

Adoption • Chemical Health Assessment & Outpatient Treatment

In-Home Services • Foster Care • School Based Services

Outpatient Mental Health Services

Residential: *Treatment Cottage, Boys Program, Teens in Transition, & Next Step*

*Girls Program & Teens in Transition*

I.T.A.S.K.I.N. Center: *Stabilization Shelter Unit,*

*35 Day Evaluation & Detention Center*



**NORTH HOMES**  
Children and Family Services

September Newsletter, 2015 \* North Homes Children and Family Services

# The North Homes Connection

## This Issue >>>

- > **Welcome to Camp North Homes!**
- > **May was Foster Care Appreciation Month**
- > **NHCFS to start Endeavors Wilderness Program**
- > **North Homes' family named Foster Parents of the Year**
- > **Bemidji to start supervised visitation**
- > **Employee Highlights: Bobbi Mallum**
- > **Cottage hosts Art Show**
- > **NH Adoption in search of families for teens**

## A letter from Jim Christmas

### President & CEO

The last several months have brought additional changes to the continuum at North Homes Children and Family Services. In early June we purchased an old campground just south of Grand Rapids that features gorgeous lake shore, tall pines, and a number of buildings to provide eating and sleeping space, and ample storage for outdoor gear. Camp North Homes will be a wonderful asset to each program in our entire continuum of care.

In addition to providing our youth and families with new outdoor experiences at the Camp, North Homes welcomes the Wilderness Endeavors program, previously located in Togo, MN. With a strong sense of collaboration, we were able to partner with the State of Minnesota and DOC to continue this program for youth and incorporate it as a part of our continuum. The Endeavors program is a 21 day wilderness program where youth venture out on a trip either backpacking, hiking, skiing, or snowshoeing through some of our areas most beautiful settings.

Further, ground breaking and expansion of the Itaskin Center began on August 10<sup>th</sup>. The administration side of the Itaskin Center moved to a new location just a mile down the road, 303 SE First Street, Grand Rapids while their former space at the Itaskin Center will eventually house 13 new beds solely for short-term intensive residential treatment. The new wing is scheduled to open in October of 2015.

Lastly, Bemidji will begin expansion of their offices to include added space for offices, conference rooms, a resource room for families, and supervision space.

We are thrilled to provide these new services and opportunities to the children and families we serve!

Sincerely,

# North Homes' family named Foster Parents of the Year

*Scott and Deanna Solie have been licensed foster care providers for nearly twenty year and have been with North Homes for just over a year. They were recognized on March 24<sup>th</sup>, 2015 in Minneapolis, MN for their hard work and dedication to youth throughout the years. They received the Distinguished Service Award for Treatment Foster Care, by the Minnesota Social Services Association (MSSA). The Solies have cared for many youth, of all ages and genders throughout their licensure. They have found their niche with adolescent females. The Solies are a specialized home, helping adolescent females learn to be part of a family and community, with the goals of teaching them independent living skills.*



*Deanna Solie pictured accepting her award with CEO, Jim Christmas*

## NHCFS expands number of clinicians certified in Trauma Focused-CBT

*Six additional North Homes mental health professionals underwent training to become certified in Trauma Focused, Cognitive Behavioral Therapy: Andrea Wells (Duluth area); Colbi Ikola (Winnie Way/Hawkins Home residential & Bemidji schools); Becky Zidarich (Itaskin Center); Jennifer Moreland (Grand Rapids Outpatient), Lisa Corradi (Cottage), Rach Lach & Ashley Seedorf (Deer River Schools). Each clinician has finished the training and are in various stages of the certification process. Other clinicians at North Homes who are certified include: Katie Rubesh, Amy Mllum & Jennifer Sheppard (Grand Rapids Outpatient). Further, two mental health professionals are nationally certified in TF-CBT: Collin Heglund, and Kathy Favre. To date, they are the only nationally certified clinicians in Minnesota.*

## Employee Highlight: Bobbi Mllum

Bobbi has worked at North Homes for 16 years and has worked in a variety of positions at the Itaskin Center where she is currently the Central Control Supervisor. NH Staff state, "Bobbi does an amazing job in a short amount of time. She coordinates all transports for commitment and county clients and most times she has only a few hours to a day's notice. She almost always pulls it off and has even done them herself, which is a positive example of teamwork to her staff as well as for the agency."

## May was Foster Care Appreciation

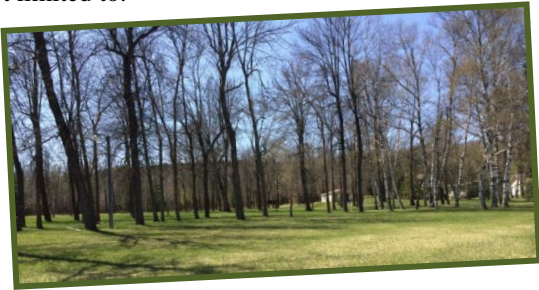
This year's Foster Care Appreciation Day was well attended with foster care providers and staff relaxing somewhere in the tropics between the Port of Indecision and Southwest of Disorder – or otherwise known as the Timber Lake Lodge in Grand Rapids. The day began with Jim Christmas welcoming the providers and thanking them for their hard work throughout the year. Jim's speech was followed by a day full of blackmailing, mystery and intrigue, as a room full of guests [aka foster care providers] participated in North Homes' first Murder Mystery.



