



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.

IN THIS ISSUE

Botvin LifeSkills Program Expansion	2
Peer-to-Peer Recovery Program	2
Upcoming Strengthening Families Programs	2
New Employees	3
2010 Donors & Local Grants	4
A Word From Norma: 5 Things to Remember about CFSUP	5

“The Sun Will Shine Through the Clouds Again” • *Homelessness Prevention & Rapid Re-Housing Program Gives Families Hope*

Dear Norma, Katie and Cyndy*:

I can't thank you enough for all the help you've given my family and me. If it wasn't for you wonderful ladies, I don't know where I would be. You helped me get through one of the hardest days of my life. Losing my dog and my best friend, and then finding out I had lost our rent money was enough for me to lose hope.

That afternoon, I met with the three of you and you gave me hope again. You helped me see that the sun will shine through the

*“You lifted me up,
dusted me off,
and told me everything
was going to be okay.”*

clouds again, and I can't ever thank you enough! I feel so blessed to have met the three of you. You are like angels that shined on me when I really needed it.

I was almost ready to give up hope and stop believing. When you came into my life, you lifted me up, dusted me off and told me everything was going to be okay.

Thank you! You have not only helped me physically but mentally and emotionally as well. Thank you from the bottom of my heart. God Bless You!

Sincerely,

A Family Touched by HPRP

**Norma Semashko, Executive Director
Katie Ritzenhein, Contracts & Program Manager
and Cyndy Rankinen, Housing Resource Specialist*

“Why I Serve” • CFSUP Board Member Cathy Crimmins

It seems that Cathy Crimmins was always destined to be a member of Child & Family Services of the Upper Peninsula's Board of Directors.

She grew up childhood friends with a few of the other members and has always considered family to be a priority. She also knows firsthand how CFSUP can change someone's life for the better.

Cathy and her husband Roger adopted two daughters via Child & Family Services in the early 1980's. “Our kids are jewels as far as we're concerned. We never thought we'd get to adopt two children. We really lucked out.”

Her daughters Katie, 27, and Becky, 23, both got married this past summer and live in Marquette. They grew up knowing they were adopted and were given the option to contact their birth families at the age of 18.

“Both girls have had contact with their birth families. In fact, Katie discovered in high school

that she was classmates with a birth cousin. We always let that be up to them.”

Both the girls and their husbands (Jeremy Nelson and Tom Bond) work for Roger's company, A. Lindberg & Sons, Inc., in Ishpeming. In the past, Cathy worked as a junior high school teacher.

Currently, Cathy is a member of CFSUP's Board of Directors, Marquette General Hospital's Volunteer Board and Gift Shop Committee, and the P.E.O. Sisterhood. She is also the President of the Michigan Association of Healthcare Advocates.

But family is always Cathy's first priority. “They are my past, my present, and my future,” Cathy says of her family. “Family is your whole life.”

Cathy feels fortunate that her and her husband's families live in the U.P. “Our family has always been very close,” says Cathy.

Continued on Page 3

Botvin Life Skills Program Expanded • Now serving 6 Upper Peninsula Counties

Child & Family Services will be offering Botvin LifeSkills Training, an evidence-based substance abuse prevention program, to elementary-school-, middle-school- and high school-aged youth in Alger, Chippewa, Luce, Marquette, Menominee and Schoolcraft counties in 2011. New this year will be programs offered in Chippewa and Menominee Counties, as well as programs offered to elementary-aged youth in four counties.

With funding from the NorthCare Network, Botvin LifeSkills Training focuses on personal self-management skills, general social skills and drug-resistance skills.

“We’re thrilled to be able to offer this program to more youth in the Upper Peninsula,” says Ashley Jenema, Program Coordinator. “It truly equips students with essential skills and the confidence needed to significantly reduce tobacco, alcohol, and drug abuse, as well as violence.”

Botvin LifeSkills Program 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.

Peer-to-Peer Recovery Services • New support for families affected by Substance Abuse

Child & Family Services will be offering Peer Recovery Support Services at no cost to parents or expectant parents with substance use disorders. Emma Schilling, Recovery Coach (who is in long-term, sustained recovery), will provide parents or expectant parents (called “peers”) with support, motivation and encouragement while they work toward long-term, self-sustained recovery.

Recovery Coaches assist peers with a variety of tasks, such as setting recovery goals, developing recovery action plans, and solving problems directly related to recovery.

CFSUP’s Peer-to-Peer Services follow Best Practices set by The Substance Abuse and Mental Health Services Administration (SAMHSA) and are open to peers in all stages of recovery:

Pre-treatment:

Services precede formal treatment, strengthening the motivation for change and engaging the peer into treatment

During treatment:

Services accompany treatment, providing a community connection during out-patient treatment, removing obstacles to recovery and planning for long-term self-sufficient recovery.

