

OUR LITTLE NEWS



END OF YEAR GIVING

Happy Holidays

DONATION ENVELOPE INSIDE ON PAGE 7 



YOU'RE INVITED TO SUPPORT THROUGH

Holiday Giving

HELP US SERVE FAMILIES THIS
HOLIDAY SEASON

We invite you to continue your support by making a gift in honor of the children and families served by Our Little Haven this Holiday Season. Please consider making a gift today by filling out the enclosed envelope or visiting us online at ourlittlehaven.org.

CONTENTS ON THE COVER

Your support directly impacts the lives of children and their families helped by Our Little Haven. Thanks to you, children receive intentional treatment services, individualized clinical support, and comprehensive care for a bright and hopeful future.

PROGRAMS

- 4 **Keystone Mental Health Services**
- 5 **Taylor Family Care Center**
- 6 **Our Little Academy Day Treatment**

UPDATES

- 7 **Jordan's Story/Holiday Appeal**
- 8-11 **Our Little Haven Staff Messages**
- 12-13 **Our Mission**
- 14-15 **Online Giving**

Visit ourlittlehaven.org homepage and click to join our newsletter!



Text OLH to 26989 to stay informed on updates and ways to support!

THE HAVEN COMMUNITY

We believe that when we're born, God gives us a **Cookie Jar** and with each positive experience – every hug, each lesson learned, every positive interaction – we get a cookie in our Cookie Jar.

At about ten years old, the ending of our formative years, what we have in our Jar is what nurtures us for the rest of our lives.

The Haven Kids Jars are empty. Through our services – we provide the support, tools, and care to fill them, as well as give them the recipe to make their own cookies for the rest of their lives.

Thank you for helping us fill these **Cookie Jars**.



OUR MISSION

Our Little Haven is relentlessly committed to providing early intervention services for children and families. Our community of professional caregivers create a safe, secure, and healing environment for those impacted by abuse, neglect, and mental or behavioral health needs. We make the hurting stop, the healing begin, and the love last, one family at a time.

OUR LEADERSHIP

P. Scott Hummel, MSW, PhD (HON)
Executive Director

Kathleen Hummel, MSW, PhD (HON)
Therapeutic Director Emerita

Michael P. Bahlinger
Director of Finance & Operations

Dr. Lizette Smith, PhD
Director of Clinical Programs

Brittany Brown
Director of Development

William Newbold
Chairman of the Board of Trustees

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Our Little Haven opened its doors in 1993. What began as a residential program for children – has evolved and is now a full scale, premier early intervention children and family services agency. Over time we have expanded our services to create a comprehensive model, providing three unique yet complimentary programs: Keystone Mental Health Services, Taylor Family Care Center Foster Care Services, and Our Little Academy Day Treatment.



Keystone Mental Health Services at Our Little Haven

seeks to improve the mental health & wellbeing of clients, many who traditionally have limited access to mental health care, by decreasing symptoms and increasing functioning through early intervention.

What type of service is Keystone? An outpatient mental health practice that assesses and treats mental and behavioral disorders; and educates and consults in the community.

What can we help with? Keystone treats many types of difficulties faced by children, adults, and families: Concerns such as depression, trauma reactions, anxiety, school problems, attention problems, disruptive behaviors, family problems, loss and grief, diagnostic clarification, identification of problems and recommendations for services, parent coaching, and many others.

What services do we offer? Our “product” is a full continuum of mental health care:

- Individual and family treatment (psychotherapy)
- Comprehensive Psychological Evaluations
- Mental Health Assessments
- Mental Health Screenings
- Parent coaching
- Parenting Assessments
- Community & professional training, education, and consultation

Keystone Speciality Areas:

- Early intervention; specializing in assessing and treating the very young child
- Psychological testing and evaluation
- Play Therapy
- Complex Conditions
- Cultural Competence



How do we approach quality of care for clients? Our philosophy, values, and approaches:

