



FALL 2010
newsletter

Changing the Future ... Two Lives at a Time

Celebrating 110 Years!



Over a century of care for pregnant and parenting young women
Compassion » Hope » Dignity

FLORENCE CRITTENTON: CHANGING THE FUTURE ... TWO LIVES AT A TIME



25% of Montana children under the age of five live in poverty.

Poverty is one of the major contributing factors leading to teen pregnancy.

OUR MISSION

Changing the
Future ... Two Lives
at a Time

OUR VISION

Building Healthy
and Productive
Lives for Pregnant
and Parenting
Young Women and
Their Babies

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Become part of our
LEGACY SOCIETY
and help Florence Crittenton
into the next century by
naming us in your estate
plans. Your legacy gift
today will help the
generations of tomorrow.
Please contact Angela Azure
at 406 442 6950 ext 221.

Dear Friends,

Since 1900 Florence Crittenton has helped an estimated 10,000 young women and children go on to hopeful and healthier futures. We are proud to have this 110 year legacy. We are not old, we are experienced.



You probably know Florence Crittenton as a residential home that offers compassion and guidance to teens and their babies. Did you know Florence Crittenton is working to serve hundreds more women and children across Montana?

We are currently offering Outpatient Therapies to individuals of any age and to families for a variety of situations. We are also sharing our 110 years of expertise through community groups, trainings and consultations to large and small communities across Montana. Recently, we hired an Early Education Coordinator to assist at-risk teens within the Helena school district, with the goal to work within more school districts in 2011.

We are thrilled with these new endeavors. However, our mission will always remain loyal to Charles Crittenton's original vision to offer rescue and respite to struggling women and children; to quote Charles, "the downtrodden and trampled."

Because 42 out of every 1000 teens become pregnant each year in Montana, Florence Crittenton has decided we *can and will* do more to help. With our current economy, these supports are critical to ensuring success for young families. Access to education, guidance and support can mean the difference between healthy independent families

and those that become part of generational cycles of poverty.

This is what Florence Crittenton has done for years. Our services have been crucial to so many families. Over the past century thousands of children have grown up in a stabilized environment because donors like you have cared enough to help.

Now more than ever before, your support is critical to the babies and their parents. When times are difficult, families struggle and children are often placed in stressful, even dangerous situations. Florence Crittenton is here to provide not only a residential haven of safety and security, but real solutions for young mothers, children and families struggling throughout Montana.

We wish Charles Crittenton could see the transformative work being done in his daughter Florence's name! We wish he could see the innumerable faces of mothers, babies and families whose hopes have been restored. Thank you for your willingness to step up and support young mothers and families living on the fringe of society; they are trying to figure out how to best provide for their children.

Gratefully,

Barbara Burton, *Executive Director*



JOIN US ON FACEBOOK! Florence Crittenton's
Center for Pregnant and Parenting Teens

✓ A TEEN MOM CAN ATTEND HIGH SCHOOL BECAUSE OF THE CHILD ENRICHMENT CENTER.

Florence Crittenton provides support and therapies to young mothers, their children and their families. With a comprehensive array of services including therapeutic residential care, outpatient therapy, community groups, trainings and assessments, Florence Crittenton is a leader in providing Maternity and Early Childhood Services.



How You Know Us

Florence Crittenton historically has provided maternity care for young women for over a century. Our residential programs are the hallmark of our organization.

➤➤ **Mother/Baby Program** is dually licensed as a therapeutic, maternity group home, serving pregnant and/or parenting teenagers ages 12-18 and their babies.

➤➤ **Pathways to Success Program** provides transitional living for homeless, pregnant and parenting young women ages 16-21 who are in need of a place to live, support services and counseling.

➤➤ **Independent Living Training** teaches teens real life skills to survive in today's world, including: support to finish high school, budgeting, nutrition and cooking education, job skills training, resume building, learning healthy hobbies and habits, career exploration.

➤➤ **Child Enrichment Center** is a licensed Child Care Center for 12 infants and toddlers, including children of parents in the community as well as our girls' babies.

Services Include:

- + 24-hour Intensive Case Management
- + Parenting Classes
- + Bonding and Attachment Therapy
- + Adoption and Post-adoption Support Services
- + Mentoring Program
- + Lactation Therapy
- + Childbirth Education
- + Pre- and Post-natal Care Individual therapy
- + Post Partum Depression Counseling
- + Addictions Counseling
- + Early Childhood Mental Health Consultation
- + Social-emotional Assessment
- + Relationship Groups for Teens
- + Group, Individual and Family Counseling
- + Videotaped Parenting Coaching/Relational Attunement Therapy
- + Circle of Security Parenting™ Classes
- + Parents As Teachers Home Visitation and Monthly Family Activity Groups
- + Attachment Training/Consultation for Foster Homes Providing Infant/Toddler Care
- + CELL Early Literacy Training

Florence Crittenton is delighted to offer over 110 years experience to teens and families in communities across Montana.

➤➤ **Outpatient Therapies** are offered to individuals and families for a variety of situations.

