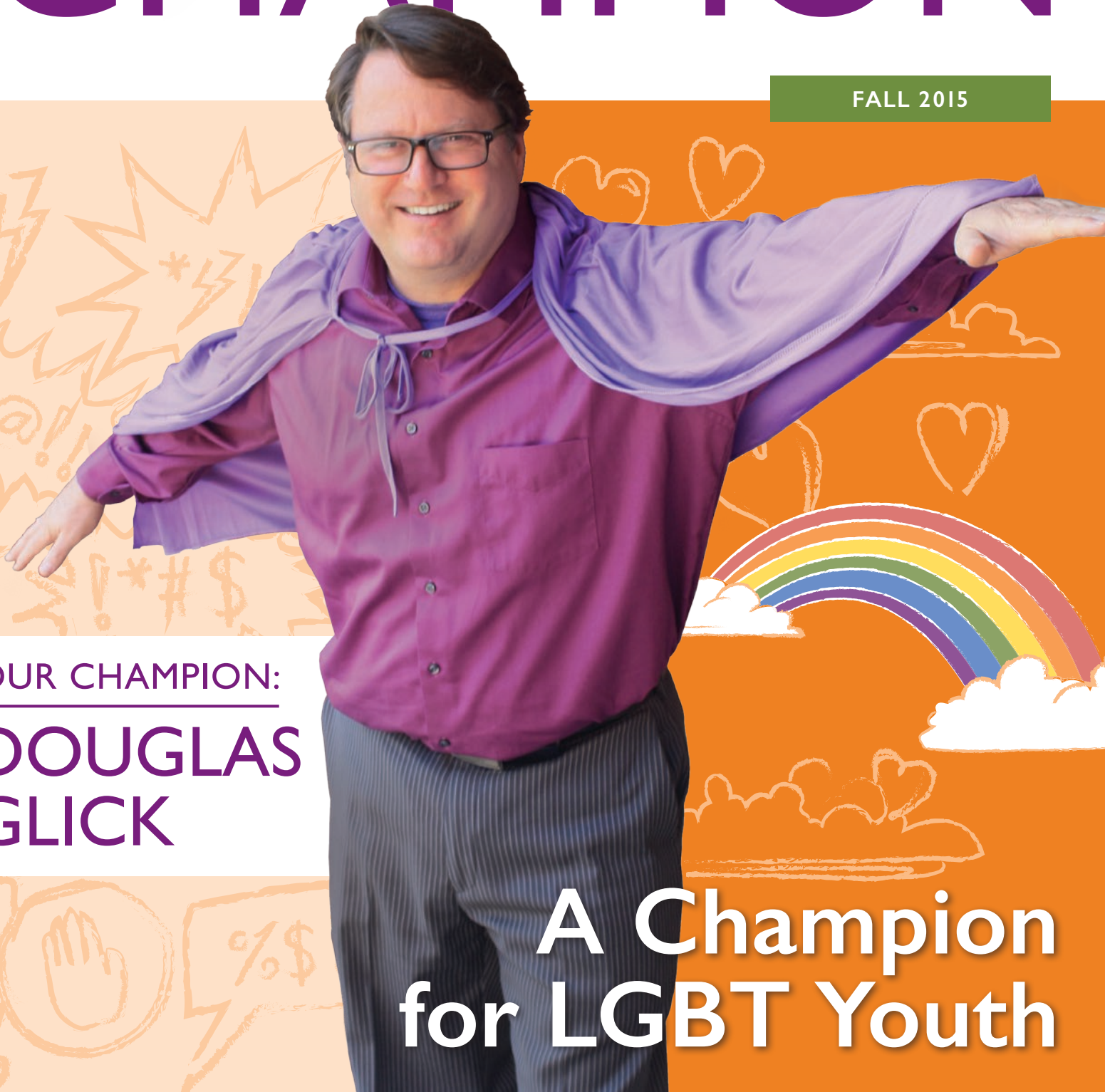


THE CHAMPION

FALL 2015



OUR CHAMPION:
**DOUGLAS
GLICK**

A Champion for LGBT Youth

4 Brighten a Foster
Child's Holiday

5 New Career and Tech
Offerings for Students

6 December Offering
Relies on Church Partners

7 Grant Serves Students a
Taste of a Culinary Career


UMFS
Official Newsletter

A Champion for LGBT Youth

Douglas Glick, director of Child & Family Healing Center, is well-known and respected at the national level on the subject of belonging for LGBT youth. Douglas' impact on the lives of young people recovering from trauma and seeking acceptance makes him our featured champion.