- Our professional activities are directed toward *client well-being*
- Clinical actions are based on the *therapeutic benefit to a client’s mental health*
- Evaluation and treatment methods are *driven by the referral question and concerns, and the assessed needs of the client; not “ordered” methods by the referring agent*
- Keystone practices adhere to researched findings of the disciplines of clinical psychology, clinical social work, and psychiatry
- Recognition of the *whole individual and family system* in treatment
- Utilize a *bio-psycho-social* approach to assessment and treatment
- Our identity is that of *professional mental health care practitioners*
- Responsible practice includes *multicultural and diversity awareness and training; we maintain cultural competence*
- Our view of serving our clients: Care is favorably impacted when *clients are treated with respect and dignity*, despite age, cultural background, socio-economic status, or third-party payment source

To learn more visit
www.ourlittlehaven.org/keystone/



Taylor Family Care Center Foster Care Services

Our Little Haven’s Taylor Family Care Center provides services for children and families involved in the foster care system due to abuse and/or neglect.

The children we serve range in age from newborn to 21 years of age. Our team has had many years of experience working in the foster care system, and permanency is the primary goal.

Taylor Family Care Center is no longer holding a contract with the state for foster care case management. By working in case management for many years, our team has had opportunities to identify areas of need where further support services can be provided. Taylor Family Care Center will continue to provide services to the foster care & adoption community as there is immense need. Previous work in the foster care case management field has given us the experience and knowledge to provide support and prevention services – ultimately allowing Our Little Haven to continue to be an agent of change toward a healthy and permanent solution, all the while still serving the children and families in the community.

We are in the process of identifying the top areas where Taylor Family Care Center can focus our services to support the foster care and adoption community in the St. Louis area. With our professional and



experienced team, Taylor Family Care Center’s mission is to provide much-needed services to help children and families who are in the process of securing a loving and permanent home for foster children.

Coordination of Medical Services

Our Little Haven’s Coordinator of Medical Services, Nurse Shari, provides a unique service for children served by all of Our Little Haven’s programs.

Coordination of Medical Services is clinically based, child centered and serves families by helping to close gaps in medical care for high-risk children. This service combines the expertise of our early intervention mental health professionals with the knowledge that physical health plays a large role in the care that goes into the children we help.

Unique to the St. Louis region and only provided by Our Little Haven, Coordination of Medical Services combines physical pediatric care with mental and behavioral health services by assisting with and tracking physical health needs. These needs can include: compiling accurate health records, medication assistance, home visits, and health education for parents or guardians. This service also establishes a primary care physician for children and coordinates with medical specialists. It is a key component of Our Little Haven’s continuity of care for children and families.



Our Little Academy Day Treatment Our Little Haven

is a full day, year-round program that offers mental health treatment for children ages 3-5 who cannot participate in a traditional preschool/daycare due to social, emotional, or behavioral problems.

Our team of master's level professionals provide individual and group psychotherapy, a safe and structured environment with a 2 to 1 child-to-therapist ratio, and support for parents or guardians. Our Little Academy delivers intentional treatment services, individualized clinical support, and comprehensive care to prepare children and families for a successful transition to kindergarten.

Children who are enrolled have mental and behavioral health disorders, whether brought about by difficult situations or genetically predisposed conditions. Diagnoses may include reactive attachment disorder, ADHD, oppositional defiant disorder, PTSD and other disruptive behavioral disorders. Many of the children enrolled in Our Little Academy are in the foster care system and are victims of abuse and neglect.

How do I know if this is the right program for my child?

If your child has had problems in a daycare or preschool program with aggression, hyperactivity, oppositional/defiant behavior, or high sensory needs, s/he may do very well in a program that emphasizes consistency, structure, and healing interactions with master's level professional staff. Families are asked to visit the program to complete observations and assessments prior to deciding whether the program is a good match for the child and the family.

How do I pay for tuition?

Children who are in foster care, adoptive families, or who are receiving family-centered services, usually qualify for full payment through Medicaid. Other families may use daycare subsidy payments, sliding fee scale payments, along with scholarship opportunities.

How long are kids enrolled at Our Little Academy?

Most children stay until they are ready to begin kindergarten, which is an average stay of 15 months.

Shriners Children's St. Louis recently began a new outreach program with Our Little Academy, their team members offer on-site occupational and physical therapy services to address developmental needs and enhance their growth and progress.

