

CAROLINA OUTREACH FOUNDATION



Winter 2008

Vocational Internship Program Launched this Summer

The Carolina Outreach Foundation pilot-tested its YDP Vocational Internship Program successfully this past summer, when 17-year-old J.C. interned with UNC Campus Health Services in their Sports Medicine program, providing assistance in the Tar Heel's football training room for five weeks in June and July, 2008.

Carolina Outreach Foundation YDP Program Coordinator Bob Funck discussed the Vocational Internship Program with Kevin King, head of UNC's Campus Health Services. With a clear explanation of the program, awareness that the Foundation would subsidize the program, and an interview with J.C., Mr. King arranged for J.C. to work with the university's football program, assisting the athletic trainer at the Kenan Football Complex.

J.C. looked at the opportunity to work with the Tar Heels as an honor, and he arrived at work every morning for five weeks at 8am each day, working steadily till 3pm, doing a variety of jobs that included assisting with daily cleaning, treatment prep, inventory, vehicle maintenance, and recording treatments. Other goals for J.C. included learning more about sports medicine by reading journal articles and reporting on his reading to the athletic trainer. One of the subjects J.C. became knowledgeable about via this program and extra reading was sports nutrition, and he created educational materials for the team based on his research.

Mr. King cites J.C.'s stellar performance, saying, "J.C. has set the bar so high that it's going to be difficult to find another intern who can compare." Mr. King further praised the Foundation for this initial intern placement, adding that "the Youth Development Program is going to be a great jump-start for a lot of kids needing a leg up in a professional environment."



YDP Program Coordinator Bob Funck reported that this was only the first in a series of such placements planned by the Carolina Outreach Foundation. J.C.'s guardian spoke glowingly of everything associated with her charge's internship, saying, "The Internship worked so well, and it was beneficial on so many levels. I can't tell you how appreciative I am that J.C. was given this wonderful opportunity."

Speaking further about J.C.'s experiences, Mr. Funck said, "It was great to get such positive feedback on our first vocational internship. J.C. will have a stronger sense of self-awareness as a result of this experience, and hopefully it will benefit him in his college and career planning."



Word from the Executive Director

With the turn of the New Year, the Carolina Outreach Foundation will celebrate four years of serving families in our community who struggle with behavioral, emotional, and mental health disabilities. This past year, we increased the services we provide, the clients we assist, and our local partnerships in the community! Having served hundreds of families in Durham, Orange, Chatham, and Buncombe counties, we look forward to sharing our recent successes in this newsletter.



Carolina Outreach Foundation has remained committed to helping families in need through the Hurdle Help Program and Youth Development Programs. We provide financial assistance for one-time emergency expenses and support our client's educational, professional development, and extra-curricular enrichment needs. One of our proudest accomplishments this year was purchasing our first house to support the Transitional Living Program. This program puts a roof over the head of homeless, teenage clients who have aged out of social services and foster care support, helping them make that first big step towards independence from social services.

Several community partnerships have allowed the Foundation to support additional programs for our clients. We sponsored an Adventures Program, connecting youth with activities in the outdoors; a Poetry Workshop and Art Therapy Workshop, giving clients an outlet to express their emotions and talents through creative and artistic channels; and a Substance Abuse Program, helping clients overcome unhealthy addictions and behaviors. After having received several donated instruments, we are just now beginning to enroll kids in a new music outreach program structured so that they can explore musical learning opportunities! We owe many thanks to the Cardinal Track Club, the Orange County Arts Commission, and the Shared Visions Foundation, whose partnerships make these programs possible.

In 2009 we aim to build on the successes of 2008: assisting more families, enhancing current programs, and launching new programs. We acknowledge and appreciate the support of all the generous and forward thinking donors, volunteers, staff, and local businesses that enable the Carolina Outreach Foundation to serve the community.

Thank you!



Benefit Concerts Move Audiences

There's nothing like a concert to draw a crowd, get the blood flowing, and incite the emotions. Due in large part to the work of Bob Funck, who organized the concerts—lining up the musicians who donated their performances—the Carolina Outreach Foundation was able to successfully carry off two benefit concerts over the last 14 months, the first in November 2007, and the second this past October, 2008. Mr. Funck noted, "Both concerts featured some outstanding, generous musicians, and both were well attended, each of them able to bring in funds for the Foundation to subsidize its on-going Hurdle Help initiatives throughout the year."

The 2007 November concert was held at Broad Street Café, in Durham, NC, and the bistro was packed. The loud rock and pop band, Potato Gun Project, opened the show at 8:30, prompting the creation of a dance way in front of the stage. The buzz lingered between sets and door prizes were raffled off to sync with the set up of the evening's headline band, Mosadi Music.

