

the family resource

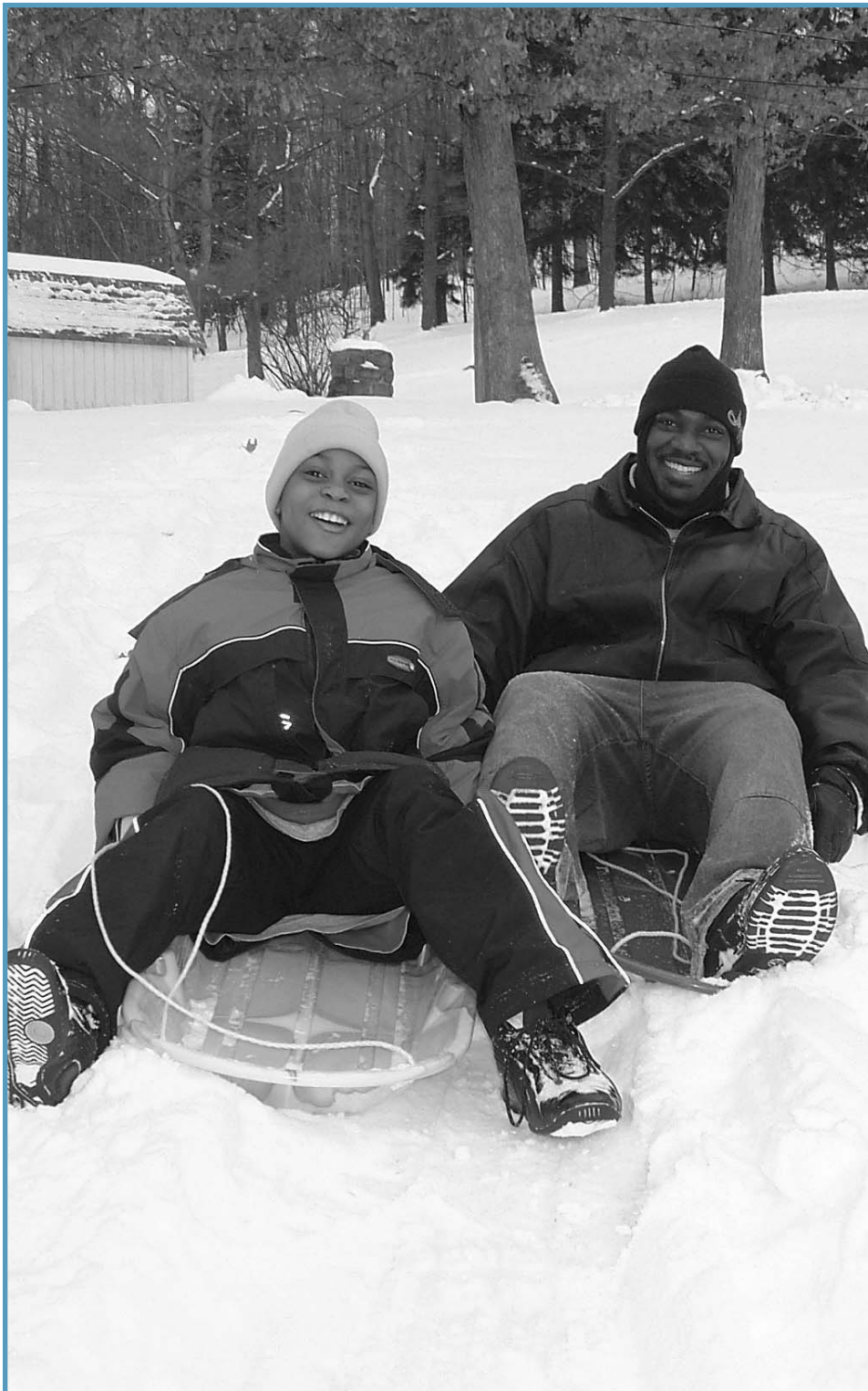
THE FAMILY RETREAT CENTER

A THERAPEUTIC TOOL OF FAMILY RESOURCES

Sylvia sat quietly at her kitchen table, watching snowflakes fall softly on the sidewalk behind her home in Pittsburgh's Hill District. "On cold days like this I remember how much fun my kids and I had at the Family Retreat Center this summer," she mused in February. "A group at the Bedford Family Support Center talked about organizing a trip so we can go back and sled ride."*

That group did organize a winter outing at the Family Retreat Center, located on 230 wooded acres in the bustling Cranberry area. Parents and their children spent two days sledding, building a snow fort, and playfully lobbing snowballs. Without the distractions of everyday life, they had time to listen to each other, eat home-cooked meals together, and enjoy each other's companionship.

continued inside...





