
Fostering Community

David & Margaret
Youth and Family Services

QUARTERLY NEWSLETTER

VOL. 2, ISSUE 1, MARCH 2020



David & Margaret
YOUTH AND FAMILY SERVICES

Support D&M Today!



1

READ

the D&M Blog to learn about the people and programs that you empower

<http://bit.ly/DMStories>

2

SHOP

at Dave & Maggie's Center. Your shopping supports youth and families with a history in the foster care system.

<http://bit.ly/DMYFSstore>



3

VOLUNTEER

Spring Service Day
March 24.
9am - 1pm

<http://bit.ly/springservice20>



4

DINE OUT!

Click on the link to download a flyer. Bring the flyer to Panera in La Verne on March 18th from 4-8pm and they will donate a portion of the sales to D&M

<http://bit.ly/PaneraDINEOUT>



Stay in Touch!

Always be the first to know about what's happening at David & Margaret. Sign up for our mailing list and join our community however is easiest for you.

Our website
<http://bit.ly/DMupdates>

or by calling
Maggie Bohlman 909-596-5921 x3246;

or by email
info@davidandmargaret.org

Learn about new merchandise, specials and offers at Dave & Maggie's Center through their monthly e-flyer
<http://bit.ly/storenews>

Our Mission

David & Margaret empowers children, youth, and families through culturally diverse services that foster emotional, educational, spiritual, and identity development.

DAVID & MARGARET YOUTH AND FAMILY SERVICES BOARD OF DIRECTORS

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KAREN ZUBIATE-BEAUCHAMP



A Note From Michael Miller, LMFT, Interim Executive Director

Today I have the privilege of welcoming you to the 2020 D&M quarterly Newsletter. There are many exciting things happening at David & Margaret, and there have been some

significant changes as well. My writing to you is to highlight one of those changes. After 19 years as Executive Director and a total of 38 years at David & Margaret, Charles Rich has announced his retirement; leaving a legacy of hard work, determination and commitment to serving others that is truly inspiring. As the Board of Directors conducts a thorough search for the agency's next permanent director, I am honored to be at the helm during this transition.

For those of you who don't know me yet, I have been with David & Margaret for 16 years, most recently as the Chief Program Officer. I am a local resident of Claremont where, with my wife of 25 years, we have raised our family. As a Licensed Marriage and Family Therapist for the past 20 years, my career has been dedicated to serving the most vulnerable populations and it is that dedication and passion which have driven my work at David & Margaret. As we move into 2020, I look forward to strengthening existing partnerships and creating new ones, as we work collectively to serve at-risk youth, young adults and families in our community.

As we are settling into this new year and decade, David & Margaret is preparing for the future opportunities and challenges that we will need to meet in the years ahead. To accomplish this, we are engaging in a strategic planning process in the coming months, working with both Special Services Groups and consultants from UCLA Anderson's MBA program. This focus on planning for the future of this planning will involve include staff, service recipients, community members, and other stakeholders to ensure we have a thorough understanding of the needs in our community and how our expertise can best align to meet them. I look forward to sharing progress updates with you as we move through this process.

As an agency, we will continue our focus on offering the best programs and services possible exemplifying on our core values which include integrity, mutual respect, safety, and service. Through integrity, we utilize "best" and/or evidenced based practices in our programs and services. Through mutual respect we value the opinions, culture, strengths, and individuality of those we serve. All programs and services are designed to provide a safe, trauma-informed, and caring environment (safety). Under service, we continue to learn and grow as an agency and individually as staff by helping others. On pages 6-7 of this newsletter, you will see a description of all that we offer and I encourage you to take some time reviewing the services and resources David & Margaret provides to support those whom we serve. I know many of you are long-time supporters and know a great deal about the agency, but there is always something new happening here and I hope you enjoy learning about those things as you read the newsletter.

In addition, D&M's Spring Service Day is coming up on March 24th, for those of you who like to volunteer I hope you will join us. I look forward to getting to know some of you while we roll up our sleeves and make David & Margaret just a little nicer for the youth, young adults and families whom receive services through the various agency programs.

Finally, I want to personally invite you to shop at Dave & Maggie's Center. You will find great bargains and a unique array of clothing, household items, and food. When you shop at The Center you are supporting programs that provide needed services to our at-risk youth, young adults, and families. Your patronage matters and if you haven't yet experienced the Center, I invite you to do so. If you are already a patron, thank you and please consider letting some friends in on your secret bargain spot.