Once Mosadi Music took the stage, the energy expanded, the crowd grew and surged, and yet somehow the room for dancing expanded as well. Mosadi Music played a combination of funk and hip hop and rock, and it was all played and absorbed with equal passion, the focus going to the band's charismatic frontperson, Shirlette Ammons. More prizes were raffled and the next band set up, and it was a more subdued crowd that stayed to enjoy the evening's closing act, Bo Lozoff and Armand Lenchek, who played a mix of acoustic blues and soulful portraits of the down and out.

The 2008 October concert was also held at Broad Street Café, where owner Jonathan Tagg again welcomed and supported the Foundation's efforts. The bands were different, with a acoustic set of traditional Southern styles by The Water Callers; followed by the headlining set of blue-eyed soul from the Adrian Duke Projek, which had the audience up and swaying to Mr. Duke's powerful

vocals; and the evening was capped with an eclectic mix of pop and rock originals from the Potato Gun Project.

Throughout the evening, tableside magician Josh Lozoff mingled with the audience, performing interactive feats of wonder that had people laughing and scratching their heads. Between sets, donated gifts were again raffled, bestowing lucky winners with gift certificates to local merchants, including Carrboro Yoga Company, Banh's cuisine, Valour's patisserie and Bistro, Brick Alley Books, Beehive Salon, High Strung, Whole Foods, Watts Grocery, Harris-Teeter, Music Loft of Durham, Scrap Exchange, Total Wine and More, and Wine Authorities.

Foundation Executive Director Jared Inselmann briefly spoke to the audiences at both concerts to let them know what cause they were supporting. "It sometimes takes more than just good intentions to spur people to act," he said, "And that's why each year we have such great success in appealing to the community with these concerts."



Achievement Program Pilot

Children with mental health issues are sometimes so overwhelmed that they cannot perform well at school, failing to achieve academic success or experience the positive social outlets that school can offer. Seeing this as a common problem with the children whom he and his social work colleagues counsel, Mr. Bob Funck initiated the Foundation's Achievement Program, designed for children who are identified as exhibiting significant academic difficulties and needing intensive tutorial support in order to succeed academically.

With a financial assistance grant from SAS, the Foundation was able to launch the pilot for the fledgling Achievement Program, permitting one highly at-risk student to benefit from this intensive academic support program in the fall semester of 2007.



The Foundation selected as its pilot student C.A., a 17-year-old in the ninth grade at Carrboro High School, in Carrboro, NC, who was receiving mental health services. Throughout the semester, C.A. was tutored and counseled intensively in what Mr. Funck described as a "holistic" approach, which involved him acting as tutor, counselor, in-school advocate, and school-home liaison. Additionally, Mr. Funck directly provided C.A. with study skills training, and organizational skills and time management training.

In the previous year C.A. had received several failing grades and had an overall low D average, but with the help of Mr. Funck and through her own hard work in the fall of 2007, C.A. was able to clear several of the failures from the previous year while achieving an overall C average, with no failing grades in any of her subjects. In addition to academic success, C.A. reported that she had more communication with teachers, that the program enabled her to see how the key to her academic success was developing the confidence to simply

cont. **Achievement** p 4.

Foundation Buys House!

The Foundation has recently purchased and refurbished a home in south Durham, which will serve as a base home for its sister company's Transitional Living Program (TLP). This program is designed for transition-age youth (17–20 years of age) who are receiving mental health services, providing them with a range of supports, including community support services, independent living skills instruction, transitional living planning, and subsidies so that they can live independently from their families of origin and become productive, engaged members of the community.

"This newly furnished home," Foundation board member Tom Reid explains, "Will serve as a transitional living site for at least two 18-year-olds who are moving out of either a group home or foster home situation." He further explained that while these program youth seek independence as wage earners or to attend college or GED programs, "This home will serve as their base, giving them the time and means to focus on other aspects of their transition to independent adulthood while still receiving mental health services."

In explaining the home's purchase, Tom Reid further explained: "We've been working with the city planning commission for over a year now to find ways to make our Dream Project a reality. We had this home in our sights, but not everything has lined up yet with city planning, so we're taking on the ownership in order to enhance our other programs."

Currently there is only a single youth living in the

cont. **House** p 4.

MomArt Benefit

The Foundation was the beneficiary this year of The Sixth Annual MOMart Show, hosted by Just a Few Friends (JAFF), a Durham, North Carolina, community nonprofit organization. Each year Just a Few Friends chooses a local charity or nonprofit organization as its target beneficiary, raising money through the support of local and regional artists who are given a venue in which to sell their arts and crafts. This year's show and sale was held over three days, May 2, 3, and 4, 2008, with a Friday night gala opening, attended by all of the artists and catered with wine and hors d'oeuvres.

Founder and JAFF president Tammi Brooks explained, "When we formed our nonprofit Just a Few Friends more than six years ago, we knew we were a part of a wonderful community, but we really didn't know just how deeply generous and giving it was. Every year we see incredible generosity, and this year was no exception. Based on their commitment to give back to the community, we were glad to have selected the Carolina Outreach Foundation as our featured charity this year."

