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Rewriting Hope - A Story of Perseverance

At 15 years of age, Therese left her mother and father behind in her native country for a life that was supposed to be better. Instead, she was welcomed with verbal and emotional abuse by the aunt with whom she was living.

A few years later, Therese suffered a terrible rape and didn't know until a few weeks later that the act resulted in a pregnancy. She felt

sheer panic at the news, alone without her mom and dad's support. Rather than displaying compassion, her aunt suggested it was Therese's fault and that she would be rejected by her family in her native country.

Therese knew she had to get out of that situation after her cousin suggested that her aunt throw away Therese's belongings so she wouldn't return to their home.

“I was tired of not standing up for myself.”

“I was tired of not standing up for myself,” said Therese. “I thought I'd rather die alone on the streets than put up with the abuse and cruelty.”

She left with the help of her social worker who helped her file a police complaint and find a shelter. It wasn't easy. The shelter was on the other side of town and she had complications with her pregnancy, yet she managed to get to school every day. Soon after the end of her junior year, she welcomed a beautiful baby girl.

Originally she planned to give her baby up for adoption, but when her daughter was born with serious complications, Therese decided to keep the baby. Eventually, she had to leave the shelter and, again, had nowhere to go. She stayed at a classmate's house, but became very uncomfortable when the friend's father paid her too much attention. Her aunt also found her and sent her threatening letters, telling her that she was stupid and wouldn't amount to anything. In that moment, she knew she had to find a safer place for her daughter.

(Continued on page 11)





FROM THE

chief executive officer

John Lennon once said, "reality leaves a lot to the imagination." Much of what we do is to help the girls we serve

imagine a new and brighter reality. Truth be told, we cannot do it alone. You play a part in this important work as well.

Your support provides the vital resources needed to continue our work on behalf of the kids we serve. Without your generosity, we cannot move our mission forward, leaving some children to settle for a "dream deferred."

Thanks to your generosity last year, we have been able to:

- Care for more than 200 girls in our Therapeutic Group Home
- Support young mothers at our Girls Ranch group home
- Provide safety, hope and opportunity to more than 2,000 girls in our community
- Partner with Girls For A Change, a national organization that empowers girls to make social change in their communities, further extending our reach in the Phoenix-metro area
- Teach life skills to youth in the areas of money management, job seeking, resume writing and interviewing

It is not easy work turning dreams into reality at Florence Crittenton. It requires compassionate counselors, therapists, social workers, teachers and volunteers to build our girls' self-esteem to envision a better life. But no work is more rewarding. Helping girls believe in themselves and change their negative attitudes into positive ones is a gift that transcends numbers and figures - it creates a reality of hope for them.

While we continue to make remarkable strides in creating new realities for our girls, we still have much work to do. Working together, we give every girl an opportunity to make her dreams come true. Federal and state dollars do not cover the total cost of providing the services needed by the girls we help. We need you on our team now more than ever!

Wishing you a safe and joyous holiday season,

about us

Florence Crittenton has served Arizona girls and young women for 113 years. Our mission is to give every girl whose life we touch safety, hope and opportunity. We provide programs and services to help girls, ages 10 - 21, with issues of severe abuse and neglect and help them become successful adults in our community.



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TRANSITIONS is published three times a year by Florence Crittenton. We value your questions and comments. Please let us know if you'd like this newsletter sent to a friend.

Editor: Kimberly Searles,
Marketing & Communications Manager
602.288.4589
ksearles@flocrit.org

news & info

My Story

News, poems, stories and artwork from and about kids in Florence Crittenton's programs

In her own words, here are former resident Jeannie's thoughts about her stay at Florence Crittenton.

Thank you for saving me from a life of pain and giving me a chance to shine! Now everything you've helped me with, I have to use out there for myself.

Because of Florence Crittenton, I open up more, I don't run from my problems and I can ask for help more often. The secrets to successful living are communication, managing emotions and consistency.

