Lacy Family

Labor of Love

Story on page 7
“When you look at your life, the greatest happinesses are family happinesses.” — Joyce Brothers

When we talk about the mission of Lena Pope Home, we highlight our passion to help create hope, happiness, and success for children and families. At the heart of that mission is the family and the importance of strong families to help our children grow to their full potential. Research confirms that children from strong families have a much better chance of success not only in childhood but through adulthood.

Helping our community’s families become stronger is a key component of Lena Pope Home. All of our programs work to engage and involve the whole family. This is particularly true in our Family Matters counseling and therapy programs. Whether with parenting classes, family counseling, juvenile justice intervention programs, or family drug courts, the key to giving our children hope is to create and build stronger families.

The current dialogue and debate in our state is an essential one to closely follow for all families in Texas. The Texas Legislature is considering dramatic reductions in spending to balance the budget and many of those cuts will directly impact services in our community that help our children and their families. Whether your passion is K-12 public education, health and human services, or criminal justice programs, I encourage you to stay engaged and informed to what is happening. Our community’s children and families depend on all of us to be involved, individually, as families, and corporately, to help those who need a helping hand.

As always, thank you for your support.

Todd Landry
Once a week, they come together at their conference table tucked away on the second floor of Lena Pope Home’s Hulen Street location. They carry with them their virtual offices. A few bring breakfast, others just coffee. They come from all walks of life, but they are joined together under one mission. These are the nine members of Lena Pope Home’s Functional Family Therapy (FFT), an evidence-based program now in its fourth year. What makes this team unique is that they practice their profession around the kitchen tables and in the living rooms of the families they serve.

“We were the first site in Texas,” Bill Porter, the clinical team leader, explained. “It takes years of working the practice to become certified, and we recently were awarded that distinction.” Evidence-based programs like FFT are essentially a set of therapeutic practice methods, guidelines, training and documentation that have been rigorously researched to determine what works over time. Functional Family Therapy was created by Drs. James Alexander and Bruce Parsons in the late 1960s. In 1998, FFT was established as an evidence-based practice and made available to other organizations like Lena Pope Home. Currently, there are 220 FFT sites worldwide, serving more than 12,000 families. Each year, Lena Pope Home accounts for nearly 600 of those families since the program began in 2007.

The weekly conference, called a staffing, is an opportunity for team members to share their cases with each other, get advice and guidance, and brainstorm ideas on how to better help the families they are working with. Given the complexities of the cases, the two-hour meeting only allows for two members to discuss their case files with the group. The Tarrant County Juvenile Justice Department and Tarrant Youth Commission contract with Lena Pope Home to proved FFT to families who are involved with the Juvenile Probation Department. Lena Pope Home was chosen to provide this service because

FFT has been proven successful in treating at-risk adolescents with Conduct Disorder, Oppositional Defiant Disorder, as well as drug and alcohol abuse issues. Many families enter the program feeling hopeless, angry, and frustrated, and often times have very limited resources. FFT is designed to be a short-term intervention program for at-risk youth, ages 11 to 18, with 12 sessions taking place over a three- to four-month period.

To wrap your mind around how it works, it’s helpful to have a Masters degree, like most of FFT’s team members. It appears, from the outside looking in, relatively simple in its approach. However, after listening to a story or two, it becomes clear that each and every case is full of complexities and challenges. As the name implies, the program requires the participation of the entire family. The youth’s parents, grandparents or guardians (whomever is the primary caregiver) must attend, as well as his or her siblings. This strategy focuses on solving family problems from the inside out, before dealing with what’s going on with the child who was referred. It also helps younger siblings learn not to mirror their older brother or sister’s behaviors.

As each therapist begins with a new family, they start by targeting risk and protective factors that can be changed, and then systematically work at changing those factors. This is done in three separate phases, which include engagement and motivation, behavior change, and finally generalization. They make it clear to every family member that the process is not about making some of them out to be good and some bad — they simply will learn what they’re up against as a family, and what skills and strengths they have to overcome their problems. In other words, the program doesn’t try to recreate a family’s culture, but rather, build on their attributes while minimizing the risks and weaknesses. Most impressively, FFT therapists find strengths where you’d least expect them and are successful in redefining behavior. As Michael Flores explained, “All behavior is purposeful. We help them define it differently so they can experience it differently.” Elizabeth Brown chimed in, “We help them redefine success, since there is no such thing as perfect behavior. Most of the time, even though a family has destructive behaviors, those behaviors are based on love and caring.”

They discussed a family with a 15-year-old runaway daughter who was referred to the program after a tragic, downward spiral fueled by drugs and other risky behaviors. Now, with just four FFT sessions behind her, it is the daughter who is driving the success of the program, not her mother. Her mom has proved herself unwilling to attend sessions, or even take her daughter to school. How could this behavior have any sort of positive influence behind it? The team suggested that this young girl’s mother was actually protecting her daughter from herself, since she feels like a failure. This simple “reframing” allowed both mother and daughter a new level of understanding of each other.

