Director's Message

By Shelly Willis, Executive Director

Spring has sprung and we are enjoying warmer weather, daffodils, longer days, and no more hammers and nails in our back room! This year, Family Education and Support Services celebrates our 15th year providing family strengthening programs that are evidence based, responsive to community needs, and delivered in a respectful manner, in an effort to give parents practical tools to resolve family challenges.

From a tiny office with 1 1/2 staff back in 2001, we have grown into an agency that provides support across a broad spectrum of needs in our community. This spring we are launching a new home visitation program called PCAP (more about this on page 2); we are collaborating with the South Puget Sound Community College to present a community training on media and its impact on youth called "SCREENAGERS"; and, along with our normal parent training and support programs we will also collaborate with community partners to provide "Family Fun Day" events in four local schools. In April, we will collaborate with the Department of Early Learning to celebrate Child Abuse Awareness month. You will see evidence of this when you notice small blue pinwheels popping up all across Thurston, Mason and Lewis Counties as we display "Pinwheels of Prevention".

We could not do this without the support of the community. Thank you for any past, present or future support you provide to one of our staff, a program, or family we have served. Together, we can ensure children are living in a community where they have every opportunity to thrive.

Shelly Willis, Executive Director
Parent Child Assistance Program
Launched

We are pleased to share with you our excitement at FESS as we launch an evidence based home visitation program known as Parent Child Assistance Program. To provide this program for Thurston County we have partnered with the University of Washington and the Division of Behavioral Health. This program links pregnant/post partum mothers affected by addiction to qualified case managers who promote resilience, health, and well being and work on eradicating adverse childhood experiences. PCAP case managers stay with the mother for three years supporting, advocating, and listening, helping these mothers to develop and maintain a healthy lifestyle. We have remodeled our meeting space, ordered furniture, painted walls and are ready to welcome the six new case managers, clinical director Deena Kettle, and administrative staff. We are looking forward to bringing clients into our facility the first week of April.

Through the program, case managers will conduct initial needs assessments, help clients define personal goals and identify the incremental steps necessary to meet those goals, help clients work toward those goals, and evaluate and reestablish goals every four months. They will link clients with substance abuse treatment, provide support for treatment completion and recovery, and help clients develop relapse prevention strategies. These may include family planning, safe housing, health care, domestic violence services, parenting skills, and mental health services. They will also develop a network of contacts and relationships with client’s family and friends, and provide advocacy for other family members as needed.

Clients are not asked to leave the program because of relapse or setbacks. Caseloads will average 16 active client families per case manager, with a goal of providing services to 85 Medicaid eligible women within the first six months and maintained thereafter.

If you would like to learn how to support this new program you can call Deena Kettle, Clinical Director, at 360-754-7629. If you are interested in donating now, we could certainly use diapers, one of our most emergent and on-going needs. We appreciate any help available as we work to launch a successful program in Thurston County.
Thank you to our donors

Many, many thanks to all of our donors and volunteers. In our last issue, we inadvertently left out the names of some of our contributors. We sincerely apologize for these errors: we greatly appreciate all of our donors! In December 2015 through February 2016, the following individuals and groups contributed money or supplies to FESS:

Sarah Bryan
Patricia and Joseph Chavez
Girl Scouts of Western Washington
Kathryn Hurley
Teresa Knotwell
Marilyn Nelson
Krista O’Byrne
Mark and Kazuko Rosen
Carrell Simmons
Jan Suess
Timothy Ward
Linda Zarley
Capitol Lake Investment Club
Rebecca Holmes
David Rothschild
Jan Carlton
Community Foundation of South Puget Sound’s Irving A Lassen Foundation Fund
Patricia and Howard Hauptman
Ruth Harms
Ann Jackson

Carroll Bryan and Laurie Sorensen
Daughters of Utah Pioneers
Chris Hawkins
Jubilee Service Group
McKenna, Yelm, Deschutes River Humanitarian Group
Jeff and Michel Nelson
Marie Pearson
Norma Schuiteman
South Puget Sound Area Service Committee
Total Systems Integrators
Robert and Mary Webb
Olivia Zhou
Glenda Drebick
Deborah Ross and Brian Hovis
Crystal Ashley
Kathy Cody
Tonia Morrison
Women’s Club of Olympia
Rosario Garcia de Portaso
Nicy Bishop
FESS Board
Volunteer Opportunities at FESS

Volunteer Coordinator Arica Garback is here to help you find the right fit for your donated time. We have many volunteer opportunities available. To be successful, we rely heavily on the assistance of our wonderful volunteers. Below, you can review some of the areas we have available to volunteer in. Come join our team!

Community Closet and Hygiene Pantry Organizer: In this position, you would help sort and organize clothing, shoes, diapers, laundry, dish and body soap donated to assist families in need. Many items come in every day and we could use your help! This may include helping families load their selections to their cars.

Greeter: For many of the classes we offer we need help “checking people in”. Classes run nearly every day of the week, day and night. You would be responsible for greeting adults, checking them in, and helping them to get started on whatever task they are there to participate in.

Office Help: Help us around the office to answer phones and register people for classes. You may also be asked to assist staff with other tasks such as simple filing, making copies, or stuffing envelopes.

All help is appreciated!

Many thanks to Volunteer Tiana Smith who created and donated 30 beautiful table centerpieces for our October 8 Seeds of Hope Auction. Thanks to Tiana, these lovely gifts gave twice as we all enjoyed them on the tables and then 30 lucky individuals were able to take them home.

Other dedicated volunteers include Glen and Margaret Hollinger, who hosted a WICKED Halloween Party as part of a fundraiser for FESS. A fun time for all who attended!

How to Volunteer

To be considered for a Volunteer position here at FESS, all potential volunteers must complete a application form and back ground check. All volunteers must be over 18 years old.

For more information on volunteer opportunities, call us at 360-754-7629
Spotlight on staff: Marc Daigneault
By Fessin' Up editor Deb Ross

Who's that handsome fellow with the great smile? If you haven't yet met Marc Daigneault, Program Coordinator, now's your chance.

Marc will have been with FESS for 8 years this coming April. Before that, he was a familiar face, having worked for the Family Support Center next door to Shelly, Carrell, Howard, and the FESS volunteers there.

Marc grew up in West Olympia, a stone's throw from FESS's current offices. He has been married to Dianne for 34 years, and they have two adult children. Marc and Dianne are blessed with five grandchildren, ranging in age from 3 to 13.

Marc's responsibilities are ever-changing. As program coordinator, he sets up all classes at FESS, finding locations, arranging for instructors, and making sure all materials are up to date. He also performs website maintenance and whatever else is needed to ensure a smooth-running array of FESS programs. He goes the extra mile, often calling clients to remind them of an upcoming program they are enrolled in.

What does FESS mean to Marc? "It's all about community," he says. "It's an open place for people to come and find resources, compassion, and friendship. When people call or come in, 95% of the time we are able to help them in some way -- and if we can't right away, we'll keep trying. We try never to say 'no' to a client."

Thank you, Marc: it's a privilege to work with you!
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We’re on the Web!
Visit us at:
www.Familyess.org