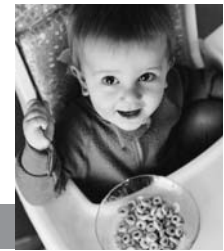




# News from the Nurseries

A Quarterly Newsletter from the Friends of Crisis Nurseries



SPRING 2007

## Crisis Nurseries – A Look into the Future

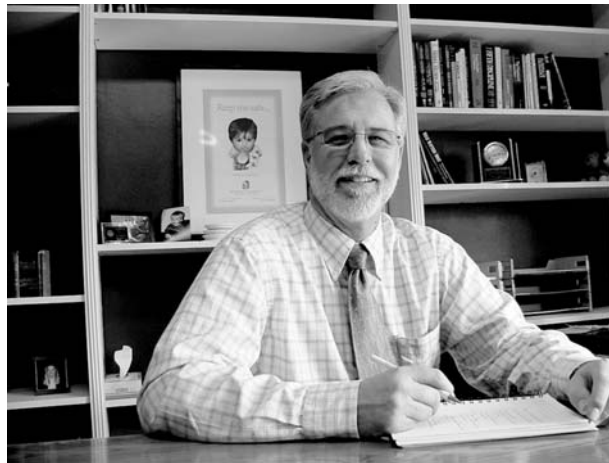
### Q and A with Roy Alexander

The Sacramento Crisis Nurseries offer vital and critical services to our community. It is a highly respected program and its supporters, including the Friends of the Crisis Nurseries, are commended for their foresight, dedication and support. Over the last ten years the Crisis Nurseries have grown and adapted to the changing needs of the community.

### Our mission remains the same – to prevent child abuse. How we accomplish it will change.

Entering its second decade, the nurseries program will continue to adapt to meet changing demands. The nurseries do not have any self-sustaining financial source other than grants and our generous donors and therefore will have to adapt the programs and services to satisfy the desires of the funders. At the same time the Crisis Nurseries must meet the standards of several regulatory agencies.

Community care licensing sets extremely high standards for staff ratios for 24 hour programs compared to its standards for day care which theoretically can be 23 hour programs. The staffing ratio for 24 hour programs is 1 staff member for every 3 preschool aged children while the 23 hour pro-



Sacramento Children's Home's Chief Executive Officer, Roy Alexander, LCSW

gram standard is 1 staff member for every 12 preschool aged children. As you can see, staffing for a 24 hour program costs 400% more than for a 23 hour program.

Three years ago we successfully secured a First 5 Commission grant for nearly two million dollars. That, along with other financial sources, has allowed us to continue operation of the nurseries. Fortunately, we have now secured an additional First 5 Commission grant for the next three years.

### What is the First 5 Commission?

The passage of Proposition 10 not only put an additional tax on tobacco products but also stipulated that each community establish a local commission to define their priorities for funding programs for children in their first five years of life. The commission is made up of one half community members and one half administrators

of county programs related to health and well being. The First 5 Commission identifies the areas of priority and then community based agencies apply through a rigorous competitive process to be awarded funds to provide services. The performance and the outcomes are closely evaluated and scrutinized to assure the provider performs services as promised.

### How will the newly designed program function?

We will operate a 12 hour crisis respite daycare program with intensive case management, parenting support, referral to community support programs and 24 hour care for 6-8 infant/toddlers. Our projected capacity for daycare is 20.

### How will this new program help children?

Our new program design puts us in compliance with Child Welfare Redesign goals. The program will lengthen and strengthen our contact with parents. The healthier the parent, the healthier the child. Currently our contact with parents is limited to the intake interview and case management services. Under the new program, we will double the amount of case management. We will have prolonged contact with each parent every day. In order to receive the crisis respite services the parents will be required to attend workshops particularly focus-

*continued on page 5*

## President's Message

**Kathleen Palmer**, President, Friends of Crisis Nurseries

### Friends and Families

Families who can deal effectively with the crises in their lives are families who will not resort to child abuse. Since the mission of the Crisis Nurseries is prevention of child abuse it is imperative that the nurseries view the strength of the parent as the best way to avoid abuse. We can protect and defend the children, we can house and love and teach the children but until we help the parents, the children will not thrive. Ultimately, the security of the children is in the hands of their parents. So assisting the parents is the key factor in healthy, happy children.



