



December 2017

"Helping families navigate through difficult times of stress and trauma is what we do. Listening, supporting, and advocating effectively is how we do it."

- Drew Henrie-McWilliams, Morrison Child and Family Services CEO

Get to Know Morrison

Featured Staff: Katrina Miller

December's featured Morrison staff member is Katrina Miller, an [Early Childhood Mental Health Consultant](#) (ECMHC) providing prevention services in Multnomah County. Program-level consultants like Katrina support early childhood care and education staff at Head Start, Early Head Start, childcare centers, and family home child care providers to build capacity to support children's social and emotional skills. Katrina provides consultation to teachers and childcare providers for kids from birth through age five. She also leads [Incredible Years](#) parenting groups, which support parents to improve parenting practices and strengthen families.

Katrina has worked for Morrison for 12 years and when asked about her longevity with our organization, she cited that it is not very unusual on her team of long-lasting ECMHCs, five of which have been with Morrison for over a decade and two of which have spent over five years with the organization. She also emphatically said that she loves her job and that she is honored to help children and families in her community.



Katrina began her career on the treatment side of care but joined Morrison for the chance to work in early childhood on a prevention basis. She believes that preventative services give her the opportunity to change the trajectory of a child and family's lives. She says there is nothing quite like helping to create healthy human beings from an early age. Children with early signs of behavioral problems like biting or acting out in class are given special attention from teachers who are taught socio-emotional best practices by ECMHCs, thus preventing those issues from progressing too far, becoming ingrained, and necessitating more intensive treatment.

When asked to describe a time when she felt that Morrison had truly made a difference in someone's life, Katrina told the story of 4-year-old Lily* who attended one of the community childcare centers receiving Morrison ECMHC services. On a day-to-day basis, Lily's unpredictable emotions were like a roller coaster and most days she would roll herself up in the rug on the floor, yelling and crying. Directions from teachers were often met with an ear-piercing shriek and, not yet given the tools to cope with such outbursts, the teachers responded by telling her to stop and physically unrolling her from the rug, which usually further escalated the situation. Lily was sent home from the program regularly by teachers who struggled to manage their classroom when she was there.

Lily was referred to Morrison's early childhood mental health consultant for observation and services. The consultant met regularly with her teachers, encouraging them to introduce calm-down strategies and teach Lily and her peers how to solve common social problems (sharing and trading toys, waiting in line, etc.). The consultant co-facilitated a 14-week Incredible Years © (IY) series for parents of preschoolers at the childcare center and Lily's parents signed up. The first indication that Lily's behaviors were improving was that she was not sent home from preschool for the duration of the Incredible Years class. Teachers commented about how much better she was doing using her words, waiting patiently, and calming herself down or "turning it around" when she became upset. Later, when Lily started Kindergarten, the consultant heard from a teacher that although she occasionally needed teacher redirection for talking to her friends too much, Lily was bright and doing well in school. Katrina says this is just one of the remarkable stories illustrating the power of early childhood prevention strategies for the children and families in our community.

When Katrina isn't helping kids get on the right track at Morrison, she enjoys reading, gardening, and playing board games with friends. Thanks, Katrina, for your continued dedication to Morrison's Early Childhood Program!

*Child's name changed to protect privacy.



On March 14, 2018, we will host our 5th Annual Silver Linings Luncheon in the Governor Ballroom at the Historic Sentinel Hotel in downtown Portland. More than 300 of our city's most prominent business and community leaders will gather to celebrate the programs and services Morrison Child and Family Services provides.

Silver Linings is an opportunity to increase public awareness of Morrison's community impact. It is also a chance to visit our program gallery and to meet the staff who work directly with the children and families we so proudly serve.

To learn more about how your company can sponsor our event, please contact Deanna Kavanaugh at 503-258-4244 or deanna.kavanaugh@morrisonkids.org.

Holiday Giving Campaign

2017



Share the joy
and warm a child's
holiday this year!

There Are Still 60 Kids on Our List Who Need Support

Contact Deanna at Deanna.Kavanaugh@morrisonkids.org
to make a child's holiday wish come true.

Smile While You Shop

Help Morrison while you shop for gifts this holiday season on [AmazonSmile](#)

Shop amazonsmile for all your holiday gifts
and enjoy that warm, happy feeling that
comes from helping kids in need!



Make your online purchases
through AmazonSmile and
they will make a donation to
Morrison Child and Family Services!

amazonsmile
You shop. Amazon gives.

Amazon donates 0.5% of the price of your
eligible AmazonSmile purchases to Morrison.

Luminosa: Morrison's Bike Event

Morrison's First Sporting Fundraiser Hits the Road Next Summer

Now that winter is setting in, it's time to start daydreaming about the summer! Morrison will premiere our

luminosa

2018 summer metric

first bike event fundraiser that will bring families and friends together to support Morrison and to recognize the link between physical and mental health next summer. This event in support of The Morrison Foundation is a first-class multi-distance bike ride that tours some of Oregon's most beautiful scenery in the Willamette Valley.

The event include distances up to 62 miles (metric century) and contain a variety of routes, terrain, and rest stops.

Youth and families are especially encouraged to ride.

Date: Saturday, August 4, 2018

Location: Oak Knoll Winery, 29700 SW Burkhalter Rd, Hillsboro, OR 97123

Sustainability Tip of the Month

Make your Christmas Merry, Bright, and Green

Did you know that the volume of waste generated in the United States [increases 25%](#) between Thanksgiving and New Years? That's about 1 million extra tons of trash.

Here are a few tips for this year's red and green holiday.

1. Use a [real tree](#) and [recycle](#) it after the festivities are over: the environmental impact of real Christmas trees is quite small, especially when they are sustainably produced and not sprayed with fake snow.
2. Use wrapping paper alternatives like comic pages from newspapers, brown paper bags, or leftover wallpaper.
3. Give gifts that require little or no packaging: make a [charitable donation](#) in someone's name or coupons for helpful chores like cleaning around the house.
4. Use energy efficient holiday lights.
5. Light candles to set the mood, but cautious of [scented paraffin candles](#) that release harmful chemicals into the air. Stick to vegetable-based or [beeswax candles which actually cleanse the air](#).
6. Bring your reusable shopping bags when you grocery shop for holiday goodies or better yet, bring them every time you head to the store.
7. Give an experience: tickets to a show or an event can create wonderful memories that last a lifetime.
8. Send holiday cards made from high post-consumer recycled paper or send an e-card.
9. Shop local to reduce your gifts' carbon footprint and to support your regional economy.
10. Check out The Guardian's [A-Z Tips for a green Christmas](#), Sustainable Baby Steps [30+ Ideas for a Green Christmas](#), and Earth Share's [Green Gift Guide](#) for other great ideas.



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Our Mission

At Morrison Child and Family Services, we partner with families and communities to

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provide effective and responsive services for children and youth coping with adversity and trauma.

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