Best,

Michael Miller
Interim Executive Director

Tiler Paying it Forward:

An AmeriCorps Story



Tiler currently serves as a Transitional Aged Youth (TAY) Peer Support Specialist where she guides and supports at-risk youth with a history of foster care. A key part of her role is providing emotional peer-support to the youth. Tiler's service is through the AmeriCorps.

AmeriCorps is a network of national service programs, made up of three primary programs that each take a different approach to improving lives and fostering civic engagement. Members commit their time to address critical community needs like increasing academic achievement, mentoring youth, fighting poverty, sustaining national parks, preparing for disasters, and more.

Tiler feels selecting someone with a history in foster care was a good choice. *"I can relate to more things the TAY are going through. I have experience in both a professional setting and as a TAY. I feel I can help [the youth and young adults] find their corporate voices and help change their perspectives as they transition into the real world."*

"I am learning a lot as during my service here. Now that I'm in this field there are a lot of things surfacing that I didn't realize I was dealing with. It's like a weight has been lifted. Things that I've been dealing with for a long time, I see in my clients too. I took a look at my own life and realized these cycles are happening for a reason and they're happening to other people for a reason. I thought if I'm following all these 'right' steps; going to school, practicing meditation and mindfulness, joining martial arts classes, and exploring spirituality - I should feel better, but I felt worse. I should be ten steps ahead but I felt like I was going backward. And I realized a lot of my clients were dealing with the same thing. I thought I need to set a good example, I needed to talk to a therapist. I thought there has to be something more to this like a chemical imbalance or something because it shouldn't be this difficult to participate and thrive in society. The therapist has helped me and helped me better support my clients."

"Often, we are our biggest obstacle as TAY. At least for me, my biggest obstacle was definitely myself. Each person is different, but many young adults with a history in the foster care system face real mental health challenges. I know depression is in almost every TAY, unfortunately. I experienced it myself. Even getting out of bed can be horrible - sometimes waking up is like 'here we go again.' It's just easy to fall off and it's hard to get back. But we have to acknowledge it and work to not feel it and keep motivated. It is a daily practice of discipline and focus."

"I want them to learn that they can do it. You're given this card of loneliness, but if you empower yourself and work with the gifts you have you're an unstoppable force. The world is yours. It's just a matter of a little bit of discipline and focus and that's it. You can have whatever you want in this world and not have to rely on anybody. Learning that first hand and sharing my experience is something I can offer my clients. A gift that only someone with lived experience can give."

I want to teach them if anything, there is love. There are people out to actually help you, out of the kindness of their hearts, not for a paycheck. That's something that I didn't really understand because I didn't know any empathy at the time. They don't know how to be empathetic because people haven't been that to them. Empathy - love, it's a powerful force. It brought me to school and to want to work in a field where I can love other people and provide them with what I needed at the time."

Tiler was introduced to David & Margaret in 2015 when she entered into the residential program for young women and moved into Tarr Cottage on campus. Her hard work and ambition led her to a paid position in the Recreation Department during her stay. She had made so much progress during this time that shortly before her 18th birthday she was able to return home. *"I could have put a lot more pressure on myself, but I'm definitely proud of the person I became,"* Tiler explains. *"Dee (D&M employee) was my mentor when I was living here, she was my favorite therapist that I ever had in the system and in general. Because of her and Carlos (Rec. Dept. Manager), I definitely changed my perspective and wanted more for myself than everyone else around me."* Tiler was excited about her new freedom at home but missed the atmosphere David & Margaret provided. *"I always thought even back then that I was going to come back."*

Tiler continued to pursue her education, studying psychology in school while working multiple jobs. Whatever field she was in, Tiler would connect with youth with a history of foster care, and other struggling individuals. She always offered support and would lead them to job opportunities and supportive services.

One afternoon a familiar face came into an optometry office she was working in, they eventually realized they had spent a week living together in Tarr Cottage! This old acquaintance informed her of an opportunity available at David & Margaret. Tiler jumped at the chance to come back.

VOLUNTEER SPOTLIGHT:

Patricia Guild, A Champion for Youth

Patricia brings her lifelong passion for helping at-risk youth and families and her educational expertise to the David & Margaret Board of Directors. She is someone others can always rely on during difficult times and is a guiding light for many.

Patricia has lived in Southern California most of her life but she grew up in Nashville, Tennessee. She knew even in her early childhood she wanted to be a teacher, “I knew I did not want to be a nurse. I can remember that very clearly,” she shares. “I took my interest test in high school, I was going to be a farmer’s wife! I thought ‘I can’t be a farmer’s wife!’” Patricia laughs before pausing, “And now I’m thinking how much things have changed for women since then. But I always thought I would be a teacher.”

