



## Trillium Breaks Ground on Mid-Valley Adolescent Facility

On August 29, Trillium Family Services broke ground at the Children's Farm Home campus on a new secure adolescent inpatient program facility. The new facility will replace an older building and provide state-of-the-art treatment and care offerings to Trillium's clients.

"Since 2001, when the state asked Trillium to step up to provide the services, we have improved outcomes, reduced average length of stay and saved the state \$190 million over what they would've had to pay for those services," said Kim Scott, CEO of Trillium.

The new facility will begin construction this fall and open next fall. The overall budget is \$6.2 million, and the state of Oregon has committed \$3 million to support the project. This is the second of three secure inpatient facilities planned for construction on Trillium campuses. The first building, the Sequoia Unit, opened for service in 2015 on the Corvallis campus. The third facility is scheduled to be built at the Portland campus in 2021. Each facility will house up to 13 clients and will serve hundreds of youth each year.



"This facility will support the increasingly challenging population we serve. The new building will help keep both children and professional staff safe and allow us to retire an older building that has been serving that role," shared Jamie Vandergon, President of Trillium Family Services.

To contribute toward the completion of the facility, please contact John Donovan at 503-813-7724 or [jdonovan@trilliumfamily.org](mailto:jdonovan@trilliumfamily.org).

## Trillium's Teens Shine at Corvallis DaVinci Days Kinetic Challenge



For the second time, Andy Adler, M.D., a psychiatrist at Trillium's mid-Valley campus, worked with a team of adolescents to enter the da Vinci Days' Kinetic Challenge race, a signature event in the annual da Vinci Days festival held on July 21.

This year's vehicle design — a taco that is also a cat — was done by kids in Trillium's residential programs, who work on the vehicle an hour every week. Because the kids have all contributed to the four-seat vehicle, he said they all have bits of it they can take pride in.

Last year, the Trillium team experienced a number of breakdowns and had to push the cow-themed vehicle the last four miles.

Adler initially saw the event as something fun for the kids, a chance to teach the kids about resilience. "We're teaching these kids it's about how you deal with adversity."

The kinetic challenge race, in its 27th year, drew 21 teams. Portions of the race took place at the Benton County Fairgrounds, through streets of Corvallis, inside the Crystal Lake Sports Park and a part of the Willamette River.



# Trillium's Journey with Children, Families and Community

By Kim Scott, CEO & Jamie Vandergon, President



So much has changed in children's behavioral and emotional health since we first started our careers. The decades-long stigma toward mental health is finally moving toward public acceptance and support. We are grateful to everyone who has joined Trillium's anti-stigma campaign, Keep Oregon Well.

As importantly, our fundamental approach toward the young people we serve has moved from "What's wrong with you?" to "What's happened to you?" and now we are beginning to ask "What's possible for you?"

The idea of accompaniment is a powerful framework for us. So much of Trillium's work with children and families happens outside of a hospital-level, residential facility. With Master's level therapists embedded in nearly 140 Oregon schools, and with thousands of children receiving care in their homes or their own communities, we know that the best outcomes often occur in or close to home with family supports closely aligned and integrated into that care.

Even individual situations that require round-the-clock, in-patient care in our residential programs are wrapped within a broader, more localized set of services. Trillium's full spectrum of programs strives to balance support with connection to each child's family and local community.

The needs of each child will change as they grow and mature. Our medical and therapy staff view each child's journey individually, understanding that our role is to support, to treat and to finally take our leave as each person hopefully finds themselves in a better place.



## The Values of Our Wealth

By Scott Berry, TFS Foundation Board Chair

"In our relationship with money, it is using money in a way that expresses our integrity; using it in a way that expresses value rather than determines value." - Lynne Twist, *The Soul of Money*



A favorite question to ask new clients is "what would you be doing if money weren't an issue." Responses vary tremendously - travel the world, volunteer, spend more time with my family, focus on my art. What is universal is the glow that comes over someone's face when they envision a world of unlimited possibility and living a life dedicated to their values.

We live in a time where we've never seen so much wealth amassed, and money should not be an obstacle like it was in the past. Almost every week the stock market is breaking a new all-time-high and we see unemployment near all-time-lows, yet financial stress and dissatisfaction have also never raged so rampant.

Why? Undoubtedly that is a complicated, nuanced question with many explanations. I've spent my career helping families address these issues, and unfortunately I believe that this same industry actually makes the problem worse!

True empowerment comes when our actions are aligned with our intentions and we live true to our values. My vocation is helping individuals and families look at their financial statements and see their values instead of their balances. When you can see how your financial choices tell the story of who you are and what matters to you, then we will build a more fulfilling relationship with money and work toward a path leveraging this resource to demonstrate our values.

There is no higher self-expression of our values than to give generously to a cause or organization without any expectation of receiving anything in return. If we were to reframe our finances into Maslow's Hierarchy of Needs, this act would reflect "self-actualization" - the pinnacle stage of our needs as humans.

