



November 2017

Taking Mental Health Treatment to the Hill

CEO Advocates for Mental Health and Substance Use Treatment at Hill Day 2017



On October 2-3, Morrison's CEO, Drew Henrie-McWilliams, and 10 other representatives from Oregon attended [Hill Day](#) in Washington, D.C. Hosted by the National Council for Behavioral Health, Hill Day assembles hundreds of behavioral health providers, executives, board members, consumers, and community stakeholders from across the nation in D.C. for a day of sessions and workshops on behavioral health policy and funding needs. The following day, attendees take their messages to Capitol Hill to advocate for essential resources for mental health and addiction treatment in their communities.

Drew spoke with senators, congresspeople, and their representatives about issues that matter to kids and families throughout Morrison programs, including the DACA (Deferred Action for Childhood Arrivals) recipients whose protections are currently in jeopardy.

Drew concluded every meeting by thanking the legislators and their aides for their tireless support of children's behavioral health programs. He also asked what organizations could do to make it easier for

those on the Hill to garner more support for these important issues. Each one said the same thing: send us stories. They said that telling our stories to legislators, on both sides of the aisle, has the greatest impact on the legislation that affects constituents' access to mental health and substance use appropriations, medicaid coverage, and other issues that were discussed at Hill Day.

In the coming months, Morrison will be gathering and sharing stories about the impact of our 19 programs with our legislators and social media followers. To read these stories and stay up to date on the latest Morrison news, be sure to like us on [Facebook](#) or follow us on [Twitter](#).

10,000 Thank Yous to NCIF of OCF!

Nike Community Impact Fund of the Oregon Community Foundation Grant

The Nike Community Impact Fund recently awarded Morrison's SAGE Youth Residential Program with a \$10,000 grant to start a Marathon Kids running group and a volleyball team, and to purchase equipment to support general strength-building activities. SAGE provides girls, ages 11-17, who are survivors of commercial sexual exploitation, with a safe and secure setting in which to move toward their goals, build self-esteem and resilience, and reconnect to the community.



This funding will support the girls' fitness by providing a lending library of items that they can utilize during their time in the program. We will fill a closet with apparel, MP3 players, recovery snacks, and more to help the girls sustain their momentum as they run toward the goal of completing four marathons (104.8 miles) with Marathon Kids, as well as items to support other forms of exercise like volleyball, cross-fit, and yoga.

"We are incredibly excited and grateful to Nike for this grant, which will allow us to provide the youth in the SAGE program with the equipment and training they need to focus on and develop their physical health through athletics," said Kelli Doodittle, program director for SAGE.

Improving youth's physical well-being contributes to positive outcomes when paired with our mental health services. Exercise reduces anxiety and depression, elevates self-esteem and cognitive function, and alleviates social withdrawal. The Journal of Child and Adolescent Mental Health reports that "There is strong evidence to support the benefits of physical activity on psychological health in youth" (2012).

Thank you for helping us keep the youth in our care happy and healthy!

This Season of Giving, Think of Morrison

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 28, 2017

Celebrated on the Tuesday following Thanksgiving, Giving Tuesday is a global day of giving that kicks off the holiday giving season. This year's Giving Tuesday is November 28th. This season of giving is the perfect time to remember that we all depend on one another and that the practice of gratitude and generosity benefits everyone.

To learn more about how you can support Morrison programs this #GivingTuesday please contact Kinsey at kinsey.wright@morrisonkids.org.

Get to Know Morrison

Featured Staff: Scott Brown

November's featured Morrison staff member is Scott Brown, the Clinical Manager of the [Counterpoint Outpatient program](#). Scott feels very strongly about Counterpoint, which shows through his 23-year commitment to serving this "worthy" population. The youth served by Counterpoint have histories of acting out sexually, but Scott is quick to state that these kids "are not what they have done" and that they are largely acting out traumas that they have experienced themselves. Their families, according to Scott, are a wonderful cast of characters who are fun to work with in part because of their willingness to approach real issues, to be someone people can trust and rely on, and to do the challenging work of exploring personal responsibility together. There is no one way to describe youth with sexual behavior problems, he says. They are the kid next door.

Over Scott's more than two-decade tenure with Morrison, he has noticed that the kids in the program are getting younger and that the issues they deal with are more severe. With changes in funding contract priorities, programs like Counterpoint are expected to do more with less. This challenge has been compounded by the advent of the internet. In the past, kids' access to sexual imagery was limited to magazines, but now, "any kid with a phone or device has the door to the porn store in their living room." This has changed the landscape of programs like Counterpoint, but Scott is confident that his program, which has been providing services for 25 years, has the sophistication to pivot and nimbly adapt to help these kids.

When people learn about his work they often say, "oh that must be hard," but Scott assures them that he goes home every night feeling like he has accomplished something that matters. He has continued this important work at Morrison because of great colleagues who he has worked with for years. He believes that Morrison is a place of healing and a trusted agency that is unique in its trauma-informed provision of services to youth.

