



*From the Chief Executive Officer, Bob Lieberman*

Things have been very busy for us at Kairos this spring. We are very excited to have opened another program for young adults in transition. This one, which we've named "Tempo", represents an expansion of our services into Eugene. In deciding to bid on this opportunity eighteen months ago, the Board responded to the voice of our young adults, who asked that we seek to take what we know to other communities in order to create more resources for them and their peers in locations outside of Grants Pass. Our proposal was to essentially replicate the Momentum young adult program, from which we have successfully discharged eleven young people into their own apartments or back home in its first two years.

Beyond this new program in Eugene, we are excited to be working with our partners in Coos and Jackson Counties to develop innovative services through which children and their families can be served in their homes and community settings, as well as in residential settings. We are basing these collaborations on the latest brain research and best practices as we strive toward our vision *of a region of communities that values mental wellness, in which all children and families have access to supports and services.*

More visibly, the Community Services Building is under construction. This building will house our Treatment Foster Care, Community Services, and School Community Team. The next step of development will be to build a new psychiatric residential building for youth, with a crisis unit to serve young people who are experiencing psychiatric or behavioral emergencies. Currently there are very few resources to meet this need in the state, and none in Southern Oregon. We are organizing an effort to help pay for this development that involves grant making as well as private philanthropy; we've been heartened by the positive response to a feasibility study testing the level of support in our community as well as in other places in the state where our work is known and valued.

Particularly encouraging has been the response of our own staff, who have responded to a dollar for dollar challenge and are donating to this campaign. At the time of this newsletter well more than one third of our employees have made or pledged contributions and our running total is over \$4,000. We expect that most employees will make a contribution at a level they can afford, because of their dedication and commitment to our work. We also have contributions and pledges from our Board and have already received commitments from local grant makers, as well as several hundred thousand dollars of in-kind support and cost offsets towards the development.

Please let us know if you want more information about our efforts to develop these critical resources. And please also consider a gift either to the construction or towards our general operations. Despite the important attention that children's mental health is receiving locally, statewide, and nationally, our operating contracts still do not fully cover the costs of services and we are reliant upon other support for our ongoing work. You, our community, has supported our work for 35 plus years and by all signs remain there for us. We couldn't do it without you, and the young people and families we serve and support are appreciative.

Also in this newsletter you will find the words of some of our young people excerpted from our Celebrations of Hope on May 3<sup>rd</sup> and May 10<sup>th</sup> in honor of Children's Mental Health Awareness Day. Please check out what they have to say and please stay connected with us as we work together to create a better future.

## Quotes from the Celebration of Hope Luncheons

- *“I think the Kairos sun could represent the spark of a child’s new beginning.”*  
**Coastline Therapeutic Foster Care youth**
- *“With Kairos we both felt relieved that there was/is a support system to help her cope with whatever learning barriers that were creating a chaotic learning experience for her.”*  
**Coastline Day Treatment parents**
- *“Kairos New Beginnings has really changed my life. I know for a fact that if I never spent the time here that I have, I would be back to being homeless, using drugs, and being in a gang. But now I have goals. I know what I want out of life and I know how to use my leadership skills to advocate for myself and others.”*  
**New Beginnings youth**
- *“I remember the fear of going back out to the battle field we call society. Kairos stood by my side and said to take the tools and you will be fine, because you can do it! They believed in me before I did.”*  
**Grants Pass Therapeutic Foster Care youth**
- *“They may be proud of me for making it this far but I’m even more proud of them, and someday when I’m in my dream job of being a politician you can thank Kairos for making the change in me so I can make a change in the world.”*  
**Momentum young adult**
- *“Kairos helped me see that there is a better future for me, almost like a second chance.”*  
**Three Bridges young adult**
- *“When I first came to Kairos, my morals and values were not very strong. Then, after a while, with the help of staff and myself, I built my character to the man I have always wanted to be with the values of respect, honesty, responsibility, humor, and kindness. Once these values started to kick in, I almost couldn’t go back to the way I was before. Just like what Kairos means, the moment when change is possible, my moment was made.”*  
**Three Bridges young adult**

Kairos has been making a difference in the lives of youth and young adults with mental and behavioral disorders and their families for over thirty five years. We help them learn skills and find solutions to build a better future for themselves and the community. Your contribution helps us continue this important work. Please feel free to arrange a tour and perhaps meet some of the youth we serve. **Together, we can build a stronger community and bring hope and promise to the youth and families who need our help the most.** Thank you once again for providing our agency with your help and support!