FROM OUR DIRECTOR

Walter Howard Smith, Jr., Ph.D.

What Changes a Person?

My personal experience with child abuse is a journey from dark moments of despair in a loving family to working today to ensure that children find the freedom to grow and flourish. No life has a simple path, and unimagined crossroads, twists and turns leaves psychology puzzled to explain and predict outcomes. Dramatic moments shaped my life course. Television footage of the violence during the Selma-to-Montgomery civil rights march awakened a call for freedom. Standing on the land where my ancestors lived after slavery filled my soul with the right to have a voice. An apology from a parent, who gave everything, if at times too much, gave birth to the salvation of forgiveness.

Quiet moments change lives too. My first excursions from the nest came with church camps during junior high school. Sitting around a camp fire with strangers telling stories of things I never shared... lying on top of a hill at midnight under a sky of stars and falling into the universe for the first time. I found in quiet moments a realization that the world is a big place, full of possibilities that no one possessed or controlled. A life story without quiet moments is a story untold.

At Family Resources, we promote change in many conventional ways. We teach skills, offer emotional and social support, and improve health. The Family Retreat Center promotes change in quiet ways. There are lakes, buildings, hills, trails, and a swimming pool. Activities include hiking, a confidence course, recreation, meetings, and great eating. Less visible, unless you speak to our guests, are the endless possibilities for quiet moments that promote change. Adults witnessing their first ground hog scurrying back in its hole... a mother realizing she is laughing with her children for the first time in years... parents soaking in the sensations of relief from their family's first vacation.

In an era of human services where what is not measured doesn't count, the Retreat Center's role in changing lives is less visible. Yet our guests witness countless tales of quiet and dramatic moments that make the lakes, hiking, and camp fires permanent and priceless parts of life stories. The Family Retreat Center will always be a part of Family Resources.

Family Retreat Center continued...

When they returned home, everyone talked about their adventure for weeks. Now they have memories of the wonderful, carefree time they spent together.

The Family Retreat Center is an important tool in Family Resources therapeutic work with families and communities. It brings children, their parents and neighborhood groups together and offers special opportunities to work on family issues in a natural setting. Community groups come to the Family Retreat Center to rebuild networks of support in their neighborhoods and reconnect family members to one another.

"I work full time, and my kids are in school. When we get home, we rush through dinner, do homework and household chores. By then, it's time to get ready for the next day," said Sylvia. "We don't have time to talk. I want to know what my kids are thinking and feeling. I want them to know I love them and want to be with them. At the Family Retreat Center, we communicate and share our thoughts."

A PROUD HERITAGE

Before Family Resources began operating the Family Retreat Center, the facility was known as the Fresh Air Camp and was owned by Family Resources predecessor, the Pittsburgh Association for the Improvement of the Poor (PAIP). The camp had its origins in the late nineteenth century when a crowded and grimy urban existence spawned the "fresh air movement."

In 1879, the board of PAIP inaugurated a series of free excursions for children. That summer, railroads furnished free transportation, physicians volunteered their services, and

The Family Retreat Center brings children, their parents and neighborhood groups together and offers special opportunities to work on family issues in a natural setting.

4,000 children of the poor were taken to the countryside for a day.

These excursions were so successful that, in 1882, PAIP opened a fresh air camp in Shousetown (Crescent Township) on the Ohio River. In 1886, PAIP purchased a house and 2.5 acres at Tenth Street and Delaware Avenue in Oakmont and converted this to the Fresh Air Farm.

By the early 1930s, the camp had outgrown its limited facilities in Oakmont, and a new location was sought. A tract of 55 acres in Marshall Township was purchased in 1934, and construction of a new Fresh Air Camp was begun.

July 1, 1937 marked the opening of the new camp. There were eight cabins, a pool, bathhouses, a dining hall, and a recreational hall. At the end of the first season, more than 1,000 children experienced a two-week summer vacation, and over 35,000 meals were served.

FAMILIES ARE THE FOCUS

When PAIP and the Child Abuse Prevention Center merged in 1986 to form Family Resources, the function of the camp was changed to align with the mission to prevent and treat child abuse by strengthening families and neighborhoods.

