



From the Chief Executive Officer, Bob Lieberman

In early March the Kairos Board of Directors had its annual strategic planning meeting. This year the Board took a step back to review our mission, vision, values, and strategic priorities. This facilitated exercise was to see where we are relative to the five year vision and priorities established by the Board in late 2010. This session was informed by: input we've received from staff, youth, families, and supporters; insights gained through the progress the agency has made over that time; and challenges past, present, and future. Here is what the Board established.

Mission (what we do): *We collaborate with young people, families, and communities to provide intensive mental health services and supports, promote mental wellness, and instill hope.*

Vision (where are we going): *A region of communities that understands and values mental and emotional wellness, in which all youth and their families have appropriate support and care.*

Values (what we believe in):

- Dignity, respect, and appreciation for those we serve and each other.
- Opportunity for understanding, healing, and growth.
- Safe and stable environments.
- Individual voice and diversity.
- Excellence and achievement.
- Identifying options when none seem available.
- Innovation.
- Lifelong learning.
- Resilience and recovery.

Strategic Priorities (what we're going to focus on):

1. Workforce Development.
2. Organizational capacity for clinical effectiveness, business efficiency, and sustainability.
3. Public education and awareness regarding the mental health challenges faced by young people and families.
4. Service development and collaboration.

It is important for us to continue to focus on our core beliefs and core values. This is what we aspire to at Kairos in our day-to-day work. The staff work hard in unity to maintain their alignment with our mission and values under circumstances that are difficult at baseline, and especially when exacerbated by adverse events. Together we strive to learn, achieve excellence, and foster resilience and recovery as we seek to help young people and their families make changes that have meaning for them in their lives. We greatly appreciate the support in this important effort that we receive from the professional and lay communities, and from each of you.

The below **“The Ugly Truth About Mental Health”** poem was written by Kairos Peer Support Specialists **Allisa** and **Cecilia** for the Coastline Celebration of Hope.

*It can start with a child, small and innocent
Who is changed by the life, and trauma they grew up in*

*It can start with a teenager, bullied in school
The things people say, can be evil and cruel*

*It can start with an adult, shipped away to defend our freedom
They come back with nightmares, worse than a gun that can defeat them*

*No matter a veteran, no matter a youth
These things are what we call the ugly truth*

*A girl with bulimia, who sees lies in the mirror
A boy with schizophrenia, who’s reality, is unclear*

*It’s not beautiful
Don’t romanticize it*

*This is real life
With real people who are living it*

*Everyday they wake up
With a head full of fears
Some days you may not want to get out of bed
Think about the people who have felt that way for years*

*Depression, bipolar
We see this everyday
We need to find it in our hearts,
To help these people find a way*

*Because cutting isn’t pretty
Starvation isn’t fun*

*Being so low you want to take your life
Shouldn’t be something people have to overcome
And the sad but honest truth
Is that mental illness is everywhere*

*And it’s up to us,
To show people that we care*

*No one should ever feel like they are alone
Every person should be safe in their home*

*Its time to make a change
And believe we can do it*

*Because believe me I’ve been to hell and back
And I have scars to prove it*

*But these scars have healed, and I’m here today
To tell you all, that there is a way*

*There is always hope for a better tomorrow,
Your life doesn’t have to be filled with pain and sorrow*

*The road to recovery
Isn’t always fair*

*The struggle you’ve overcome
Is not an easy cross to bear*

*Hold your head up high, and don’t ever lose hope
With dedication and support, you can learn how to cope*

*The tears will dry and the scars will fade,
With time you’ll see, the progress you have made*

*We came here today, to show you the ugly truth
To help you understand, the perspective of the youth*

*You can help, and now so can I,
With Kairos’ hand, we learned how to fly*

*The end doesn’t have to be ugly; we can help these youth feel like they belong
Because the hope for change is inside each of us, and it’s been there all along*

Kairos has been making a difference in the lives of youth and young adults with mental and behavioral disorders and their families for over thirty seven 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. Please feel free to arrange a tour and perhaps meet some of the youth we serve. **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
715 SW Ramsey Avenue
Grants Pass, OR 97527**

**Or you can make a donation
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*A benefit to raise funds for three nonprofit mental health agencies:
Family Solutions, Kairos, and Options for Southern Oregon*

Josephine County's largest holiday festival, **Rogue Winterfest** is held at Evergreen Federal Bank's Bear Hotel. Each year, this venue undergoes a spectacular transformation into a winter wonderland, bringing the community together to help support the Rogue Valley's mental health organizations: Family Solutions, Kairos, and Options for Southern Oregon.

Rogue Winterfest kicks off with the popular **Gala and Grand Auction** on Thursday, December 3rd, which features an exciting selection of creatively decorated trees, and artworks. For the third year, we are offering the **Golden Social** for our senior community on Friday, December 4th. Family activities take place during the **Weekend Holiday Events** on Saturday, December 5 and Sunday, December 6th. The **Culinary Christmas Classic** on Monday, December 7th will bring the series of holiday festivities to a delicious close.

For additional information about Rogue Winterfest events please visit the website at www.roguewinterfest.org.



The moment when change is possible

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for their time, service, and commitment to our agency.***

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