



# Quarterly Update

## OUR MISSION

CFSUP aims to:

- Strengthen children and families by providing high-quality programs throughout Michigan's Upper Peninsula.
- Provide programs that preserve the dignity and enhance the well-being of families and their individual members, which are provided in a caring, compassionate and professional manner.
- Nurture and empower children and families for a brighter future.

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## “I believe I was blessed” • A Letter from a Wraparound Mother

Dear Child & Family,

*I want to tell a story of a woman struggling to enter a world unknown to her. One that is kind, without drugs and alcohol, and safe for her children and herself.*

*As I began this journey, I found myself so scared and alone. My friendships revolved around the things I left behind and therefore my friends were gone too. With your involvement and drug rehabilitation through Catholic Charities, I set out for a new life as a single mother. Forced to move in with my ex-husband of 7 years, I was homeless, jobless and facing the loss of my kids forever.*

*With your help, I got involved with Wraparound, a program designed to bring together the support of all workers and the entire family to create a plan, ultimately complete that plan, and rebuild. [The result was] a solid recovery, better parenting, as well as a stable home for all.*

*Ashley Jenema [CFSUP Wraparound Coordinator] has not only been a support to me and my family, but has gone the extra mile to see that I have a positive outlook... even during her time off, with a phone call simply to say “Hi.” Ashley has taken all kinds of time to help with my job search.*

*She also got me involved with a new CFSUP program called Homeless Prevention*

*[and Rapid Re-Housing]. It was there that I met Brooke [Nyman] and Cyndy [Rankinen, CFSUP Housing Resource Specialists]. They helped with paperwork and got me assistance with housing, which made me able to find a place of my own. Now, I am not homeless and I am able to have my children.*

*I am able to have a safe, loving home to find myself, love myself and continue the road to recovery. A long journey it is, but without the support of Child & Family, Ashley, Robin [Lehner, CFSUP Wraparound Intern], Cyndy, Brooke, and Craig [Kitchen, CFSUP Counselor], it would have been much longer.*

*“... a solid recovery, better parenting, as well as a stable home for all.”*

*I believe I was blessed to have these people come into my life. I hope that anyone who is out there in any situation will look into these services. I feel Child & Family never once judged me and far exceeded the call of duty by all they've done for me.*

Sincerely,

A Wraparound Mom

## ‘Bring a Kid Fishing’ February 13 • Family Ice Fishing Derby Coming Up

CFSUP is thrilled to announce the first annual Family Ice Fishing Derby, taking place on February 13th, 2010 on Teal Lake in Negaunee. With proceeds going to family programs across the Upper Peninsula, we're looking forward to a fun-filled day for families and outdoor enthusiasts alike.

We have received exceptionally generous support from area business-owners (see “Generous Businesses” on Page 4), who have donated food, lent equipment and provided gift certificates that will serve as prizes for fishing contests and kids’

games. Outdoor Recreation students from Northern Michigan University will be running kids’ games, including snowshoe races and sculpture-building contests, and serving as the derby judges.

All supplies will be provided and included in the registration fee, which is \$25 per adult and \$35 per couple, with the first youth free and \$5 for each additional youth. This also includes hot beverages, which will be provided by Econo Foods. There will be a heated tent and plenty of shelter available.

*Continued — See “Coming Up” on Page 4*

## Operation Good Cheer • Gift-Giving Program Makes Christmas Brighter for Foster Youth

Several CFSUP Child Welfare staff members recently participated in the 38th annual Operation Good Cheer, a gift-giving program that makes Christmas brighter for over 4,000 Michigan youth and disabled adults in foster care, residential treatment and group homes each year. Child & Family Services of Michigan, Inc., coordinates the event, which is entirely volunteer- and sponsor-driven.

This year, 38 CFSUP foster youth received gifts. Since 1971, Operation Good Cheer has helped 65,000 participants see their Christmas wishes come true.

