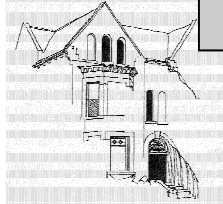




## THE SOUTHSIDE SPIRIT



Southside Family Nurturing Center  
 Winter/Spring 2008  
 Volume 3, Issue 1

### Hand in Hand for Early Success

Southside Family Nurturing Center is now providing a new program—Healthy Families—which will serve as an addition to our current programs with families. Healthy Families is a partner of Hennepin Healthy Families (HHF) that is part of a seven-countywide initiative to provide support and resources to young and new families.

Through HHF, we receive referrals for parents aged 13 years and older, those expecting their first child or with a first child under the age of three months, or families facing multiple risk factors such as chemical dependency, history of domestic violence, physical or sexual abuse, or mental health issues.

Families enrolled in this program

will receive weekly home visits that will offer services including parent education, concrete support, developmental guidance, advocacy, infant-parent observations, and psychotherapeutic services. Families can remain in this program for up to four years. As with all of SSFNC's programs, all services are completely free of charge.

New parents often do not know what to expect when they have their first child, especially if they have had a traumatic or difficult childhood themselves. This program helps new parents to explore how their own history and current life situations can influence their relationship with their child.

Healthy Families is currently staffed by Annette Jacox, Infant and Family Specialist, who was previously



the coordinator for the Phillips Neighborhood Family Partnership. Annette has worked with SSFNC for over 20 years and has extensive experience in case management, parent education and support, and family services. Annette is currently serving ten families through Healthy Families. We will soon be adding another staff person to this program, which will allow us to serve even more families.

### United Way Supports SSFNC Staff Development

Southside is pleased to announce that we were awarded a one-time grant from the Greater Twin Cities United Way Success by 6 Childcare Initiative in January 2008. The goal of Success by 6 is to ensure that all children are



adequately prepared to succeed in kindergarten and beyond.

SSFNC currently receives about 15% of revenue towards our Children's Program from the Greater Twin Cities United Way Success by 6 program. This additional funding allows us to provide new intensive trainings all direct care staff.

These trainings will include college credit-bearing courses from the Child Development Associate (CDA) curriculum, as well as Phonological Awareness, a critical pre-literacy tool. By ensuring that our teachers are always up to the highest qualification



standards, we will be more prepared to meet the rigorous accreditation requirements of the National Association for the Education of Young Children (NAEYC).

*(cont'd on p. 3, see "United Way")*

We are looking forward to 2008, as you read through this Southside Spirit edition, you will see all the new service enhancements that will be initiated this year.

I am most excited about the addition of the Children's Program Director position to our administrative team, which was made possible through a grant from the Jay and Rose Phillips Family Foundation. I am currently hiring for this position, which will offer further support for our talented teaching team and support staff.

Sharon Boswell, our Children's Program Assistant has been working hard on our application and assessment for the renewal of our accreditation this coming year. The National Association for the Education of Young Children (NAEYC) has amplified their standards and, with the help of a grant from the Greater Twin Cities United Way, we will continue to meet and exceed these requirements. Finally, our Board and staff have embarked on a new strategic planning process, which will guide us in our work for the next five years.

Please join us in celebrating Southside's past, present and dreams for our future.

Sincerely,

*Barb Olson*, Executive Director

## **Please Join Us!**

Our Capital Campaign is finally complete, and we couldn't be happier! Come by and see all of the renovations that have been completed. Join us for refreshments, building tours, and elevator rides.

**May 15, 4:30-7:00pm**  
**2448 18<sup>th</sup> Avenue South,**  
**Minneapolis**

**For more info, contact Julia**  
**at (612) 721-2762**

Hope to see you there!

## **Board Chair's Report**

Dear Friends of SSFNC,

Six years ago we were debating whether to sell the tired and leaking old building our families call Southside and buy something more modern and easy to maintain, or embark on a Capital Campaign to renovate.

Our families made the difference. In focus groups and conversations they said "stay, this is where we feel familiar and welcomed." Now, we are on the brink of celebrating the rebirth of our Victorian beauty, not only shimmering as in its youth, but even more accessible.

As you drive down Cedar Avenue you can glance over Little Earth's

greenway and see this tall, dignified mansion with a new roof, glittering gutters, replaced windows and skylight and now a humming elevator and lovely lamps at the entry to light your path.

