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## WAYS TO GET INVOLVED

- 1 Volunteer with us during the Flying Pig Marathon on Sunday, May 7th from 6 to 10am. Help raise funds and awareness by volunteering today!
- 2 Donate to help more children and families
- 3 Follow us on social media and visit our website for more stories



# INSIDERS' SCOOP

Volume VII | Issue I | Spring 2023



**Inside:**  
Your support helps children and families succeed





# What Does Success Look Like?

We use **science** and **compassion** to **inspire** caregivers, **strengthen** families, and **redefine** parenting for the future.

What does success look like? With an ambitious mission and vision to make the world a better place by supporting and encouraging the strengths of parents and caregivers, it can be challenging to pinpoint what success really looks like.

*“Our Parenting Specialist, Melody is amazing! During the absolutely darkest time in my life, as an individual and as a mother, she gave me hope. She helped me muster up enough confidence to face my situation with my child by educating me and offering me ways to change my perspective positively. She helped me understand my daughter better and how to navigate her emotions while remaining supportive and patient at the same time.”*

For parents supported through Parent Connex<sup>®</sup>, success looks like **developing strong relationships between parents and their children that last into adulthood** and begin again with the next generation. That is the power of Natural Strength Parenting<sup>™</sup>.

*“When tragedy hit our school, our College + Career Counselors, in partnership with our faculty and our Beech Acres Parenting Center staff, went above and beyond in providing the support our students needed.”*

For clients served in schools through Beyond the Classroom<sup>™</sup> and The Character Effect<sup>™</sup>,

success looks like **students, parents, and teachers who are actively engaged in the school community**, are self-aware, connected with others, achieving their goals, and are prepared for what’s next.

*“I was blessed with an awesome caseworker named Jerri, who fought for me and worked tirelessly for my grandchildren and me. She basically saved our lives through a very traumatic struggling time.”*

For the parents, caregivers, and children in the community served by With All Families, success looks like **90% of the children served directly or indirectly experience stable homes** and placement.

And for our people who are doing this important work in the community, success looks like a high-performing staff whose representation, education, and communication reflect the diverse faces in our community. Those same faces feel that our services provide for them equitably, and they feel included in our operating model.

We’ll be building out what success looks like for our team at our upcoming Transformational Summit, where we will be learning, growing, and transforming together, setting the stage to continue to do the critical work in our community that will help us achieve our vision of a world where every child’s natural strengths are nurtured, so they realize their endless potential.

Laura Mitchell  
President & CEO

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## Are you looking for a tax-smart way to support Beech Acres mission?

### GIVE TODAY

If you are 70 ½ or older you can lower the income and taxes from your IRA withdrawal by making a Qualified Charitable Distribution from your IRA.

A charitable donation from your IRA to Beech Acres may also satisfy your Required Minimum Distribution for the year.

### GIVE TOMORROW

By donating part or all of your unused retirement assets, you can continue to provide for your loved ones – and the charities you hold dear.

Designating Beech Acres as a beneficiary of your IRA, another retirement account or life insurance policy, or leaving a gift to Beech Acres in your will or trust are easy ways to ensure a bright future for kids in our community.

Your generosity has the power to weave joy and love into the lives of vulnerable children and families in our region – today AND tomorrow. Giving from your IRA now and from your other retirement accounts in your legacy planning are compassionate and tax-smart ways to support Beech Acres.

Beech Acres Parenting Center has been serving children and our community for over 170 years and you can help ensure this legacy continues for generations to come.

Please talk to your financial advisor and reach out to Beech Acres VP of Development Jordan Huizenga at [jhuizenga@beechacres.org](mailto:jhuizenga@beechacres.org) or 513.233.4748 for more information on how your IRA or legacy plans can support Beech Acres today and in the future.



**Parent ConnexT® resulted in significantly fewer sick visits for children and increased odds of receiving a referral for behavioral health and other concerns.**

The findings were published this October in *Prevention Science* from a team of experts from Beech Acres Parenting Center, Cincinnati Children's Hospital Medical Center and TriHealth.

The research focuses on the Beech Acres Parent ConnexT® program, in which parents can connect with individualized parent coaching sessions arranged through their pediatrician. The study sample included more than 27,000 patients in Greater Cincinnati and continued for 36 months from 2017-2019.

*"Our research highlights the potential benefit to child health from two-generation approaches which focus on the needs of parents and children at the same time,"* said Robert Shapiro, MD,

of Cincinnati Children's, senior author for the paper and a Beech Acres board member. *"We hope to replicate these findings in future evaluations."*

Through Parent ConnexT®, Beech Acres child development specialists are embedded in pediatric practices throughout Greater Cincinnati. Parents can be referred to the program by pediatricians, or they can self-refer. Child development specialists conduct screenings for environmental influences on a child's family that could lead to everyday parenting challenges and even toxic levels of stress, an environment that can lead to long-term health problems for children such as developmental delays, physical illness, behavioral problems, mental illness and others. **By focusing on positive parenting strategies, conditions improve for healthy child development and better parent-child relationships.**

*"When pediatricians are able to swiftly connect parents to positive parenting*

*support through Parent ConnexT®, the parent will go directly to this support when needs arise rather than scheduling a separate sick visit,"* said Jill Huynh, vice president of Parent ConnexT® at Beech Acres and a co-author of the paper.

