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kairosnw.org

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KAIROS

The moment when change is possible

We would like to take this opportunity to thank our Board of Directors for their time, service, and commitment to our agency.

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Artwork by Kairos youth & young adults | Design by Michaels & Michaels Creative

Dear Friends of Kairos,

Fall 2018

Fall represents so much to so many people. The change in seasons, the upcoming holidays, the cooling off from a hot and smoky summer. For me, it represents the conclusion of my first year as Executive Director of Kairos. What a privilege it has been and continues to be to work with such a passionate and talented team on providing exceptional services to the youth, young adults, and families we serve. With your help, we have accomplished so much over this past year.

On August 22, Kairos's Coastline Services team moved into their new services building. North Bend School District had graciously allowed Kairos Coastline Services team to use office space for over ten years. Although the team will miss being close to the North Bend School District staff, the new building provides a central hub for Kairos staff to provide much-needed services in Coos County. This would not be possible without the variety of funders who supported this project.

Due to a large grant from CareOregon, Kairos has been able to secure and implement a new Electronic Health Record (EHR), enabling Kairos staff to experience more efficient workflows and the agency to have real-time data to inform the way we deliver clinical services and conduct business practices. It was a lot of work, and we went live with the new software on September 17.

Speaking of busy seasons, Kairos has been busy going through Joint Accreditation reaccreditation; Oregon Health Authority and Department of Human Service licensing reviews; and funder reviews. The team has done a phenomenal job preparing for and passing each review. As always, the agency has areas to improve, but chasing excellence is something we embrace.

The remainder of 2018 and upcoming 2019 will be exciting times for Kairos. We will continue to provide necessary services to youth, young adults, and their families. Thank you so much for partnering with us and supporting #TeamKairos!

Craig Norton, MA, Executive Director



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#TeamKairosChallenge

This past August, Kairos launched the #TeamKairosChallenge. This campaign challenged Kairos staff and Board members to each raise \$100 for the agency. The idea emanated from the 2017 All-Staff Meeting during which staff asked to be involved in raising funds for the agency.

The #TeamKairosChallenge ended on September 21, raising \$5,849! We would like to thank everyone who contributed to the #TeamKairosChallenge. We truly appreciate the support.

WE CAN IT'S POSSIBLE

New Beginnings Therapeutic & Safety Enhancement Project



Kairos New Beginnings received grant funds from KeyBank Foundation and the Robert & Frances Chaney Family Foundation to purchase safe and youth-friendly furniture. The funds were used to buy ten chairs and six rocking chairs designed for acute care settings. Since their arrival in September, the furniture has significantly improved the youths' living environment while giving them access to safe tools for self-soothing.

Over the last three years, New Beginnings made several changes to enhance safety and promote trauma-informed care in the program. A building remodel in 2016 included the expansion of several wings to improve line of sight for staff and create larger common areas to accommodate groups and activities. After the remodel, these wings remained noticeably bare and lacking in furnishings. The funds from KeyBank Foundation and the Robert & Frances Chaney Family Foundation gave New Beginnings the ability to provide youth with adequate seating without sacrificing

safety. All of the furniture is constructed of durable material and contains portals that can be filled with sand to weigh it down. The variety of colors brightens the unit while encouraging group engagement.

With their fun colors and space-aged appearance, the rocking chairs have been the most popular addition to the program. Rocking chairs can actually promote healing in the brains of traumatized youth as the rhythmic motion helps form critical neurological connections that have been disrupted by abuse and neglect. The basic, repetitive motion of rocking increases the brain's capacity to focus, control impulses, regulate emotions, and process sensory information. In the words of one New Beginnings youth, "They're basically just really fun to sit in."

Thanks to the generosity of KeyBank Foundation and the Robert & Frances Chaney Family Foundation, New Beginnings youth can feel more comfortable and safe while receiving treatment.



Thank You for Supporting Our Community!

We are proud of the work Kairos does in the communities we serve. Your help makes it possible for us to continue that work. Approximately one in five children and young adults suffer from a mental or behavioral disorder at some point, and only about a third receive treatment. The increasing stresses in our society make it difficult for young people to achieve or sustain optimum mental health.

We continually strive to improve our ability to meet the needs of the most vulnerable youth, young adults, and their

families. Your support is as critical as ever. The generosity of our donors and supporters helps us provide desperately needed services and supports in the communities we serve.

Using the form below, please help us promote mental health awareness and provide critical services that empower youth and young adults to build on their strengths as they overcome challenges, find solutions, and develop hope for their future. On behalf of all those who will benefit from your commitment, we thank you for your consideration.

Kairos has been making a difference in the lives of youth and young adults with mental health challenges for over forty-one years. We help them learn skills and find solutions to build a better future for themselves and the community. Your contribution helps us continue this important work. Together, we can build a stronger community and bring hope and promise to the youth and families who need our help the most.

Please mail this form and your check to:

Kairos
Development Department
1750 Nebraska Avenue
Grants Pass, OR 97527

You can also make a donation online at kairosnw.org/donate.

NAME

ADDRESS

CITY

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We collaborate with young people, families, and communities to provide intensive mental health services and supports, promote mental wellness, and instill hope.