To learn more visit

www.ourlittlehaven.org/programs/our-little-academy/



Holiday Support to Further Our Little Haven's Impact

"Jordan is an amazing kid, but he always struggled to behave in socially acceptable ways in other schools or groups that he's participated in. We weren't able to introduce him to new environments without worrying if he would become dysregulated or not interact well with new kids. Through his time at Our Little Academy, we have watched him grow in so many ways, both educationally and in using new coping strategies to regulate himself and make good choices. He uses his words much more to tell us what he needs instead of throwing a tantrum. We feel much more confident going into new environments where he can now learn and thrive. We are so thankful for the support Our Little Academy at Our Little Haven has given us during his time there!"

*-Brandon & Shelby
Jordan's Parents*

Help us provide treatment and care for more children like Jordan.

Your support directly impacts the lives of over 500 children and their families helped by Our Little Haven every year. Thanks to you, these children will have a chance to heal, grow, and thrive, leaving their own positive impact on their world. Compassionate donors like you make it possible for our team to go above and beyond for those who need us most, when they need us most.

We invite you to continue your support by making a gift in honor of the children and families of Our Little Haven this Holiday Season. Please consider making a gift today by filling out the enclosed envelope or visiting us online at ourlittlehaven.org and clicking the orange "Donate" button.

Sincerely,

Scott Hummel, MSW, PHD (HON)
Executive Director

Kathleen Hummel, MSW, PHD (HON)
Therapeutic Director Emerita



MESSAGES FROM OUR TEAM

“It’s incredibly rewarding to see our clients make progress. The beginning is full of challenges, but the end is full of happiness, big smiles, and new friends.

Early intervention can change lives. We have the opportunity to set children and families on a path for success.

*Sarah A. Thomas, MSW LCSW
Day Treatment Program Manager*

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“The foundation of having an emotionally healthy and successful life begins in the early years. It is an honor to be able to help the children and their families build this foundation for their future

Providing a service that is greatly needed and necessary in the St Louis region is one of the most rewarding aspects for me.

*Leisha Guterman, MS
Day Treatment Therapist*

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“It is so rewarding to see children grow socially and emotionally. They learn vital skills that will help them throughout their lives. Sharing the OLH/OLA story about our services with community partners, who are very excited to learn about our programs, is also rewarding. My passions include seeing children progress academically, behaviorally and socially, having fun as they learn.

*Susan Villasana, MAEd, Licensed Psychologist
LPC Staff Psychologist*

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“I am very passionate about my role at OLA because mental health treatment in early childhood is so important and often overlooked.

It is so rewarding to watch the children change and grow and feel the genuine gratitude from families as they see progress.

*Sheila Humphrey, LMSW
Day Treatment Therapist*

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“My greatest joy lies in my direct nursing clinical care with our children and families in all 3 programs I get to serve: psychiatry clinics; our children and families in alternative care homes; and our delightful students and families of OLA. I learn much from them, and am humbled by their positive feedback, such as this one from a family caring for a vulnerable baby for whom I advocated:

"Thank you so much! That helped a lot. You made some strong points. I would love for you to be able to attend (the appointment) as well, if it be possible that day. Thank you again and thank you for being in our lives, Nurse Shari!"

I am equally passionate about partnering with community health care providers so we can serve our children and families TOGETHER with quality and coordinated care.

*Shari Sullivan RN, BSN
Coordinator of Medical Services*

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“It is so rewarding that in my role, I am doing what I decidedly prepared to do: that is, I have the opportunity to use well-researched, solid psychological tools and findings to improve the lives of those we serve.

What I do reflects my professional and personal values. I get to provide services to “give psychology away”, where our “client” is the direct recipient of mental health care. It is done with integrity, maintaining respect for the client’s dignity, and facilitating safe, informed choices no matter the age, circumstance, or payment source of each individual.

*Lizette Smith, PhD.
Licensed Psychologist
Director of Clinical Programs
HIPAA Privacy Officer*

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“The most rewarding thing is seeing a client's growth and change over time. I work to build a genuine relationship with each of my clients and celebrate their successes and walk with them through their challenges.