Family Resources saw the camp as an opportunity to help families—many of them at risk for child abuse—engage in positive interaction in a warm and nurturing atmosphere.

While the Fresh Air Camp operated only during the summer months, the Family Retreat Center is open year around and provides a safe and relaxing recreational and educational facility for families. It's a place where family members under great stress can rekindle an enjoyment for life and remember how to have fun with each other.

Last summer, Family Resources sponsored a Nurturing Camp for eight mothers from McKeesport and the East End and their children. This camp is an offshoot of the Nurturing Course, a program that teaches parents and children how to develop healthy and non-violent family relationships.

The mothers and children spent their first weekend in the country where they stayed in cabins, enjoyed the fresh air, and left behind the daily grind of cooking and cleaning. “My family had never been camping before,” said Kathy*. “My son went fishing for the first time, and my daughter was so excited when she saw a deer and her fawns.”

One afternoon staff busied the children with craft projects while the mothers attended

a casual seminar on how to nurture their children as well as themselves. The mothers were encouraged to speak openly about their concerns, feelings and dreams for the future. As a surprise, they were treated to relaxing massages and manicures.

The Family Retreat Center also is a tranquil place for families from the Parent-Teen Conflict Program. This program provides in-home conflict resolution services for parents who are struggling with their teens and pre-teens and offers parent education, support groups, family counseling and mentoring.

“It was so nice to be at the Family Retreat Center,” remarked Roy*. “My grandson has done so well in the Parent-Teen Conflict Program, and this experience helped build his confidence. He loved being outdoors, interacting in a positive way with other people.”

In addition to serving families affiliated with the programs at Family Resources, the Family Retreat Center hosts a variety of human service agencies, companies, and membership organizations.

For more information on the Family Retreat Center, or to schedule a tour of this facility, contact Jack Stockman, 412-363-1702, ext. 1202.

**Names have been changed.*

SHAKEN BABY SYNDROME

OUR FOCUS DURING CHILD ABUSE PREVENTION MONTH



Kyle* never meant to hurt his infant son.

He came home tired from the night shift at the warehouse where he worked. His wife Paige* was leaving for a dental appointment and promised to be home in two hours. She asked Kyle to keep an eye on Josh*.

Josh started to cry shortly after his mother left, and Kyle attempted unsuccessfully to comfort him. Frustrated, Kyle picked up the baby and shook him. Those few seconds of violent shaking changed the lives of Josh and his parents forever.

When Paige returned, she noticed Josh was lethargic. Suspicious, then panicky, she questioned Kyle, who admitted that he had shaken the baby. Paige called her pediatrician and was told to take Josh to the emergency department.

Josh is five years old now. He has spastic cerebral palsy, and he can't roll, sit, crawl, talk or walk. Kyle and Paige live and deal with the consequences of Shaken Baby Syndrome (SBS) every day. They take Josh to therapy several days each week, and they struggle with their insurance carrier.

Josh will never have friends, never play sports, never reach the milestones his parents had dreamed about for him.

When Kyle shook Josh, he never thought about what would happen. Shaking causes a baby's brain to rotate within the skull cavity, injuring or destroying brain tissue. Blood

vessels feeding the brain can be torn, leading to bleeding around the brain. As blood fills the area below the skull, it can create more pressure and cause additional brain damage. Retinal bleeding is very common.

Signs of Shaken Baby Syndrome can include difficulty breathing, fussiness, seizures, vomiting, and/or inability to suck or swallow.

For children who survive, the long-term consequences of SBS include mental retardation, blindness, cerebral palsy and seizures. Very few children who survive SBS are able to live a full, productive life.

A recent article in *The Journal of the American Medical Association* by Dr. Heather Keenan and her colleagues reported that the incidence of severe or fatal Shaken Baby Syndrome is about one in 3,300 children under the age of one. This makes SBS about as common as leukemia, the most common childhood cancer.

About one-third of Shaken Baby Syndrome cases are initially misdiagnosed since parents rarely provide a history of trauma and children often present with symptoms such as vomiting that could be symptoms of many different illnesses such as reflux or a stomach flu. Half of the children who are diagnosed with Shaken Baby Syndrome have evidence of previous brain injuries due to abuse.