Scott's office is a very welcoming place for kids. Action figures are crowded among the books on his shelves, a sword from Disney's Pirates of the Caribbean dangles above the door, a taxidermy owl clasps a letter in its talons Harry Potter's owl, and the walls are hung with retro tin signs of superheroes. When asked to describe a time when he felt that Morrison has truly made a difference in someone's life, he quickly replied that it happens daily. One youth, who shares Scott's love of old school Marvel comics, stands out. In their therapy sessions, Scott and the youth talked excitedly about obscure Marvel characters. To test his knowledge, Scott started a game where in each session the youth had three guesses to try to figure out which hero Scott had in mind. It was around Christmas time and the youth's family could not afford the traditional trappings of the holiday. Morrison staff, with help from the juvenile court, provided the family with a tree adorned with ornaments, a feast, and presents with tags signed by Elf 1, Elf 2, and so on. Scott signed his gift from Archangel. The name, which could have easily been mistaken for one related to the holiday, quickly caught the youth's attention and he rejoiced in his present from the winged Marvel superhero.

Besides reading comics, Scott likes to travel (he has been to 48 states), kayak, and listen to music from his huge record collection. In his former life, he was a DJ and a photographer.

Thank you so much, Scott, for your ongoing commitment to Morrison and to the youth in the Counterpoint Outpatient Program!



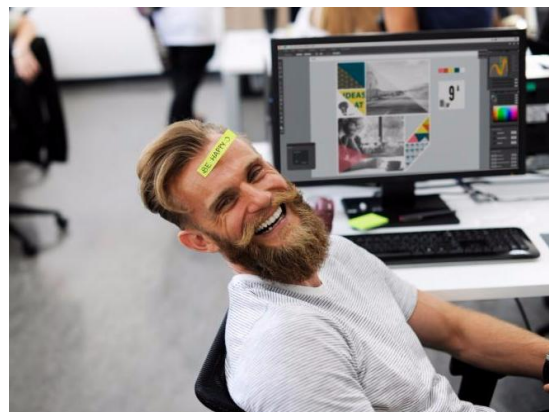


Contact Deanna at Deanna.kavanaugh@morrisonkids.org to learn more.

Carl Morrison Legacy Society

Morrison Invites You to Learn More About Planned Giving

To sustain Morrison's impact on our communities, we invite our supporters to consider a planned gift to Morrison by becoming a valued member of the [Carl Morrison Legacy Society](#). Including a gift to us in your will, living trust, or an account designation is a flexible donation option that allows you to make an impact. The promise of a future gift to Morrison will cost you nothing now, but it can have a significant influence on the children, youth, and families who will be served by Morrison programs in the future. You can help the next generation thrive. Contact Kinsey Wright at kinsey.wright@morrisonkids.org to learn more about how you can support Morrison Child and Family Services with a Planned Gift.



Sustainability Tip of the Month

Thank Mother Earth by Having a Sustainable Thanksgiving

Thanksgiving is a celebration of good harvest, togetherness, and gratitude for the bounty provided by the Earth. To ensure that the planet continues to provide this annual celebration of plenty for generations to come, make this Thanksgiving sustainable. Here's how:

1. Visit virtually: Anyone who has traveled this time of year knows how chaotic the airports and freeways can be. To cut down on the traffic and your stress, consider traveling to visit family during the off-season instead. Among its [tips to have the most sustainable Thanksgiving ever](#), Smithsonian Magazine suggests tuning in to Skype for dessert with far-off family.
2. Source your food locally: Cutting down on the miles your food has to travel before getting to your plate leads to a smaller carbon footprint and tastier food. On average, American food travels 1,500-2,500 miles from farm to plate. Farmers markets are a great option to find delectable ingredients that are grown with love in your neighborhood. Plus, you are supporting your regional food system and keeping money in your community. Here are some great ways to have a [100-mile Thanksgiving](#).
3. Eat organic: There are many [environmental benefits to eating organic food](#), including reducing pollution, soil degradation, and water use.
4. Keep food waste down by reducing the amount of food that you prepare, eating your leftovers or putting leftovers in the freezer, and composting scraps. In the US, 30-40 percent of food ends up in the trash, making it the [single-largest component of landfills](#).
5. Use reusable plates and cutlery: single-use paper plates and plastic utensils add tons to landfills each year because they cannot be recycled.
6. Avoid plastic beverage bottles by drinking filtered tap water: [There are one million plastic bottles bought around the world every minute](#).
7. Eat colorfully: Increasing the colors on your plate to eat a more well-rounded meal that includes more vegetables is better for your body and the planet.
8. Switch to chicken: If everyone switched to chicken for Thanksgiving, Americans would [save 12,355,200 gallons of gas](#). Otherwise, get a [locally-sourced turkey](#) raised without antibiotics and fed organic food.



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Our Mission

At Morrison Child and Family Services, we partner with families and communities to provide effective and responsive services for children and youth coping with adversity and trauma.

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