Pictured (left to right): Val Poutanen, Kelly Zambon, Danielle Keller, Jenna Stanaway, Kelli Harvala, Amanda Marek, Emilie Stack, Tracey Compton and Brittany Beckman.



## CFSUP Receives Capacity Building Grant • National Fatherhood Initiative Awards \$25,000 for Agency & Program Development

We are thrilled to announce that CFSUP is the recipient of a \$25,000 National Responsible Fatherhood Capacity Building Initiative grant from the National Fatherhood Initiative (NFI).

Designed through a partnership with the U.S. Department of Health and Human Services' Office of Family Assistance, the award will help us more effectively serve fathers and families by building our capacity in the following areas: Leadership Development, Organizational Development, Program Development, and Community Engagement.

CFSUP was one of 25 organizations to be awarded from over 600 applicants through a competitive RFP process.

CFSUP previously offered a program called Proud Fathers to fathers, step-fathers, foster fathers, expectant fathers and male primary caregivers.

The Proud Fathers Program was recognized by Michigan's Healthy Marriage and Responsible Fatherhood Initiative for Outstanding Service in 2007, with the highest graduation rates in the state. After 3 years of programming, funding became unavailable in 2009.

Future Quarterly Updates will provide information as programming is developed. More information about the NFI grant can be found at [www.fatherhood.org/grant/](http://www.fatherhood.org/grant/).

## New Partnership with Marquette Juvenile Court • Family Empowerment Program Serves Families of Troubled Youth

The Family Empowerment Program is a new program designed to serve families of adjudicated youth who have entered the court system or are at risk of doing so.

The program focuses intently on engaging each family member towards positive outcomes, with the ultimate goals of (1) providing parents with the skills and resources necessary for them to independently address the behaviors of their children, and (2) allowing youth to remain safely in their homes with their families and out of alternative placement.

A Family Empowerment Specialist will deliver in-home training and counseling in the following areas: problem-solving, effective parenting, life skills; social skills and family communication.

Driven by CFSUP's belief that a youth's behavior is influenced by all aspects of their

environment (including family, school, neighborhood and peers), the Specialist will work with families in conjunction with all agencies in their everyday life, including probation officers and school personnel.

Anticipated outcomes of this program include reported improvements in family functioning, cost-savings from a reduced amount of out-of-home placements, a decrease in recidivism (subsequent offenses) of adjudicated youth, and a reduced rate of alcohol and drug use for youth and their parents.

The Family Empowerment Program is the third program CFSUP designed in collaboration with the Marquette Juvenile Court.

For more information, contact Kelly Cygan at (906) 228-4050 ext 116 or [kcygan@cfsup.org](mailto:kcygan@cfsup.org).

## Botvin LifeSkills • Youth in 4 Counties Receive Substance Abuse Prevention Training

Botvin LifeSkills Training will be offered to middle school and high school students in grades 6 to 12 in Marquette, Luce, Alger and Mackinac Counties. Funded by the NorthCare Network, this evidence-based substance abuse program focuses on general social skills, personal self-management skills, drug-resistance skills, and self-confidence.

Found to significantly reduce tobacco and alcohol use, drug abuse and violence, Botvin LifeSkills has been selected for prevention excellence by the National Institute on Drug Abuse, the White House Office of Drug Policy and the National Centers for Disease Control.

For more information, contact Ashley Jenema at (906) 228-4050 ext 122 or [ajenema@cfsup.org](mailto:ajenema@cfsup.org).

## Prefer to receive this Update electronically?

Consider sending a quick email to [bnease@cfsup.org](mailto:bnease@cfsup.org) with "update" in the subject line.

You can stay informed and help us save on printing & postage.

## Staff Spotlight • Before & After School Program Director and Coordinators

CFSUP currently offers Before & After School Programs (BASP) at four Marquette elementary schools. Our Program Coordinators are responsible for planning and implementing educational activities (such as tutoring, homework help, community service projects, life skills and art projects) at their school.