I'm passionate about what I do because I believe in the healing power of play and people's natural tendency toward growth and healing. In my opinion, children are the most fun humans to work with, so I never have a dull day at work!

*Amelia Sotnyk, MSW, LCSW, RPT™
Psychotherapist*

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MESSAGES FROM OUR TEAM

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Although there are many rewards to the work we do at Our Little Haven, for me the most rewarding thing is having the opportunity to bring about change. Our Little Haven provides an opportunity for change, and it is everywhere; change for our clients, change for our client's families, change for my co-workers and the staff I supervise and change for me. I am grateful everyday for the opportunity to provide a chance for change. It is a joy to see children, families and professionals seize their opportunity to grow and make changes in their lives for the better.

My passion has evolved over the years. Initially, my passion was driven by my desire to learn and understand the cycle of child abuse and neglect. As my passion has grown, I have expanded my focus on understanding where the gaps are in the bigger systems and how we help fill those gaps for children and families that fall into them.

Nicole Pashia, MA
Foster Community Services

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Il have been fortunate to work for a standout agency in the community. I truly believe that OLH helps make the lives of children and families better. I knew while studying for my BSW that I wanted to work with the child welfare community. Helping children and families is where my heart is. Over time, transitioning to helping people grow and succeed in their careers as well as build upon the knowledge I have gained through the child welfare community brings to light other programming that OLH can do for the child welfare community. As I close in on 10 years with OLH, I am proud to be a part of filling cookie jars.

Moriah Schollman, MSW, LMSW
Foster Community Services

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What I love about Our Little Haven is that it is a very nurturing environment for our clients, very family oriented and child-focused. My clients seem to always feel very comfortable here, regardless of their background.

I love that my supervisor gives us the freedom to be able to apply different types of therapy modalities and to use creativity, as psychotherapists, to meet out clients more individualized needs.

Jennifer Evans, Psy.D.
Licensed Psychologist

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I am extremely passionate about our mission and the critical needs that our services address. I love engaging new and existing supporters and advocates in fresh ways and promoting understanding and connection.

My goal is to increase awareness of Our Little Haven and our services to the community - ultimately driving further impact.

Brittany Brown
Director of Development

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The most rewarding part of my job is to be able to share the stories and achievements of the families and children we serve. Every day I strive to continue advocating for each individual no matter the background, age, or race. Ensuring their needs are met in some of the hardest times of their lives is the most rewarding.

Mental Health is an ongoing fight we must beat in our community. The passion I have for people along with the hard work ahead to continue making change is why I serve. God allows us the opportunity to create change and help others. My duty is to do just that!

Kayla Kelly, MBA
Development Associate

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It is rewarding to extend an invitation to our Community to be a part of Our Little Haven's proven and successful early-intervention response; and then witnessing the loving and supportive response towards those kids and families we serve together.

Experiencing the Blessing of being able to be a part of a solution; to be on a journey with those we serve as many of them experience, often for the first time, care, love, growth, and an opportunity to experience the dignity of caring for themselves; and, to witness, with those who serve, the joy of understanding that they too can be part of the solution.

P. Scott Hummel, MSW, PhD (HON)
Founder and Executive Director

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I am so thankful to work for Our Little Haven, I was a foster care case manager for 4.5 years before the Administrative Assistant position that I am in now. The leadership at Our Little Haven is beyond phenomenal. I am happy to be a part of such a great mission.

