

Building To Heal

A campaign
for FSGC's
Youth Crisis
& Recovery
Center

“Jordan had
been through
a lot more
than most
kids his age.”



FAMILY SERVICE &
GUIDANCE CENTER

Meet Jordan



Jordan was tall and lanky – even as a child. Dark-haired and very athletic, he was a ball of energy! He was always up for going somewhere and doing something active and fun – so much so that his foster parents had a hard time keeping up with him.

But that energy was hard to control. When Jordan got angry, he would punch holes in walls and destroy property. He'd threaten friends and family, including his little sister. He once kicked in a window on his mother's car.

His exhausted, frustrated foster parents brought Jordan to CRP several times throughout his childhood and teen years. Over time, he learned how to make positive decisions and manage his anger without hurting himself or others.

"I liked going (to the Crisis Resolution Program) because people there cared about me," he remembered. "They were with me and understood me from day one."

Today, Jordan (20) looks forward to a bright future. He's interviewing for jobs and eager to live independently. Everyone around him says that Jordan can go as far as he sets his mind to, thanks to his own hard work and the dedicated professionals at Family Service & Guidance Center's Crisis Resolution Program (CRP).

Extraordinary kids under extraordinary circumstances.

There are a lot of youth in our community like Jordan: Youth experiencing severe mental health challenges. They may destroy property, lash out at family, run away or threaten to harm themselves or others. Some youth use alcohol and other drugs to escape overwhelming thoughts and feelings that they don't have the skills and support to handle.

These youth need a safe place to overcome their challenges, just like Jordan did. Their families need a place where they can get the support and information they need to give their child and family the best chance at a healthy, happy life. With the right help, children and families can face obstacles like these head on.

FSGC is seeing more children and teens experiencing severe mental health challenges.

Statewide, psychiatric residential treatment facilities have a waiting list of 100-140 youth at any given time. In Shawnee County, the number of children on the waiting list is often between 20-30 youth. Girls usually wait for 30-60 days before they can be admitted. For boys, the wait can be 120-150 days.

The current Crisis Resolution Program facility, located at 800 S.W. Lane St., no longer meets the needs of the children and families it serves. Children's behaviors are far more severe and many more children are in need of crisis services – not to mention substance use disorder treatment. The building is too small, it lacks secure exits and it is located between two dangerously busy streets.

These children are enduring so much. They should have a safe, secure, trauma-responsive environment in which to receive the treatment they desperately need. Like all kids, youth experiencing a crisis or substance use issues are remarkably strong and resilient. Their challenges require specialized help and a facility that is tailored to meet their unique needs, **and they shouldn't have to wait to get the level of care that they need to heal and recover.**





The FSGC Youth Crisis & Recovery Center

Family Service & Guidance Center is taking a leadership role by responding to this urgent community need and constructing a new, state-of-the-art facility: The FSGC Youth Crisis & Recovery Center.

The Center will be a 24-bed, over-24,000-square foot facility that will accommodate children and adolescents experiencing a mental health crisis or a substance use disorder. The new Youth Crisis & Recovery Center will provide a safe, therapeutic environment for children and adolescents who require a more intensive level of care. The Center will provide a trauma-responsive atmosphere that will empower children and teens to fully participate in their own healing and recovery.

The facility will also house FSGC's new integrated substance use treatment program tailored to meet the unique needs of adolescents. FSGC mental health professionals trained and licensed to treat both mental health and substance use disorders will work closely with the youth and their family to address these problems. **This integrated approach maximizes the youth's opportunity for positive, long-lasting treatment results.**



Your generosity will make this needed program and facility possible.

In 2006, Family Service & Guidance Center engaged the entire community to help build the Child and Family Academy at 327 S.W. Frazier Ave., and donors across the Midwest stepped up. A state-of-the-art facility was built that houses the Early Childhood Intervention Program, FSGC's Training Center and several therapy suites. The outcome? Thousands of happier children and healthier families.

We need your help once again. FSGC asks your consideration of a generous gift toward the construction of the Youth Crisis & Recovery Center. We are appealing to numerous foundations, companies, community members and leaders just like you.

You can play a key role in taking the Youth Crisis & Recovery Center from the drawing board to a projected fall 2022 completion on our Frazier Avenue campus. Your gift is crucial to bringing hope to thousands of young peoples' lives.



- Children, teens and their families will receive top-quality mental health crisis and substance use treatment at a level that is not currently available in our community.
- This program will dramatically expand FSGC's capacity to serve the growing number of youth who are experiencing serious mental health challenges.
- Youth and families will no longer have to wait weeks or even months to get the life-changing help they need.
- There will be fewer psychiatric hospitalizations and admissions to long-term residential facilities.
- There will be more happy, successful children, teens and families in our neighborhoods, schools and community.



There are many youth in our community and across northeast Kansas whose lives are derailed by a serious mental health challenge, substance use or both. For thousands of children, adolescents and families, Family Service & Guidance Center takes our responsibility to care for these youth very seriously. **That's why we're asking for your help.**

Making a gift to the Youth Crisis & Recovery Center isn't just an investment in kids; it's a meaningful investment in our community.

