

Fostering Community

# David & Margaret

Youth and Family Services

## QUARTERLY NEWSLETTER

VOL. 2, ISSUE 2, JUNE 2020



**David & Margaret**  
YOUTH AND FAMILY SERVICES

# Support D&M Today!



# 1

## READ

the D&M Blog to learn about the people and programs that you empower

<http://bit.ly/DMStories>

# 2

## SHOP

at Dave & Maggie's Center. Your shopping supports youth and families with a history in the foster care system.

<http://bit.ly/DMYFSstore>



# 3

## REVIEW

Please leave a yelp review for Dave & Maggie's Center

<https://bit.ly/DMyelp>

# 4

## DONATE

Donate to support youth and at-risk families

<http://bit.ly/DMYFSdonate>



## Stay in Touch!

Always be the first to know about what's happening at David & Margaret. Sign up for our mailing list and join our community however is easiest for you.

Our website  
<http://bit.ly/DMupdates>

or by calling  
**Maggie Bohlman 909-596-5921 x3246;**

or by email  
[info@davidandmargaret.org](mailto:info@davidandmargaret.org)

Learn about new merchandise, specials and offers at Dave & Maggie's Center through their monthly e-flyer

<http://bit.ly/storenews>

## Our Mission

*David & Margaret empowers children, youth, and families through culturally diverse services that foster emotional, educational, spiritual, and identity development.*

### DAVID & MARGARET YOUTH AND FAMILY SERVICES BOARD OF DIRECTORS

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# David & Margaret

YOUTH AND FAMILY SERVICES

## We Stand United

David & Margaret Youth and Family Services (D&M) mourns the killing of Mr. George Floyd. Not only is it a tragic personal loss for his family but it is a loss to society. His death stands as the most abhorrent evidence of systemic racism, as well as the broad-ranging social injustice that racism breeds.

As an agency that serves youth with a history in foster care, the juvenile justice system, and those who are Medi-Cal eligible for mental health services, D&M serves a community that is deeply affected by racism. People of color and particularly African/Black Americans make up a disproportionate number of those we serve. The fact that our services are here in part due to systematic racism is not lost on us. We know this, we see this, and we work in support of these communities every day.

We know that words can never fully express the history of racism, oppression, and violence that African/Black Americans and other people of color have experienced. This is a time for us to come together to stand against injustice.

We stand resolved to change the systems that have created inequality. Families of color must be kept together and must feel safe within society. Criminal justice, education, and foster care systems must be reformed.

D&M will maintain its strong position of advocacy as we engage with the community and other community providers. We will continue to work with the individuals and families we serve as well as local and state officials to make the needed reforms to these systems. We must engage more and do more. Change and reform begin within each of us and continues through us. We are resolved to this change.

Sincerely,

Michael Miller  
Interim Executive Director

Sabina Sullivan  
Chair, Board of Directors

# Dave and Maggie's CENTER



Dave and Maggie's Center is open Tuesday - Saturday from 10am-4pm, offering household items as well as perishables, pantry staples, over the counter medicine, apparel and so much more.

You never know what types of items you will find at the store. Some days you may find patio furniture, name brand clothing and fashion shoes. Another you may find children's toys, fresh bakery items, and household decor items. One thing for certain you will always find an amazing deal! The Dave & Maggie's team works hard to find the best products at the lowest prices. The staff is always happy to help you and are ready to answer any questions.

Did you know that when you shop at Dave & Maggie's Center you are supporting at-risk youth and families here in our community? The proceeds from your purchases directly support David & Margaret Youth and Family Services. Your purchases support children with a history in the foster care system, young adults aging out of foster care, school age children who rely on David & Margaret for mental health services and much more. When you

Have you been to Dave & Maggie's Center? If not we invite you to come and see for yourself all the great deals. If you are already a shopper at Dave & Maggie's thank you for your patronage. Please spread the word and let your friends and family know about this great resource in the heart of our community.

shop at The Center not only do you find great deals for you and/or family but you are also supporting those in our community who need it the most!

