



Back-to-school time is when I feel gratitude for all the wonderful educators committed to teaching our children each day. They get to experience the big hugs when there is celebration and joy and get to see the big tears and disappointment (and many times

with the same child in a span of an hour). They are working with children who come to school with different backgrounds, living situations, and various parental involvement.

At Children & Family Resource Center, we are committed to supporting early childhood educators through professional development and on-site technical assistance.

We work closely with the early childhood educators who not only keep our community's children's diapers dry, bellies full, and hands washed, but who are also responsible for caring for children during the most critical time for brain development. It is during these earliest days when 90% of the brain develops so what may seem like a simple "coo" or smile in response to a child's noise can have long-term positive benefits! There is a substantial amount of research recognizing the correlation between high-quality early learning experiences for children and the long-term impact on development, school, and life success. Since children aged birth to kindergarten spend much of their day in group care, the child care educator plays a significant role in helping children develop to their fullest potential.

One of our newest team members is Shannon Kiggen, a Behavior Support Specialist, tasked with supporting child care providers and families in a trauma-informed manner to address children's challenging behavior.

Biting, kicking, and yelling are common behaviors, but depending on how we respond, these behaviors are often unintentionally reinforced or perpetuated. These behaviors can also be a result of a deeper issue where a trauma-informed approach tells us to stop asking "What is wrong with that child," but rather "What happened to you?"

A trauma-informed classroom recognizes that when a child misbehaves or acts out in class their behavior may have nothing to do with the teacher or the classroom at all but rather, the child may have experienced a traumatic event (or several ongoing traumatic events) that have literally re-wired their brains, affecting their ability to reason and learn. As a result, when a child encounters an adverse situation, they physically do not have tools to respond without misbehaving so "acting out" occurs.

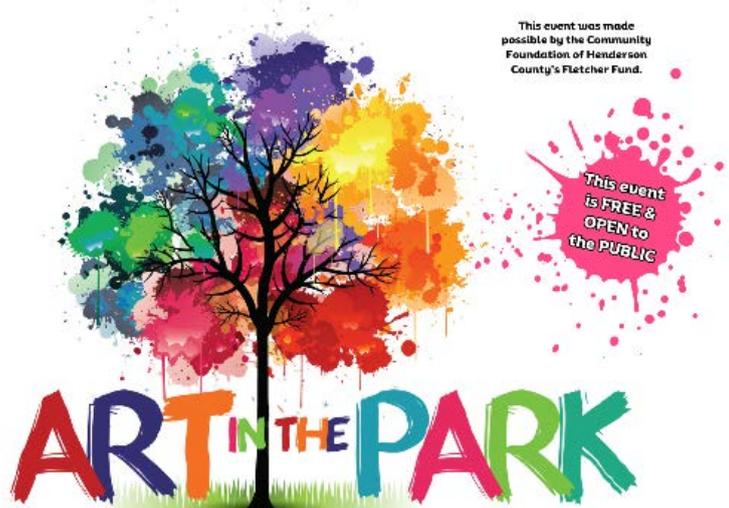
Children & Family Resource Center's staff works with our early childhood educators to help them identify these responses so they can help the child build new appropriate coping mechanisms while also determining new classroom strategies to address challenging behavior.

I am so thankful for all the teachers out there— both those who are kicking off their school year and those who have been at it all summer long. All educators play a significant impact on our community's children and it goes beyond brain development, foundational learning, and a healthy start. When our community's children are being cared for and educated, we all benefit. We are able to go to work and earn money, care for the sick, protect the community, sell all the goods, attract tourists, grow food and plants, and so much more.

With gratitude,



Executive Director



Friday, October 6, 2023 ~ 4:30 to 6:30 pm
Bill Moore Community Park
85 Howard Gap Road, Fletcher, NC 28732



Free dinner will be included. Please register your family by Monday, October 2, 2023 by scanning the QR Code or by visiting <https://tinyurl.com/2023ArtinthePark>



In response to the growing mental health crisis among our community's youth, the Community Foundation of Henderson County helped fund a new position at Children & Family Resource Center: the family mental health navigator.

CFRC's family mental health navigator connects caregivers with mental and behavioral health resources in Henderson County.

Our family mental health navigator has in-depth knowledge of the mental and behavioral health services offered in the region, and helps caregivers access the resources their child needs.

Since starting in July, our Family Mental Health Navigator, Emily Vickerman, has connected 13 families with mental health support, walking with caregivers every step of the way, exploring their child's options, connecting them to services, and following up with providers to ensure the child has received care.