I've seen countless individuals reach this stage over the years. "When you make a difference with what you have, it expands" writes Lynne Twist in *The Soul of Money*.

So who are we when we are at our best? Maybe that is the real question we face. When our dollars match our values, we may find that it really is no issue after all.

# Trillium Family Council Finds Possibilities in Role

By John Donovan, Sr. VP of External Affairs



In early August, I met with the Trillium Family Council. For a group that is dedicated and willing to meet every month - even in the depths of the dog days of summer I was more than happy to introduce myself and to explore their thoughts about Trillium's work and role for the families of Oregon.

My first impression was that the parents are deeply committed to assisting other families who bring their children to Trillium for care, such as how to better communicate with the family community connected to Trillium, and sharing ideas and examples of other organizations that do a good job of connecting to their parents.

Some ideas we discussed included more community events where we can bring our Keep Oregon Well booth and activities to help fight stigma and engage Oregonians on mental health.

Other ideas included collecting parent input in the upcoming construction of the new Secure Adolescent Inpatient Program unit; this newsletter is in part a result of a key idea from the Family Council, and we plan to feature a parent or family story prominently in each newsletter edition.

The Family Council comprises parents and foster parents of current and former clients of Trillium who provide important feedback on their families' experience of care and support from our staff. This group is made up of both mid-Valley and Portland-area family members, and is open to any parent or former client who wishes to join. They typically meet on the first Monday of the month in the early evening. I would encourage any parent or interested family member to contact Mary Buzzell, Trillium's Family Partnership Coordinator at [mbuzzell@trilliumfamily.org](mailto:mbuzzell@trilliumfamily.org) or 541-750-1134.

## Bridging the Gap Between Full-time Residential and Community-level Care

Trillium's Clinical Day Treatment programs, Edwards School in Portland and Northpoint School in Corvallis, work with high-risk children to bridge the gap between community care and residential levels of care. The K-12 level students are on-site for 6.5 hours a day and advance their education while they receive intensive therapeutic care. Edwards and Northpoint also provide a 24-hour crisis support system for the program's students and families.

Many children at Edwards and Northpoint are stepping down from higher level care, such as residential (full-time) treatment, or stepping up from a lower level, such as outpatient treatment. Clinical Day Treatment staff help students acquire the skills and tools for success in their home and the community. Our teams work closely with on-site certified teachers to reduce gaps in their education, and with school districts to ease the transition back to neighborhood schools.

The Clinical Day Treatment staff constantly communicate with the family and the student's psychiatric care team to create dynamic treatment plans, always adjusting to manage the ebb and flow of client needs. Parents also feel supported by family therapy and the availability of 24/7 emergency crisis response.



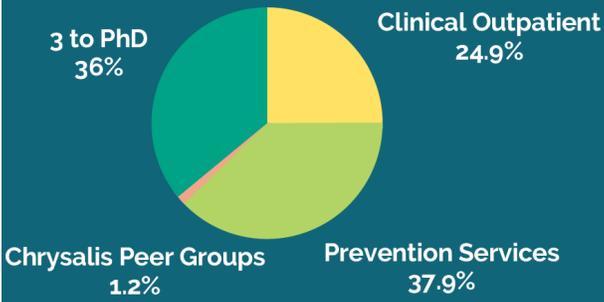
While most K-12 schools only have a nurse on staff for a few days or even a few hours per week, Edwards School offers a full-time psychiatrist on site for students and families. Northpoint School hosts an on-site pediatric mental health nurse practitioner. Because the staff works so closely with the children's teachers, they can rescript trauma reenactments about schools or traditional classrooms, as many of the children have had negative experiences at their neighborhood school.

For many young people who "graduate" from Trillium's Clinical Day Treatment Program at Edwards or Northpoint, the skills and tools they gain prepare them for better outcomes in their home and community.

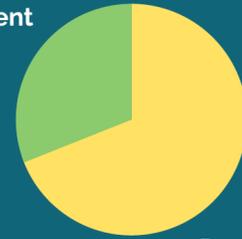
# Trillium Impact Dashboard

COMMUNITY AND SCHOOL-BASED PROGRAMS AND SERVICES (2018): 7,924 CASES

FACILITY BASED SERVICES (2018): 780 CHILDREN



Residential Treatment 31%



Day Treatment 69%



TRILLIUM'S ANNUAL ECONOMIC IMPACT IN OREGON

**\$106,637,700**

TRILLIUM'S DOCUMENTED TAXPAYER SAVINGS FOR SECURE INPATIENT PROGRAMS (2001-19)

**\$190,000,000**



## Make a Difference

There are many ways you can help build a brighter future with us as we walk shoulder to shoulder with children, families and our communities. You can make a one-time contribution, schedule monthly donations, establish a trust or plan a bequest in your estate.

We are excited to collaborate with you to make a meaningful difference in the lives of children facing emotional challenges. Join Trillium's community of contributors today.

Contact John Donovan for more information: [JDonovan@TrilliumFamily.org](mailto:JDonovan@TrilliumFamily.org)