Amidst the COVID-19 pandemic, policies and procedures have been put in place to ensure the safety of our guests and staff. Every morning from 10am - 10:30 am Dave and Maggie's Center is open to patrons over the age of 55 and those with a compromised immune system only. During regular hours, the Center is allowing 10 guests to shop in the store at a time, ensuring customers have the space they need to properly social distance. Plexiglass partitions have been installed at check-out and all employees are provided with equipment to maintain the safest and healthiest environment for our community. Staff is also frequently cleaning to ensure a safe environment for all. And finally, masks are required via county orders.

**Check out our Yelp for the latest deals and don't forget to leave a review! <https://bit.ly/DMCYELP>**

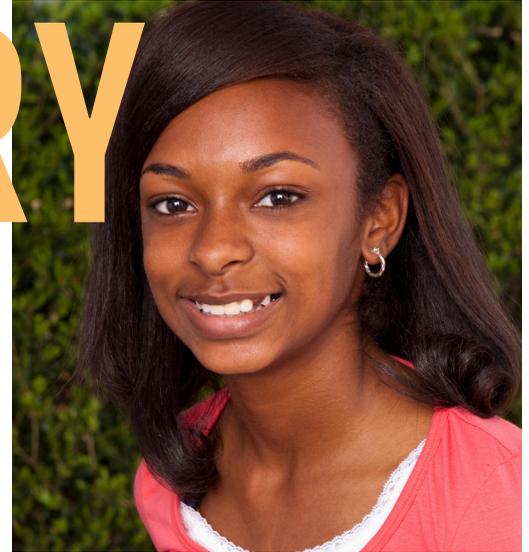
David & Margaret hosts a food bank distribution with the LA Regional Food Bank the 2nd and 4th Thursday of every month from 11am-3pm. For everyone's safety, the food bank distribution is now contactless.

Simply drive-up to Dave and Maggie's Center, park in the designated area, and kindly open the trunk of your car.

**DRIVE-THRU  
FOOD BANK DISTRIBUTION**



# Ana's STORY



1 in 5 people who live in the United States will experience a mental illness in their lifetime. Of those people, nearly half will develop symptoms before the age of 15. The most common forms of mental illness are mood disorders like depression, anxiety disorders like generalized anxiety, and personality disorders like obsessive-compulsive personality disorder.

Studies show that half of all youth with a mental illness do not receive professional support or treatment. When left untreated from such a young age, mental illness can significantly diminish a person's quality of life. The likelihood of poor physical health, incarceration, financial and job insecurity, and suicide increase significantly when a person does not have access to proper mental health support.

Fortunately, there are treatments available and professionals can help guide patients to mental wellness. It is never too late to reach out for support. David & Margaret Youth and Family Services (D&M) is a resource for mental health services in our community.

Ana has found the support and treatment she needed at D&M. Ana was living with depression and anxiety and had been exhibiting signs of her condition throughout the past couple of years. She was struggling to enjoy everyday activities, concentrate in school, and even maintain her hygiene. Her family was concerned but unsure if these behaviors were typical for a 13-year-old girl.

But Ana's condition worsened: she began having severe anxiety attacks in class; she became even more withdrawn from friends and family; and she started using self-harming behaviors to cope with the chaos. A few days before her 15th birthday, Ana was hospitalized as a result of her condition. She received care and once in a stable condition, was able to return home. After leaving the facility, Ana needed support from an intensive outpatient program and began treatment with the Full-Service

Partnership (FSP) Mental Health Program at David & Margaret Youth and Family Services.

Ana began meeting with her team of caring D&M professionals a few times a week to establish a relationship and a base level of trust. Like most people in her position, Ana was hesitant to share her experience; but through a client-centered approach, compassion, communication, and reliability, Ana became more engaged in her treatment and has made huge strides in her mental health.

With support from D&M staff, Ana has replaced harmful behaviors with healthy activities that target self-expression, patience, and control. Her favorite activities include walking her dog and participating in a kung-fu zoom class. Ana's newfound coping skills, along with the support from her therapist and behavioral specialist have helped her gain control of her mental illness. Her anxiety attacks have significantly decreased and there have been no incidents of self-harm in over 3 months.