The show took place at the new Durham office space of the Foundation's sister organization, Carolina Outreach, LLC, with enough room in its large meeting space and several halls to house nearly 90 artists and their art. The large number and huge variety of arts and crafts featured birdhouses, container gardens, plants, and garden art in addition to jewelry, paintings, photography, sculpture, stained glass, textiles, and pottery, which spilled out over shelves, tables, and walls, and even into the parking lot. Foundation board member Renee White, a volunteer worker over the three-day period, helping artists and patrons alike, enthused, "It was awesome to meet so many cool and talented artists... And then to take home some of their work to support the Foundation!"

With more than 3,000 visitors to the show, there were nearly 1,600 pieces of art sold over the three-day weekend, and the Foundation netted over \$9,000. Foundation board member and co-director of Carolina Outreach, LLC, Tim Brooks thanked members of JAFF and the community, adding, MOMart was "our first opportunity to open up our space to the Durham community. It meant a lot to our organization that we were able to have our first event be in partnership with Just a Few Friends. More important was the fact that the proceeds from MOMart allowed us to purchase a house to serve as a transitional living space for our young adults in the Independent Living Program."



One Child at a Time (Youth Development Program)

The Foundation's Youth Development Program "draws on community resources to support positive, strengths-based learning and skill-development activities for youth otherwise unable to participate in such opportunities." This could include such learning and skill-development opportunities as art, music, dance, or martial arts lessons, vocational apprenticeships, organized team sports and recreation, academic tutoring, camps, allowance-based behavior plans, and even tickets to movies to be used as rewards.

Bob Funck heads up the Youth Development Program, and he is the principal leg man in tracking down services and goods from businesses that will fulfill this program's goals. He has rounded up a large mélange of such services and freebies that enable the clients he serves to participate in activities that are typically outside their means. "My chief goal right now," he says, "is to establish a network of providers for the services and comps that we can offer our young clients here at Carolina Outreach. I've been pretty successful thus far, and I anticipate as word of mouth grows that I'll get more and more contributions to the program."

The YDP was able to respond to nearly 40 requests this past year, providing discounted rates or free passes for YMCA membership, summer camp, art camp, dance lessons, basketball camp, Bouncing Bulldogs, Girls on the Run, school application/enrollment expenses, school supplies, school field trips, and academic tutoring lessons.

Mr. Funck recently negotiated with Dancentre of Chapel Hill to offer partial scholarships for three students to take dance lessons. "But," Mr. Funck adds, "It's not just camps or programs that we're seeking with the YDP, it's also sometimes comp items, such as tickets to movies or other events, which we can use to carrot the behavior we're seeking in our young clients. For instance, Wynnsong Cinema and Game Frog Gaming Café have given us several tickets and passes. I offer these to the staff at Carolina Outreach so that they can use them as incentives for their kids."

Jared Inselmann, Executive Director of the Foundation, is quick to praise Mr. Funck's work. "Bob has been instrumental in all phases of the YDP, and he's made great strides in coordinating elements necessary to the launch of the Vocational Internship Program." [See accompanying article, "Vocational Internship Program Launched this Summer," on page 1]. "As with all of our programs, Mr. Inselmann explains, "The YDP aims to provide kids positive experiences. Without such experiences, many kids would never even begin to understand there's a light at the end of the tunnel."



Hurdle Help Program

The Hurdle Help program continues to grow, and nearly twice as many applications were received in this, the second year of the program. Hurdle Help provides ad hoc services to many families and individuals who find themselves suddenly stuck behind the eight ball, with no place to turn.

Tom Reid, co-founder of the Carolina Outreach Foundation, explains that the program is a last resort service, which can be appealed to by social workers at Carolina Outreach, LLC—the Foundation's sister agency, which provides mental health services to families and children in Durham, Orange, Chatham, and Buncombe counties—when clients face challenges that cannot be met by appeal to the usual government, local, church, or charity outreach services. Often clients in need have already exhausted their share of resources from these other programs; often these programs lag in reacting to, processing, and acting on an individual or family's request for one-time assistance.

"This is where the Hurdle Help program comes in," Mr. Reid states, "The Foundation acts quickly to process a social worker's request on behalf of the client." The program can process a request within a matter of hours, depending on the urgency, providing a quick evaluation and response to emergencies so that families and individuals can get on with their lives.

"When all other resources have been exhausted," Tom Reid says, "Our counselors are turning to the Foundation's Hurdle Help Program, and their clients are getting the help they need." Some of the 55 cases over the past year have included paying monthly gas bills, supplementing other agency contributions when a family lost its possessions in a fire, helping with medication costs, providing means to acquire used furniture, paying a monthly rent bill, and helping a family buy used and new clothing.