IMAGINE FOR A MINUTE

that you're a teenager. Imagine not being able to sleep at night because you're terrified of going to school the next day where you know you'll be bullied—again. Amidst the repeated bullying from your peers, you're expected to focus on learning algebra, history and planning for life after high school. Imagine trying to survive every day without the full support and understanding of your parents, teachers, coaches and other grown-ups. Imagine the isolation and turmoil of not being fully understood or welcome at your church, safe in your community or even loved at home. Imagine feeling in so much pain that you begin to hurt yourself through self-harming and destructive behaviors—even suicide. Now imagine that this teenager is not you, but instead your child, grandchild, niece, nephew, friend or neighbor.

“Every time I cut (myself) I was focused on that pain instead of the pain of being rejected and isolated,” says Marvin, a gay teenager who spent time at Child & Family Healing Center from 2012 to 2014. Before

coming to UMFS, Marvin spent time in numerous different foster placements and several different schools throughout the state. “I hadn't come out (before he came to UMFS), but I knew I was gay from an early age. Other students would make fun of me and I would be left out of things. Some of the teachers wouldn't talk to me. I was being treated differently because I was gay.”

“Every time I cut (myself) I was focused on that pain instead of the pain of being rejected and isolated.”
— Marvin

For Marvin and other lesbian, gay, bisexual or transgender teenagers, daily ridicule, rejection and thoughts of self-harm or suicide are not imaginary, but very real. One out of six high school students nationwide have seriously considered suicide in the past year. LGBT teens are four times more likely to attempt suicide, to think about it or to self-harm. This is not an imaginary or distant problem

—it's one that's happening in communities across Virginia every day.

Child & Family Healing Center serves LGBT youth from across the state who come from environments where there are few, if any, resources to support them. Fundamentally, these kids seek belonging and to be understood.

“It may not be safe for these kids to talk about their feelings, their struggles or to be who they are in any given environment,” says Douglas Glick, director of Child & Family Healing Center. “It may not be safe to be themselves in their families, in their churches and in their communities.”

UMFS strives to be a community solutions provider, seeking out and serving kids who fall through the critical gaps in community resources. Since becoming director, Douglas has led his team to fill these critical gaps. From the traumatized boy who was physically or sexually abused, to the girl who feels like she doesn't fit in because she has autism, to the teenager who needs a safe place to explore his sexual orientation and

gender identity—whenever and wherever there is a need, Douglas and his team work tirelessly and selflessly to do whatever it takes.

“There are days when this work can be overwhelming, and there are circumstances in which I have felt deeply challenged to remember my reason for doing this work,” Douglas explains. He reflects on some of the most difficult cases with calm repose. “One of the toughest kids we’ve ever worked with was the first kid in my 10.5 years to punch me in the face. It was hard not to take it personally, and to remember to ask him how his hand was when he punched me in the jaw.” Douglas refused to discharge the boy, determined to help provide him with the treatment and support he needed. “I had to remember that this child was doing everything in his power to run away from healthy relationships and that he wanted me to be like every other adult and reject him for who he was,” says Douglas.

Douglas’ professional accomplishments include numerous certifications, trainings and accolades for working with kids with complex histories of trauma, neglect and rejection. He’s well-known and respected at the national level on the subject of belonging for LGBT youth, and he serves on the board for the American Association for Children’s Residential Centers. But the source of Douglas’ passion for his work is his own struggle for acceptance and belonging.

“When I came out to my family and friends, it was painful and lonely... full acceptance was not something that I experienced from them initially,” Douglas explains. “It takes time for families to move from being

rejecting to accepting. It can be hard work, but it’s critical.”

“It takes time for families to move from being rejecting to accepting. It can be hard work, but it’s critical.”
– Douglas Glick

Because of his professional skills and personal experience, Douglas is uniquely qualified to support and lead his team in serving LGBT kids at Child & Family Healing Center. With his team’s support, Douglas is able to help kids like Marvin seek belonging, acceptance and maturity as they explore their sexual orientation, gender identity and expression. He’s also a huge support to families as they go through the process.

“Knowing that Douglas was an openly gay man made it easier to talk with him about what I was struggling with,” explains Marvin, “I didn’t always like what he was telling me, but he showed me support and helped me find people who would support who I am,” he says.