This was one of the best experiences of my life. I grew so much and live a good life. I am happy I was here and got to have these days that I will always remember.

Anyone can do it if you set your mind to it, push yourself and stand straight. Don't ever give up - you can do it!

Thank you. I will never forget you!

- Jeannie



By supporting Florence Crittenton and our programs, you give a second chance in life for so many girls. Please use the enclosed reply envelope to send in a gift today and continue your critical support.

Announcements

BOARD OF VISITORS GRANT



Help Florence Crittenton secure a long, healthy future of providing safety, hope and opportunity to at-risk girls! **We have until December 31, 2010 to raise \$100,000** to earn a \$200,000 donation from The Board of Visitors. This money will be set aside to establish a much-needed endowment for our non-profit organization. For more details, contact us at (602) 288-4586.

COX CHARITIES GRANT

Thanks to a \$10,000 grant from Cox Charities, Florence Crittenton will have the resources necessary to continue mentoring at-risk youth. The very-much needed funds will help us to create a positive impact the lives of our community's young people and ultimately ensure a brighter future for all Arizonans.

FLO'S ON 7TH DONATIONS

Flo's needs your donations of quality merchandise to keep its shelves stocked. Especially appreciated items include clothes, shoes, furniture, small appliances, electronics and home décor. Call (602) 254-7861 for more details.

DOLLARDAYS



Donate to Florence Crittenton right from the convenience of your computer! You can find the **DollarDays** button throughout our Web site (www.flocrit.org) so you can donate "wish list" gifts to Florence Crittenton with ease. Simply select the items you wish to donate and your contribution ships directly to Florence Crittenton.

TRANS-SIBERIAN ORCHESTRA

Clear Channel Radio is proud to present Trans-Siberian Orchestra, one of rock music's biggest arena attractions on Sunday, November 28 at Jobing.com Arena. With a timeless appeal and a sound that transcends all generations, Trans-Siberian Orchestra is a must-see event. Tickets are on sale now at www.livenation.com, Jobing.com Arena and by phone at 1-800-745-3000.

A portion of the proceeds from the 3:00pm performance will benefit Florence Crittenton. Thank you to Clear Channel Radio for this exciting opportunity!

Proof in the Pudding...

Here's what some of the girls say about the *The Seven Challenges* program:



"It makes me feel better to know that people have the same issues that I do."

- Lydia

"One thing I like is the honesty – being able to open up about my drug use and feeling comfortable doing so."

- Kayla



"I like *Seven Challenges* because it gives me a chance to know myself better."

- Chelsi

Seven Challenges for a Second Chance

Imagine something so powerful that it consumes every single bit of you. Your thoughts. Your body. Your emotions. Now try to imagine dealing with that as an adolescent, who also has a background of abuse and shattered homes. Unless you've been there, it's nearly impossible to understand the daily struggle of quitting an addiction.

To help the girls in our program overcome this struggle, Florence Crittenton employs *The Seven Challenges* program. Created by Dr. Robert Schwebel, the program uses a two-level approach to create success: written communication and group sessions.

"The girls are required to keep written journals that document their feelings and actions," says Alyssa Rapisarda, Florence Crittenton's clinical director. "Combining written communication with group sessions offers different avenues of expression. It also creates an environment where the girls can benefit from interaction with others at various points in the process. Depending on a girl's situation, family members may also participate in the process."

Unlike other programs that tend to be more punitive in nature, *The Seven Challenges* takes a holistic approach and focuses on honest self-reflection and awareness.



Behavioral health technicians often collaborate in their efforts to help the girls.

"The program doesn't pretend that the girls didn't like anything about alcohol and drugs," explains Alyssa. "But it connects what they liked to the harm they've caused in their lives and how it might prevent them from getting to a better place."

Florence Crittenton would like to thank Social Venture Partner Teens (a philanthropic group composed entirely of teenagers) for providing partial funding for *The Seven Challenges* program in 2010. To learn more about our programs and Florence Crittenton, please visit www.flocrit.org.