If you feel you need support, you should seek the advice of a professional. It is important to remember- mental illness affects everyone. It is not something to be ashamed of and help is available.

David & Margaret offers mental health support in English and Spanish to Medi-Cal eligible youth ages 3-21. Services include individual/family therapy, medication assessment/management, psychological testing, case management, rehabilitative services, and more.

**Please contact us for additional information and/or to schedule an appointment at: 909-596-5921 x3510 or [GonzalesJ@ davidandmargaret.org](mailto:GonzalesJ@ davidandmargaret.org)**



In an analysis of a 2016 National Survey of Children's Health, data found half of all children and adolescents with a mental health disorder did not receive counseling or treatment.

# PROGRAMS & SERVICES



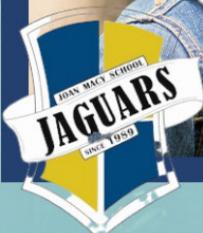
## FOSTER FAMILY & ADOPTION AGENCY (FFA)

The FFA works in collaboration with Los Angeles, Orange, San Bernardino and Riverside counties to place children awaiting homes. The FFA supports prospective fost/adopt parents through each step of the certification process as well as follow up services!

## COMPASS PROGRAMS

*Creating Opportunities and Making Personal Advancements to Self Sufficiency*

COMPASS Programs make up the various services available at David & Margaret dedicated to supporting youth & young adults who are aging out of foster care. These services include the Workforce Training Program, COMPASS Point Drop-in Center, Permanent Supportive Housing, Transitional Housing Program, Peer Mentoring, Paid Internships and more.



## JOAN MACY SCHOOL

Joan Macy is a specialized, non-public school located in La Verne, Ca., serving at-risk girls grades 1st-12th, in the surrounding communities.

## NEW BEGINNINGS RESIDENTIAL PROGRAM

Provides a temporary home-like environment to a small number of children and youth, ages 6-17, coming into the country as they start a new chapter in their lives.



## MENTAL HEALTH SERVICES

Outpatient mental health services for full-scope Medi-Cal eligible youth up to age 21. As well as a Full Service Partnership Program for youth and families in need of intensive services.

## DAVE AND MAGGIE'S CENTER

Offers the community brand-name staple and other goods at deeply-discounted prices while providing paid internships to youth with a history of foster care.



## LEARNING ENHANCEMENT CENTER

The LEC supports community members ages 3-99 with various difficulties by retraining the brain to accurately and effectively take in information, process it, and respond appropriately.

# An Interview with BRENDA EVANS

## Foster Care and Adoption Agency

Brenda Evans has been with David & Margaret since 2017 when she was a student at the University of Southern California studying Masters Social Work while completing an internship with David & Margaret's Foster Care and Adoption Agency. From day one it was clear Brenda had a selfless passion to help others and not long after completing her education, she was offered a master social worker position at the agency.

In addition to the knowledge and skill set of a general social worker, a master social worker has a background in therapeutic mental health services. A social worker's role is to protect and serve vulnerable children and families. When a child is placed into foster care a social worker becomes responsible for their health, safety, and wellbeing.

*"It is our responsibility to make sure the kids are safe and that their needs are met, which also includes making sure the resource (aka foster) parents are compliant and also providing them with the support they need."* Brenda Shares.

Like with most industries right now, methods of service delivery have changed; new policies have been put into place to ensure children and families can still access the social workers they depend on as well as other crucial services. This means, to keep countless families safe, many social workers are now telecommuting when it is appropriate.

These workers form a strong bond with the children and their families. Keeping constant contact is crucial to ensure the children receive the best care possible and due to the Safer-at-Home order, these interactions have moved to various online platforms.

*"These minors,"* Brenda laughs. *"They're so advanced in technology, it's commonplace for them. It turns out to be even more engaging and they have been having such a great time. We sing and play games; they perform, share their art, and talk about what they've been doing with their resource(foster) family, it's been nice."*

While most work can be done from home there are times when it is necessary to be in the office or out in the field. Staff take turns working on campus, staying available to meet with a child who has just been placed into foster care or a family who needs computer access for virtual family visitation. If there is a critical issue where a child's safety is in question social workers are still making onsite/at-home visits and doing their best to protect themselves and the families served by wearing personal protective equipment and doing regular health screenings.