“Lena Pope Home has done an amazing job in setting this team up for success,” Bill commented. “They have put a lot of trust in us, and have provided the resources we need to take this program out into the community. If you wonder about evidence-based practices and what it means to you, FFT is a very successful, working model. I tell people, “We don’t refer families to services, we are the service.””

“We don’t refer families to services, we are the service.”

— Bill Porter

Functional Family Therapy
A Lena Pope Home Evidence-Based Program

Bill Porter, LPC-I – Clinical Lead
Debbie Sawyers, MA
Jamie Diaz, LPC
Elise Mederos, LPC
Michael Flores, BA
Jena Darling, LPC-I
Elizabeth Brown, LPC-I
Nicole Flechas, MA
Sonya Mosley, LCSW
Team Leader

Taking it to the Streets
by Jerry Murray

Lena Pope Home’s Functional Family Therapy Team (L-R): Jena Darling, Jamie Diaz, Elizabeth Brown, Elise Mederos, Debbie Sawyers, Michael Flores, Bill Porter, Sonya Mosley, Nicole Flechas
Marty Leonard Chapel Celebrates 20 Years

The Marty Leonard Community Chapel celebrated its 20th anniversary on November 18, 2010. The celebration mirrored the initial dedication with many of the same participants doing special readings and music. Those who attended could hardly believe the stately structure was twenty years old, with its timeless architecture and furnishings.

After the program, guests were treated to a lovely tented dinner on the lawn given by Central Market, Fort Worth. The occasion was a perfect night of thanksgiving with lush fall flowers, seasonal fare and crisp cool weather.

Our sincere thanks to Central Market, Rent A Frog, the choirs of Saint Andrews and Chapel Hill Academy, each of the program participants, Stoker Resources, and Ken Jorns. We also are very grateful to the many who have sustained the beauty of the Chapel with their gifts and support for the last twenty years.

Labor of Love

Jane Lacy arrives at Lena Pope Home around 4:30 p.m. once or twice a week with four children in tow. They check in and sit patiently in the waiting area for someone to come get them.

The Lacy’s are here to learn the value of serving other families, and for the next hour they’ll organize the Project C.A.R.E. food pantry. Wilke, the oldest sibling of the group, quickly takes charge, deciding what items will go where. After six visits to Lena Pope Home, the Lacy family has everything labeled, sorted and easily accessible for those truly in need.

Because of wonderful volunteers like the Lacy’s, the staff at Lena Pope Home are able to focus on the children and families we serve.

Chapel Hill Academy

It’s nice to have friends in high places. At Chapel Hill Academy, that means sitting in the Reading Friends Chair! Thanks to all our Reading Friends, including Mayor Mike Moncrief, Rosie Moncrief and Commissioner Roy Brooks, for taking time out of their busy schedules to read to Chapel Hill Academy students.
Rite of Passage

In December, Jack Sankary honored Lena Pope Home by naming Chapel Hill Academy as the beneficiary of his Bar Mitzvah celebration. He spent a day tutoring one of CHA’s set of twins. “I had a great experience tutoring Solana and Seranata in their reading skills at CHA. I think they learned something and it was fun doing it,” he said. Thank you, Jack, for making a difference.

Looking for a meaningful way to celebrate your next happy occasion? Would you like to include helping others? For more information about ways to give, please contact Katherine Niederer at 817-255-2646 or kniederer@lenapopehome.org.

Higher Learning

At Lena Pope Home, we strongly believe in encouraging further education for our staff. This fall we had several who not only handled their workloads and families, but stretched their days to achieve additional degrees and certifications.

Congratulations to Wayne Vaughn, Executive MBA, TCU; Kristi Ballard LMSW, Licensed Master Social Worker; Erin O’Brien LMSW, Licensed Master Social Worker; Sonya Mosley LCSW, Licensed Clinical Social Worker.

Connect Over Lunch

Would you like to learn more about Lena Pope Home and how you can get involved in 2011? Please join us for a free, informative lunch at the Marty Leonard Community Chapel. To make reservations, please contact Kathy Jo Zeigler at 817-255-2648 or kzeigler@lenapopehome.org.

Wednesday, May 18, 12:00 pm
Thursday, July 28, 12:00 pm

Holidays at the Home

Each year there seem to be so many new opportunities across North Texas for families in need to get help during the holidays. Yet each year, the number who come to Lena Pope Home for assistance increases. Once again, as in years past, we were humbled by the immense amount of help we received. Even though economic woes were widespread across the country, the Fort Worth community gave in such a way that “our cup runneth over.”