They also develop and implement behavior plans for challenging students; serve as a liaison for their school's principal and Kinder Club teacher; plan afternoon snack menus; hire, train and supervise aides; and ensure licensing compliance, along with various administrative duties. Another integral part of a Coordinator's job is offering resources to parents as issues arise.

Currently, 11 Program Aides assist the Coordinators with their programs. A majority of the aides are Northern Michigan University students majoring in Education or another child-related field.

### • Superior Hills Elementary

**Becky Hillier** is the Program Coordinator at Superior Hills Elementary School. Becky has worked with CFSUP since 2007, when she worked as a lead for our Summer Program and then as a Kinder Club Teacher and BASP Aide.

Becky has attended Northern Michigan University and Grand Valley State University, where she originally pursued a career in medicine. She credits her work at CFSUP with helping her discover her passion for working with children, and plans to return to school to pursue a career in child psychology.

Becky's favorite part of working with children is having the opportunity to watch them grow and learn things. "To encourage a child to try something new and witness

the discoveries they make about themselves is something words can't describe," says Becky. "I have been blessed with a job that allows me to meet new, wonderful, growing people every day!"

### • Cherry Creek Elementary

**Jain DeMerse**, the Program Coordinator at Cherry Creek Elementary School, has worked with BASP since October 2006. After four years at Northern Michigan University, she is putting the rest of her education on hold to pursue a career in the Air Force.

Jain has worked with youth since she got involved with childcare at church at the age of 15. She counts among her favorite jobs the Superior Summer Program, a four-week long summer camp for kids ages 5 to sixth grade.

Jain enjoys countless things about working with BASP, but says she especially enjoys the differences between youth and adults.

"They don't judge you before they know you, they welcome you with opened arms, they forgive you when you make a mistake, and they won't hold grudges," Jain says. "My students have beautiful, unhardened hearts, and it has been such a blessing to work with and learn from them."

### • Sandy Knoll Elementary

**Katherine Volckaert**, the Program Coordinator at Sandy Knoll Elementary, has worked with BASP since August 2005. Katherine holds a Bachelor's degree in Political Science from Central Michigan University. After the birth of her son Christian, Katherine went back to school to obtain her Certification in Elementary Education. Her certification was put (and still remains) on the back burner after her daughter Annaliese was born.

"I decided to be a stay-at-home mom, though I never stayed home. I was the parent who could not leave the school!" jokes Katherine. She became involved with the Board of Marquette Co-op Preschool and Sandy Knoll

Elementary, as well as Girl Scouts. It was because of her involvement at Sandy Knoll that someone recommended she apply as a BASP Coordinator.

*"My students have beautiful, unhardened hearts, and it is such a blessing to work with and learn from them."*

Katherine's children have since moved on to Graveraet and Bothwell, where she currently volunteers. "I stayed with the program at Sandy Knoll because I love the energy of my students and the creativity of the school and BASP staff," says Katherine. "I honestly don't know of many jobs where I would be paid to color, play UNO and dance—so here I stay!"

### • North Star Academy Elementary

**Shelley Young** is the Program Coordinator at our newest program at North Star. Shelley has served as Program Director for our school programs since July 2005. In addition to her Coordinator responsibilities, as Program Director Shelley maintains licensing compliance and administers the Federal Food Program for all program sites.

Shelley holds a Bachelor's degree in Psychology with Early Childhood credentials from NMU. She previously worked for 8 years in a day care center, primarily working with school-aged children. She has also served in various CFSUP roles, including Student Achievement Specialist, Better Futures Mentoring Coordinator and Supervisor of School Programs in Mackinac County.

*"I love the energy of my students and the creativity of the BASP staff."*

"My favorite thing about working with kids is their ability to be honest," says Shelley. "They make me laugh and smile at life's simplest things."

For more information on our Before & After School Programs, contact Shelley Young at (906) 228-4050 ext 120 or [syoung@cfsup.org](mailto:syoung@cfsup.org).