Even now, children are entering the foster care system at an alarming rate. These children usually have nothing more than the clothes on their back and while resource family's homes are child-ready, they don't always have everything the child will need on-hand.



This is not usually an issue but due to current circumstances, many families are struggling to access essential resources. The Foster Care and Adoption Agency have been providing supplies like groceries, cleaning supplies and games as well as masks and hand sanitizer to the children and their resource families. But the need for these supplies continues to grow and there is currently never enough equipment to get through the day.

**If you have the means, please consider making a donation to help support the children and families who rely on services from David & Margaret.**

# 5 QUESTIONS:

## Ana Dominguez, Foster Care and Adoption Trainer/Recruiter



### A LITTLE BIT ABOUT ANA

“I actually completed my internship with the FFA back when I was at the University of La Verne. It was a Bachelor’s level, only 100 hours or so, but that is how I found out about David & Margaret. After Grad School, I looked back into David & Margaret for a job. Now I’ve been with D&M for 8 years and 6 with the FFA (Foster Care and Adoption Agency).”

### What do you most enjoy about working at David & Margaret?

“I think the opportunity to grow. I feel that because it’s a non-profit you kind of wear many hats. I am the recruiter/trainer with the FFA (Foster Care and Adoption Agency) but I do some of the social-work pieces as well as helping in any other areas of need. It’s a great experience.”

### If you could learn anything, what would it be and why?

“Relating to the FFA- I would like to learn more about the social-work piece, definitely.”

### Who are your role models and why?

“I don’t think I necessarily have a role model, except my parents.”

### When you were a kid, what did you want to be and why?

“I think my choice of career changed quite often. I know I wanted to be a teacher at one point. Then I wanted to be an astronaut and an architect. I was kind of all over the place.”

### Saying or motto you live by?

“Help yourself and God will help you within that process.”

### FOSTER PARENT ORIENTATION CALENDAR



### July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6 Orientation	7	8	9	10	11
12	13	14 Orientation	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

### August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Orientation	4	5	6	7	8
9	10	11 Orientation	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

1-800-4-FOSTER  
Foster@DavidandMargaret.org  
Register via bit.ly/FFACAL20

The Foster Care and Adoption Agency hosts a free, online Foster Parent Orientation twice a month from 6pm-8pm! (in English and Spanish)  
Schedule a private orientation via bit.ly/FFAJ20



# JMS

## COVID update



Many children are struggling during the wake of the COVID-19 pandemic. In a survey by the mental health organization, **Young Minds** discovered 83% of youth and young adults with a history of mental illness felt their condition has worsened in the last month. This is especially true for youth with a history of mental/behavioral issues. It also true for those missing out on celebratory milestones like graduation and prom.

When Ms. Miranda (Donna Miranda), Senior Advisor at Joan Macy School (JMS) is asked How is it going? She repeats, *“How is it going?”* And after a pause, she states, *“It’s going as well as it can be. We miss the kids, and the kids miss us. Nothing about this situation is ideal.”*

Like most schools across the globe, students and teachers from JMS are practicing distance learning during the safer-at-home order.

Joan Macy School is a specialized non-public school for at-risk children and teens grades 1-12. Students are referred by their school district when public school is unable to meet their various needs to provide an environment for them to thrive.

*“Almost all the students faced academic challenges and many have faced mental health issues like anxiety and depression,”* Donna explains. *“Right now, during the safer-at-home order, students are getting staff contact all 5 days of the school week. Some of it is academic support but a big chunk of it is social-emotional.”*

Faculty and staff at JMS have had to get creative in recent weeks when offering support to their students. *“It’s really hard not being able to see them in person and say ‘I know it’s really rough, do you want a hug?’”* Donna confesses. *“In addition to the pens, pencils, markers, crayons, and whatever else they might need; we’ve sent home things to support them during their days. For example, we have sent playing cards for when the students are bored;*

*cookie mix because one student wanted to bake, and we sent home a stuffed animal to a student who said they’d like something to hug. All of us teachers are doing the same thing—filling any little need that might bring a little bit of happiness to the students, while also helping them maintain their academics.”*

