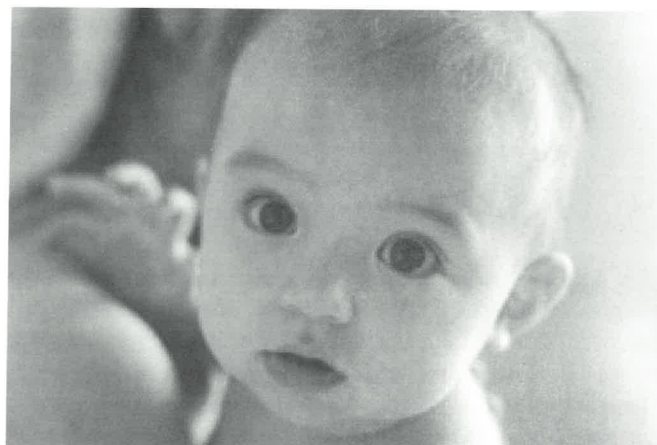


## Provo's Children's Program Helps Rebuild Families: One Family's Story

The Children's Program at the House of Hope in Provo provides the unique opportunity to fully integrate parenting and family relationships into our treatment planning. To address the special issues of children impacted by substance abuse, it emphasizes: 1) social and emotional development for the children, 2) parenting skills development for the mothers, and 3) consistent structure and routine for both mothers and children. This targeted focus allows our clients to rebuild the parent-child relationship and to develop effective parenting skills "by immersion" as part of their overall recovery plan. Here is the story of how a mother, Heather, and 4-year-old, Brady, made the most of this opportunity to strengthen the ties of their relationship.

Within days of entering treatment, Heather noticed that Brady liked the predictable structure and routine of the program which included consistent meal times, bed times, and wake up times. For the first time in months, Brady knew what to expect throughout the day and his trust with Heather built as he learned the new routine was consistent and that his mom would be there for him day in and day out.

In a parenting issues group, Heather shared that she had anger issues and often was impatient and rough with Brady; she expressed an interest in changing her approach so that she did not pass on these behaviors to her son. At the same time, Children's Program staff noticed that Brady used anger and aggression as his primary



tools to resolve peer conflict, and also noticed that at the tender age of 4, he appeared to resent his mother. Heather took the lead in correcting this situation by committing to identify and replace specific behaviors that had caused her relationship with Brady to deteriorate, e.g., name calling, shaming, and yelling. Heather immediately set goals to be aware of her anger, practice calming techniques to reduce her desire to yell, and to stop the name calling. Within two weeks, Brady began to use more positive means to resolve peer conflict, with aggression being his secondary, rather than primary, tool of choice.

Heather also participated in the Children's Program once or twice a week and watched how staff members worked with the children to teach them to behave in positive ways by using empathy, providing specific praise, and offering choices, while remaining calm and non-judgmental. Heather asked questions of staff members each time she interacted with them, and she incorporated their feedback and suggestions into her interactions with Brady. Over time, staff noticed that Brady

was interested in discussing his emotions with staff and his mother, and also observed Brady offering empathy and positive praise to his young peers.

Heather noticed, and built upon her initial success with Brady. She set specific parenting goals each week that she worked toward, and she was open to discussing setbacks and regression to old behavior, then took corrective action so that she and Brady could capitalize on the progress they made together. In addition, Brady began to use reason and cooperation, rather than anger and aggression, to work out nearly all of his peer conflicts.

By the time Heather and Brady completed the program, it was clear this mother-son team worked well together and truly enjoyed each other's company. Heather learned and practiced many valuable skills that will make parenting less frustrating and more rewarding for her. Brady learned that he could trust and depend on his mother as she used a kind and loving approach to discipline, and offered him a predictable structure and routine.