It was a great day of fellowship and one full of laughs for everyone in attendance. Your service to children is greatly appreciated!! Thank you! We hope to see you again next year!

# Welcome to Camp North Homes!

Camp North Homes is located on beautiful Hill Lake just outside of Grand Rapids. Large pines surround the serene setting and create enough privacy to give each camper an authentic wilderness experience. The Camp is a great addition to each program at NHCFS and will further enhance the services we provide to our children and families. Camp North Homes is a supplement of each program of our continuum, including all residential programs, foster care, adoption, chemical dependency, and mental health with the goal to give our children and families a genuine outdoor experience that builds confidence, self-esteem, teamwork, appreciation for the outdoors, and exposure to new activities during all seasons of the year. Camp North Homes is an extension of our recreation programming; activities at the camp currently include but are not limited to:



- Wilderness First Aide & Training
- Archery
- Volleyball
- Hiking
- Team Building Activities
- Yoga Calm
- Nature Arts and Crafts
- Swimming Lessons
- Leisure Swim
- Water Safety
- Junior Lifeguard
- Fishing
- Kayaking/Canoeing
- Skiing
- Snowshoeing



Archery instruction at Camp North Homes during the foster care picnic in July.

## NHCFS to start Wilderness Endeavors program

*North Homes Children and Family Services is excited to welcome the outdoor experience program called Wilderness Endeavors! Wilderness Endeavors is a 21 day outdoor experience program with the goal to provide youth with a safe but challenging environment in which to discover and develop tools for change and personal growth. Youth begin their journey at Camp North Homes and then venture out to intensive adventure activities and wilderness travel. Youth can earn some credits toward high school graduation requirements.*

*Wilderness Endeavors empowers youth with confidence, independence and perseverance by placing a small group of five to ten youth in an emotionally and physically demanding program that will help each youth to reach beyond preconceived limitations. Both boys and girls groups are available during all seasons.*

## Bemidji to begin Supervised Visitation

Bemidji will now be providing supervised visitation services for Beltrami County Health and Human Services. North Homes has been providing some visitation services to partnering counties, but this new partnership with Beltrami County will grow the program substantially.

To learn more information or to make a referral for supervised visitation, please contact Teresa Trapanier (218) 751-0282.

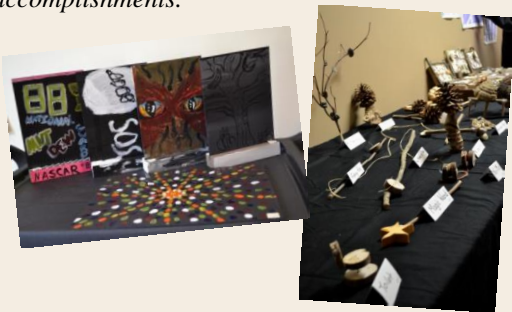
# How can you help a child in need?

North Homes Children and Family Services is a non-profit, 501c3 organization. In order to continuously improve our programming to the youth and families we serve, we accept tax deductible donations and memorial gifts.

If you would like to help the at-risk youth and families we serve, North Homes Children and Family Services accepts a variety of donations, big or small. Donations can come in the form of cash donations, memorial gifts, pledges, or through items such as clothing or other items. For more information regarding giving to North Homes, please contact Wade Chiodo, 218-327-3000 or via email at [wade.chiodo@northhomes.org](mailto:wade.chiodo@northhomes.org).

## Cottage hosts Art Show

The students at the Cottage held an art show in April to show off their talent and the amazing work they do through the arts. Several families and North Homes staff browsed their wonderful work and participated in a scavenger hunt to find a variety of objects and images within the artwork. It was a great turn out and all of the students were proud to show off their accomplishments.



## North Homes Adoption Seeking Families for Teens

North Homes Adoption provides child specific recruitment services to identify permanent, adoptive families for specific youth who are currently in foster care. **We are currently seeking a permanent, adoptive home for a group of three teenage siblings who would like to stay near OUR community.** Like these teens, there are many other youth right here in our own community who are looking for a permanent family to call home. Our youth need families who will be there for them when applying for college, when buying their first car, when coming home for the holidays, to be at their weddings and grandparents to their children, among many other things. The need for parents continues long after a child turns 18. If you want to learn more about adopting teens, please contact NH Adoption, (218) 327-3000.

## Walker Day Treatment to Open in September

North Homes CFS has partnered with the Walker-Hackensack-Akeley school district to provide intensive day treatment services for students in grades K-5 who may need an alternative, therapeutic school environment and whose previous school performance has been limited by significant emotional, behavioral, and learning difficulties. Day Treatment is an on-site program that provides three hours of broad range therapeutic services designed to strengthen individual and family functioning under the clinical supervision of a mental health professional. These services are in conjunction with educational instruction from WHA district professionals.

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