Teresa Green
Foster Care Case Management Administrative Assistant

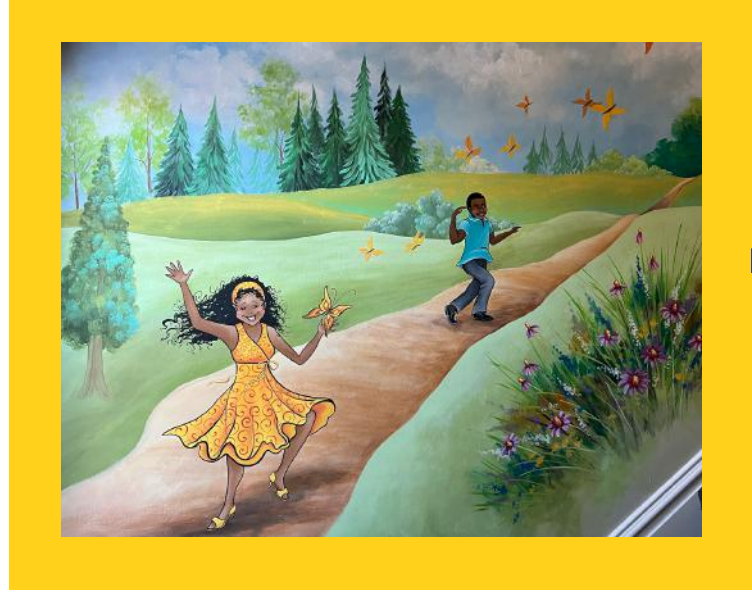
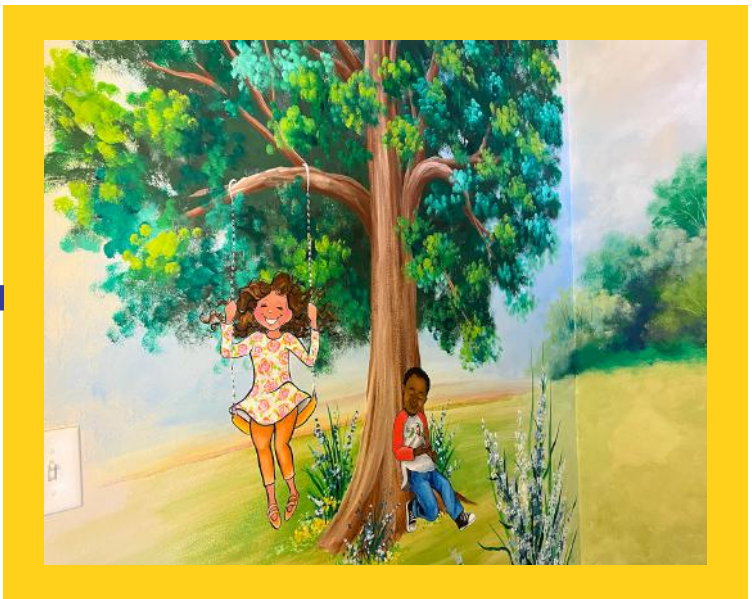
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OUR MISSION

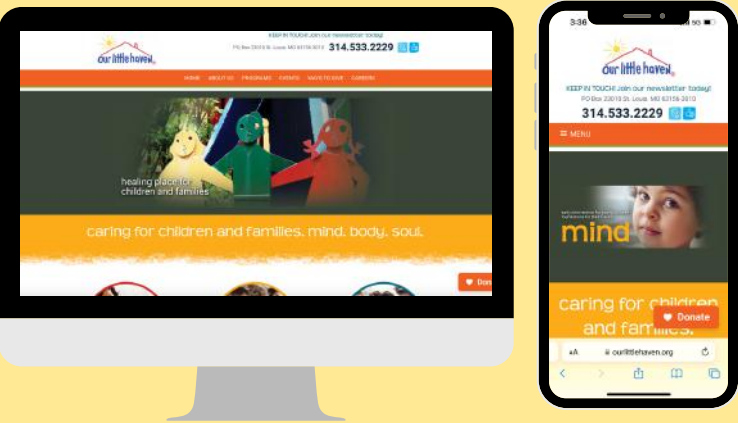
Along the walls up the front staircase at Keystone Mental Health Services is a mural that illustrates our mission. The mural's theme was created by the Keystone team and communicated to the artist. It represents Our Little Haven's mission and theme of growth and change, until one "soars" or "flies" on to greater development. Our goal is that no matter what brings a child and their family to us, they will grow up to embrace the journey that makes up their personal story and use their experience to shine a light for others. Our treatment resources, care, and love we provide from an early age and over time allow our children and their families to flourish despite their past or present hardships.

This beautiful mural was painted by longtime supporter and muralist Susan Pisoni



Thank you for your ongoing support and consideration for Our Little Haven and those we serve.