As Patricia became an adult she followed down the path to become an educator and attended Peabody aka Peabody College of Education at Vanderbilt University. After graduating Patricia moved to Southern California with her husband to be closer to University of California, Los Angeles.

Patricia began working for The Los Angeles County Office of Education which led her to work at an educational program located on the David & Margaret campus. Several years later she relocated, leaving the David & Margaret campus behind. She had moved onto consulting work and was contacted by Mr. Whitney*, the director of David & Margaret at the time. Mr. Whitney had plans to open a school (Joan Macy School, JMS) and wanted her as the director. She initially declined but later said ‘yes’ and served as the Director of JMS from 1990 to 2003 when her husband fell ill and she had to make time to support her family.

A couple years into retirement, Patricia received yet another call; this time asking if she was interested in serving on the Board of Directors at David & Margaret. Patricia agreed and served on the Board of Directors for 9 years before rotating off. She is currently back and in her third year! Patricia also serves on two other boards including the Joan Macy School Board and is involved in several committees.

Of all her accomplishments, Patricia is most proud of her impact as a mentor. “When we started the School (JMS) there were a lot of young, inexperienced [employees]. I met with one Monday - one of my teachers, she now oversees Special Education in China, and she started off in the classroom!” Patricia beams. “I have another who started out as an assistant and now is Director of Curriculum in Riverside!”

Although Patricia uses most of her time to support others, she enjoys spending her free time reading, gardening and visiting with family. Patricia has two children and three grandchildren. Her son lives locally and often stops by with



his adorable pup. Two of her grandchildren attend Chapman University: one studying Educational Psychology, the other Tech in Media. They’re very close with their grandmother and make time to get together at least twice a month. Patricia’s daughter and youngest grandchild live in Sacramento, where her daughter is the Director of two charter schools and her youngest grandchild attends high school. Despite the distance, Patricia makes it a priority to visit at least once every month.

As Patricia continues to fight for at-risk youth in the community she leaves us with this message: “I think people get intimidated because so much needs to be done, but if you do just one thing it can make a big change. It’s an opportunity and you might be breaking the cycle.”



FOSTER FAMILY & ADOPTION AGENCY (FFA)

The FFA works in collaboration with Los Angeles, Orange, San Bernardino and Riverside counties to place children awaiting homes. The FFA supports prospective fost/adopt parents through each step of the certification process as well as follow up services!

COMPASS PROGRAMS

*Creating Opportunities and Making
Personal Advancements to Self Sufficiency*

COMPASS Programs make up the various services available at David & Margaret dedicated to supporting youth & young adults who are aging out of foster care.

These services include the Workforce Training Program, COMPASS Point Drop-in Center, Permanent Supportive Housing, Transitional Housing Program, Peer Mentoring, Paid Internships and more.



JOAN MACY SCHOOL

Joan Macy is a specialized, non-public school located in La Verne, Ca., serving at-risk girls grades 1st-12th, in the surrounding communities.

NEW BEGINNINGS RESIDENTIAL PROGRAM

Provides a temporary home-like environment to a small number of children and youth, ages 6-17, coming into the country as they start a new chapter in their lives.



MENTAL HEALTH SERVICES

Outpatient mental health services for full-scope Medi-Cal eligible youth up to age 21. As well as a Full Service Partnership Program for youth and families in need of intensive services.



DAVE AND MAGGIE'S CENTER

Offers the community brand-name staple and other goods at deeply-discounted prices while providing paid internships to youth with a history of foster care.



LEARNING ENHANCEMENT CENTER

The LEC supports community members ages 3-99 with various difficulties by retraining the brain to accurately and effectively take in information, process it, and respond appropriately.



5 QUESTIONS: Michael Miller, Interim Executive Director



A LITTLE BIT ABOUT MICHAEL:

"I'm a Licensed Marriage and Family Therapist, I've been licensed since 1998. Ever since high school I knew I wanted to work in a field that helped people; I pursued that through college and then in grad school. I'm married, I have three children. This year is our 25th anniversary! I have 3 boys, one in college. 19, 17 & 15. I've worked in a variety of settings: a psychiatric hospital, group homes, outpatient centers, and then came to David & Margaret. I'm going on my 16th year here."

What do you most enjoy about working at David & Margaret?

"I most enjoy the people I get to work with, first and foremost. And second, the populations of youth and families that we work with."

If you could learn anything, what would it be and why?

"Oh boy, let's see... I would like to learn other languages. It's something I've struggled with. I took many years of Spanish, but it didn't stick. It would be nice to learn Japanese - my wife's family is Japanese - and also Spanish because they also live in Bolivia."

When you were a kid, what did you want to be and why?