Post-treatment:

Services follow treatment, supporting relapse prevention.

Outside of treatment:

Services are provided apart from treatment, for peers who cannot enter formal treatment or choose not to do so.

The overall goal of this program is to increase the peer’s skills and knowledge and therefore maximize opportunities for peers to create a lifetime of stable, self-sustaining recovery and wellness for themselves and their families.

The Peer Recovery Support Program will also do the following:

- Prevent relapse and promote long-term recovery;
- Teach and model management of relapse warning signs;
- Assist peers in decreasing environmental stressors that commonly lead to relapse;
- Decrease out-of-home placements of children with parents who have substance use disorders by assisting parents with developing parenting skills;
- Increase peers’ access to (and utilization of) available community resources; and
- Increase collaboration between service providers to ensure comprehensive supports and avoid duplication of services.

With funding provided by the Pathways/NorthCare Network and the BSAAS, the Peer Recovery Support Program is now taking referrals.

For more information, contact Pat Lynott (plynott@cfsup.org) or Emma Schilling (eschilling@cfsup.org) at (906) 228-4050 x 119.

Strengthening Families Program • Upcoming Dates

Due to an extension of the Governor’s Discretionary grant funding through the Bureau of Substance Abuse and Addiction Services, CFSUP is able to offer another cycle of the Strengthening Families Program in four counties throughout the Upper Peninsula.

The Strengthening Families Program is a free evidence-based educational program open to all families with children ages 6-11 and 10-14. The program builds on a family’s strengths, while guiding parents on how to show love and set limits. SFP also helps youth develop skills in handling peer pressure, setting goals and building a positive future.

“The feedback we’ve received from past youth participants was that SFP is a fun program,” says Ashley Jenema, Program Coordinator. “It’s neat to see families learning and growing together.”

Funding through the BSAAS will be discontinued in May of 2011. CFSUP is current pursuing other funding sources and is able to continue offering SFP in Marquette County thanks to funding from the United Way.

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

County	Age Group	Start Date
Alger	10-14	November
Marquette	6-11	November
Menominee	10-14	November
Schoolcraft	TBD	TBD

“Why I Serve”

Continued from Page 1

“My furthest brother lives in Negaunee. We’re all lucky enough to get together at the drop of a hat.”

“I think we are very fortunate to live in the Upper Peninsula,” says Cathy. “We have all it takes to spend time with someone and make a difference in their lives right outside our backdoors. We have the advantage of many free things we can do together as families—taking walks or just spending time together outdoors.” Cathy and her family often spend time together at their camp or at their weekly family dinners.

Cathy’s hope for CFSUP is that the agency continues to grow and have a major presence in the Upper Peninsula.

“I hope that people know about our services—all the facets of what our organization offers—and understand that we need support in order to be able to offer them.”



Cathy says that serving on the board of Child & Family Services makes her proud because the agency makes a positive impact on a day-to-day basis.

“I want others to know how much more the agency could do if it had more resources,” says Cathy. “The cuts coming from the state are disproportionately going to the areas that affect families the hardest. I think we’re going to pay for it down the line.”

“Children don’t have a voice. Families are struggling just to make it—they can’t advocate for themselves. They’re doing all they can.” Cathy pledges to continue being an advocate for the families that CFSUP serves: “Someone needs to give them a voice.”

Left: CFSUP Board Member Cathy Crimmins

Welcome to the Team! • *New employees Bring Unique Experiences and Skills Sets*

• *Alger County Wraparound*

Danielle Keller joined CFSUP in May 2010 as a Wraparound Coordinator for Alger County. Danielle has a Bachelor’s of Social Work degree from Northern Michigan University and completed internships with CFSUP’s Child Welfare division and Room at the Inn, a rotating homeless shelter in Marquette. Danielle previously worked at Adult Learning Systems and is currently in her third year as a volunteer with the Sexual Assault Response Team with the Women’s Center.

• *Finance Management*

Karen Chandler joined CFSUP in September 2010 as the Administrative/Finance Manager. Karen holds a Bachelor’s degree in Business/Accounting and a Master’s of Public Administration from Northern Michigan University. Karen has experience working with Township Government and 10 years nonprofit experience. Karen is responsible for payroll, human resource duties, billing, the agency budget, and much more.

• *Before & After School Program*

Sherry Burdick joined CFSUP in August 2010 as a Program Coordinator for the Sandy Knoll Before and After School Program. Sherry has an

Associate’s degree in Early Childhood Education from NMU and previously worked for AMCAB Head Start as an Assistant Teacher and Early Head Start as a Teaching Specialist.

Leslie Brasure joined CFSUP in August 2010 as a Program Coordinator for the Cherry Creek Before and After School Program. Leslie received a Bachelor’s degree in Sociology/Psychology from Western Michigan University as well as a Graduate Certification with the American Montessori Society. Leslie taught in a Montessori School in Flint for two years and then opened a Montessori School which she operated for 26 years.