From CYA to GLAA

Crittenton Youth Academy is set to become Leadership Academy of Arizona (GLAA), the first-ever single gender high school in the state of Arizona. Dedicated to educating and advancing girls from grades 9 - 12 to higher education, GLAA offers the personal attention to not just engage and educate students, but also to empower them. **Stay tuned for more details and check www.flocrit.org for frequent updates!**

Taming Stress for Kids

With parents worried about grown-up issues such as bills, jobs, etc., we sometimes forget that our children also feel the effects of stress. Check out the following tips so you can help your children better cope:

1. LISTEN.

Just like the rest of us, sometimes kids just need to speak their mind without any advice or judgment in return. Ask open-ended questions, such as “how did that make you feel,” to help your child express herself.

2. HUG.

A gentle hug can make everything better.

3. EAT.

Healthy, that is. A well-nourished body can handle the physical effects of stress better than one that runs solely on junk food.

4. PLAY.

Turn off the TV, video games and computer and get moving. Whether it's spending time in the backyard playing catch or taking a walk around the block, exercise can be a great stress reliever.

5. REGULATE.

Setting clear rules and being consistent in discipline can help your children better handle stressful situations, as they'll know exactly what to expect.

6. LEAD.

Even when it seems they're not, your children are watching you. And they're taking in how you deal with stress – i.e. lighting a cigarette or pouring a drink.

Girls For A Change



Patricia with Girls For A Change (left) facilitates a think session during the Love Your Body, Change Your World stop at Crittenton Youth Academy.

What happens when you combine a group of girls with dedicated women coaches? Amazing things! Through our newfound partnership with Girls For A Change, Florence Crittenton is extending our reach to work with girls in schools across the Valley.

“The idea is to empower girls and give them life-long skills in problem-solving and tap into the resources that exist in their own communities,” said Meghan Arrigo, Florence Crittenton’s Director of Community Partners.

So far Girls For A Change, powered by Florence Crittenton, is off to a great start. Arrigo and several

members of the national Girls For A Change program recently finished a two-week tour of the *Love Your Body, Change Your World* throughout the United States, an interactive program that offers a safe, open platform for girls to discuss their bodies and empower them to appreciate themselves just as they are.

Locally, the program currently has 15 Girl Action Teams reaching through several schools in the metro area. The girls in each team meet weekly for 12 weeks with two adult women coaches to candidly discuss issues they face. But then the coaches challenge the girls to design and implement a solution for the issue or problem. The issues range from discussions of bullying to preserving the environment, while the solutions can be in the form of community events such as poetry slams, etc.

Through Girls For A Change, Florence Crittenton can touch the lives of an additional 250 girls each year.

“That’s 250 girls we hope to prevent needing our Girls Ranch, Transitional Living or Therapeutic Group Home programs,” said Arrigo.

GET INVOLVED!

Help girls in your community find their voices by becoming a Girls For A Change coach. For more information and to download an application, visit www.flocrit.org/programs.html or call (602) 288-4559.

community support

Crittenton Society...Working Together

*“Charity is injurious unless it helps the recipient to become independent of it.”
- John D. Rockefeller*

This sentiment echoes the true force behind Crittenton Society, a leadership group of individuals and families who sustain and encourage Florence Crittenton’s continued service to the community. In fact, its mission is to build a strong community by supporting and strengthening more than 2,000 young women and families each year through comprehensive and innovative programs and services.

As the need for social services here in the Valley of Sun escalates, issues such as poverty, child abuse and neglect affect us all. Consider this:

- Nearly 4,500 girls live in foster care in Arizona.
- Last year, nearly 500 youth left foster care after reaching age 18. Most stayed in foster care longer than four years and experienced more than eight foster care replacements.
- Girls are more likely (51%) to be victims of abuse and three times more likely to be sexually abused.

