



1750 Nebraska Ave., Bldg. A
Grants Pass, Oregon 97527

P 541.956.4943 | F 541.476.7410

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.

BOARD MEMBERS

- ★ Debbie Daggett, President
- ★ Peter Buckley, Vice President
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Artwork by Kairos youth & young adults | Design by Michaels & Michaels Creative

Aloha All!

Summer 2019

At the Celebration of Hope luncheon in Coos Bay, I appreciated everyone listening to my thoughts on **HOPE** and how hope is nurtured through **RELATIONSHIP**. I shared a personal story of my mom experiencing significant health issues and how it was affecting my mental health and hers and how we made a decision as a family to visit her. That simple act of relationship and sitting and talking with each other until late at night did wonders for both of our souls. Healthy and vibrant relationships really do matter. Though my mom's body still fights the illnesses, both of our souls were reinvigorated. Our purpose was renewed and our passion for life strengthened. The **SPACE** between people is sacred and powerful, much like the space between you as donors and community partners and those we serve. We get to choose what we want to invest in that space, and when we choose kindness—"aloha," respect, and positive assumption/intent—**HOPE** is nurtured and **HEALING** occurs. We thrive best when relationships are built upon healthy ideas and practices.

No one can choose what we invest in our relationships. For us, it is our choice and no one can take that away. When you listen to the youth and families who shared their stories at our annual Celebrations of Hope luncheons, the power of change all comes down to people and relationships and what each of you have chosen to invest in those we serve.

I shared a saying from a good friend from Hawaii who often says, "Aloha everyone, all the time and everywhere you go." Aloha is free ... aloha does not cost anything—not the "aloha" that is over-commercialized but a connection between people that communicates respect, dignity, care, and compassion.

That's our choice, on a daily basis—to aloha others. After all, kindness, compassion, and healthy connection are free.

With deep admiration for all you do for the youth, their families, and the communities we serve.

Mahalo (thank you),

Craig Norton, MA, Executive Director



1750 NEBRASKA AVE., BLDG. A, GRANTS PASS, OREGON 97527 | PHONE 541.956.4943 | FAX 541.476.7410

info@kairosnw.org | [FACEBOOK.COM/KAIIOSNORTHWEST](https://www.facebook.com/kairosnorthwest) | [LINKEDIN.COM/COMPANY/KAIIOSNORTHWEST](https://www.linkedin.com/company/kairosnorthwest) | [KAIIOSNW.ORG](http://kairosnw.org)

Celebration of Hope Luncheons

Kairos hosted two Celebration of Hope luncheons this year: one to celebrate Coastline Services and the other to applaud the Rogue Valley programs. The luncheons were a tremendous success! Please join us in thanking our luncheon sponsors:

- ☀ AllCare Health
- ☀ Lifeline
- ☀ Evergreen Federal Bank
- ☀ Grants Pass Golf Club
- ☀ Hart Insurance
- ☀ The Mill Casino Hotel & RV Park



Clients and family members gave truly moving speeches focused on the hope Kairos has provided them. Below are a few quotes from their emotional, heartfelt talks:

"Once he started working with his team from Kairos, everything started to change in positive ways. He learned how to communicate better with myself, his mother, and people in the community. He learned how to express his feelings in a rational way and started taking responsibility for his actions.... I truly wish that each one of my children could be in the Kairos program, and, if they had it for adults, I would be in it for myself as well." **Parent of a child receiving services at Coastline**

"I'm the best guy on the West Coast! I am currently working with a Skills Trainer who is helping me become a better person. I would like to thank everyone who helped build me up to be the best of me!" **Coastline Services youth**

"When I came to Kairos, I was always mad. I felt this way because I thought it was okay to hurt people. Later I learned that it wasn't. It isn't okay to hurt people because people have feelings just like I do.... I like Kairos because I feel supported by the staff, especially when they listen to me and give me hope that I will be able to go home." **Treatment Foster Care youth**

"My family has a brighter future because of Kairos' dedication, compassion, life, and support of my family through crises. I will always be grateful for the help and grace that this team has shown us." **Parent of youth receiving Outpatient Therapy at Jackson Services**

"When I came to Kairos, I was a broken mess. I was angry at all the people who had doubted. Now I rarely ever get angry, and I have learned a lot of coping skills." **Young adult resident at Momentum**

Community Partnerships are vital to Kairos. By collaborating with others, we have the unique opportunity to find solutions and raise funds to support our programs. At the Coastline Services Celebration of Hope, we awarded three crucial community partners:

1. Dutch Bros of Coos Bay/North Bend for our two "Kairos Give Back Days." This collaboration has raised \$7,098.94 to date.
2. North Bend School District has housed Coastline Services since its inception in 2007 to August 2018. They have been a critical component to the success of Coastline, and we are very thankful for their continued support.
3. Faith Lutheran Church granted \$5,000 to support the Coastline Services Family Support Group. This generous contribution has helped sustain this important group on the Coast.

We also acknowledged three invaluable community partners at the Rogue Valley luncheon.

1. The 541 Outlaws, a car club, began purchasing Christmas gifts for the youth at New Beginnings in 2013. To date, the 541 Outlaws have donated \$5,904 of holiday presents. WOW!
2. Through the collaboration and partnership with CareOregon, Kairos has opened two Outpatient Services sites in Jackson County. Last year, we received a \$150,000 grant from CareOregon to purchase the new Electronic Health Record (Carelogic).

3. We acknowledged Evergreen Federal Bank's Bear Hotel Staff for their role in Rogue Winterfest, the five-day Festival in which Kairos is one of the three benefiting agencies. The Bear Hotel Staff go above and beyond for the Festival as well as for Kairos. Without the Bear Hotel Staff, this one-of-a-kind community event would not be possible.



We also had the opportunity to recognize and thank the below Board members for their service and dedication to the agency:

- ☀ Rachel Fuss (2018–2019)
- ☀ Janet Greek (2014–2018)
- ☀ David Lorenzen (2012–2019)

Thank you to everyone who helped make these events possible—including program staff for helping youth, young adults, and family members write their speeches as well as staff who helped with registration, photography, and providing client support at the luncheons. **#TeamKairos**

#TeamKairosChallenge

On July 1, Kairos will once again be launching the #TeamKairosChallenge. Our goal is to raise \$17,500 by August 31. During the #TeamKairosChallenge, Kairos staff members and the Board of Directors are challenged to raise \$100 each for the agency. The idea behind the staff driven #TeamKairosChallenge came from the 2017 All Staff Meeting when a majority of Kairos staff asked to be involved in raising funds for the agency. All involved are encouraged to reach out to those they know to not only raise funds but to also raise awareness of Kairos.

Ways to donate:

- ☀ Online at our website: kairosnw.org/donate
- ☀ Mail donation to:
Kairos, Development Department
1750 Nebraska Ave., Bldg. A
Grants Pass, OR 97527



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 four 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 and behavioral disorders and their families for forty 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.

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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.