It is with this thought that the nurseries are pioneering a nationally recognized program aptly called Make Parenting a Pleasure. Named as a national family strengthening model by the Federal Office of Juvenile Justice and Delinquency Prevention, it is also being promoted by the National Committee to Prevent Child Abuse. The Make Parenting a Pleasure program is structured so that parents learn the importance of taking care of themselves so they can better care for their children. They learn practical stress management and communication skills, gain greater understanding of their children, learn effective parenting skills and positive approaches to discipline and finally build a support network. The curriculum focuses first on the need for self-care and personal empowerment, and moves from an adult/adult focus to a parent/child/family emphasis.

A teen parent who wishes to remain anonymous wrote: "I am a guy who attends Make Parenting a Pleasure. The reason is, my wife is sixteen years old. We have 2 children. One is three; the other is 2 weeks old. This group has helped in the raising of our children...we get moral and emotional support. Support is important. If we didn't have that with our children, we could have had a lot of problems."

Bringing this program to the nurseries will be a most valuable tool in helping the children – perhaps invaluable because it will support and teach the parents and the final result will be children who are well cared for and loved by their parents. Learning to parent your child in a positive way creates a child who will grow to be a positive member of society. In the words of Theodore Roosevelt - "It is in the life of the family upon which in the last analysis the whole welfare of the nation rests...the nation is nothing but the aggregate of the families within its borders." Well said.



### Nursery Tours

Many of you have expressed an interest in having a tour of one of the Nurseries. If you would like to arrange a tour for yourself or a group, please contact Edie Richmond at 916-243-5835.

2006-2007

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### Sacramento Crisis Nurseries

**Sue Bonk**, Director of the  
Sacramento Crisis Nurseries

#### Sacramento Crisis Nursery North

4533 Pasadena Ave.  
Sacramento, CA 95821  
(916) **679-3600**

#### Sacramento Crisis Nursery South

6699 South Land Park Drive  
Sacramento, CA 95831  
(916) **394-2000**

[www.crisisnurseryonline.com](http://www.crisisnurseryonline.com)



**Sacramento Children's Home**  
SERVING CHILDREN AND FAMILIES SINCE 1867

The Friends of the Crisis Nurseries is an  
auxiliary of the Sacramento Children's Home.

#### Sacramento Children's Home

2750 Sutterville Road  
Sacramento, CA 95820  
(916) **452-3981** • [www.kidshome.org](http://www.kidshome.org)

## Director's Report

**Sue Bonk**, Director of the Sacramento Crisis Nurseries

**T**he mission of the Sacramento Crisis Nurseries is to prevent child abuse and neglect by providing support to families at times of crisis through respite care for children from birth through age 5. A critical element in the prevention of child abuse and neglect is the availability of respite care for children in order to protect and keep them safe during times when their parents are experiencing extreme stress. A crisis nursery is a place where parents and other caregivers can take their children for short-term care during those difficult times. Crisis Nursery services are voluntary, confidential and at no cost to the family.

The above mission and description of the crisis nursery program was created ten years ago. It has defined the nurseries on brochures, in grant proposals and community outreach. That mission of child abuse prevention is still true today and will be tomorrow. As time passes, changes happen. Services are added and priorities change depending on grants and funding but our goals won't change.

### Daytime Crisis Respite

Beginning July 1, 2007, the Crisis Nursery program priorities will move toward daytime crisis respite. These services will be available 12 hours per day, 7 days a week. Along with emergency daytime respite, there will be increased support for families, parenting workshops, and longer term parent-child therapy.

The following story is an example of a family who needed our help and received it through emergency daytime respite.