Above (left to right): Shelley Young, Becky Hillier, Jain DeMerse and Katherine Volckaert

## Welcome Aboard! • *New Staff Members Join CFSUP as We Pick Up Steam*

### • *Family Empowerment Program*

**Kelly Cygan** joined CFSUP in December 2009 as a Family Empowerment Specialist. Kelly, pictured at right, holds a Bachelor's degree in Psychology and Communication Disorders from Northern Michigan University. She previously worked for CFSUP as a Wraparound Coordinator for 7 years. Kelly delivers in-home training and counseling to families of court-involved youth or at-risk youth (see page 2 for more information on the Family Empowerment Program). Before returning to CFSUP, she worked for UPCAP (Upper Peninsula Commission for Area Progress) Services, Inc., as an Options Counselor.

### • *Homelessness Programs*

**Stephen Jensen** joined CFSUP in December 2009 as a Homeless Prevention Specialist for our Homeless Prevention Programs. Stephen holds a Bachelor's degree in Philosophy from Northern Michigan University. He previously worked for Great Lakes Foods and Menominee High School's Athletic

Department. Stephen, not pictured, works with homeless youth in our Supportive Housing for Youth Program and Homeless Youth Initiative. He will also process applications for our Housing Assistance Recovery Program.

### • *Dickinson Wraparound*

**Sue Ellis** joined CFSUP in January 2010 as the Wraparound Coordinator for Dickinson County. Sue, pictured at right, holds a Bachelor's degree in Criminal Justice from Northern Michigan University. She previously worked for Voices for Youth as a Street Outreach Worker, as well as Big Brothers Big Sisters of the Bay Area and several other social service agencies.

### • *Schoolcraft Wraparound*

**Debbie Moore** joined CFSUP in January 2010 as the Wraparound Coordinator for Schoolcraft County. Debbie, pictured above right, holds a Bachelor's degree in Early Childhood Education and Elementary Education from Siena Heights

University and a Teacher Paraprofessional Certificate from Lansing Community College. She previously worked for the Menominee-Delta-Schoolcraft Community Action Agency as a Head Start Program Assistant and has held several other teaching positions.



Above (left to right): Kelly Cygan, Debbie Moore and Sue Ellis

As Wraparound Coordinators, Sue and Debbie are responsible for coordinating services for children and their families, assisting families in developing an appropriate plan, monitoring the progress of services and supports, facilitating team meetings, and advocating for families.

## Generous Businesses •

### *Supporters of the 2010 Family Ice Fishing Derby*

Beef-A-Roo  
Bonanza  
CK Unlimited Photography  
Country Inn & Suites  
Country Village Cinema V  
County Lanes Entertainment Center  
Domino's Pizza  
Donckers  
Econo Foods  
Holiday Inn  
Midtown Bakery & Café  
Marquette Mountain Ski Area  
Movies North  
Northern Michigan University Outdoor Recreation Center  
Subway  
Super 8 Motel  
Sweet Water Café  
U.P. Dogs  
Upfront & Company  
100.3 The Point  
949 The Bay  
96.7 The Eagle

## Local Grants •

### *Generous Support from Local Funders in 2009*

**The Negaunee Community Foundation** granted \$1,500 to our Marquette Wraparound Program to provide financial support to Negaunee families who have children with special needs.

**The Frazier Fund, Inc.**, granted \$4,000 to our Marquette Homelessness Prevention and Rapid Re-Housing Program.

**The Robert & Jeanine Dagenais Foundation** granted \$300 to support our family programs throughout the Upper Peninsula.

**The Zonta Club of Marquette** granted \$500 to support the continuation of higher education for single mothers by providing child care while they attended classes.

## Coming Up •

### *What We've Got In The Works*

#### **Bring a Kid Fishing**

*Continued from Page 1*

We will have hot food available for purchase, including hot dogs from U.P. Dogs, whose owner, Steve Perry, is generously donating all proceeds.

Don't want to stand out in the cold? Sponsor a family's registration costs. We'll make sure a family in need has a fulfilled day on your behalf! Registration forms can be found online at [www.cfsup.org](http://www.cfsup.org).