➤➤ **Community Groups, Trainings and Consultations** Prenatal, parenting and parenting support groups as well as individual therapies are a part of Crittenton's community services. Trainings and consultations are offered for providers and groups.



"I knew something was wrong after Toby was born. I didn't feel joy or love. I didn't feel much at all. Then, I started crying and couldn't stop. Thankfully, the staff at Crittenton knew exactly what to do."

- Corey, 17, a Crittenton mom who experienced postpartum depression

MOTHERHOOD: When Everything is Not Okay

by Maria Nyberg, MSW

Becoming a mom, becoming parents; this is the dream that many plan for, await and celebrate with partners, family and friends. The birth of a baby is a major milestone in our lives, and a defining moment. We are happy, excited and elated or at least we are supposed to be.

According to research by Postpartum Support International, approximately 15% of women experience significant depression after childbirth (not baby blues). The percentages are even higher for women with risk factors such as poverty, teen pregnancy, low family or social support, or premature birth.

According to St. Peter's Hospital, every year approximately 700 moms deliver babies in Helena, Montana. 105 moms and families are likely affected by postpartum depression in Helena every year.

Often when women experience depression against the backdrop of this happy celebrated event, they will experience guilt and shame. A common theme is "Why me?" "What's wrong with me?" This frequently leads to moms and families suffering in hiding and silence.

Individuals with certain risk factors have a higher

propensity of developing postpartum depression. Some of these risk factors include: history of depression or mood disorder, PMS, financial or marital stress, complications with pregnancy or birth, infant in NICU, thyroid imbalance or diabetes, mother's of multiples or mother's who have gone through infertility treatment, inadequate support caring for baby.

Moms who have risk factors should be encouraged to talk to their care provider in order to plan ahead.

Untreated depression (mood disorders) during pregnancy and postpartum have significant negative affect on fetus, mother, infant, family and society. It's important to note that postpartum depression is treatable and frequently temporary.

Postpartum Support International identifies three critical components to recovery; medical intervention, therapeutic intervention and social support. PSI's message to women and families:

You are not alone.

You are not to blame.

With help, you will get better.

According to research by Postpartum Support International, approximately 15% of women experience significant depression after childbirth.

>
 MARIA NYBERG,
 MSW AND FLORENCE
 CRITTENTON'S BONDING
 AND ATTACHMENT
 SPECIALIST IS A
 NATIONALLY RECOGNIZED
 THERAPIST CERTIFIED
 IN PERINATAL AND
 POSTPARTUM MOOD
 DISORDERS.



Florence Crittenton offers counseling for women of any age suffering with postpartum depression and is here to help mothers and babies from every community. For more information on postpartum depression support services, counseling or bonding and attachment therapy, please contact Maria Nyberg at Florence Crittenton at 406-442-6950 ext 218 or marian@florencecrittenton.org.

*You are
 not alone.
 You are not
 to blame.
 With help,
 you will
 get better.*

Depressive symptoms vary from person to person. When considering postpartum depression, it is important to consider not only the symptoms but also the severity, timing and the duration. **The onset of pregnancy related depression can be from pregnancy to 1 year post delivery.** The following are postpartum depression symptoms that a mom may experience (most will not experience all the symptoms):

- + Crying and sadness
- + Lack or low interest in the baby
- + Feelings of anger and irritability
- + Appetite and sleep disturbance (not associated with baby's sleep cycle)
- + Feelings of guilt, shame
- + Overwhelmed with every day activities
- + Absence of joy or pleasure
- + Extreme protectiveness of infant
- + Possible thoughts of harming yourself or baby

How is postpartum depression different from baby blues? Postpartum "blues" are noted by the following:

- + Emotional tearfulness, lability
- + Peaks in 3-5 days after delivery (significant hormonal changes)
- + Postpartum "blues" experienced by 50% to 80% of women across all cultures
- + Not related to situations, or personal/family psychiatric history
- + Lasts 2 to 14 days

Teen mothers are less likely to complete high school (only one-third receives a high school diploma) and only 1.5% have a college degree by age 30.

I Do it Out of Love, Forever and Always

ADOPTION + LOVE = FAMILY

Florence Crittenton teen moms gain a world of support as they make multiple difficult decisions – one of those decisions is whether to create a loving adoption plan for their little one.

One young mom, “Marta,” tells her story.



MARTA'S JOURNEY:

My first day was not the greatest. It took me a long time to realize that staff cared about my situation. The only thing I thought was, *they're going to take my baby away ...*

Trusting people is not something automatic. Maria (Crittenton's bonding and attachment therapist) and I went down a tough road. But, I'm closer to her now than anybody else in my life. I can hear Maria saying, “The road gets tougher before it can get better.” I took that to heart. You hit rough spots. It takes time.

I started considering adoption for my son through the prenatal group “Loving Your Baby” classes. Jane is great; she

is an amazing role model and teacher. I was terrified to have a baby. I learned so much about the baby growing inside me and about my pregnancy. I became excited to have my son!

