



grapevine

What we do today affects generations to come.

In the Spotlight

Home Visiting - PB&J's Hallmark

For over 40 years, the cornerstone of all of PB&J's services has been home visiting. Families confront many different issues in their lives. We have learned that safety and basic needs come first. Home visits help identify not only a family's struggles, but their strengths. PB&J's home visiting team does not just look at the family from a clinical perspective, but



gauges immediate needs, everything from clothing, food, or a kitchen table. The agency's approach is holistic, culturally sensitive and community based. PB&J seeks to provide wraparound services focused on the whole family rather than only the individual child.

The 5-person home visiting team is managed by Francesca Duran-Lopez, a committed professional whose degree is in early childhood education. The team's role is to encourage parents to develop a trusting relationship with PB&J as well as to support the family in solving problems.

Because many parents have had negative experiences with government institutions in the past, it is important parents feel they are heard. During home visits the team is also setting the critical framework for parental participation so essential to supporting prenatal health, newborn care, and healthy child development.

"Imagine the things that we hold as personal, as private," says Francesca. "Allowing strangers into our homes, talking about family problems and how they affect children, how we need to understand a child's needs, how we can help them learn about growth and development. These are things we, as the home visiting team, work to make more understandable." cont. p. 3

PB&J'S CHILD ABUSE PREVENTION ANNUAL BROWN BAG LUNCH



**Thursday, April 7, 2016
11:30 am to 1:00 pm
The National Hispanic
Cultural Center**

Table Sales (6 guests per table) are \$600 and can be reserved by contacting Krystyna@pbjfamilyservices.org or 505-280-8942

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From the Executive Director:

A learned colleague recently made this comment about PB&J – “To enter the world of a typical PB&J client is to be confronted with how our society spectacularly fails our most vulnerable children.”

This profound and painful truth is faced every day in the homes of PB&J’s families and when we as helping professionals meet to plan with and for them. This truth also inspires the changes we try to bring about in the systems that are intended to serve them. Together we try to understand their thoughts, ideas, dreams, customs, and their sense of hope. In spite of our challenge to fully understand their lives, we seek to be a trustworthy part.

We simply cannot continue to fail our most vulnerable children. Your strong support helps us to offer hope where there might otherwise be isolation and judgment. We all thrive when we belong and when we are heard and respected in the context of our lives. Thank you for helping to make this possible, and to begin to establish a more optimistic truth. I share the words of our families as a tribute to their strength and as a thank you for all who support our work.

A 31 year old mother who is a survivor of abuse and involvement in the juvenile and adult justice systems, “My life has grown from a mustard seed to becoming the biggest achiever. Being a part of PB&J has helped me become confident and patient not just as a parent but as a person. Having PB&J in my life gave me the strength and courage to give parenting another chance. Being a part of PB&J is so important to me because this place allows me to make the mistakes w/o judgment, helps me back up and continue. This is and always will be my home and family.”

A 32 year old father, “Mas Papas {a Spanish speaking support group for fathers} taught me how to be patient, how to listen to my family, how to talk to my wife. I learned the importance of child development. I went back to school. I am involved in different programs in the community. I want to learn. I want to make a difference in someone’s else life.”

With these short stories I also acknowledge the thousands of similar stories known in the decades of services provided by Hogares, an agency which provided more than 40 years of critical mental health services to youth and their families.

My thanks to you all,

Susannah



SAVE THE DATE

3rd Annual Brown Bag Luncheon
Thursday, April 7, 2016 12:00PM-1:00PM
(Doors open and networking begin at 11:30 AM)
National Hispanic Cultural Center
1701 4th Street NW
Table reservations: \$600

Touch A Truck
Saturday June 18, 2016 9:00AM-12:00PM,
Balloon Museum (Parking lot),
9201 Balloon Museum Dr. NE
PB&J will host a unique and interactive event where kids of all ages get the chance to touch, and safely explore their favorite big trucks and heavy machinery, as well as to meet the personnel who protect, serve, and build the Albuquerque community. Tickets are \$5 for 5 and older.

UV Color Splash 5K
Friday, August 5, 2016 Gates open at 7:00PM and Run starts at 8:00PM
Balloon Museum,
9201 Balloon Museum Dr. NE
Join us for our 3rd annual fun run and bring your friends and family! Individual registrations are \$40 per person.

Annual Thanksgiving Feast

- Tuesday, November 24, 11:30AM-1:00PM. Albuquerque’s South Valley, St. Anne’s Church on 1400 Arenal Rd SW, Albuquerque, NM 87105
- Wednesday, November 25, 11:30AM-1:00PM. Town of Bernalillo at Our Lady of Sorrows Church on 301 S Camino Del Pueblo, Bernalillo, NM 87004

Join us for our annual feast. Donate a turkey, volunteer to help, or just be our guest.

Adopt- A-Family for Christmas.
December, 2015. Seeking many families & companies to “adopt” PB&J families. Contact PB&J and we’ll match you with a family.

Home Visiting - PB&J's Hallmark, cont.

And with the help of these brave, dedicated parents, we have an opportunity to succeed."

By visiting parents or caregivers in their own homes and understanding what the family identifies as its con-



cerns, PB&J has the best opportunity to provide meaningful assistance.

As Francesca describes it, the philosophy that guides staff is clear:

- All families matter
- All parents are human beings who deserve respect
- People are greater than their circumstances
- People can change

With home visiting services, PB&J strives to make these principles a reality every day.

THE ONION and the ROSE

"Tell the group about your onion and your rose," Lonni Ann Fredman, PB&J's skilled art therapist, urged group participants as she opened an art therapy parent session. The onion represented the difficult/challenging things which had happened recently and the rose, the inspiring/successful ones. As group members shared their experiences, Lonni Ann guided the discussion helping parents express feelings, share connections, and think constructively about relationships, their children, family, and friends. Then the parents used an array of art materials to make Valentines for themselves, followed by discussions of their art and of how loving and respecting themselves could make a difference in their relationships and their decisions.