HOW TO SUPPORT OUR LITTLE HAVEN ONLINE



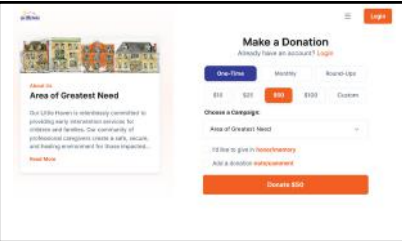
When you visit our website ourlittlehaven.org, you'll see a "Donate" button on the bottom right corner of the screen on your computer or phone.



Once you click this button, there are several different ways to provide support!

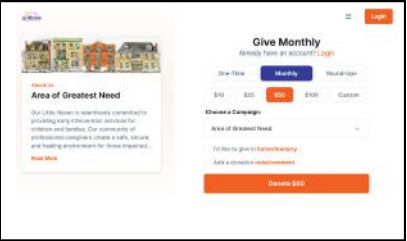
ONLINE DONATION

Easily make gifts through a seamless and streamlined giving experience on our donation platform. You can also give in honor or in memory of a loved one.



MONTHLY GIVING

Increase impact with automatic recurring gifts through monthly giving. By donating or signing up for monthly giving, you can create a personalized account to log in, view your donation history, and make updates.

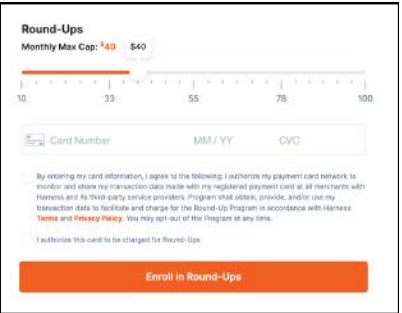


ROUND-UP DONATIONS

Round-Ups is a tool that allows you to enroll and automatically round up your purchases, both in-store and online, and donate the difference to Our Little Haven.

The setup process is simple:

1. Create an account through the "Donate" button on our website.
2. Link your credit or debit card.
3. Add a monthly max giving cap (The minimum monthly amount to donate through round-ups is \$9.99)

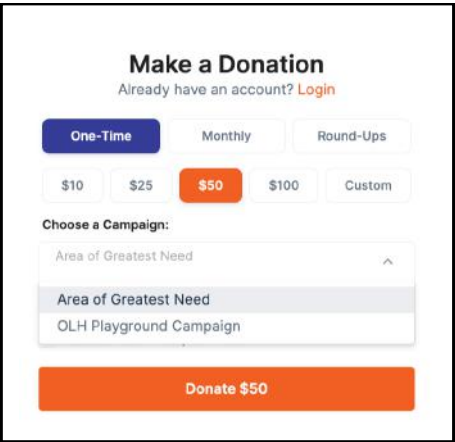


Small change can make a big impact over time!

CAMPAIGN GIVING

Campaigns allow Our Little Haven to raise funds for specific needs for our organization, our programs, and those we serve.

By using the 'Choose a Campaign' dropdown menu, you can select specific campaigns that we have throughout the year!



If you are interested in fundraising for Our Little Haven with your friends, family, company, or group, we can set up a custom private campaign page to share with others and work together to reach a specific fundraising goal. Contact Brittany at bbrown@ourlittlehaven.org for more information.

This year, the Missouri Department of Economic Development, awarded more than \$5.8 million in tax credits to 34 organizations through the Youth Opportunities Program. Our Little Haven was selected as one of the organizations. Reach out to Mike Bahlinger at mikebahlinger@ourlittlehaven.org about receiving tax credits for gifts made to Our Little Haven over \$2,500.



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our e-newsletter and receive the
latest news!



SCAN HERE TO DONATE

UPCOMING EVENTS

APRIL 27th, 2024

Our Little Haven Gala

CITYPARK Stadium

FEBRUARY 2024

**Our Little Haven
Trivia Night**

Stay tuned for more details

SUMMER 2024

OLH Pickle Ball Tournament

Stay tuned for more details

OCTOBER 4th, 2024

icon Mechanical Clay Day

St. Louis Skeet & Trap



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