*Questions? Contact Bobbi Nease at (906) 228-4050 ext 112 or [bnease@cfsup.org](mailto:bnease@cfsup.org).*

#### **90th Anniversary Celebration**

In August 2010, we will celebrate our 90th anniversary with the production of a play, written by a Northern Michigan University student. The play will shed light on how foster care and adoption has changed in our area since the days of the orphan train.

## From the Executive Director

Dear Friends,

What a year it's been! 2009 was unlike any other year we have seen this decade. It has been especially tumultuous for private agencies like ours. Many children and families in our country have faced—and continue to face—challenges and hardships.

Families are our society's most basic and important unit. Child & Family Services of the Upper Peninsula has the incredible and rewarding responsibility of serving families in need and coordinating with our community to deliver those services effectively. Through strategic planning and mission-based management, CFSUP will continue to make the necessary adjustments to ensure that we continue to promote the development, growth and strengths of Upper Peninsula children and their families into 2010 and beyond.

This year marks our 90th anniversary. It is remarkable to think of all the children and families who have been helped throughout our history. It is a testament of the power of the community's support and the commitment of our staff and board members. Everything you do—whether you volunteer or give a donation—contributes to the long history of making a difference in the lives of vulnerable children and families in the U.P.

CFSUP has been successful at advocating at the state level to keep children and family issues at the forefront of the minds of our legislatures as they make difficult budget decisions. We rely on the strength of our partnerships and the support of our community to find creative and efficient ways to meet the needs of the children and families in our community.

As we enter into a new decade, it is clear that the challenges that families face are ever increasing. Federal and state funding supporting services to vulnerable children and their families continues to be limited. In the foreseeable future, it is expected that there will be fewer and fewer dollars available from the public sector to provide care and treatment to the children in Michigan.

I thank you for all you do to support CFSUP and want you to know that you are needed now more than ever. If you already volunteer with us, think about expanding your commitment. Consider attending the 1st Annual Family Fishing Derby this February. Forms are available now on our website: [www.cfsup.org](http://www.cfsup.org). It will be a fun day for everyone involved and proceeds go toward our family programs.

These are challenging times, but with your help we will continue to provide critical services to the vulnerable children and families that rely on us. If you haven't been involved with our agency's work, now is the time to join us. Together, we can make a positive difference in the lives of those in need.

Sincerely,



Member Agency

**Executive Director**  
Norma Semashko

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Child & Family Services of  
the Upper Peninsula, Inc.  
**Quarterly Update**  
**Winter 2010**

Child & Family Services of the Upper Peninsula, Inc., is a private, non-profit, non-sectarian agency that has been serving Michigan's Upper Peninsula with programs for youth and families for 90 years.

Working collaboratively with the Department of Human Services, community mental health agencies, state and local law enforcement, health departments, substance abuse treatment providers, hospitals, prosecutors, the courts, the school systems, and community members, CFSUP strives to strengthen children and families by providing high-quality social service programs.



When you contribute to  
Child & Family Services,  
you really are changing a life.

*You are **helping** a family get back on their feet after a rough time.*

*You are **allowing** a child a chance to safely remain with their family.*

*You are **giving** homeless and runaway youth HOPE.*

*You are **providing** youth a safe place to go before & after school.*

*You are **offering** alternatives for at-risk youth and their families.*

*You are **equipping** families with the skills to be healthy and happy.*

*You are **preparing** youth for a bright, successful future.*

**You are strengthening families  
and brightening futures.**

- Adoption • Before & After School Program • Botvin Lifeskills Training • Counseling • Diversion • Family Outreach •
- Family Support Program • Family Empowerment Program • Foster Care • From Decisions to Actions • Housing Assistance
- Recovery Program • Homelessness Prevention and Rapid Re-housing Program • Homeless Prevention Program • Homeless Youth
- Initiative • Juvenile Incentive Program • Kinder Club • Project: HOPE Basic Centers East and West • Strengthening Families
- Program • Supportive Housing for Youth Program • Wraparound •