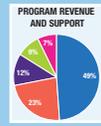




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Thank You
to Our 2015
Supporters
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We Care Newsletter

Circle of Security

WINTER
2016

Instead of our usual note from a parent about the personal impact of our services, we wanted in this newsletter to do something a little different – describe one of the methods we use to help struggling children and families. We’d like to introduce you to the **Circle of Security Program**.



One of several approaches we use in our Mental Health program, Circle of Security (developed in the early 1990’s by child therapists Glen Cooper, Kent Hoffman, Robert Marvin, and Bert Powell) is a relationship-based early intervention program developed to enhance “attachment security” between parents and children.

“Attachment” in children is the biological instinct in which a child sensing a threat or discomfort seeks out closeness to an “attachment figure” with the idea that that person will make things better. Attachment in this program also describes how available a parent is to provide that comfort.

Decades of research have confirmed that children with attachment security show increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions effectively when compared with children who do not have these types of attachments. Simply put, children with secure attachments are healthier, and more capable of growing and changing in healthy ways and at We Care, we know that addressing any existing attachment problems gives a family the best chance to thrive.

Research has shown us that children develop different patterns of attachment based on experiences and interactions with their parents at a young age and this program is designed to shift problematic or ‘at risk’ types of attachment and caregiving-interactions to more appropriate ones.

The aim of the therapy is:

- To increase the parents’ sensitivity and their appropriate responsiveness to the child’s signals about his or her needs.
- To increase a parent’s ability to understand his or her own and the child’s behavior, and
- For parents to understand the way that their own experiences with their parents affect the way they do things with their children.



The first step of treatment is for a We Care therapist to provide an assessment. Through observations, videotaped interviews, and parent questionnaires about the child, the therapist helps identify which attachment style best describes what’s going on in the family. Based on the attachment style of the family, the treatment plan is then individualized

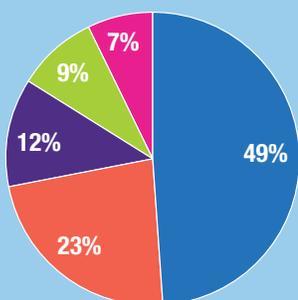


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2015 Financial Report

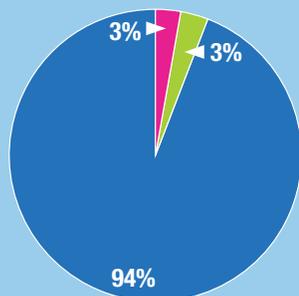
Our annual report will be posted on the We Care website - wecarechildren.org by the end of February. Below is a review of our 2014 financials.

PROGRAM REVENUE AND SUPPORT



- CONTRA COSTA COUNTY HEALTH SERVICES
- CONTRA COSTA COUNTY FIRST 5
- REGIONAL CENTER OF THE EAST BAY
- PROGRAM REVENUE & EARNED INCOME
- DONATIONS & OTHER INCOME

OPERATING EXPENSES



- PROGRAMS
- ADMINISTRATION
- FUNDRAISING

A message from **Pete Caldwell** Executive Director



Dear We Care Family,

I hope the New Year finds you happy, healthy, and optimistic!

Throughout all our programs, our eyes are on 2016 and we're working hard on making the coming year successful for the children and families we serve. I do, however, want to take a moment to celebrate 2015 and let you know what your support has accomplished.

- We created new programs specifically geared to our community's most vulnerable young children, including a treatment program for high-risk foster children under the age of 5.
- We received more support from foundations than ever before and with longer, multi-year commitments to our work.
- Our fall Gala raised more money than any event we've ever held: over \$125k went directly to continue and improve the services we offer and, most importantly;
- We Care reached and provided critical help to more children and families than ever before in our 55-year history.

I can't adequately express my gratitude for all that you and our other supporters have done to ensure these (and more!) accomplishments this past year. Thank you.

But now, moving forward in a community where the need for our services remains immense, we're taking this momentum and engaging in planning processes that will enable us to continue to implement new and better ways to address the unique needs of the children who depend on us. From satellite locations to help those who can't reach us, to new programs incorporating the latest and best approaches to treatment, we will continue to work hard to deserve the support we're given.

And that support IS needed. Nothing happens without you and your investment in our shared belief that children who struggle with significant disabilities deserve the opportunity to change the paths of their lives. Simply put, your continued support changes a lot of lives for the better.

Best,
Pete



to best meet their needs. As treatment progresses, video vignettes and educational and therapeutic discussions enable parents to learn to understand the ways they interact with their children as well as enable them to practice new and more effective ways to deal with their child's needs.

There is a massive amount of data supporting the value of this approach, and outstanding results are released each year as new studies are completed. At We Care, we see the positive impact of this approach daily in our work with families.

We asked one our therapists to describe a case for this newsletter:

I worked with a mother for quite a while before introducing Circle of Security. I knew she would struggle with some of self-awareness and responsibility taking needed to succeed in the program. Two minutes into the first chapter, she said, 'No way is this going to work, you know my son!!' and we stopped to continue our more traditional therapeutic approach. During a session one afternoon with just the mom, I reminded her about one of the first things she shared with me when asked how she felt about her then 3 year old son. She said, 'I don't find him enjoyable to be around.' I suggested we give Circle of Security another

chance and when we got past the two minute mark of Chapter 1 I was optimistic we could make it through the entire program, and we did. Concepts from Circle of Security have changed this family's life and even though we approached the curriculum in a less conventional manner, it has had a lasting impact. During our one-on-one meetings and using concepts indirectly and directly from Circle of Security, this mother was able to create a solid foundation for her relationship with her son. She was able to recognize her own "shark music" (barriers to understanding how her own difficult history impacted her relationship with her son), develop empathy and a deeper understanding about how his early child experiences impact his relationships and, most importantly, find him enjoyable to be around once again. Despite the many road bumps, this family persevered and their relationships have become much stronger than they were before her work with this curriculum. After recently closing this case,

I received an email from this mother with updates about her son and their family. It brought tears to my eyes, reading about how well they are both doing and more importantly the love, delight, and enjoyment that poured through this mother's words.

Thank you for taking the time to learn a bit more about what we do! If you have any questions about this, or any other approach or program we use, please don't hesitate to reach out.



Check out our latest educational videos!

You'll find them on our website (wecarechildren.org) in "Videos" on the "News" menu.

WE CARE SERVICES FOR CHILDREN SAYS THANK YOU TO ALL THOSE WHO SUPPORTED THIS YEAR'S ANNUAL LITTLE STARS GALA

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is in the
Air*



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On November 7, 2015 a caring community came together in support of children with special needs and their families. Without the support of our sponsors, donors, and volunteers our success would not be possible. Thank you!

For information on how you can help make a difference in the life of a child with special needs, call us at (925) 671-0777, ext. 108 or visit www.wecarechildren.org.

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2015 Supporters Thank you!

We Care Services for Children is grateful to our generous investors. With your partnership, we are able to give children the help needed to reach their full potential. Without you, we could not help change the lives of children with developmental disabilities, continue our fight against child abuse, or give parents the support needed. Thank you!

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