The authors point out that the American Academy of Pediatrics encourages pediatricians to screen for risk factors for adversity, provide families with guidance on positive parenting and social-emotional development and participate in innovative service-delivery adaptations to support children, but such approaches are not yet standard nationwide.

The Centers for Disease Control and Prevention have previously designated Parent ConnexT® as evidence-based, determining the program to be **best-in-class coaching that demonstrates consistent positive results for families.** First established in 2017, Parent ConnexT® has screened more than 30,000 families over the program's history

## Donor Spotlight

**Beech Acres is grateful for the many wonderful donations of clothing, toys, personal care and household items we receive to help our families. These items help provide basic needs and joy to children and families who are facing challenges.**

**Thank you to these wonderful donors and the many other donors who have chosen to generously give back to their community.**



**Gracie Jackson, a senior at Mt. Notre Dame High School, was looking for a way to give back to the community. For her Senior Capstone Project, she chose to coordinate a drive for personal care items to be donated to Beech Acres Parenting Center.**

*"I really like the mission Beech Acres has and the work they do," Gracie said. "I taught some younger kids about service and what Beech Acres does. With their help and others, I collected personal care items that will be donated to Beech Acres and given to families."*



**Nubya Massey, Kids Director at Queen City People Church, with Foster Care team member Calena Durel**

Queen City People Church, a new neighbor of Beech Acres, was looking for a way to help support local foster children. Nubya and her team collected new pajamas for infants and teen foster children. These pajamas will be placed in Journey bags to help comfort and ease the transition of foster care children into their foster homes.

# Quinn's Story

Like many middle schoolers, Quinn was experiencing social anxiety. This was affecting them at school and at home. **Quinn was beginning to have negative interactions with their teachers, peers, friends, and even their parents.** When Quinn's mother discovered some concerning writing of Quinn's she feared they may be struggling with depression. She was scared and didn't know where to turn for help.

Fortunately, Paulina, a Beech Acres Parenting Center therapist was located at Quinn's school. This made it simple for Quinn to quickly access the care they needed.

**Paulina and Quinn worked on identifying Quinn's strengths, setting goals, and positive ways to address their emotions.** Together, they found ways to identify more positive ways to approach daily interactions at home and at school. In addition to therapy, Paulina recommended medication to assist in Quinn's healing.

The Beech Acres team also engaged Quinn's parents in the healing process. One of the first things they worked on was communication. Open, honest communication is important to any healthy family relationship. The family worked together on establishing short-term and long-term goals and agreeing on how to achieve them. **As their communication improved so did their relationship.** Quinn was more open to honest feedback from their parents. And their parents noticed significant improvements in the way they interacted with others.

*"Thank you, Beech Acres, for caring for Quinn. They have learned how to focus better in class and improve their test scores. They also have a much higher self-esteem and more self-confidence." Quinn's mom said.*

The family implemented a behavior chart into their routine to help Quinn understand that their behavior has consequences. This helped them understand that their behavior not only impacted them, but also everyone in the family. They've also set an intention to spend more one-on-one time together.

Today's students are facing increasingly complex challenges. Social media, depression, bullying, stress, and anxiety. Many students require additional help from mental health needs to resources at home that go beyond the classroom. **Thanks to the support of donors like YOU, Beech Acres can provide complete wrap-around support to kids like Quinn and their families.**

**1 in 5 children will be diagnosed with a mental health disorder during childhood.** Through the **generous support of donors like you**, Beyond the Classroom™ provides mental and behavioral health services, crisis support and prevention, and holistic family support services impacting over 8,800 students and families in 29 Greater Cincinnati schools.

## Foster Care Need Grows, Beech Acres Recruits and Celebrates



**Our Fabulous Foster Care Team!**

58 foster parents attended our recent Foster Care Winter Training Conference from four different agencies. These parents were able to obtain a combined 306 training hours! More importantly, these foster parents were able to learn valuable content and strategies to help them be the best foster parents they can be, ultimately helping to provide the safest and best environment for children to be in while in their care.

Every day, 1,300 children in Hamilton County are living in an out-of-home placement. There has never been a better time to consider foster care. Make a real difference for children in your

community by exploring, supporting, or becoming a foster parent.

Help us celebrate and support foster families by considering a donation or sponsorship to our 2023 Foster Parent Appreciation Dinner. Your gift will help over 200 children in Hamilton County who are placed into our foster homes, as well as support critical prevention services for families at risk of losing their children.

For more information scan the QR code to visit our website.

