



Building Bright Tomorrows... Today

Winter 2019



Photo by Joseph Gonzalez, via Unsplash.com

"It's like the match I have in my heart had gone out; and now it's lit again!"
-14 year old client

Rekindle the Heart

One family's story of hope & healing

On a cold evening in December, Nikki's family gathered in their Corvallis home to decorate their Christmas tree and enjoy holiday festivities as a family. A typical tradition for many families, but the holidays were known to trigger traumatic memories for their three girls, all of whom experienced severe trauma early in life. Fully equipped to handle any meltdowns (a common byproduct of trauma), Nikki and her husband were devoted to providing a safe space for their children to celebrate the holidays together. To their amazement, the evening came and went with only positive experiences.

Nikki attributes much of the success of this night (and others since) to her daughters' weekly EMDR therapy sessions. EMDR (Eye Movement Desensitization Reprocessing) has opened the door toward healing for Nikki's family. Her children were adopted after experiencing many types of abuse at a very young age.

Eye Movement Desensitization Reprocessing : Therapy That's Proving to be Life-Changing

They had been in talk and play therapy for several years. But when traditional therapy did not help alleviate trauma-related outbursts, we introduced this new approach. In EMDR therapy, the patient

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Straight from the Director

As we start the year, we look back to 2018 with gratitude for all the support we received from our community. This support comes in many ways: as funds to pay for our services and the staff who deliver them, as volunteer hours in our programs, administration, facilities upkeep and fundraising, and as donations of classroom supplies, books, and support items for our children and families. All of that allows access to help, when children and families need it most.

We know that children and families continue to face economic and housing stress, impacts from multi-generational drug and alcohol addiction, and challenges from technology that can escalate feelings of loneliness, alienation, anxiety and social pressure. In the midst of this, we continue to build strong support systems that help children and families in our community as they learn, heal and flourish. Our five main programs continue to work at full capacity and this year we hope to expand our Relief Nursery with new classroom programs in Monroe.

One of our challenges, like every business, is to ensure we deliver services in a smart way and continually evaluate the effectiveness of what we do. Last year we invested in staff training for EMDR (Eye Movement Desensitization Reprocessing) therapy. EMDR has shown amazing results for those who have experienced trauma—trauma caused by a single event or the complex trauma we often see in the children and families we serve. We are excited to share that journey with you in this newsletter. We are hopeful to help more children and adults live fuller lives, by incorporating this new modality into our work.

Every journey is different and the pathway to learning and healing is never easy. It takes a lot of hard work and support for both the family and our staff. Thank you for allowing us to do this important work. Your investment in our most vulnerable children brings us joy every day. We see children and their families grow, become more resilient, and gain the skills needed to participate more fully in our community.

**-Bettina Schempf
Executive Director**

Happening at Old Mill Center

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focuses on the traumatic memory while experiencing bilateral stimulation engaging both sides of the brain. The result is that traumatic memories are reduced and often do not re-trigger. This ground-breaking therapy was not readily available for children in our area until OMC secured grant funding to send eight counseling staff to EMDR training in 2018.

EMDR Applications

Clinicians have reported success using EMDR in treatment of:

- Sexual and/or physical abuse
- Post-traumatic reactions
- Disturbing memories
- Self esteem issues
- Panic attacks
- Complicated grief
- Phobias
- Stress reduction
- Performance anxiety



Courtesy EMDR International Association, emdria.org

Nikki and her girls are one of over 600 families we served last year. Many of these include children suffering from complex trauma or traumatic events

The cost of EMDR training is substantial. The benefit to families impacted by trauma is greater. We hope to continue to provide training and to help cover costs for those with limited or no medical coverage. No one is turned away for lack of ability to pay.

If you'd like to learn more about our efforts to reduce trauma in children or to help us provide this critical service to families in our community, call (541) 757-8068 or contact Kate Caldwell at kate_caldwell@oldmillcenter.org.

Local Business Giving Back

Old Mill Center is known for providing a variety of services to local families in need—respite care, counseling, therapeutic day care, early education and more—but did you know about our Resource Closet?

Since 2011 our Relief Nursery has operated a Resource Closet stocked with diapers, clothing, household & hygiene supplies for families, and all the basics for kids 0–6. The items are provided at no cost to our families. We thank our community, whose unflagging support sustains this resource.

But toddlers and babies aren't the only kids we serve—our Counseling program treats children 2–18, many with needs of their own. Additionally, many of the younger children in our other programs have older siblings whose needs can't be met by the Relief Nursery Resource Closet.



The JLL team poses with items they purchased for the Resource Closet

That's why we are excited to announce our new Outpatient Resource Closet, generously sponsored by JLL – Corporate Real Estate & Workplace Services (CREWS).

Designed to cater to older children and teenagers, it is stocked with clothing, school supplies, and personal hygiene items that can be accessed by older kids and young adults. We hope that providing these basic necessities will help reduce the stress vulnerable children and teens experience.

Thank you to the employees of JLL, who donated both time and financial support to this project.



EMDR: A Tool to Help Children Heal

Younger children often struggle to verbally communicate their needs, especially those who have experienced traumatic events. Most therapies for younger children require specific tools / strategies that are developmentally appropriate, relying on expressing feelings through play or other non-verbal mediums as opposed to verbal communication. Since it uses bilateral physical stimulation to assist with reprocessing, EMDR can be successfully integrated into play therapy without requiring the child to verbalize their experiences or traumas. This makes it a valuable tool for helping children of all ages overcome the negative effects of trauma.

Terrie Haworth, MA, LPC
Child and Family Therapist/Clinical Supervisor

Thanks to the Community

SPIRIT MOUNTAIN
COMMUNITY FUND



The Confederated Tribes
of Grand Ronde

Spirit Mountain Community Fund

A grant from the Spirit Mountain Community Fund contributed significantly to our behavioral health collaboration with the Corvallis Boys & Girls Club of Corvallis and the Philomath Youth Activities Club during 2018. It helped build and strengthen trauma informed after school environments. Thank you to the Community Fund for their generous support.

Thank you to all the individuals, groups, and businesses who donated to our 2018 Secret Santa Holiday Assistance Program. Your generosity brought holiday gifts to over 350 children this year.



WIN A CAR!

OMC 2019 Car Raffle
Win a 2019 Toyota RAV4 or a 2019 Subaru Forester

Raffle Tickets: \$100

- Need not be present to win!
- Minimum value: \$24,000
- Only 420 tickets sold
- Winner announced at OMC Annual Dinner & Auction May 4, 2019

Buy online: omccf.ejoinme.org/raffle

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We couldn't
do it without you!

What's New

Old Mill Center for  Children and Families

Save the Date

Planting Seeds



for the Future

May 4, 2019

2019 Annual Dinner & Auction



Thank You Subaru of Corvallis!

We would like to thank Subaru of Corvallis for their Fill a Forester With Love Food Drive, which provided food for the families we serve. Thank you to everyone who donated!

Join the Old Mill Center

Magic Makers

Now giving is easier than ever.

For a limited time, all new recurring donors will have their first year of gifts **matched**.

That's twice the impact at no extra cost to you—and twice as many young lives changed.



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www.oldmillcenter.org/get-involved/magicmakers/

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Bettina Schempf
Executive Director

Wishlist!

- Weighted lap blankets
-these can be homemade!
- Socks & underwear sizes 4 - adult
- Rain gear for teens
- Enfamil / soy-based formula
- Bags of clean sand for the sandbox
- 9V batteries
- Love seat for preschool classroom
- Art & craft supplies
- Portable CD player for classroom use



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