-serving jobs addressing things like hunger, juvenile detention, and education.

For Susan, that last one -- education -- became a passion, and Susan spent years as a special ed teacher. During that time, Susan identified what we now talk about; the whole family needs to be involved in addressing issues involving a child.

Still, her first attempt at engaging families was disheartening.

**“I HELD A PARENT NIGHT AND NOT A SINGLE PARENT SHOWED UP. NOT ONE!”** says Susan. To correct that, she tested a theory. She gave every student an A, scheduled another parent night, and every parent showed up.

“I thought maybe parents didn’t want to hear that their kid is doing badly, and I think I was right.” And, Susan says, although they hadn’t all earned an A, they weren’t doing badly. Instead, her students were struggling with behavior issues and perhaps even trauma.

That set Susan to task. “I worked with social workers, created behavior charts, shared my work with other teachers, advocated for my students -- and I involved parents every step of the way,” she says.

Susan’s success with her approach brought her a sense of satisfaction. “I was able to share with others that it was worth investing in the more challenging students!!”

Is it any wonder, then, why Susan supports CBC? Susan and CBC share a deep respect for community service grounded in responding to community need. Of CBC, Susan says, “The work done to address the enormous need is so big, but it ALWAYS gets done. I am constantly inspired!

“Families reach goals at CBC. From finding the courage to share their stories to connecting to a much-needed resource to finding a job or finding some peace -- I see a lot of success in families at CBC.”

Thank you Susan, for your kind words, your compassionate heart, and your commitment to the community. We cannot do what we do without people like **YOU!**



**Susan as we know her today: passionate, kind hearted, and committed!**

# CLINIC

# HOPE

## -- THANK YOU -- YOU ARE CHANGING LIVES

**“Having access to Clifford Beers through my son’s school was incredible. Charlie was able to get help right there. The difference in him is really night and day.”**



## Create Your Legacy Today

A simple, life-affirming gift through your will or estate will set a lifetime course of health and wellness for a child and their family.



**Your decisions now can change a life.**

Contact Kitty Champlin at 203 777-8648 x.2246 or [kchamplin@cliffordbeers.org](mailto:kchamplin@cliffordbeers.org).

### ANOTHER LIFE CHANGED: Rosaria

Some time ago, Rosaria and her family faced many difficulties; her oldest son was acting out in school, and all her kids were aggressively fighting with each other.

Truthfully, the household was in chaos. Rosaria couldn’t find a job, housing was unstable, and she was coming to terms with her own significant trauma history.

After beginning treatment, Rosaria’s reaction to the wealth of knowledge available to her was, as she says, **Kapow!**

“I never knew there were so many opportunities in my neighborhood

offering help to parents like me,” she says. **“I JUST THOUGHT THIS WAS HOW MY LIFE WOULD ALWAYS BE, A CONSTANT STRUGGLE.”**

A strengthened family struggles far less. You strengthened this family in wonderful ways. Rosaria was connected to a mentor for her oldest son, a pharmacy to help cover the costs of the family’s medications, and a therapist who has helped Rosaria better understand her son’s pressure to be the man of the house.



Rosaria, too, got a lot out of her time in a parent support group offered at the Clinic.

The best part? This strengthened family now has the courage

to embrace a wonderful new challenge.

On a recent trip to Ohio to visit her elderly mother and family, Rosaria and her children had an epiphany. “It was an a-ha moment!” Rosaria laughs, “Ohio it is! My children loved being there, we need a fresh start, and we deserve it. So we’re leaving for Ohio in August!”

To prepare, Rosaria has already connected to Ohio-based services, found a new doctor, and located an after school program for her children. And she did it ON HER OWN.

**THANK YOU!** This does not happen without you!

# Dear Friends,

Happy Summertime!!

As this reaches you I hope you've planned some "R&R" with family and friends. Or, maybe you're already back from a vacation feeling refreshed?!

I just had a week away with my family, and it was wonderful. We enjoyed loud, noisy moments (we can be really loud!), and yet I find myself dwelling on the quieter exchanges I had like helping my oldest daughter make dinner or reading side-by-side with my little one. It takes a mixture of efforts -- some loud, and some quiet -- to get and maintain a strong family that is resilient and can move forward like Sandra's family (pp. 1) and Rosaria's family (pp. 3).

While it's important to respect the cultural differences among families, I do believe that families are, as a general rule, more alike than they are different. We all crave connection to our loved ones. We all long for both loud and quiet moments with families to soothe our souls.

Thank you so much for providing families with the opportunity to heal so that behind their closed doors they can focus on opening their hearts. I am forever grateful.

Warmly,  
*Alice*



**FAMILY VACATION:**  
Two of my children enjoying a perfect beach day

## Let's Get Packing!

That first day of school is right around the corner, and no doubt children across the community are anxious. *Will they have friends in class? Will they like the teacher? Will they have what they need in their backpacks?*

On that last one, YOU CAN HELP! Friends of Jimmy Miller has generously donated 175 backpacks; please, **help us fill them**. Let Development Manager Jennifer Cretella know how you can lend a hand ([jcretella@cliffordbeers.org](mailto:jcretella@cliffordbeers.org) or 203 777-8648 x.2208) via collecting supplies, holding a supply drive, or stuffing the backpacks.

And remember:

- school supplies average \$300 per student
- middle school/high school supplies are in high demand
- supply drive runs through August 14th

Pencils, notebooks, binders, planners, calculators, rulers and paper are essential to learning.



**"Your help will matter so much on my first day. THANK YOU!"**



do all this and more by visiting [www.cliffordbeers.org](http://www.cliffordbeers.org)

**THANK YOU!**