Sandy called the Crisis Nursery needing emergency day respite for Ally, her 1-year-



old baby girl, so she could go on a job interview and attend the start of mediation hearings. She had a restraining order against the father of her baby because of domestic violence and mediation had not yet happened. Sandy was staying at a safe house, but did not have anyone she could leave her child with during the day so she could accomplish the vital tasks it would take to successfully move on with her life. She was able to go on the job interview and attend the mediation hearing as well as while Ally was cared for at the Nursery.

Then Sandy called the Nursery a week later. She again asked to bring Ally to the Crisis Nursery for the day. Sandy needed to attend appointments concerning employment, legal issues, and child-care. The Crisis Nursery was available for emergency care for her child, as Sandy still did not have regular daycare established. That day Sandy was able to complete the necessary paperwork and tests for an employment agency. She was also able to attend a legal hearing and establish herself on the list of a child-care provider agency. Once again, the Crisis Nursery made it possible for Sandy to deal with the tasks and issues she was facing by caring for her child on an emergency daytime basis.

### 24 Hour Care

The Crisis Nursery North will continue to provide 24 hour care for homeless families or families with a need for their child to stay at the nursery full time. Six to eight overnight beds will be available for children needing shelter for up to 30 days.

The story of Lindsay and her children exemplifies these crisis situations.

Lindsay is a mother of four children (10, 5, 3, and 2-years old). The five year old has a diagnosis of autism. Lindsay called the Crisis Nursery very distressed, explain-

ing that she had to leave her apartment that day by noon. She was about to be evicted from the apartment she had obtained after living in homeless shelters with her children since leaving an abusive relationship with her ex-husband two years earlier.

The Nursery was able to accommodate her two youngest children. Lindsay's case manager called Traveler's Aid and obtained a one week motel voucher for her and her two older children. During that week while the children were at the nursery, Lindsay was able to work out an arrangement with the apartment manager to move back into her apartment with an agreed upon payment plan.

These are examples of families and children we continue to serve. Our mission remains the same: child abuse prevention.

As time passes changes happen, and the Sacramento Crisis Nurseries will continue to take care of children who need a safe, loving place to be. We will use both emergency daytime respite and 24 hour care to accomplish this. We will help and support parents in crisis and we will continue to keep child abuse prevention at the top of our list of goals.

I want to take this opportunity to thank all of you that continue to support these children and families.

***Obelisk tiles are still available for you to paint - or we'll do it for you!***

Call the North Nursery at  
**679-3600**  
for information or to arrange a purchase.

## Volunteer Profile - Crisis Nursery South's Diana Tanaka

**S**acramento Crisis Nursery South volunteer, Diane Tanaka, an 8 year volunteer, is the newest "Certified Volunteer". Diane volunteers faithfully from 6 to 10 pm on Tuesday nights. Certified Volunteers are experienced volunteers who take 38 hours of additional child care training, including job shadowing and regulation overview.

Certified Volunteers replace paid staff on the regular childcare schedule saving the Sacramento Crisis Nurseries the expense of salaries. Lead Childcare Worker, Donna calls Diana, "a very devoted volunteer. She genuinely cares for the children at the nursery."

In her private life, Diane has worked for the State for 32 years. Her current position is statistician for the Department of Social Services. She develops and maintains statistical sampling methodologies for use in federally-mandated characteristic studies of welfare recipients.



Diane Tanaka

In addition to the Nursery, Diane has volunteered as a mentor with the Student Buddy Program, and as an instructor of American Karate. Her hobbies include swimming, massage and knitting but most of all she enjoys spending time with family and friends.



SACRAMENTO  
CRISIS  
NURSERIES

## It's Good to Think of the Nurseries!!

If you are looking for a way to celebrate an event or create a memorial for a loved one, there are a number of ways to assist the Nurseries while doing so. And when structured properly, gifts may be tax deductible.