Who We Are

Central to the vision and origin of the Carolina Outreach Foundation is the work of its sister organization, Carolina Outreach, LLC, which provides mental health services to individuals and families in Chatham, Durham, Orange, and Buncombe counties.

Co-founder Tom Reid states, "Carolina Outreach Foundation is based on the premise that everyone is entitled to share in the American Dream. The problem is, many folks feel that even dreaming is beyond their means." Mr. Reid described how Carolina Outreach's efforts to provide mental health services to clients only begin to scratch the surface. "State and federal funding goes only so far in providing services and opening doors for people who need so much more. Even local community services are not enough in some cases, and that's where—through the Carolina Outreach Foundation—we can fund the opportunities that would not otherwise get funding."

Working with the insights and resources available through Carolina Outreach, LLC, the Foundation is in a favorable position to identify those people who can best benefit from access to the resources and contacts that Carolina Outreach, LLC, has developed over the years. As Executive Director Jared Inselmann explains, "Carolina Outreach has a very talented pool of social service workers who recognize the disparity in what their clients need and what they can attain through the usual channels. This puts us in a good position as a non-profit to target the families and individuals who are truly in need."

The Foundation has developed a set of initial programs to further its mission to

Work with families of children with behavioral, emotional, and mental health disabilities to provide them opportunities for recreation, vocational internships, and academic support.

It is the intent of the Foundation to have self-sustaining programs, but it is also working to marshal the good will of the community to inspire individuals and businesses to participate in the Foundation's mission when additional resources are needed. More information about the Foundation and its programs can be found at its website: www.carolinaoutreachfoundation.org



House (cont.)

home, but the TLP coordinators are actively seeking a second tenant. Additionally, the house will maintain at least one vacant bedroom so that it can serve as a refuge for young adults needing a place to stay due to homelessness. Mortgage costs and other payments for the home will be provided by DSS money for its current residents, and through grant money given to participants in the Transitional Living Program.

Much of the work that went into renovating the home was done by a contractor, but future houses of this sort (and for the Dream Project) will be worked on by both contractors and youth apprentices under the aegis of the Foundation's Vocational Internship Program. Depending on the success of this house as a transitional living site, the Foundation will seek out other stressed homes either to use in the TLP or to re-purpose them as Dream Project homes, which will enable low-income families to purchase them with low-interest loans and at below-market costs.



How to Give

You can send a tax-deductible donation to

The Carolina Outreach Foundation
2670 Durham-Chapel Hill Blvd.
Durham, NC 27707

Or you can access the Carolina Outreach Foundation at its website to make a secure donation online: www.carolinaoutreachfoundation.org

If you would like to volunteer for any of the current Foundation programs, or would simply like more information about the Foundation, or have other questions, please call or email Jared Inselmann, Executive Director of the Foundation.



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Achievement (cont.)

Her confidence soared during the program, and several months later, she reported that on a scale of 1–10, her confidence was at an 8 level. Contrast this with her self-reported 0 level of confidence when she entered the program at the beginning of the fall semester. "My motivation," C.A. added, "Is a lot stronger this year. This year I put in the effort to get help and understand. Now I'm considering college. Last year I was not even thinking about college."

Mr. Funck, says that C.A.'s success indicates the program's potential to give more children similar successes in their academic work and in their mental health, providing not only improved grades but also enabling participating students to experience on-going gains with confidence, self-esteem, self-empowerment, self-discipline, and interpersonal skills. "The pilot program's lit the way," Mr. Funck says, "And we're now in the process of recruiting and training a team of staff who can work with Achievement Program clients. This program has the potential for broad-reaching impacts on the lives of children with mental health disabilities."

speaking with her teachers about what was expected of her, in the process better understanding what steps were necessary to achieve those goals. "I ask more questions," she said. "I meet with teachers during lunch, before school, and after school now. I don't feel embarrassed any more."

Nearly 30% of the social workers at Carolina Outreach, LLC—the Foundation's sister organization—have pitched in to help the Foundation by allocating as much as 5% of their salary to the Carolina Outreach Foundation.

"This kind of giving," co-founder Tim Brooks says, "Is the cornerstone of a philanthropic organization like ours, which is chiefly, at this stage, a grassroots enterprise." With over 40 employees of the social services agency donating each month, Executive Director Jared Inselmann explains, "We get enough to initially fund our core Youth Development and Hurdle Help programs. Also, from the perspective of making the Foundation a community-service giant in the future—which entails large donations from corporate and governmental entities—these donations from Carolina Outreach employees lend validity to our fund-raising appeals."

Mr. Brooks concurs, saying, "It's a matter of putting your money where your mouth is, and we feel that the Carolina Outreach Foundation demonstrates that when employees pitch in to provide financial and volunteer services to promote the Foundation's programs."