Crittenton Society members understand the importance of not simply meeting immediate needs, but preparing young women to become self-sufficient adults. Funds received through Crittenton Society mean not just a safe home environment



Florence Crittenton alumna Samantha, who is now married and successfully pursuing a career, holds her newborn baby girl, Riley.

and basic needs, but also education, life skills and job training to give these young women the push toward self-sufficiency.

With an annual gift of \$1,000 or more, you can join Crittenton Society and make a difference and change lives for the better.

For more information, please contact Beckie Mayberry at (602) 288-4514.



LEVELS

- Benefactor - \$25,000
- Champion - \$10,000
- Guardian - \$5,000
- Partner - \$2,500
- Friend - \$1,000



Tracey Lytle enjoys conversation with a fellow Crittenton Society member at the Spring Social.

BENEFITS:

- Opportunities to meet and learn about the girls you affect with your gift
- Exclusive invitations to Crittenton Society events
- Mission-based data regarding the status of Florence Crittenton and Arizona’s youth
- Preferred seating at the 2011 Teaming Up For Kids Luncheon (with purchase of ticket or table)
- Invitation for all Benefactor, Champion and Guardian members to attend the Annual Board of Directors Meeting
- Exclusive invitation to the Crittenton Youth Academy graduation ceremony

CRITTENTON LEADERSHIP COUNCIL:

Ina Manaster, Chair
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A Legacy of Safety, Hope and Opportunity

With a planned gift to Florence Crittenton, you can leave a lasting mark for Arizona's at-risk girls simply by ensuring that Florence Crittenton's programs can continue for generations to come. And in the process, you create a legacy of support for girls who need it most.

Not only will you ensure safety, hope and opportunity well into the future, but you can also earn many benefits, including: substantial tax credits, increasing your income and peace of mind knowing your personal and financial goals will be fulfilled.

What constitutes a planned gift? There are several ways you can give ranging from a simple bequest or codicil to a charitable gift annuity or naming Florence Crittenton as a beneficiary of an IRA, 401K plan or insurance policy.

Become a partner with Florence Crittenton by making a planned gift today. For more information, please call (602) 288-4586 or visit us online at www.flocrit.org.



Annual Holiday Drive



Be part of Florence Crittenton's Annual Holiday Drive and make the holidays a little brighter for the girls in our Therapeutic Group Home, Girls Ranch and Transitional Living programs. We are accepting new, unwrapped gifts now through December 31, 2010. Our goal is to raise enough donations to present each girl a special gift during the holidays. And we'll gladly accept gift bags and tissue paper! A few of the items on our holiday wishlist include the following:

art supplies clothing gift cards stuffed animals
baby & toddler toys dvds purses



See the full holiday wishlist by visiting www.flocrit.org. Gift items may be dropped off at Florence Crittenton. Please call Barbara Castillo at (602) 288-4567 for further details. Cash contributions and gift cards can be mailed to Florence Crittenton, Attn: Dana McLean, 715 West Mariposa Street, Phoenix, Arizona, 85013.

Reduce Your State Taxes
and help support
the children and families
of Florence Crittenton.

School Tax Credit: By making a gift to Crittenton Youth Academy, you can receive a tax credit of up to \$200 (\$400 if married filing jointly) on your Arizona state taxes. You may even qualify for a federal tax deduction!

Charitable Tax Credit: Under Arizona's Working Poor tax credit, your donation to Florence Crittenton, means you can earn a tax credit of up to \$200 (\$400 if married filing jointly) on your Arizona state taxes.

DONATE NOW!

- Donate online at www.flocrit.org.
- Mail a check to Florence Crittenton. (Please indicate the tax credit type on your check.)
- Pay by phone at (602) 288-4555. (credit card only).

ACT NOW!

Donations must be received by **Dec. 31, 2010**. For more information, visit www.azdor.gov or call (602) 255-3381.