Welcome New Staff

It has been a busy year so far. We have created two new positions, Family Mental Health Navigator and Behavior Specialist, and have had nine new staff members join the CFRC family. Please join us in welcoming Kara Webb, Director of Finance and Administration; Kathy Kirchoeffer, Early Learning Center Coordinator; Sonia Sciuto, Bilingual Parent Educator, Parents As Teachers; Isabel Ward, Adolescent Parenting Coordinator; Samantha Zaldana, Community Parent Educator, GLO; Emily Vickerman, Family Mental Health Navigator; Shannon Kiggen, Behavior Support Specialist; Whitney Crouse, Community Response Coordinator; and Jennifer Arellano, Office Coordinator.

Welcome New Board Members

We are pleased to announce our officers and board members for the 2023-24 year. Jessica Knox will serve as President; Charlie Cranford will be our Vice President; Frank Merritt returns as our Treasurer; and Emily Russell returns as our Secretary. Returning board members include Beth Ann Lehr, Lisa Cadiz, Brent Clever, Susan Ferrell, Sam Henry, Caitlin Lindsey, Andrew Thomas, Jimmie Lynn Whitmire and Sarah Wilkins.

Joining our board this year are Heather Boeke, Dr. Mark Goldstein, Josh Shelton, Victoria Todd, and Charlie Cranford who returns to the board following a previous six-year term and one year hiatus.

Charlie Cranford was born and raised in Hendersonville and is a graduate of Hendersonville High School. After high school Charlie attended N.C. State University where he earned a BA in History. Charlie went on to work as a Commercial Lines Producer at Morrow Insurance. Subsequently, he left the insurance business to pursue a career as a high school history teacher and football coach. After 2 years of teaching, he returned to the insurance business as a Claims Adjuster for Auto-Owners Insurance Company and thereafter being promoted to Commercial Lines Underwriter where he is currently employed. Throughout Charlie's career, he has always tried to give back to the community he loves.

Originally from Fairhope, AL, **Heather Boeke** began visiting the mountains each summer as a counselor at Camp Glen Arden in Tuxedo. Upon graduating from The University of Alabama with a double major in English and Psychology, Hendersonville eventually became home and the place she met her husband, David, and raised her 3 children. While devoting time to family, she found a love for creating fun and unique educational opportunities for her kids. With a background in organizing events and her love of experiential education, she founded and directed *Hands On! Children's Museum* for 14

years. Heather resigned in 2017 and started Spark Consulting to help small businesses open and grow. In addition to consulting, she now works as Chief Financial Officer for two subsidiary businesses she helped open, Knox Law and Caregiver Support Services. Heather enjoys traveling, hiking, gardening, and playing games with friends and family.

Dr. Mark L. Goldstein is a forensic and child clinical psychologist, who serves as an expert witness in cases involving child abuse, parental alienation, and child custody. He is the author of five books, including *Chronic Disorders in Children and Adolescents*, *Handbook of Child Custody* and *Handbook of Forensic Sociology and Psychology*. He had previously been a university professor. He received a BA from the University of Wisconsin and a PhD in child psychology from the University of Florida. Mark and his wife, Lisa, moved here over 4 years ago from Northbrook, IL, a Chicago suburb.

Originally from Lenoir, NC, **Victoria Todd** holds degrees in both Marketing and Graphic Design and is currently the Director of Marketing for the Henderson County Partnership for Economic Development. Prior, she worked in manufacturing and retail management. After work, she is an amateur gardener and avid reader and enjoys chasing her two daughters around while renovating her 1960's ranch home with her husband.



851 Case Street
Hendersonville, NC 28792
828-698-0674
www.childrenandfamily.org



The ELC is getting a new look.

Stay tuned for updates, photos, and ribbon cutting!

Nonprofit Org
US Postage
PAID
Permit 42
28792

Fall 2023 CFRC Quarterly



Nurturing the development of children by building a strong foundation of family and community.



Volunteers needed for GLO

LEARNING ON THE GLO!

Help us add to the magic that is the GLO MOBILE!

- set-up onsite
- interact with families
- fill-in for staff on vacation
- clean-up: wipe down books and toys
- background check required but driving is not!

www.childrenandfamily.org/globmobile



Diaper Need Awareness

FULL TUM, DRY BUM SERVES OVER 400 CHILDREN THROUGH OUR DIAPER BANK WITH THE HELP OF OUR COMMUNITY MEMBERS AND THE NEED FOR DIAPER ASSISTANCE GROWS LARGER EVERY DAY.

HERE'S HOW YOU CAN GET INVOLVED AND SUPPORT FAMILIES IN HENDERSON COUNTY:

- SCAN THE QR CODE TO CHECK OUT OUR AMAZON WISHLIST**
- HOST A DIAPER DRIVE!**

Partner with your church, workplace, community, organization, or club to collect diapers.

Diapers can be dropped off at Children & Family Resource Center.

MONETARY DONATIONS CAN BE MAILED TO CFRC.