The House of Hope (Provo) Children's Program has built an incredible staff over the last several months to help clients like Heather and Brady achieve these amazing treatment results. Mindy Smith, the lead preschool staff, holds a BS in Marriage, Family, and Human Development. She uses her education and talents to deliver a curriculum focused on the social and emotional needs of our clients, while also helping them build their academic and motor development. Cari Dahl, the lead infant and toddler staff, will soon have a BS in Psychology. She uses her experience and training to offer a nurturing and stimulating environment to our infants and toddlers where they can explore and practice their developing skills with safe people and without fear of rejection. Sydney Isle, CPCi, is the program supervisor. She provides treatment planning for the children and interventions for the mothers to strengthen the parent-child relationship. All of the House of Hope (Provo) staff members work closely with the mothers to provide feedback, suggestions and encouragement throughout their treatment.

*Sydney Isle, CPCi  
Children's Program Supervisor  
House of Hope (Provo)*

We need groups to have baby showers off-site or to collect new infant items for babies born at House of Hope in Salt Lake and Provo whose mothers are homeless and have no resources. Please contact Lisa (in Salt Lake) at 801-487-3276 ext. 1205 or lheaton@houseofhopeut.org.

## Introducing the Board



Katie A. Carreau

Katie is originally from Louisville, Kentucky and has resided in Utah for the last 10 years. She received her BA in Psychology from the University of Virginia. During her undergraduate studies Katie worked with abused children and later taught Montessori School in Park City. She was an intern with the Guardian ad Litem and the

Disability Law Center while working on obtaining her law degree from the University of Utah. She became a clerk for Chief Justice Christine M. Durham of the Utah Supreme Court after graduating. Now, Katie is a commercial litigator and appellate attorney for Snell & Wilmer L.L.P. Katie's legal experience focuses on complex commercial litigation and appellate practice. In addition to her membership with the Utah State Bar and Salt Lake County Bar, Katie is a member of Women Lawyers of Utah.

Katie and her husband, Ryan, are the proud parents of a one year old son, Sayre.

Since joining House of Hope's Board of Trustees in January 2009, Katie has provided legal services and helped the House of Hope programs in numerous ways. House of Hope is delighted to have Katie as a member of its board!

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## Snell & Wilmer

*Continued from pg 1*

According to Valerie Fritz, House of Hope President and CEO, the grant will fund an additional teacher, materials and equipment that will make a dramatic difference in the Hope Center's ability to help improve the lives of the children we serve.

"Many of these children

were born with drugs in their systems or suffer from the culture of addiction, which often includes abandonment,



Mother and child play on swingset at the Hope Center for Children

physical or sexual abuse and neglect. This grant will enable the Hope Center to increase therapeutic services to help each child grow in the areas of social, emotional, behavioral and developmental skills."

The Snell & Wilmer Charitable Foundation's Education Initiative is meant to have a positive and direct impact on the lives of children in the community, by

supporting and enhancing early education. Not only is the firm providing funding over the next three years to help expand the services offered, but attorneys and staff are being encouraged to volunteer at the House of Hope to bring critically-needed services to children who are at high risk for social problems, learning disabilities and emotional disturbances.

## House of Hope Programs in Salt Lake City and Provo Receive Generous Donations

The House of Hope is very grateful for the many monetary and in-kind donations and volunteer services, it receives from generous individuals, families, businesses and foundations. These include recent donations for the Salt Lake City programs of \$5,000 from the **Black**

**Family Foundation and Bountiful Community Church**, \$3,000 from the **Willow Canyon Foundation**, \$2,500 each from the **Richard Pratt Family** and **The Castle Foundation**, \$2,000 from the **Henry W. & Leslie M. Eskuche Foundation**, \$1,500 each from the **Jeff Burton Family** and **Steve**

**Bednar Family**, \$1,000 each from the **Kenneth & Joanne Mayne Foundation**, **Health Resource Network**, **Tony Chavez** and **Wal-Mart**.

The House of Hope (Provo) received generous donations of \$1,250 from area **Wal-Mart stores**, and \$1,000 from the **Cougar FACS Club at BYU**.

We also appreciate all the generous holiday help. Thanks for your support!

We need groups to help with gardening projects or to "adopt-a-room" in Salt Lake, Ogden and Provo. Please contact Lisa Heaton at 801-487-3276 ext. 1205 or email lheaton@houseofhopeut.org if you can help. Thank you!