- The Kansas Department for Aging and Disability Services (KDADS) has already made a substantial \$312,500 commitment to help with program start-up costs with the possibility of annual funding. KDADS acknowledges the need for expanded crisis services and integrated adolescent substance use treatment.
- Children living their lives in crisis or struggling with substance use disorders deserve a place that inspires hope and healing.
- FSGC staff members are prepared to meet this challenge to give children and teens a chance at a bright future.
- It will give kids the tools to recover and live a productive life as members of our community.
- Your gift will help stop a cycle of mental illness and substance use that can lead to a lifetime of pain and dependence.
- The new Youth Crisis & Recovery Center will create dozens of new jobs and opportunities, contributing to the local economy.

Kids in Crisis

"She is terribly depressed, anxious, withdrawn. Her sleep schedule is out of whack. She no longer wants to go to school. She does not mention suicide but does say she wishes she would 'just die' in her sleep."

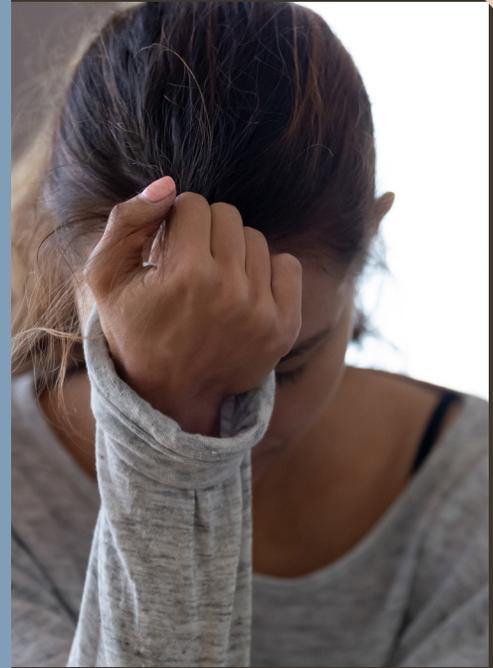


Shawnee County youth are using alcohol and other drugs at alarmingly high rates

- Thirteen percent of Shawnee County students (grades 6-12) have consumed alcohol in the past 30 days. Among high school seniors, the number is one in four.
- Seven percent of students have had five or more drinks in a row at least once in the past two weeks.
- Six percent of students reported smoking marijuana in the past 30 days.
- A number of risk factors linked to substance use are on the rise in Shawnee County, including low perceived risk of harm from drug use; local laws and norms favorable toward drug use; favorable parental attitudes toward drug use; high perceived availability of drugs; friends' use of drugs; and early initiation of drug use.
- Important protective factors linked to abstinence from substance use are decreasing, including family attachment and healthy community beliefs and clear standards.

(Kansas Communities That Care survey, 2020)

These numbers are compounded by the shortage of trained professionals who can treat both mental health issues and substance use disorders in children and adolescents. FSGC mental health professionals are trained and licensed to treat both mental health and substance use disorders at the same time as well as work closely with the youth and their family to address these problems.



Kids in Crisis

“My daughter has expressed suicidal thoughts. She takes pills and smokes marijuana to get high and relax – every day if possible, sometimes to the point of passing out. Anxiety and depression run in our family.”

FSGC Youth Crisis & Recovery Center

This new state-of-the-art facility will provide mental health services to children and teens experiencing extreme crisis and youth living with substance use disorders.

- A 24-bed, 24,000-plus square foot facility
- Will offer a safe, therapeutic environment for children and adolescents that will empower them to fully participate in their own healing and recovery.
- Will house FSGC's integrated substance use treatment program tailored to meet the unique needs of adolescents. This approach to mental health challenges and substance use disorders will maximize the youth's opportunity for positive, long-lasting results.

Building Construction Costs

	<i>General Contractor's Estimate</i>
Building	\$6,482,578
Site Improvement	\$ 760,286
General Contractors, Overhead & Profit (14%)	<u>\$ 652,136</u>
Total Building & Site Construction Cost (BSC)	\$7,895,000

Total cost per square foot = \$329

Soft Costs

(Design + Furniture, Fixtures & Equipment)

Furniture, Fixtures & Equipment	\$ 500,000	Estimate
Architectural & Engineering	<u>\$ 365,809</u>	
Total Soft Costs (Est.)	\$ 865,809	
<i>Architect One Donation</i>	(\$70,645)	

Thousands of northeast Kansas kids and teens are depending on you to make the new Youth Crisis & Recovery Center a reality. These children and teens are heading down dangerous paths that are very difficult to come back from. Your generous gift will give them and their families the hope and care they need to overcome their challenges and live happy, productive lives.

You can help. To learn more about this worthwhile project, contact Pam Evans, FSGC Director of Marketing & Development, at 785.232.7902 or pevans@fsgctopeka.com today.

You have options for giving.