"When I was younger, probably some type of professional athlete. I was into soccer and football, although I leaned more into football. I played three years of football in college and then my last year, I decided to turn back to soccer. It was exciting... but definitely in college, I learned quickly the other players were bigger and faster than me. In high school, I could hold my own... but I did ok in college! But once I hit my junior year, I took a psychology class and that's when I knew I wanted to be a therapist or psychologist."

Who are your role models?

"I would say one, my wife. She is able to balance the many hats that she has and does an excellent job at it. Much better than I could do, in many ways. The other role model, I would say Charles Rich, immediate past Executive Director of David & Margaret. His ethics and dedication to the work he's done throughout his life is admirable. The others are my parents, too. No parent is a perfect parent; but knowing where they came from, the obstacles they had to overcome in their life and the life they were able to present me... it's pretty remarkable."

Saying or motto you live by?

"Treat others as you would want to be treated."

Mental Health Services

One in five children and teens struggle with their mental health. Getting help is easy and can play a major role in their future well-being. David & Margaret provides mental health services to Medi-cal eligible youth ages 3-21.

Services include: Individual and family therapy / Psychological testing (for treatment planning and diagnosis clarification) / Therapeutic behavioral services (TBS) / Medication evaluation and follow-up / Case management linkage to available community resources

Do you feel your child could benefit from mental health support? For more information please reach out to Jackie at 909-596-5921 x3510 GonzalesJ@davidandmargaret.org or see more information on our website <http://bit.ly/DM2mentalhealth>

INTERN SPOTLIGHT: KHYRA



Khyra's 6-month internship in the Foster Care and Adoption Agency at David & Margaret had come to an end. She was a wonderful addition to the team, and was always willing to do what it takes to get the job done! She is on track to finish her Masters in Social Work by the end of this year and we wish her the absolute best.

"I learned a lot, everyone here had an effect on my learning. I actually spoke with everyone in the department and got help from everyone. Whether it was something small or big, if I wasn't able to go to my supervisor because they were out in the field, someone was always available and willing to help me.

I like the opportunities I was given in this internship. I do online schooling so it's reading and discussion posts but to be here in the internship I was more hands-on. It's more in-depth, instead of just reading, I actually get to do it and I can understand it.

My favorite things [about the internship] has to be the required visits and check-ins because it's with the children. I'd like to become a Social Worker because I love children. I'm all about

David & Margaret Youth and Family Services offers a competitive internship program available for graduate students with a deep interest in social work, childhood mental health, and/or education. There are also a limited number of bachelor level internships available, for more information please email info@davidandmargaret.org.



David & Margaret hosts a food bank distribution with the LA Regional Food Bank the 2nd and 4th Thursday of each month from 11am-3pm. All qualifying families and individuals are invited to attend! The entrance is located behind Dave and Maggie's Center, 1351 Palomares Ave La Verne Ca 91750.

To view future dates please visit <http://bit.ly/DM20FoodBank> (case sensitive).

VOLUNTEERS NEEDED BEFORE AND DURING THE EVENT!

Qualifying families and individuals can take part in the bi-monthly Food Bank Distribution the 2nd and 4th Thursday of every month.

Hours: 11am - 3pm. Excluding holidays.

Interested in becoming a foster parent?

Join fost/adopt experts for a free Foster Parent Orientation the first Monday of every month! Hours: 6pm - 8pm.



VISIT OUR WEBSITE FOR ADDITIONAL EVENTS

SAVE THE DATE 2020

- | | |
|-------------------|---------------------|
| March 18, 2020 | Panera Fundraiser |
| March 24, 2020 | Spring Service Day |
| July 30, 2020 | Summer Service Day |
| October 12, 2020 | Fall Service Day |
| December 5, 2020 | Holiday Service Day |
| December 12, 2020 | Holiday Open House |



909-596-5921 x3225 www.davidandmargaret.org info@davidandmargaret.org

Martin Luther King, Jr. Day of Service



United Way



University of La Verne

Martin Luther King Jr. is an inspirational force for Civil Rights. Every year, on the third Monday of January, we take a day to follow his lead and create positive change in the communities we live in. Celebrated as a day of service rather than a day of rest, people all over the country take this as an opportunity to volunteer. This year, January 20, 2020, David & Margaret hosted a Martin Luther King Jr. Service Day. Employees from Inland Empire United Way and students from the University of La Verne graciously spent the morning working on various projects to support youth with a history of foster care! MLK Service Days are a way to acknowledge, remember, and thank Dr. Martin Luther King, Jr. for his passion for social justice, for Black Americans and oppressed people around the world, and to recognize there is much work still to be done.