The rebirth brings spring early to us this year and is a true cause for renewed spirits. Our Campaign closed at more than \$1.8 million. This sum was raised through the efforts of staff, volunteers, families, friends, neighbors and Board. For every dollar, from the small amounts to the large, we are deeply grateful. Every cent helped us to reach our goal and represents a diverse community pull-

ing together for our common well-being.

To illustrate this journey I borrow from Wendell Berry's poem: "*Whatever is foreseen in joy, must be lived out from day to day, vision held open even in the dark, by our ten thousand days of work.*"

To everyone involved, and especially to the families and children who bring Southside alive, we thank you from our hearts to yours and invite you to come and visit soon, and ride the elevator.

Sincerely

Rosemary Link,  
Chair of the Board

## **Supporting Healthy Homes, Building Stable Families**

For the past year and a half, SSFNC has participated in a collaborative planning process with the University of Minnesota's Children, Youth, and Families Consortium, Sabathani Community Center, and the Sustainable Resources Center (SRC) that has focused on how to educate our families about the health and safety of their home environments.

This planning grant was awarded to the group by Blue Cross Blue Shield of Minnesota Foundation's Growing Up Healthy: Kids and Communities Initiative. The initial question that this collaborative, named the Family Stability Collaborative sought to answer

was: Would providing the healthy housing solutions (i.e. winterizing of homes, lead abatement, etc.) that SRC offers be more effective if it was coupled with holistic family services such as the ones that SSFNC and Sabathani provide to their clients?

Although SRC has had great success in making healthy renovations and upgrades to the homes of low-income families and individuals in the metro area for years, it became clear that many of the families seeking SRC's services were facing risk factors that stretched far beyond the scope of their physical homes.

Housing instability is an ongoing

issue that many of our families face. In 2007, nearly 50 % of SSFNC's clients faced some kind of instable housing situation—most often in the form of functional homelessness or "couch surfing."

The Family Stability Collaborative believed that by improving a family's...  
*(cont'd on p. 3, see "Stable Families")*



*“Stable Families” cont’d from p. 2*

...physical home *and* providing them with additional stabilizing services—such as parent education, therapeutic child-care or, as in the case of Sabathani’s clients, basic needs such as food and clothing—the family’s chance of reaching a level of stability and lower-risk would be greatly increased.

In October 2007, the Family Stability Collaborative transitioned out of the planning stages and was awarded a three-year implementation grant from Blue Cross Blue Shield of Minnesota Foundation. At Southside we hope to involve ten or more of our families in this program that will begin by having families assess their own well-being, as well as their concerns about their homes.

After this initial assessment, SRC will provide any necessary physical improvements to the home (mostly consisting of lead abatement) as well as education and resources about maintaining a healthy home, using non-toxic cleaning products and minimizing health hazards in the home. SRC will offer their educational services to all of SSFNC’s families, regardless of their participation in the project, at our spring picnics and possibly during Family Day and Family Night.

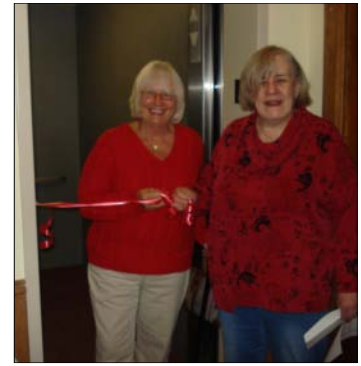
*“United Way” cont’d from p.1*

This grant will also allow us to provide trainings for *all* direct care staff on issues of chemical dependency and mental health, which will enhance our staff’s ability to address the issues that affect the life experiences of the families we serve.

So many of our families struggle with or have a history of chemical dependency. Our children exhibit developmental delays in the areas of speech and language skills, fine and gross motor coordination, and/or problem-solving skills. Last year nearly two thirds of our families grappled with issues related to mental illness, over half were affected by domestic violence.

When staff members have a deeper understanding of the stressors that our families face and that put them at risk for abuse and neglect, they are better prepared to provide effective interventions and help break the cycle of abuse. This support enables our families to focus more of their energy on assisting their children in getting ready for a successful kindergarten and elementary educational experience.

**Check out our website at:  
[www.ssfnc.org](http://www.ssfnc.org)**



*Staff and Board members at the inauguration of our elevator. Above: Executive Director Barb Olson and Co-Founder and Former Director Jean Christie cut the ribbon. Below: Board Chair Rosemary Link and staff members enjoy a ride with Harvey Winje, Facilities Manager and Capital Project Coordinator.*

**Want to do your part to support Southside’s programs?** Make a financial contribution by returning the enclosed envelope along with your check or credit card information.