**Gifts of Appreciated Assets:** Stock or real estate may be donated to the Nurseries. Often, a charitable remainder trust is created as the vehicle but an outright gift is another option. The donor receives a tax deduction for the gift without incurring any capital gains tax. The asset must be gifted, rather than sold, by the donor.

**Gifts of Cash:** Obelisk tiles make lovely gifts for friends and family. Anniversaries, birthdays, holidays, remembrances, almost any occasion is suitable to celebrate. You may paint your own tile or have one of our creative volunteers do it for you.

**IRA Direct Rollover:** For IRA owners age 70 1/2 and over, up to \$100,000 may be transferred from an IRA directly to the Nursery. You can satisfy your required minimum distribution, tax neutral!! Compliments of the Pension Protection Act of 2006, this option is available now through 2007, only.



## Sacramento Children's Home & Auxiliaries' Bulletin Board

### SCH Anniversary

Last year we celebrated the Crisis Nurseries' 10th Anniversary and this year we celebrate the Sacramento Children's Home's 140th Anniversary, testament to the longevity and success of our programs and services. Kicking off the 140th Anniversary was the February 15th ground-breaking of our first new residential cottage in almost 40 years! The project will replace one of the four existing residential units on the main campus of the Sacramento Children's Home. The new cottage will include ample room for 12 residents, plus child care staff. The cottage, slated for completion in November 2007, will help us provide better accommodations for children in need.

The new cottage is a partnership with the BIA's philanthropic arm, HomeAid, and "Builder Captains" Tim Lewis Communities and K. Hovnanian Homes who share the task of inspiring the participation of local subcontractors, suppliers and consultants. Support from individuals and corporations make this project possible and naming opportunities are available.

### Casa Garden Restaurant

"Passport to Fashion" on Thursday, March 29th & Friday, March 30th

Lunch at the Casa Garden Restaurant with Today's Travel Fashions by Draper's & Damon's and Around-the-World Comparable Fashions From the Collection of Ann Suescum

11:15 and 1:15 Seatings

\$20 per person

Make your Reservations today by calling the Casa Garden (916) 452-2809



Sacramento Children's Home  
SERVING CHILDREN AND FAMILIES SINCE 1867

continued from page 1

ing on how to parent when the family is under stress. We will provide more transportation and direct linkage to other family support programs so that the family can grow in its skills and avoid going from one crisis to the next. A key element is that each family will be referred to the family resource center located closest to their home where they can receive ongoing support over a longer period of time.

### What will be the impact of losing some of our 24 hour beds?

It's difficult to answer that question, because families bring their children to us for so many different reasons. We will no longer provide 24 hour shelter care to children removed from their parents by Child Protective Services. Although we seem to always be at capacity for the beds, the administration of CPS believes they can do without our beds. They believe they have enough foster home capacity for the infants, and the older kids can be taken to the Receiving Home. They are far more interested in

our ability to prevent kids from entering the out-of-home system and in keeping families intact.

We have been asking our current families if we could have helped them if we only had provided day respite. Many said yes. In the last year the capacity for homeless families to stay together has increased. We will continue to provide 24 hour care to homeless families.

I am most concerned about children whose mothers are in residential substance abuse programs. Our previous First 5 Commission funding provided for those children but, beginning July 1, it does not. There will be an unmet need for their care.

### What is the future funding since the First 5 Commission funding is for only three years?

The First 5 Commission only funds a portion of the cost of our operations. We will continue to be dependent on charitable donations to serve these very needful families. Our goal is to operate a high quality daycare program to help

cover the infrastructure expense. We will continue to seek grants and charitable dollars to provide the crisis services. Although we have two million dollars over three years from the First 5 Commission, that only partially covers the cost of operation and it only funds the North Nursery. We are working on a business plan for the South Nursery, but our many friends and supporters are needed to keep these babies out of the system. Perhaps, one day, we will be able to eliminate the need for residential care for trauma treatment, but until then the Crisis Nurseries will be here to help prevent the abuse of children.