• *Family Support Program*

Roberta Meide joined CFSUP in August 2010 as a Family Support Worker in Dickinson County. Roberta holds an Associate’s degree in Art from Bay de Noc Community College and a Bachelor’s degree in Social Work from Northern Michigan University. Prior to joining CFSUP, she worked at Caring Care Givers as a Personal Care Worker and the Department of Human Services as a Parent Aide.

Beth Wilmers joined CFSUP in October 2010 as a Family Support Worker in Iron County. Beth has a

Bachelors degree in Social Work from NMU.

As Family Support Workers, Beth and Roberta teach and model skills to families in order to create a safe and healthy environment for the entire family.

• *Peer Recovery Support Services*

Pat Lynott joined CFSUP in October 2010 as the Supervisor for the Peer Recovery Support Program. Originally from Mahtomedi, MN, Pat holds a Bachelor’s degree in Sociology from the College of St. Catherine’s and a Master’s degree from Northern Michigan University. She is also a Certified Advanced Addictions Counselor and licensed professional counselor. Before joining CFSUP, Marquette General Health Behavioral Health Services and the 96th District Court as a case manager for sobriety court clients.

Emma Schilling joined CFSUP in November 2010 as a Peer Recovery Coach. Originally from Marquette, MI, Emma holds an LPN degree from Northern Michigan University. Emma has worked previously for MGH Behavioral Health Services in the E.R. and Acute Care, Marquette General Hospital’s Cardiac and IMCU unit and U.P. Home Health & Hospice. She also runs a small roofing business.

A Big Thank You to Our 2010 Donors •

You're Making a Difference in Lives Throughout the U.P.!

A. Lindberg & Sons
 Dr. and Mrs. Bill and Lorna Addison
 Dr. Dan and Dr. Ann Arnold
 Mr. Greg Barlett*
 Ms. Leslie Bek
 Mr. and Mrs. Tim and Diane Bennett
 Mr. and Mrs. Roger Bentlage
 Dr. Cary and Dr. Sharon Bjork
 Mr. and Mrs. Derek and Heather Bradway
 Mr. and Mrs. William and Jayne Brady
 City Insurance
 Mr. and Mrs. Willard Cohodas
 Mr. and Mrs. Roger & Cathy Crimmins
 Robert and Jeanine Dagenais Foundation
 Ms. Patricia Defauw*
 Dr. Susan Dilsworth and Dr. Angelo Tiberio
 Ms. Julia Frazier
 Lincoln and Terrell Frazier
 Frazier Fund, Inc.
 Frei Chevrolet
 Hon. Dennis and Mrs. Helen Girard*
 Mr. and Mrs. Robert and Rosemary Glenn
 Mr. and Mrs. Jim and Pam Grundstrom*
 Dr. Virginia Grundstrom*
 Dr. and Mrs. Carl and Lynne Hammerstrom
 Mr. and Mrs. William and Anita Hayes
 Mr. and Mrs. Martha and David Haynes
 Mr. and Mrs. John and Christy Hilgers
 Hospitality Services — Bell Memorial Hospital
 Jon's Auto
 Mr. and Mrs. Peter and Audrey Kaufmann
 Mr. and Mrs. Tom and Mary Knauss*
 Ms. Rachel N. Knuff
 Kohl's of Marquette
 Dr. and Mrs. Harry Koenig*

Dr. and Mrs. John Kublin
 Mr. and Mrs. Robert and Meredith Kulisheck
 Dr. and Mrs. Thomas and Sue LeGalley
 Mr. and Mrs. Guy and Andrea Longhini
 Mr. and Mrs. Dick and Nancy Lutey
 Marquette Rotary Club
 Mr. James Mansfield
 Medical Laboratories of Marquette
 Ms. Karen McCormick, K & M Ranch LLC
 Mill Creek Assisted Living
 Mr. Doug Morton
 Mr. and Mrs. Robert and Theresa Nease
 Mr. Paul Nardi*
 Northern Michigan Bank & Trust
 Ms. Cindy Olson
 Dr. and Mrs. Wally and Carrie Pearson
 Ms. Jodi Pineau*
 Mr. Gerald Pirkola*
 Mr. and Mrs. Paul and Dale Rajala
 In Appreciation of Karen Reece
 In Memory of Duncan Reese (2)
 In Memory of Phyllis Reynolds
 Ms. Aretina Rittenhouse*
 Mr. and Mrs. Vincent Rose
 Mr. and Mrs. Gustave and Anne Rydholm
 Mr. and Mrs. Walter and Joyce Sauer
 Mr. and Mrs. Eric and Renee Seaborg
 Sisters of St. Paul de Chartres
 Ms. Norma Semashko
 Dr. and Mrs. Milton Soderberg
 Mr. and Mrs. John and Liz Sonderegger
 Ms. Marion Sonderegger
 Mr. and Mrs. John and Beth Wallace
 Mr. and Mrs. William and Anne Weaver*
 United Methodist Women

Local Grants •

Generous Support from Local Funders in 2010

The Frazier Fund, Inc., granted \$2,000 for administrative costs.