Marvin also credits Child & Family Healing Center’s equality support group for LGBT teens—which Douglas started in 2005—with helping him explore his sexuality. Marvin and the other participants in the group started each session looking for ways in which their parents, peers and teachers had been supportive of them. Each session began with the statement, “In the past several weeks, I have been supported in being who I am by the following people or the following situation... The group

helped me feel accepted for who I am,” Marvin says.

In 2014, Eric and John Chapman-Frauworth adopted Marvin out of Child & Family Healing Center. Eric credits Douglas and Child & Family Healing Center with helping Marvin move away from self-destructive behavior. “Douglas helped give Marvin the stability he needed, showing him tough love as an authority figure while holding him accountable for things he had never been called out for before,” he explains. “It was in that environment that he was able to safely explore who he was and grow.”

The family now lives in New Hampshire, where Marvin is adjusting to being a freshman in public school. “I’m a teenager so I fight with my parents sometimes just like anyone, but I’m loving high school and my new life up here.”

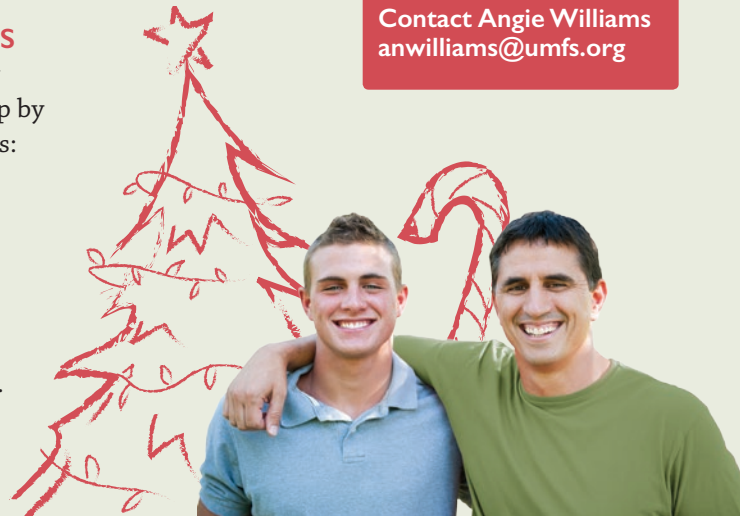
Child & Family Healing Center is now supporting the needs of four transgender students, one gay student and one questioning student who participate in the equality support group. One of the students in a recent group said, “I feel supported because I’m with my friends and people who are just like me.” Another says, “It’s helped me realize who I really am and be open about it.” These kids no longer have to imagine acceptance and belonging. With the support of Douglas and his team, those feelings are real and validated.

Brighten a Foster Child's Holiday

EACH YEAR, UMFS COLLECTS \$100 GIFT CARDS

from Target and Walmart for our foster families to buy Christmas gifts for their foster kids. If you'd like to help by donating one or more gift cards, you have three options:

- Mail your gift card(s) to or drop them off at Walker House on UMFS' campus, 3900 West Broad Street, Richmond, VA 23230
- Mail your check to UMFS using the same address with memo "Christmas Gift Cards."
- Make a donation online at www.umfs.org/donate. Select "other" on the donation form and indicate "Christmas Gift Cards" in the blank field.



QUESTIONS?

Contact Angie Williams
anwilliams@umfs.org

Empowering Adoptive Families Across Virginia

BRENDA DOVEL BECAME AN

adoptive mother nine years ago when she adopted Terry, now 16, and his sister Ashley, now 15. Recently the family was in crisis and looked to UMFS for support.

"These families are under so much stress, that they rarely get a chance to relax," says Rosemary Liberti, project manager for UMFS' Adoptive Family Preservation program. In an effort to help them do just that, Rosemary and her team of adoption specialists and adoptive parent liaisons across the state coordinate special events to help adoptive families connect.

Brenda and Ashley recently spent the day together at an AFP equine therapy event in Charlottesville. "AFP has allowed us to spend time with families going through similar situations with their children," Brenda explains. "It gave Ashley and me a break from the stress at home. It was a relaxing and refreshing day for us."

Adoptive families face a daunting variety of challenges. Children adopted from the foster care system, as well as many children adopted privately or internationally, often struggle with special emotional needs. In cooperation with the Virginia Department of Social Services, AFP offers counseling, advocacy, support groups, crisis intervention and education.