Using data obtained from Children's Hospital of Pittsburgh, Drs. Ettaro, Berger and Songer published a paper in *Child Abuse*

and Neglect, *the International Journal* showing the cost of Shaken Baby Syndrome. The team looked at all cases of brain injury in children under the age of three who were admitted to Children's Hospital between 1995 and 1999. Overall, 24 percent of the 377 children had Shaken Baby Syndrome.

The average hospital charge for caring for a child with Shaken Baby Syndrome was \$40,082 compared to \$15,671 for children who had brain injuries not caused by abuse. Ongoing care costs have not been calculated, but it costs about \$1 million every three years to care for a vegetative patient.

During April—Child Abuse Prevention Month—Family Resources will focus on Shaken Baby Syndrome. In partnership with Allegheny County's Department of Human Services, The University of Pittsburgh Medical Center and its affiliates, and Pittsburgh Mercy Health System, we will distribute information on Shaken Baby Syndrome to prospective parents in prenatal classes and to new parents in physicians' offices. The information will include magnets and printed material. There will also be a series of public service announcements on local radio stations.

Please remember, Shaken Baby Syndrome is the leading cause of death from child abuse. It is completely preventable.

**Names have been changed.*

FAMILY RESOURCES CELEBRATES CHILD ABUSE PREVENTION MONTH

There were 9,000 children in Allegheny County's child welfare system in November 2004. For a moment, picture the suffering of one of these children, a four-month-old baby, shaken by his angry father, now brain damaged and blind.

Please join us in recognizing the individuals and organizations whose work makes a difference for the most vulnerable, isolated children and families among us. April is Child Abuse Prevention Month. The Child Abuse Prevention Month Awards Benefit on Wednesday, April 27, 2005, raises funds that underwrite child abuse prevention programs all year long.

The Awards Benefit, held at the Westin Convention Center Hotel, honors some of our region's greatest advocates of children and families. Among the honorees this year are:

Ralph Papa and Citizens Bank
Blue Ribbon Award

Permanency Planning Task Force
Human Service Award

Jerome Bettis and The Bus Stops Here Foundation
Community Champion Award

The Pittsburgh Foundation
Children First Prevention Award

Clare Hann
Community Service Award

This year, again, Kaye and Bill Cowher, Peggy Finnegan and Mike Donnelly will serve as Honorary Chairpersons. Gayle and Bill Simpson will serve as Event Chairs.

Would you like more information on Child Abuse Prevention Month and/or the Awards Benefit?
Please call the Development Office, 412-363-1702, ext 1168, for details.

FINDING SUPPORT AT THE PARENT EDUCATION NETWORK

Professionals and paraprofessionals working in the parent education field often talk about a lack of opportunity to share ideas and resources with others who are doing similar work.

Funded by a grant from the Heinz Endowments, the Western Pennsylvania Parent Education Network was formed in 2001 to help connect people working at many different levels in parent education. In addition to Family Resources, the Parent Education Network is supported and endorsed by Family Services of Western Pennsylvania, Penn State Cooperative Extension, and the Office of Child Development at the University of Pittsburgh.

Every other month, the Parent Education Network sponsors a meeting with a speaker or panel discussion

and time for informal information sharing. The objective is always to provide training that parent educators can use in their work with families, whether the parent educator is working in a grassroots or more formal setting. On alternate months, the Governance Committee meets to plan and organize future meetings

Recent Network presentations have included: managing conflict in the family; parent education with parents of teens; when parenting is complicated by drug or alcohol abuse; and working with families that have suffered traumatic loss. At a recent half-day retreat at Family Resources Family Retreat Center, the topic was managing stress and preventing burnout.

Members of the Network come from many diverse agencies, ranging from small community-based organizations to large human service agencies, family support centers, schools, and hospitals. Most participants are from Allegheny County but members also come from adjacent counties. Governance meetings and Network meetings are always on the second Friday of the month.

To become a part of the Western Pennsylvania Parent Education Network, or for more information, contact **Andi Fischhoff**, development director at Family Resources, 412-363-1702, ext. 1168.

THANK YOU, GIANT EAGLE!

Thank you, Giant Eagle, for sponsoring Parenting WARMLINE billboards that were seen around the Pittsburgh area last November.

The billboards pictured here were located at four prominent intersections: 31st Street Bridge and East Ohio Street; Bigelow Boulevard and Finland Street; Boulevard of the Allies and Forbes Avenue; and West Liberty Avenue at Brookside.