Lena Pope Home children and families were richly blessed, as were staff members who watched in awe as countless holiday donors unloaded trailers, trucks, trunk after trunk, and bag after bag. The enthusiastic volunteers ranged from Amy’s army of moms and their young sons teaming with Wellington Insurance, our good friends at NikeGolf, Alcon’s HR group, our faithful Sprint friends, the entire Southlake Crossing Animal Clinic who dedicated a full afternoon on the last day to fill every last wish and get them delivered, and many more.

Our sincere gratitude is extended to the many individuals, families, organizations, businesses, and churches that went above and beyond in their giving, their shopping and their caring. Your gifts gave children and families new hope. Thank you.

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Thursday, July 28, 12:00 pm
Continuum of Care

Lena Pope Home continues to see more children and families requiring assistance than ever before. While current economic conditions have resulted in some reductions from both public and private funding sources, we are thankful for the many significant donors that have allowed the agency to maintain or increase the level of care provided to clients rather than cutting vital community programs.

These donors include the Amon Carter Foundation, Rees-Jones Foundation and the BBVA Compass Foundation, which funded specific programs in Family Matters Counseling. Many thanks to the Holland Foundation, Colonel Charities and Nicholas Ward who have made it possible to maintain our strong literary focus at Chapel Hill Academy. And the Morris Foundation continues to support our partnership with Fort Worth ISD and the alternative education program. We are grateful for these community partners who have adopted our mission so generously.

Circle of Hope

Even if you don’t consider yourself wealthy, you can make a significant contribution to Lena Pope Home through a bequest. By including Lena Pope Home in your will, you help ensure that children and families continue to get the help they need in our community, making our services available far into the future. If you already have a will, a codicil (amendment) can easily be added, providing a bequest to Lena Pope Home. If you do not have a will, now is the time to consider preparing one.

Please consider expressing your philanthropic interest by including a charitable benefit as part of your long-range financial plans. If you have completed your will and added a provision for Lena Pope Home, please let us know so that we may express our thanks. We would love to add your name and legacy to our Circle of Hope monument located adjacent to the Marty Leonard Community Chapel.

If you have questions or would like further information, please call Marilyn Sammons at 817-255-2606.
Donations from October 1, 2010 through January 31, 2010

Contributors

Benefactor $20,000+  
Ann C. Carter Foundation  
Donald J. Carter  
Crystal Weigman Charitable Trust  
Del Prado’s Double Eagle Steak House  
The Holland Foundation  
Hornby Charitable Remainder Trust  
Mary L. Leonard  
The Morris Foundation  
LePetit Foundation  
The Rootes Foundation  
Advocate $5,000 - $19,999  

Thanks to the Fort Worth Zoo for donating tickets to Lena Pope Home.

Birdies for Charity comes through with another annual donation to Lena Pope Home.

Sally Bunting  
Joe Bluhm  
Laura and Erwin Blum  
Body by Blum  
Courtney andRobby Bourgeois  
Matthew Bradshaw  
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Margaret and Porter Farrell  
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Crystal and Wayne Vaughn  
and Merrimack Valley  
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Thank you for your generous support!

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Lena Pope Home.
Gail Gulka and the amazing Del Frisco’s staff celebrate a milestone donation to Lena Pope Home!
The mission of Lena Pope Home is to help create hope, happiness and success for children and families.

Lena Pope Home receives funding from the Texas Department of Family and Protective Services.

If you receive duplicate mailings or no longer wish to receive this magazine, please let us know by calling 817-255-2646.

### Calendar of Events

For information about Lena Pope Home’s Special Events, call 817-255-2616, or visit lenapopehome.org

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<thead>
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<th>Date</th>
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<tr>
<td>April 19</td>
<td>Fiesta de Oro at Joe T. Garcia’s</td>
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<tr>
<td>May 18</td>
<td>Community Connect Luncheon, Marty Leonard Community Chapel, 12-1 pm</td>
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<tr>
<td>June 11</td>
<td>Young Professional Advocates Rooftop Rock</td>
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<tr>
<td>July 28</td>
<td>Community Connect Luncheon, Marty Leonard Community Chapel, 12-1 pm</td>
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<tr>
<td>Oct 7</td>
<td>Lena Pope Home NikeGolf® Classic</td>
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The Marty Leonard Community Chapel is available to anyone seeking a spiritual refuge while on Lena Pope Home’s campus. It is also available for weddings and other events.

Please visit the Chapel website for more information: martyleonardchapel.org, or call Katherine at 817-255-2576.

**Save the Date**

Saturday, June 11, 2011

Lena Pope Home
Young Professional Advocates invite you to the 3rd Annual Rooftop Rock!

bar-b-que | beverages | live music

Saturday, June 11, 7pm - 11pm
Cash America Garage Rooftop
1600 W. 7th Street, Fort Worth, Texas 76102

Rooftop Rock benefits Chapel Hill Academy.

For sponsorship and ticket information, contact Kate Hooker at khooker@lenapopehome.org or 817.255.2616