Great Lakes Rodeo granted support for the 2010 Summer Youth Program.

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

Marquette Alger Can Council granted \$614 for counseling for local elementary-aged youth.

Louis G. Kaufman Foundation granted \$1,000 to support the 2010 Summer Youth Program.

*"Nobody made a greater
 mistake than he who did
 nothing because he could only
 do a little."*

—Edmund Burke

*These donations were give through an agency designation through the donor's local United Way.

From the Executive Director: *5 Things to Remember about CFSUP*

Dear Friends,

Child & Family Services of the Upper Peninsula makes me prouder each day. We truly are an organization of excellence. We have combined the best science and research with the artful delivery of service by a supremely professional and dedicated staff.

As you browse through our Update each quarter, I hope these five things resonate with you about Child & Family Services:

1. We have a strong infrastructure. A 90-year history of successful programming and services is nothing to sneeze at. We are very proud of our history of caring for families in need. We collaborate regularly with local agencies of all kinds, from the Department of Human Services to the courts and school systems. Because of these partnerships, CFSUP is well-integrated in the local service community and has a strong history of being recruited to implement essential programs throughout the region.

2. We stand by our mission. We aim to: *strengthen children and families by providing high quality programs throughout the Upper Peninsula; provide programs and services 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; and nurture and empower children and families for a brighter future.* We hold our program design, service delivery, budgets, and everyday operations to these high standards. Every decision we make circles back to this common vision.

3. We value family. From the families we serve to our own family as an organization, we know it's important to have a place to call home, a place to share ideas, a place to feel safe and a place to grow. Our programs and services are designed with the ultimate goal of allowing families to remain together—safe, happy and healthy.

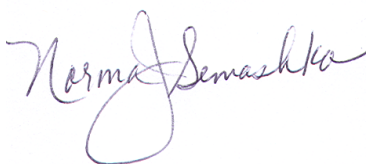
4. We spend efficiently and effectively. We keep administrative costs low, allowing over 90% of our revenue to go towards direct services. According to the Center on Non-Profit and Philanthropy at Indiana University, the average human service agency spends 20% of their budget on administration and fundraising, with 14% of organizations spending less than 65% on programs. With CFSUP, you can rest assured your contributions are being spent wisely, and with the families we serve as a top priority.

5. We depend on your generosity. In these uncertain economic times, it is important that agencies like ours not rely on only one type of funding. Your contributions make a difference in the work we can do and the lives we can change. It's very simple—the more unrestricted funds we generate, the better we can adapt our services to meet the ever-changing needs of the families we serve.

Now more than ever, in this time of long unemployment lines, high grocery bills, rising gas prices, and frightening foreclosures, it is imperative that we, as an organization and as a community, step up to help those in need.

We are all concerned about money, but at CFSUP our motivation propels our means. We will never compromise our values because of our state's lack of resources; rather, we will find or create resources to support our values. I hope we can count on your support and generosity to help us achieve these goals.

Sincerely,



Member Agency

Executive Director
Norma Semashko

Board of Directors

Julie Frazier

President

Joan Miller

1st Vice President

Doug Morton

2nd Vice President

Anne Rydholm

Treasurer

Pamalene Grundstrom

Secretary

Lorna Addison

Thomas Clark

Lois Cohodas

Cathy Crimmins

Al Hendra

Toyo Kaumeheiwa

Mary Knauss

Nancy Lufey

Rick Nebel

Karen Reese

Joyce Sauer

706 Chippewa Square
Suite 200
Marquette, MI 49855

Phone: (906) 228-4050
Fax: (906) 228-2153
child&family@cfsup.org

**Chippewa Square
Office Suites
Available**

274 sq ft

444 sq ft

613 sq ft

Call for details.

(906) 228-4050

Child & Family Services of
the Upper Peninsula, Inc.
706 Chippewa Square, Suite 200
Marquette, MI 49855

Child & Family Services of
the Upper Peninsula, Inc.
Quarterly Update
Fall 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 Support Program • Family Empowerment Program • Foster Care • From Decisions to Actions • Homelessness
Prevention and Rapid Re-housing Program • Homeless Prevention Program • Homeless Youth Initiative • Juvenile Incentive
Program • Kinder Club • Peer Recovery Support Services • Project: HOPE Basic Centers East and West • Strengthening Families
Program • Supportive Housing for Youth Program • Wraparound •

www.cfsup.org