As a donor, you can make a one-time gift or a pledge over time – up to five years. Regardless of how you choose to help children and teens, your gift will be greatly appreciated.

In addition to helping ensure a brighter future for children, teens and families, your gift to the Youth Crisis & Recovery Center is tax deductible as allowed by law. Family Service & Guidance Center is a 501(c)(3) charitable organization.

If you'd like to make a gift by check...

- Please make the check out to “Family Service & Guidance Center Foundation.”
- On the memo line, please write “Youth Crisis & Recovery Center.”
- Mail the check to:
Family Service & Guidance Center
Attn: Pam Evans
325 S.W. Frazier Ave.
Topeka, KS 66606-1963



If you'd like to make a gift using your credit card...

- Please visit **FSGCtopeka.com/hope** and click the blue button that reads “Donate Now.”
- Enter “Youth Crisis & Recovery Center” in the “Notes to FSGC” box.
- If you'd like to make a one-time gift, or if you would prefer to make payments monthly, quarterly or annually, indicate your preference in the “Donation Details” box.



If you'd like to make a **multi-year gift** or a **planned gift**...

Please contact Pam Evans, Director of Marketing & Development, at 785.232.7902 or pevans@fsgctopeka.com.

Can these vulnerable children and teens count on you?
Visit **FSGCtopeka.com/hope** and make a gift you can be proud of.

Kids in Crisis

“My child is spiraling. Running away, hurting herself, playing with fire, inappropriate sexual acting out. She was denied admission to a PRTE. Her behavior has quickly become dangerous to herself and others.”



Family Service & Guidance Center: Innovation that gets results

FSGC offers a broad range of services and programs that help children lead happier, healthier, more productive lives.

- 75 percent of children and youth who come to FSGC's Crisis Resolution Program avoid admission to a hospital or other psychiatric residential treatment facility.
- 100 percent of children participating in FSGC's Early Childhood Intervention Program (ECIP) have been identified as needing special education services once they enter kindergarten. However, of children who complete their ECIP treatment plan, 80 percent go on to attend kindergarten successfully with no further intervention.
- FSGC's Anxiety Treatment Program – On average, children and teens engaged in FSGC's Anxiety Treatment Program develop the healthy coping skills they need to overcome a wide range of potentially debilitating fears – including social anxiety – in just 16.2 sessions.
- FSGC's Happy Bear Abuse Prevention Program – FSGC's Happy Bear Program shares an age-appropriate message of safety and health with more than 6,000 children ages 3-6 every year. Over 90 percent of children who see the Happy Bear presentation can identify “good,” “bad” and “mixed-up” touch.

Kids in Crisis

“His teacher overheard him say he wanted to kill himself by jumping off the jungle gym and breaking his neck at recess. He has said before that he wished he were dead at home when arguing with siblings.”





Kids in Crisis

“He has become destructive with personal items – cutting, ripping things apart. He hasn’t expressed thoughts of suicide but he’s made comments about cutting himself. He has become very defiant and physically aggressive towards adults.”



FAMILY SERVICE &
GUIDANCE CENTER

More than a century of service to the community

Family Service & Guidance Center was established as the Associated Charities in 1904. Today, FSGC is a regional leader and innovator that specializes in providing top-quality mental health services to nearly 12,000 children, teens and families from Shawnee County and more than 30 other Kansas counties each year.

FSGC’s broad range of services include:

- Outpatient individual, family and group therapy.
- Child and adolescent psychiatry services provided by three Board-certified child and adolescent psychiatrists and four advanced practice registered nurses (APRNs).
- FSGC Crisis Services available 24 hours a day, 7 days a week, 365 days a year.
- The Anxiety Treatment Program, one of just two anxiety specialty clinics in Kansas and one of just a handful across the Midwest.
- The Early Childhood Intervention Program (ECIP) for children ages 2 to 6 with severe and disruptive emotional and behavioral problems.
- The Youth Development Program (YDP) which teaches crucial social and resiliency skills to children and youth ages 6-17 in a group setting.
- The Children’s Autism Treatment Program provides ABA (Applied Behavior Analysis) services to children ages 7 and younger who have been diagnosed with an autism spectrum disorder. The program also offers parent training and support.
- The Transition-Aged Youth Program provides youth ages 16-22 with mental health issues the support and guidance they need to live independently.
- The Happy Bear physical and sexual abuse prevention program for children aged 3-6.

FSGC employs approximately 250 staff members, both full- and part-time. The organization has a budget of over \$16.5 million in 2021.



Thousands of kids and teens are depending on you to make the new Youth Crisis & Recovery Center a reality.

These children and teens are heading down dangerous paths. They shouldn't have to wait weeks or months to get the help they need. By then, it could be too late. Your gift will show them that you believe **every child deserves a happy childhood.**

The need has never been greater. The time to meet this challenge is now. Make a gift today or to learn more about this worthwhile project, contact Pam Evans, FSGC Director of Marketing & Development, at 785.232.7902 or pevans@fsgctopeka.com today.

To see and hear another inspirational FSGC success story, visit FSGCtopeka.com/hope.



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