## Sacramento Crisis Nurseries Wish List

### Infant Items

- Formula (Good Start, etc.)
- Baby food (meat,vegetable,fruit)
- Baby wipes
- Apple Juice 100%
- Orajel
- Boppy pillows and pillow cases
- Latex Gloves

### Preschool items

- Canned Fruits, Vegetables, Soup Tuna
- Children's Tylenol
- NIX lice treatment
- Snacks (zero trans fat crackers, dried fruit, fresh fruit, muffins, bagels)

### Gift cards

- Costco
- Raley's, Bel Air
- Target
- Wal-Mart

### Household

- Disinfecting cleaners (Pine Sol, Lysol)
- Laundry Detergent
- Toilet Paper
- Paper Towels
- Battery Operated Radios (2)
- Batteries - AA

### Office Supplies

- Copy paper
- Printer Ink Cartridges
- Office Max/Office Depot Gift Cards
- Polaroid Film 660

For the most current Wish List please see our website:  
[www.crisisnurseryonline.com](http://www.crisisnurseryonline.com)

### Donation Delivery:

Monday-Friday 8:30-4:30  
Closed Holidays



*Mr. and Mrs. S. Claus attended both Nurseries' holiday parties. Mr. Claus is Dean Horner and Mrs. Claus is Darlene Horner.*

# Thank You to Our Donors (November 2006 - February 2007)!

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- Omega Nu
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- York Claims Service, Inc.
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## In Memoriam

- Gary & Maralyn Aldrich  
- Alfred Skey
- Betty Anderson - Keith Anderson
- Vernita Bohannon  
- Claudine Jackson
- Steve & Barbara Brodie  
- Chuck Brodie
- David Ford & Lynne Cannady  
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- Charon Jenner - Shirley Wong
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- Paula Moore
- Carol Kiou - Jane Fobes
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- James Klein - Gale Klein
- Susan Kurtz - Marie Breuner
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- Elmo Pappa - Evelyn Pappa
- Marcia & Mark Rodebaugh  
- Willette Riggan
- Jan Schubert
- Edith Donlevy Karpen
- Harold & Sharon Shay  
- Tom McNally
- Yvonne Strong - The Lord,  
Christmas
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- John Ferns
- Sandra Torguson - Marie Breuner
- Brett Trotter - Lura Ravera
- Delight Trotter - Lura Ravera
- Leo & Joyce Warmolts  
- Henry Fisher
- Mark Wiest - Steven David Mackey
- Katherine Wood - Verde Hause
- Kathleen Young - Cathy Bennett
- Esther Zendt - Marie Breuner

## In Honor

- Anonymous - Luis Montes
- Suzie Cohen - Mr. & Mrs. G. Davis
- Susanna Coze  
- Italo & Anna Ongaro
- William & Anne Cummings  
- Carole & Richard Cummings
- The Dube Family  
- Don & Lindy Pass wedding  
anniversary
- Jennifer & Brett Dunham  
- Luis Montes
- Lynn & David Gavia - Luis Montes
- Charlene Good - Christmas
- Richard & Glenda Hill  
- DeAnne Hoffarth birthday
- Dr. & Mrs. Joe Angelo  
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*Donor List continued on back page*

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*Thanks to the group from Campus Commons who gave a generous donation!*



*Chris Bohannon was ready for cookies! He and his bank, Erwin Union Bank, donated all the toys and the holiday dinner for the South Nursery's holiday party.*

**Join the Gifting Grandmas!**  
**For a Luncheon & a Fabulous**  
**"Fashion Memories" Fashion Show**  
**Please Bring a Friend!**

**Saturday, March 24<sup>th</sup> at the Del Paso Country Club**  
**For more information and to RSVP call Glenda Hill**  
**at 916-761-7548 or email: [glendaahill@earthlink.net](mailto:glendaahill@earthlink.net)**

*If you would like to volunteer with the Nurseries, help with Friends projects, purchase an Obelisk tile, or join our "e-Friends" or Gifting Grandmas, please call the North Nursery at 679-3600.*

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