Art therapy is a mental health profession which uses art media, the creative process and the resulting artwork to help clients explore their feelings, foster self awareness, manage behavior, reduce anxiety, increase self esteem and develop social skills. As Lonni Ann pointed out, "art therapy can be especially useful in working with young children and others who are not very verbal. It can also help parents unlock insights about themselves and the needs of their children to improve healing, communication and bonding."

Many parents who attend PB&J have come from families who have lived in persistent poverty, and have experienced domestic abuse and traumatic childhoods. Lonni Ann is a Masters

prepared, licensed, board registered and certified art therapist who works individually and in groups with adults and children and in parent-child family therapy. She has over 20 years of experience.

PB&J's monthly art therapy parent groups provide a unique service to parents whose children are in the therapeutic pre-school program. Adults, too, need a nurturing, safe environment to enable them to build upon their strengths and on what personally interests them, which in turn, helps them grow in their ability to parent effectively.



In addition to facilitating art therapy sessions with clients at PB&J's three preschool sites, Lonni Ann conducts art activities for various special events, including the agency's Wilderness Program. On outdoor trips, clients collect materials from nature to make art, promoting a connection with their environment and their community.



Sandra (Sandy) Schwanberg was a dedicated public health nurse who stood for families and children with strength and honor for all of her adult life. She had a strong tie to PB&J having taught UNM undergraduate nursing students using PB&J as her clinical site for over 25 years. Sandy was not the type of faculty member whose role was to "place students" at a clinical site and then leave them to their own devices at the agency to learn on their own. Sandy spent 8 hours each Tuesday and Wednesday during fall and spring semesters here at the South Valley site with a new group of 8 nursing students for each 8 week block. Together the students with Sandy at their side worked in the classrooms and in homes to teach parents about child health and to connect them with needed services.

Sandy died of liver cancer in February. At her memorial service her son Chris recounted her many accomplishments and joys in community work. As a nurse she chose to play a role that was much broader than that of a traditional hospital based RN. She believed that it was the responsibility of all nurses to fight for improved living conditions rather than to simply "patch up" individuals who had been crushed by inequality. She joined the civil rights movement and marched alongside Dr. Martin Luther King. Sandy was arrested in Chicago for her activism. She worked with migrant workers in Colorado where her work included agitating for clean drinking water and better housing conditions. Sandy provided a wonderful role model for students and all of us who worked with her. She will be missed!



PB&J
FAMILY SERVICES

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THANK YOU!

This newsletter is the Grapevine because grapes make the jelly of PB&J. More importantly it is a metaphor for the intricate network of communication and support that surrounds us.

Our list is long and we hope you read our "Thank You" inventory to get a mere taste of those to whom we are indebted.

Citi for underwriting our 3rd Annual Brown Bag Luncheon event, and all of your volunteer efforts.

Great Harvest Bread Co. for donating their delicious bread for our Brown Bag event.

Heidi's Raspberry Farm for donating Raspberry Jam for our Peanut Butter and Jelly sandwiches at our Annual Brown Bag Lunch.

Blue Cross Blue Shield of New Mexico (BCBSNM) for their grant, Healthy Kids, Healthy Families® (HKHF) initiative to help with Health, Wellness, and Safety for Children and Families.

Albuquerque Health Partners for choosing PB&J in both their Urgent Care and Pediatrics department for our programs.

PNM for awarding PB&J's Fathers Building Futures their "Reduce Your Use Grant" to help replace less energy efficient equipment in our woodshop, helping us ventilate the building better and save money.

Brindle Foundation for adding a major sponsorship to help support us at our Brown Bag.

Our Touch Truck Sponsor **Don Chalmers** for supporting our very 1st Annual Touch-A-Truck event.

Carl C. Anderson Sr. & Marie Jo Anderson Charitable Foundation for funding our health centers and a match grant donation

Firestone Family Foundation Inc. for support with general operating costs.

Gap Inc. for their employee match donation.

General Mills Foundation for their grant to fund nutrition and wellness here at PB&J.

Hancock Family Foundation for their donation towards our Wilderness program to ensure that PB&J can provide 200 children and parents access to nature walks at the Albuquerque Nature Center and Tingly Beach and day long hiking trips in the Jemez.

Jardineros De Placitas for their funding towards Bernalillo's therapeutic Pre-k and Home Base programs.

Scott Family Foundation for support with general operating costs.

Mary & Ray Zouhar for their generous gift through the **Banner Foundation** in support of PB&J's Fathers Building Futures and other programs.

Shepherd of the Valley for underwriting PB&J's Adopt a Family and allowing us to give a Christmas experience to all of the families we nurture.

Town of Bernalillo for supporting the Safe Ride Home program.

Wells Fargo Bank for support with general operating costs.

United Way of Central New Mexico Community Fund for underwriting the parent involvement component of our Therapeutic preschool and home based programs at all three sites.

Kiwanis Club of Los Altos for their continued support to fund South Valley's Annual Thanksgiving Feast.

Frost Foundation for supporting our core programs and ensuring each family had transportation while enrolled at PB&J.

McCune Foundation for funding PB&J's Therapeutic Pre K

This newsletter and other general operating costs are made possible in part by a grant from **The Robert T. Keller Foundation**.

Cookies for a CAUSE
— FUNDRAISING EVENT —
Lending a helping hand through community FUNDRAISING events.

Saturday, March 26 (5-8pm)
15% of total store sales will be
donated to **PB&J Family Services!**

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RUDE BOY Cookies
cookies | ice cream | milk bar

115 Harvard SE | rudeboycookies.com