David & Margaret hosts a variety of Service Days throughout the year. If you are interested in volunteering, please find more information on our website.
www.davidandmargaret.org

PROGRAM OVERVIEW:

COMPASS Point Drop-in Center

Youth who have aged out of foster care have a variety of struggles and needs. The Compass Point Drop-In Center, opening Spring 2020, will face these issues head-on and provide much-needed resources to every Transitional Age Youth (TAY) in the surrounding communities.

These young adults have the same aspirations as their peers but have to fight much harder to achieve them. Many are homeless, looking for work, and trying to attend school while lacking a foundation to make this possible. Compass Point will provide a safe space to meet the needs of the TAY, whatever those needs may be.

This includes:

1. A trauma-informed team designed to support TAY in learning independent living skills.

Many children in foster care move homes an average of 6 times before aging out of the foster care system. Throughout these moves more is lost than just their neighborhoods and belongings. They also lose out on learning the basic skills necessary to navigate through society. Skills like budgeting, etiquette, filing out a tax form, applying for insurance, and more. The staff on-site will help every TAY learn the skills they need to become self-sufficient.

2. Service providers will come to COMPASS Point.

These providers will include: The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Independent Living Programs (ILP), Los Angeles Homeless Services Authority (LAHSA), and many more. Youth who have aged out of foster care struggle to meet their basic needs like finding their next meal or a safe place to sleep. Luckily there are resources available to provide housing and healthy food to these youth if they know where to look. Professional representatives will be available to connect youth with appropriate programs and guide them through the application processes.

3. On-site WorkForce training

Humans are not born with the knowledge and skills needed to find employment. Knowing how to dress and behave in an interview or in a workplace is a learned skill many TAY lack. WorkForce Training professionals will assist the young adults in learning how to obtain and maintain employment and provide linkages to paid internships in the community.

4. Peer-led groups

Compass Point will offer peer lead support and encouragement groups. These groups are created to reflect the needs and interests of the participants and range from LGBTQ affinity groups to parenting groups, college readiness groups, former foster youth support groups, and any other groups the youth led advisory board feel would be useful.



5. On-site tutoring

Often times children in foster care fall behind in their academics and many fail to graduate high school. Frequent moving, school absences, developmental delays caused by abuse or trauma, and mental health all contribute to this fact. Tutors are available to help youth with their academics and support them as they obtain their GED, high school diploma or advance onto tertiary education.

6. A full kitchen and stocked pantry

Most TAY face food insecurities. The drop-in center features a full kitchen and stocked pantry, enabling youth to cook and eat healthy meals and snacks. Culinary lessons will also be available, ensuring the youth learn to make healthy affordable meals.

7. Laundry facilities and lockers

Many of these youth are homeless and having a place to clean their clothes and store their belongings can be life-changing. Especially for those who are actively seeking employment or enrolled in school. Appearance is vital to their self-esteem and overall success.

8. Full bathrooms and showers

Along with clean clothes, a clean body is absolutely necessary for youth to look their best and feel their best. Every human deserves a hot shower and the drop-in center provides this for all TAY in the community.

9. A computer lab with printer access

In this day and age having a computer and printer is a necessity. These tools enable youth to accomplish so much, from school research to applying for jobs and government assistance.

10. A comfortable lounging area

Having a safe space to relax and build social skills is the icing on the cake. These youth work so hard to get through every day and having a comfortable place to relax with their peers is essential to their overall well-being.

These resources will enable transitional aged youth in the community to take care of their everyday concerns so that they can learn the skills necessary to be self-sufficient, build their confidence and ultimately reach a level of success where they can be truly independent.

The Compass Point Drop-In Center is one of the various COMPASS programs at David & Margaret dedicated to Creating Opportunities and Making Personal Advancements to Self-Sufficiency for youth with a history of foster care.



David & Margaret

YOUTH AND FAMILY SERVICES

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Find favorite brands at your favorite prices!

Dave and Maggie's Center provides two benefits to the community; as a retail store offering staple and other goods at deeply discounted prices, and as a training center for youth aging out of foster care who need work experience to build their future!

Home goods, apparel, perishables & more!



www.davidandmargaret.org



David & Margaret

FOSTER CARE & ADOPTION AGENCY

Have a heart for foster care?



1 (800) 4-FOSTER
foster@davidandmargaret.org
bit.ly/FFAdm



YOU ARE INVITED TO OUR FOSTER PARENT INFO SESSION!

The first Monday of every month we hosts a foster parent information session with members of the community who are interested in foster parenting! We discuss the necessary steps & qualifications to become a foster parent as well as share meaningful insights.

Dates available at bit.ly/FFAinfosessions or call for a private session!