While all students are missing in-person interactions with their peers and teachers, it is the seniors who seem to be struggling the most according to Ms. Miranda. *“My 12th graders are freaking out.”* Donna shares, the pep in her voice fading. *“They’re sad they are missing their senior celebrations. Some of these students we have had here for so long— one (student) has been with us for 6 years. They’ve overcome a lot, and it’s really hard for them to have something they’ve been looking forward to for so long be delayed. And we know how special these milestones are for the students... it’s always an amazing feeling when we get them up on stage to graduate. They’ve overcome so much more than what I see my own kids and their friends go through.”*

Not all hope is lost however, graduation has only been postponed and staff has been making great efforts to celebrate their accomplishment at a distance. Teachers and administrators drove to the home of each child graduating or promoting to celebrate their graduation with a car parade and much fanfare.

Joan Macy School will have a graduation ceremony as soon as we can possibly get together and be safe. Students will get a chance to be on stage in caps and gowns make their speeches.”

While JMS staff work diligently each day to foster the emotional and educational needs of each student, Donna leaves us with some advice to get through the safer-at-home order. *“Try to keep your head up. Keep in touch with friends, keep up with your academics, take a walk. I know it’s super easy to lounge around in your pajamas and to not feel any motivation whatsoever— but we’ve got to keep our brains sharp. Be sure to do something every day to keep your head up and remember we will be together again.”*

**Thank you to all the JMS teachers and staff who are working to support the students!**



# JMS CLASS of 2020

Graduation is a meaningful milestone; a celebration of all that has been learned and overcome through years of hard work. Amidst everyday challenges, extraordinary circumstances, and even a pandemic- Joan Macy School students persisted.

Although a traditional ceremony was out of the question, Joan Macy staff were determined to make the day as amazing as possible for these young learners. Everyone worked together and orchestrated a drive-by graduation ceremony, visiting each of the the seniors. Claudia Enriquez, JMS Program Assistant, describes the event, "School vans were decorated, banners were printed, balloons were flying, and cheers were on blast celebrating our Graduates!" Graduation has always had a special place in Claudia's heart. "[It] is very gratifying. I'm always the one that's crying." She confesses. "Students, staff, and parents have worked hard to make this dream come true for these 9 graduating seniors. This will surely be a year to remember!"

Congratulations to Kaetlyn Szlachcuik, Alina Armes, Victoria Diaz, Gabriela Alexanderescu, Andre Castle, and Carlotta Workman our Joan Macy School Class of 2020 graduates!

"Take pride in how far you've come. Have faith in how far you can go. But don't forget to enjoy the journey." Michael Josephson

**Joan Macy is located at David & Margaret Youth and Family Services in La Verne Ca., and serves at-risk youth grades 1st-12th, in the surrounding communities. Students benefit from small class sizes, caring student-teacher relationships, and individualized curriculums. If you have a learner at home and are interested in hearing more about Joan Macy School, please contact us Today. 909-596-3173 [EnriquezC@DavidandMargaret.org](mailto:EnriquezC@DavidandMargaret.org)**



Alina Armes



Carlotta Workman



Gabriela Alexanderescu



Kaetlyn Szlachcuik



Andrew Castle



Victoria Diaz



**David & Margaret**

YOUTH AND FAMILY SERVICES

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La Verne, CA 91750

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1351 Palomares Ave La Verne Ca 91750

Tues-Sat 10am-4pm



**David & Margaret**  
FOSTER CARE & ADOPTION AGENCY

**Have a heart for foster care?**



**1(800) 4-FOSTER**  
foster@davidandmargaret.org  
bit.ly/FFAdm



**YOU ARE INVITED TO OUR  
FOSTER PARENT INFO SESSION!**

The first Monday (English) and second Tuesday (Spanish) of every month we host a Foster Parent Orientation with members of the community who are interested in foster parenting! We discuss the necessary steps & qualifications to becoming a foster parent as well as share meaning insights.

To schedule a private orientation visit [bit.ly/FFAJ20](http://bit.ly/FFAJ20)  
All orientations are currently held over the phone or online.