Yet, I also began to realize that I was too young to raise him myself. During most of my pregnancy I wanted to prove to everyone that I was strong, I could do it and I faked being strong by being stubborn! Eventually, I realized that it was also strong to want to give your baby the best life possible and it wasn't about proving a point. It was so much more.

No word can ever describe what it was like to pick an adoptive family for my >>



My wife and I are eternally grateful for our precious little boy and the loving and selfless choice that Marta made. I really admire how Lutheran Social Services and Florence Crittenton helped all of us through this miracle. Marta is a strong young woman and she will always have a place in our hearts and our home. We are blessed!

» son. It took everything I had to make that decision. And it was an incredibly painful, but loving process. I am very glad I got to pick his family! It is an open adoption, so I will get pictures, phone calls and mail from his new family. They are a really awesome couple. I hope to stay as involved in my son's life as I can.

My dream is to finish high school with my new foster family. This year I will be a junior and I am going out for girls' basketball. After high school I want to join the Marine Corps. I love the idea of serving my country. Hopefully, this will lead to my being able to go to college. I am dreaming about being an architect.

I could never have done this without Florence Crittenton. I did all I have done for my son out of love - I will love him forever and always. The people at Florence Crittenton helped me through it all.

Marta, a teen mother, wrote this letter to her son two days before his adoption ceremony:

I count down the days with dread and despair of the day my baby boy leaves me. As the days go by his eyes sparkle brighter, he grows a little bigger and he gets cuter. It gets harder to say goodbye. But, I say this I do it out of LOVE. I love you my baby, forever and for always.

100% of Crittenton teens receive adoption counseling which removes the stigma attached to creating an adoption plan and teaches our teens to be respectful to each other as they make difficult decisions about their babies' futures. Last year, five Crittenton moms chose adoption.

What does the future hold for them?



Did you know that we receive very little funding for the babies at Crittenton?

Your donations allow us to provide the best start for baby, even if mom is thinking about adoption, baby gets the nurturance they need right from the start.

A donation of \$150.00 helps cover the costs for one baby to stay at Florence Crittenton for one month to get the care, support and love they deserve.



Please remember that gifts to Florence Crittenton are needed throughout the year, not just Christmas time. We also celebrate birthdays, baby showers, graduations, departures and new jobs, to name a few occasions.

SHOP ONLINE FOR THE GIRLS AND BABIES – IT'S EASY:

Go to Walmart.com and click on "Wish Lists," enter the first and last name as Florence Crittenton and select Montana. You can see our registry and find lots of affordable gifts!

FOR THE BABIES

- + Cribs (state law requires 2 years old or newer)
- + Crib and bassinet sheets
- + New pajamas and socks
- + Baby slings and backpacks
- + New car seats
- + Baby milestone books
- + New toys for ages 0-3
- + Diapers

FOR THE MOMS

Gift cards to:
 Target + Walmart + Ross
 Safeway + Shopko + Staples
 Hastings + Albertson's + CVS
 Helena sporting goods stores
 Helena hair salons + Phone cards
 Digital cameras to record baby's 'firsts'

FOR OUR KITCHENS

- + Gift cards to the above stores
- + New rice cookers, toasters, and slow cookers
- + New skillets, pots and pans
- + New dishes and silverware
- + Glassware and coffee cups

OUR DONORS

JULY 1, 2009 – JUNE 30, 2010

Thank you to everyone who made a financial gift in Fiscal Year 2010.

If we missed your name, we sincerely apologize and hope you will tell us. Due to space limitations, we must limit gifts to those \$100 and above.

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entryway.

**HOW CAN YOUR
BUSINESS HELP?**
Call Alison Munson
at 442-6950
ext. 205 for more
information.

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Legacy Society donors have made a commitment to Florence Crittenton's ability to care for future generations by making a gift to our endowment. If you would like to make Florence Crittenton part of your legacy by naming us in your will, please contact our Annual Giving Officer, Angela Azure at (406) 442-6950 ext. 221

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Thank you to all the individuals who support the moms and babies of Florence Crittenton through their gifts to United Way. We deeply appreciate your support.

There are hundreds of young mothers and babies living at the margin in Montana. They live at the edge of the American dream. Florence Crittenton is here to help them change their future.



Thank you to Galusha, Higgins, Galusha and American Federal Savings Bank for raising \$3000 for Florence Crittenton with the Green Meadow Charity Golf Classic.

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Florence Crittenton encourages dads

to be involved whenever possible and if it is a sound choice. We teach girls about healthy relationships, boundary setting and making wise decisions for themselves and their babies. We are delighted to provide services and hope to these young families. We know how important it is for a child to have a loving father. We salute these young couples who were not afraid to ask for guidance and assistance. They have made some difficult and terrific choices!

Children with involved fathers

are more confident, better able to deal with frustration, better able to gain independence and their own identity, more likely to mature into compassionate adults, more likely to have a high self esteem, more sociable, more secure as infants, less likely to show signs of depression ...

- DadsWorld.com