**You can also donate securely online at [www.ssfnc.org/donate](http://www.ssfnc.org/donate)**

All donations are fully tax-deductible and you will be making a substantial difference in the lives of the children and families we serve. If you have any questions, feel free to contact Julia Davidson, our Development Director at (612)721-2762 x.241 or [juliadavidson@ssfnc.org](mailto:juliadavidson@ssfnc.org).

**Tributes received in memory of:**

John and Faye Mutschler, from:

J. Jay and Jennifer Mutschler  
Karen Lamorie Madich and Michael Madich

J. Joyce Lander

Raymond and Eileen Farrell

Susan and Jim Lindvall

Dara Nassar

Jill and Mark Haugen

E. Jean Liudahl

Genevieve Jacobson

Shirley and Charles Supplee

Jerome and Dolores Bock

Archie and Nancy Olson

Marty and Linda Haugen

Bruce and Marcia Kading

Paul and Lynne Billings

Lance Service, Inc.

Diversified Credit Union

Susan Gerstner

Robert Chepolis and Mary Kay Gerstner

Jerome Larin/Town and Country Apparel, Inc.

Emerson Network Power-Connectivity Solutions

Margaret Shepard, from:

William Lloyd and Mary Marston

Lloyd

Mary Dorr

Joan Blanchard

Stephen Lerner and Mary Koski

Stan Weibe and Jenell Jacobson

Bruce and Marcia Kading

Agnes Regan, from:

Eileen McCormack

Rosina Wvatt, from:

Bruce and Marcia Kading

## The Benefits of Prevention and Early Intervention Programs

SSFNC was founded on the belief that, no matter what the situation, all parents truly want the best for their children, even though some may require more assistance and support to achieve this goal than others. We believe that child abuse and neglect are treatable *and* preventable. We work to provide this support and resources to families early on in an effort to stop abuse and neglect before it starts.

A recent study conducted by Prevent Child Abuse America estimates that the annual cost of child abuse and neglect in the United States is \$103.8 billion (in 2007 value). This figure includes approximately \$33 billion in



direct costs—such as legal, foster care, law enforcement and health services—as well as approximately \$70 billion in indirect costs—such as the long-term economic effects of child abuse and neglect.

The Pew Charitable Trusts have conducted an additional study highlighting the amount of federal funds for child welfare that are restricted to foster care and are not flexible to fund preventive or reunification services for families. This study praises the positive effects of programs for families that focus on abuse and neglect prevention and calls for child welfare services to focus more on early intervention and less on removing children from their homes with no attempts to reunify them with their families.

A few of the promising programs described in this study closely resemble the services that Southside provides to our families—including home visiting, parent education and support, and building community resources

and support. These promising programs, like Southside's, have achieved excellent outcomes in preventing child abuse and neglect, increasing the capability of parents to manage their children, improving children's health and well-being, and improving the well-being of mothers.

With 35 years of experience with families at-risk for abuse and neglect, we echo the Pew Charitable Trust's call for increased governmental support of early intervention programs and more flexible funding that can be applied not only to foster care but to prevention and family unification as well.

**Sources:**

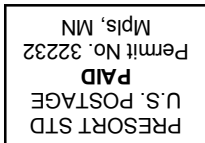
*"Total Estimated Cost of Child Abuse and Neglect in the United States;"*

*Wang, Ching-Tung and John Holton; Prevent Child Abuse America; 2007.*

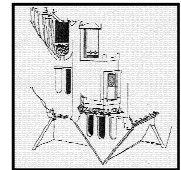
*"Time For Reform: Investing in Prevention: Keeping Children Safe at Home;"* *Pew Charitable Trusts/Kids are Waiting: Fix Foster Care Now; 2007.*



Address Service Requested



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*If you would like to be taken off of our mailing list, please contact our Development Director, Julia Davidson at juliadavidson@ssfnc.org or (612)721-2762 x.241*

*Together with families and community, we nurture children, build on family strengths and find alternatives to violence. Since 1974 Southside Family Nurturing Center, located in the Phillips Neighborhood of South Minneapolis, has served culturally diverse families suffering the effects of child abuse and neglect. As one of the first private, nonprofit agencies to implement holistic family treatments in the state of Minnesota, SSFNC pioneered programs based on our belief that child abuse and neglect are treatable and preventable. For more information about SSFNC, visit our website at www.ssfnc.org or call (612)721-2762*