Thank You!

SAVE THE DATE!

9TH ANNUAL TEAMING UP FOR KIDS LUNCHEON

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Bill Walton, NBA Legend

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Mark your calendar
for Florence Crittenton's
9th Annual Teaming Up For Kids
Luncheon at the Arizona Biltmore.
Purchase your table or tickets
at www.flocrit.org!

events & fundraisers

Special thanks to the following sponsors who helped



Board member Dawn Olsen and her son Will with Hank Aaron



Hank Aaron with Apollo Group/University of Phoenix and guests

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Help make our 2010 8th Annual Teaming Up For Kids Luncheon a success:

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**Florence Crittenton & the Teaming Up For Kids Committee expresses their deepest sympathy to the family of Madena Stewart.*



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HOPE honoree Gene D'Adamo with board member Sue Glawe

with our sincerest thanks...

Crittenton Society

Annual gifts and commitments of \$1,000 and above in general support of our programs and services.

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Florence Crittenton apologizes in advance for any omissions to this list. We appreciate your support!

Florence Crittenton wishes to thank all of our friends and supporters. We can't do what we do without your help. Recognized here are monetary donations and memberships received from July 1, 2009 through June 30, 2010.

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**You, too, can give
safety, hope and
opportunity to girls
who need it most.
Visit www.flocrit.org
to donate
or volunteer today.**

Rewriting Hope...continued from page 1

That's when her social worker referred her to Florence Crittenton's Transitional Living Program. Therese came to the program last May and has since flourished.

Today, she is finding that better life she set out for long ago. She will begin classes at the University of Phoenix, where she plans to earn a degree in global communications. And she is writing a book about her experiences and hopes to find a publisher soon.

"I want to help others in the way that I've been helped," said Therese. "If telling my story accomplishes that, I'm happy to do it."

“I want to help others in the way that I've been helped...”

A GIFT LIKE
NO OTHER...



This year give a gift like no other. A gift of hope. Perfect for the cherished friend or family member who has everything, a donation in his or her name directly benefits the great work our agency does to give every girl whose life we touch safety, hope and opportunity.

Your gift recipient will receive a special card from us notifying him or her of your thoughtful gift. And don't forget, you can also receive a tax deduction!

To make your gift, please visit www.flocrit.org or call (602) 288-4555.



Florence Crittenton
Where Hope Comes to Life

715 West Mariposa Street
Phoenix, AZ 85013
(602) 274-7318
www.flocrit.org



make the future bright

Do you remember turning 18? The future was wide-open and for the taking. By any measure, it was more than likely an exhilarating moment in your life.

Now, imagine being on the verge of 18 after suffering unimaginable abuse and neglect. Then you became a parent at age 13 as a result of that abuse. Barely a teenager, you lack the skills to take care of yourself, much less a child. Turning 18 means the end of the line.

This story isn't from a novel. It belongs to Patricia.

Fortunately, Patricia found hope for her future through the Transitional Living Program at Florence Crittenton. She entered the program upon turning 18 – no longer eligible for care under Child Protective Services.

Yet she still needed a safe place where she and her daughter could live. And, she desperately needed to be taught the skills to be a good parent.

For Patricia, Florence Crittenton provided more than just a safe home. She participated in the internship program and received job training. The internship provided invaluable job skills, and taught her the importance of teamwork and building trusting relationships with others. Now Patricia is eyeing a career in nursing and is working hard to make it happen.

When young women like Patricia succeed, the benefits accrue to the individual and to our community as a whole. Instead of relying on welfare and perpetuating the societal problems that emanate from poverty and homelessness, Patricia is both productive and prosperous.

Today, we ask you to make a tax deductible gift to ensure that young women like Patricia have a place to finally call home and to receive the life skills necessary to become self-sufficient and contributing members of our community.

Please visit www.flocrit.org to make your gift of \$75, \$150, or more today; it will make the future brighter for countless youth.



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