The AFP team continues to expand to support more adoptive families throughout Virginia. Families initially connected by AFP are now meeting together outside of the program to offer each other support and encouragement. "The more cases we open

across the state, the greater impact we have," Rosemary explains.

"Adoptive Family Preservation was a life-saver as we dealt with my daughter's illness," said Sarah Hoyle, a UMFS board member and former program participant. "Every time we met with the AFP team we felt and knew someone had our back," she said.

AFP services are free to any adoptive families in Virginia, regardless of where the adoption took place. To learn more, check out Michael Staton's story in the spring issue of *The Champion* or visit www.umfs.org.



Equine therapy events through UMFS' Adoptive Family Preservation program are among the ways that families like Ashley and Brenda Dovel (pictured at left) can strengthen their relationships.

New Career and Tech Offerings Give Students the Tools to Build a Better Future



CHARTERHOUSE SCHOOL

wants to make the transition to the workforce easier for students with autism and other neurological differences. Thanks to a gift from donors Larry Murphy and Steven Bryan, Snap-on Tools certification is now an option.

A shiny red cabinet with 20 digital multimeters sits ready for students to diagnose circuits, learn about voltage and even test a battery. The Snap-on Technical Education Program is a component of a year-long foundations in technology elective. Delany Deavers, technology teacher, received his instructor certification in the Snap-on program from the National Coalition of Certification Centers.

Wade Puryear, UMFS vice president of education, said, “This program will give our students an opportunity to obtain a technical industry certification which will give them a huge leg

up when applying for jobs. Learning how to perform a technical skill and gaining mastery in that skill creates a sense of self pride and identity that kids need to grow.”

“Technology today is much more than just computers,” Deavers said. Students work individually and in groups to create, develop and test innovative designs using engineering concepts. Hands-on projects help students interact with technology to solve problems. Deavers plans to have students use microcontrollers, small computers on a single integrated circuit, to operate a set of lights.

Charterhouse School hopes to expand its career and technical education offerings. The culinary arts program is expanding and plans are in the works to convert a portion of the maintenance garage on the Richmond campus

into an automotive training classroom. With more than 250 million registered vehicles in the United States, the need for trained technicians will always be there. “The skills that students will learn in the Snap-on Tools automotive program will help them enter the workforce with a level of knowledge that will add value for an employer,” Bryan said.

If enough students express interest, there’s even talk of starting a robotics team. The ‘how’ and ‘why’ of technology can transfer to careers in engineering, manufacturing, communications, transportation, construction, energy and even agriculture.

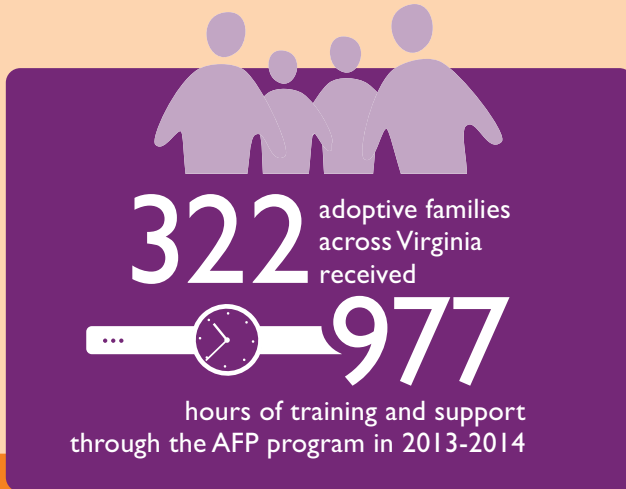
“I welcome the opportunity to support the Snap-on Tools vocational program at UMFS. As career human resource person, I’ve watched vocational education opportunities decline through the years while the demand for trained people has increased. When you increase work skills, you increase life skills.”

– Steven Bryan



Achieving Results That Transform Lives

UMFS IS DEDICATED to creating a world where caring, opportunity and generosity are passed on from generation to generation. We strive for and get results that transform lives. A new program impact report on our website shows how some of our key programs and services help support our mission of being unwavering champions for high-risk children and families. Visit www.umfs.org/programimpact



UMFS December Offering Relies on Church Partners

NEARLY 50 YEARS AGO, the Virginia United Methodist Conference designated December as the official giving month for UMFS, then the Virginia Methodist Children's Home. Today, UMFS still relies on the generosity of Methodist churches across the state for our December offering. The Christmas Gifts of Hope catalog will go out to churches in early November. Your congregation's support will answer the prayers of thousands of Virginia children and families who would otherwise fall through the gaps. The entire month of December is designated to UMFS, but many churches use Christmas Eve as a time to highlight the work of UMFS and the changed lives of children across the Commonwealth. "We're serving

more kids now than at any time before. We need the church's support now more than ever," explains the Rev. Joe Torrence, minister of youth and church relations.