Your business or organization can sponsor billboards or other child abuse prevention awareness efforts. To learn how, contact the Development Office, 412-363-1702, ext. 1168.



**Do you know
that your words
can injure me?**

**For Help, Call
1-877-WARMLYN**

  family resources 



**Are you really upset
with your child,
or is it something else?**

**For Help, Call
1-877-WARMLYN**

  family resources 

UPCOMING EVENTS

APRIL 27, 2005

Join us for the Child Abuse Prevention Month Awards Benefit at the Westin Convention Center Hotel.

More information is available on page 5 or by calling 412-363-1702, ext. 1168.

JUNE 24, 2005

You have an opportunity to purchase tickets for the 2nd Annual Community Partners Concert, hosted by the Pittsburgh Symphony Orchestra. Family Resources is a partner in this event and will receive proceeds from ticket sales.

The concert includes a combination of classical and pops repertoire and features popular artist Dionne Warwick. Also featured will be the winner of the 8th Annual Sphinx Competition. Sphinx is a national organization dedicated to helping minority youth gain an appreciation for classical music and the classical music profession.

Details are available from the Development Office, 412-363-1702, ext. 1172.

SEPTEMBER 12-18, 2005

The PGA Tour returns to western Pennsylvania when golf pros from around the nation compete during the 84 Lumber Classic at Nemacolin Woodlands for a \$4.2 million purse.

As a charity partner, Family Resources will retain 100 percent of the money from the tickets we sell. The deadline to purchase tickets for only \$10 per day is June 6, 2005. After this date, the price is \$22.

In 2004, Family Resources sold nearly 200 tickets, a contribution to our programs of almost \$2,000. Family Resources also received \$694 as its share from the ticket redemption pool.

Contact the Development Office, 412-363-1702, ext. 1172, to purchase tickets or to learn how you can help sell tickets for this event.

Family Resources Wish List

Family Resources is seeking names of professional and community groups that may wish to hear a presentation by staff.

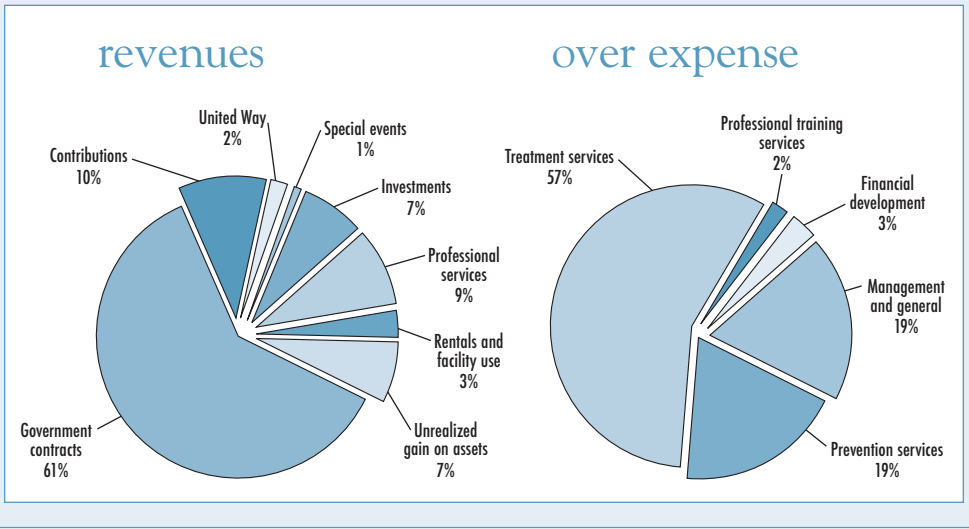
The Family Retreat Center is in need of new or used items, including a snow blower, carpet cleaner, children's games, craft supplies, shovels, rakes, tarps, tools, pool table and cue sticks, and a ping pong table and paddles.

The Beverly Jewel Wall Lovelace Children's Program needs school supplies (book bags, pencils, tablets), sewing materials (yarn, fabric), and arts and crafts supplies and kits.

To learn more, please contact the Development Office at Family Resources, 412-363-1702, ext. 1168, or info@familyresourcesofpa.org

HIGHLIGHTS FROM THE 2003-2004 FISCAL YEAR

- 289 new family members were assessed for psychotherapy services because a child was injured by abuse
- 4,333 hours of psychotherapy service were provided to individuals, families, couples and children, including assessment, psychiatric evaluation, follow-up and family collateral treatment. Court testimony and consultation with other service providers were given on an ongoing basis.
- the Therapeutic Parents' and Children's Center provided 201 days of programming for children who have been physically or sexually abused or neglected, as well as 186 hours of in-home follow-up and education with their families
- 39 families received Family-Based Mental Health Services
- 186 families referred by Allegheny County's Office of Children, Youth and Families received in-home crisis intervention services
- 154 families were served through our Parent-Teen Conflict Program, designed to help parents and adolescents manage their conflict and divert teens from the child welfare system
- 42 families participated in Community Connections for Families, an initiative intended to help families with children who have severe emotional disorders gain access to services
- 61 families were served through the Bedford Family Support Center
- 48 refugee and immigrant families received services through the International Outreach Program
- 7,651 adults, children and teenagers participated in retreats at the Family Retreat Center
- 672 families participated in parent education classes and support groups, and 270 families received home visiting services designed to prevent child abuse
- 1,767 callers received help through the Parenting WARMLINE at Family Resources



You may use the form below to make a tax-deductible gift to Family Resources. Here's how your contribution will make a difference:

- \$250 provides a weekend retreat for a family of four
- \$100 provides a day-long retreat for a family of four
- \$50 provides a day-long retreat for a parent and child
- \$25 provides a day-long retreat for a child

If you would like to make a contribution in the form of a stock transfer, please call the Development Office at 412-363-1702, ext. 1168.

Thank you.

Family Resources is a 501(c)(3) non-profit charitable organization. A copy of the official registration and financial information of Family Resources may be obtained from the PA Department of State by calling toll free, within Pennsylvania, 1800-732-0999. Registration does not imply endorsement. Family Resources did not provide any goods or services in return for this contribution.

Please make your check payable to **Family Resources**.

Use this form to send your check to:

Family Resources
141 S. Highland Avenue, Pittsburgh, PA 15206-3953

Check all that apply:

Enclosed is my gift for \$ _____

Please charge my

Visa

MasterCard

Credit Card # _____

Expiration Date _____

Signature _____

I wish my gift to remain anonymous.

I wish to make my gift in honor/memory of:

Please send an acknowledgement to:

I would like information on volunteer opportunities.

Name _____

Address _____

City/State/Zip _____

Telephone _____



141 S. Highland Avenue
Pittsburgh, PA 15206

Help keep families safe for children!

ADDRESS SERVICE REQUESTED

Non-Profit Org.
U. S. Postage
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Pittsburgh, PA
Permit No. 3273

**TO CONTACT US —
Call 412-363-1702**

- The Nurturing Course
- Parent Support Groups
- Parents Anonymous
- Home Visiting
- Parenting WARMLINE
- Family Retreat Center
- Bedford Family Support Center
- Outreach to Immigrants and Refugees
- Community Connections for Families
- Crisis Intervention Services
- Parent-Teen Conflict Program
- Outpatient Psychotherapy Services
- Therapeutic Parents' and Children's Center
- Family-Based Mental Health Services
- Intake, Information, and Referral
- Beverly Jewel Wall Lovelace Children's Program
- Child Abuse Prevention Month
- One Kind Word
- Professional Conferences
- The Parent Education Network
- Western PA Training Collaborative

Call 412-683-7517
Bedford Family Support Center
On the web: www.familyresourcesofpa.org
email: info@familyresourcesofpa.org

Family Resources
141 South Highland Ave.
Pittsburgh, PA 15206
412-363-1724 FAX



United Way
of Allegheny County

Big issues. Bigger answers.

Family Resources is a member agency of the United Way of Allegheny County. The designation code for donor-directed gifts is 631.

The Parenting WARMLINE at Family Resources

Call 412-641-4546 or 1-877-WARMLYN Within Allegheny County
Call 1-800-641-4546 Outside Allegheny County

BID FROM YOUR HEART

The Dinner Committee has worked diligently on the Silent Auction to be held during this year's Child Abuse Prevention Month Awards Benefit on April 27.

Among the many wonderful items that will be auctioned are:

Holland America Cruise: Spend seven carefree days at sea, enjoying the luxury of an outside cabin, traveling anywhere in the world (with some exclusions).

Florida Vacation Home: A lovely three-bedroom condo on pristine Siesta Key is available for one week of your choice (some exceptions).

Please come prepared to bid from your heart and support our mission.

Call the Development Office, **412-363-1702, ext. 1168**, for details.

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