Please mail this form and your check to:  
**Kairos**  
**Development Department**  
**715 SW Ramsey Avenue**  
**Grants Pass, OR 97527**

Or you can make a donation  
on our website via PayPal at:  
<http://kairosnw.org/donate>

---

Name

---

Address

---

City State Zip

---

Email

M.O.V.E. is an acronym for Motivating Others through the Voice of Experience. Youth M.O.V.E. is a national group with state and local chapters focused on elevating awareness of children's mental health challenging promoting effective policy and programming.



In the Fall of 2012 Kairos became the first residential treatment facility in the nation to host a Youth M.O.V.E. Chapter. The group of youth and young adults decided to call themselves Youth M.O.V.E. Kairos (YMK) and gave input to create their logo. They have been meeting weekly and planning future events. Their purpose, is summarized in a document they

wrote - "A Movement of Minds" is to educate Kairos and the community about the unique challenges faced by young people struggling with mental illness, in their own voice. YMK is expanding its membership at this time and is busy recruiting new members. The goal is to have two to three YMK representatives from each of the programs.

On May 10th Sandy Heine, Family Support Specialist and Peer Supervisor took a few of the Youth M.O.V.E. Kairos members, and Peer Support Specialists Nichole and Eliot to Salem for Children's Mental Health Awareness Day festivities at the Capitol. It was a powerful reminder of the importance of youth mental health services and an empowering opportunity to share stories and connect personal experiences to policy-making.

The event was organized by the Oregon Family Support Network (OFSN) and Youth M.O.V.E. Oregon around the theme of "Caring for Every Child's Mental Health and Celebrating Unsung Heroes". Youth M.O.V.E. Kairos and the Peer Support Specialists were invited to share stories of their experiences in the mental health system to a diverse crowd of youth, families, legislators, caregivers, and supporters. Other guest speakers included Governor John Kitzhaber; the Director of the Oregon Health Authority Bruce Goldberg; Senate President Peter Courtney; and Executive Director of Youth M.O.V.E. Oregon Martin Rafferty.

We were reminded by several speakers that 1 in 8 youth experience significant mental health challenges and all too often don't get the support they need. Youth M.O.V.E. Kairos' stories and others were a visible and significant reminder of the importance of keeping personal experiences at the center of the policy-making conversations.

Youth M.O.V.E. Kairos had the opportunity to meet several legislators as well as members of Youth M.O.V.E. Clackamas. We received very positive feedback about the importance of youth voice and were encouraged to keep attending policy-level conversations regarding mental health services. Youth M.O.V.E. Kairos is looking forward to continued engagement and action!



*Peer Support Specialist, Nichole, speaking on the Capitol steps.*



*Youth M.O.V.E. Kairos watching Native American drummers.*



*Peer Support Specialist Eliot enjoying the event with a YMK member.*

Kairos—formerly SOASTC  
715 SW Ramsey Avenue  
Grants Pass, OR 97527

**RETURN SERVICE REQUESTED**

Nonprofit Organization  
U.S. Postage  
PAID  
Grants Pass, OR 97526  
Permit No. 111

*We would like to take this opportunity to thank our Board of Directors  
for their time, service, and commitment to our agency.*

- ◆ Dave Lorenzen, President
- ◆ Heidi Huddleston, Secretary/Treasurer
- ◆ Kelsy Ausland, Past President
- ◆ Paisley Breece, Family Representative
- ◆ Lauren Conn, Youth Representative
- ◆ Mark Minnis
- ◆ James Moore
- ◆ Jim Narmore
- ◆ Bob Sitov
- ◆ Jill Smith
- ◆ Nancylee Stewart
- ◆ Dennis Webber
- ◆ DonnaJean Wendle

[www.kairosnw.org](http://www.kairosnw.org)