Giving to UMFS is above and beyond gifts to the local church. UMFS does not receive any funds through apportionments and your support goes directly to the children we serve. Your gifts will help us create a world where

caring, opportunity and generosity are passed on from generation to generation—empowering all children to contribute to society as engaged citizens.

If your church needs additional offering materials during Advent, please contact Brenda Foster, administrative services manager, 804.353.4461 x1733.



Grant Serves Students a Taste of a Culinary Career



SIXTEEN-YEAR-OLD SUZANNE grew up watching Food Network. She now has a love of cooking she hopes to carry into a full-time career someday. Thanks to a \$20,000 grant from Altria Companies Employee Community Fund, Suzanne will be able to take hands-on job training classes at Charterhouse School where she'll learn about operating a restaurant.

Thanks to a \$20,000 grant from Altria Companies Employee Community Fund, Suzanne will be able to take hands-on job-training classes at Charterhouse School.

The grant will expand the culinary arts program from part-time to full-time as part of Charterhouse School's career and technical education offerings. Students learn about nutrition, cooking techniques, food safety, culinary laws, sanitation principles and food-service career opportunities.

Both the Edinburg and Richmond schools have state-of-the-art industrial kitchens for hands-on learning.

Wade Puryear, Charterhouse School's VP of education says he hopes a portion of the grant can be used to kick-start a student-led catering and dining services enterprise.

"The culinary program gets requests to have students prepare and serve food for department meetings, trainings and special events. When demand exceeds capacity, UMFS staff orders from outside vendors," Puryear said. "Why not have the students be the caterers?" Students can learn valuable business skills and proceeds from the student venture can go back into the culinary program.

The culinary program helps prepare students for a variety of careers—chef, restaurant manager, working in event sales or management jobs. And even if students don't decide to pursue a culinary career, they learn valuable skills that can last a lifetime.

Mission

UMFS is an unwavering champion for high-risk children and families, collaborating with communities to help them reach their full potential.

Vision

Creating a world where caring, opportunity and generosity are passed on from generation to generation — empowering all children to contribute to society as engaged citizens.

www.umfs.org

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NORTHERN VIRGINIA REGIONAL CENTER

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SOUTH CENTRAL REGIONAL CENTER

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LYNCHBURG REGIONAL CENTER

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LELAND HOUSE

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CHARTERHOUSE SCHOOL

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CHARTERHOUSE SCHOOL, EDINBURG

508 Picadilly Street, Edinburg, VA 22824
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#BackInTheDay

During the 1980s, our programs expanded to include a residential treatment program for youth, while regional centers opened in Northern Virginia and Tidewater. Here's a photo from the early 1980s of a group from one of the boy's cottages on our Richmond campus preparing for a canoe trip.

HAPPENINGS AT UMFS



BE A SPONSOR FOR THE KIDS

For just \$250, you can be a challenge sponsor for our annual golf tournament. You'll get recognition on a special contest like closest to the pin, longest drive or longest putt. Plus, your name or your business name will appear in the golf tournament program. Whether you choose to play in or sponsor the tournament, you'll be a champion for kids and families.

WHEN: Monday, October 26
WHERE: Stonehenge Country Club, Richmond, VA
MORE INFO: Email Joe Torrence, jtorrence@umfs.org
REGISTER: www.umfs.org/golf



REGISTER TO RUN FOR UMFS

Runners, walkers, kids and parents with strollers are welcome. Be sure to high five UMFS staff at the halfway mark of the course, where we'll host the water cooler spot. Funn Runners will celebrate with us at the Finish Line Party and Funn Costume Awards.

WHEN: Saturday, December 5
WHERE: Ginter Park, Richmond, VA
REGISTER: www.nutzyrotaryfunnrun.com (remember to select UMFS from the menu)



VISIT UMFS.ORG

for up-to-date information on events or to give online.
Find other updates about upcoming events and other news on social media:

