

SanMar

Cultivating hope and well being in children families and communities. Intentionally child centered family focused and community engaged.



8504
MAPLEVILLE
ROAD,
BOONSBORO,
MD, 21713
301.733.9067



Life is Short. Do Stuff that Matters: Volunteer!

A volunteer is a person who freely gives of their time, talent, and abilities, while often sharing their own resources without compensation, to benefit others.

At San Mar we are grateful for the quality volunteers that have chosen to share their time, talents, abilities and resources with us.

Recent research conducted by the Corporation for National & Community Service has revealed that such giving to others often has some interesting indirect results. For example key findings indicated that: Adults who volunteer are more likely to experience health benefits when it comes to longevity, mobility and mental health. The research indicates that volunteers need to commit at least one to two

hours per week to realize a significant relationship between volunteering and good health.

In 2014 the volunteer rate remained steady nationally as 62.8 million Americans volunteered 7.9 billion hours. The estimated value of this volunteer service is nearly \$184 billion annually.

Volunteers have 27 percent higher odds of finding a job after being out of work than non-volunteers, possibly due to developing new skills and expanding personal networks.

Volunteers are almost twice as likely to donate to charity as non-volunteers. Nearly 80% of volunteers donated to charity, compared to 40 percent of non-volunteers.

[continued on page 4]

In this issue

Volunteering continued	2
Sylvia's Forever Family	
The Great Bicycle Tour	3
CVCC Supports San Mar	
Thirty One Gifts: Bags of Hope	4
2015 in Review	5
Twins and sisters	6
Guardrails and Ambulances	7
Leadership/Board	8

www.sanmarhome.org

Treatment Foster Care/ Anderson Transition Home
8504 Mapleville Road
Boonsboro, Maryland 21713

Allegany Therapeutic Group Home
10700 Leslie Lane
Cumberland Maryland 21502

Bester Community of Hope
170 Mill Street
Hagerstown, Maryland 21740

Heartfelt THANKS

TO OUR VOLUNTEERS!

AND OUR FAITHFUL SUPPORTERS

Volunteers - continued

Overall, half of all Americans donated at least \$25 to charity in 2014. Over the past 13 years, Americans volunteered 104.9 billion hours, estimated to be worth \$2.1 trillion.

Kristy is one person who has taken the initiative to visit with the three girls in our transition home on a weekly basis. In her initial visit she presented each girl with a crock-pot, then proceeded to show them how to use them by having each one prepare a meal with the recipe she brought along. Each week she would return with a new recipe to meet with three very engaged young ladies.

Kristen has been giving several hours each week to help in the office with numerous tasks that have in turn enabled the staff to accomplish many other tasks that they had not been able to get to previously.

Sasha has embraced the challenge of setting up a Facebook page using her knowledge of social media.

When we had the opportunity to care for a set of feisty three year old twins in one of our foster homes Barbara volunteered to spend time with the girls and give the exhausted foster parent much needed breaks.

Others have spent time gardening with the girls, tutoring, mentoring and helping with special events. Recently several have provided a great deal of assistance in helping collect suitcases for the children in care. It is common for youth to come to us with all their earthly possessions in trash bags. The suitcases are a small act of giving dignity to another person.

We are outrageously blessed by those who have made the decision to give of themselves in such meaningful ways and we are grateful!

If you would like to volunteer give Terri a call. She is looking forward to hearing from you.

Terri: 301-733-9067 x 101

Sylvia's Forever Family

The following was written by Margaret Paul, MHS, case manager with San Mar's Treatment Foster Care Program.

Dear New Place,

The note created for her potential foster family began with, "Dear New Place". It was drafted after her first placement of one year disrupted and three subsequent placements all disrupted. This desperately hurting child was challenging all of my abilities.

I struggled, "What was I going to with this spirited, traumatized, misunderstood child?" I brought her to the office late one evening.

Sylvia (not her real name) seemed to be fighting for her own survival. She couldn't trust adults and surely was not willing to follow rules and redirection. I watched the foster mother work so hard to create a loving and supportive place, yet Silva challenged her every effort. The straw broke when Silvia made disparaging remarks about her caregiver to a neighbor. With escalating events the police were called to assist. The foster mother said she could do no more.

Three more months of short-term placements brought us to this day of confrontation.

I saw how Silvia continually sabotaged her opportunity for a family of her own with her defiance, aggression and destruction of property.

There in the office I knew that I had to take a different approach. In my heart I knew she trusted me. I was going to confront her and hope for a change.

"Your actions are telling me that you are not ready for a family", I said. I added that as much as I wanted to find a home for her, I could not subject another family to her onslaught of disrespect, defiance, and opposition. Clearly I had her attention. My assignment to Silvia was this, right now I want you to sit and write what you will do and not do in your next "new place".

"Make a list and while you are doing that I will call around and see who will accept you into their home." What she didn't know was that I had already identified a great family willing to give her a chance. I made calls and watched Silvia work on her list. She was taking it seriously.

Continued on page 4

The Great Bicycle Tour *of* the Historic C&O Canal

- The 29th tour: Sign up on line at www.tgbt.org

San Mar has been conducting this four day cycling tour of the C&O Canal since 1989. The year before, seven of the residents of the only group home operated by the organization at the time joined with the director and several other staff members and rode the entire length of the canal. Then the following year they decided to do it again and opened it to the public. Others accepted the invitation, creating a group of 23 riders in the first formal event open to anyone wanting to go along. Since that time hundreds have joined in...

Now the invitation is extended to you! Come join us and let us carry all your gear for you as you have the greatest four days of the summer... quite possibly, the whole year!



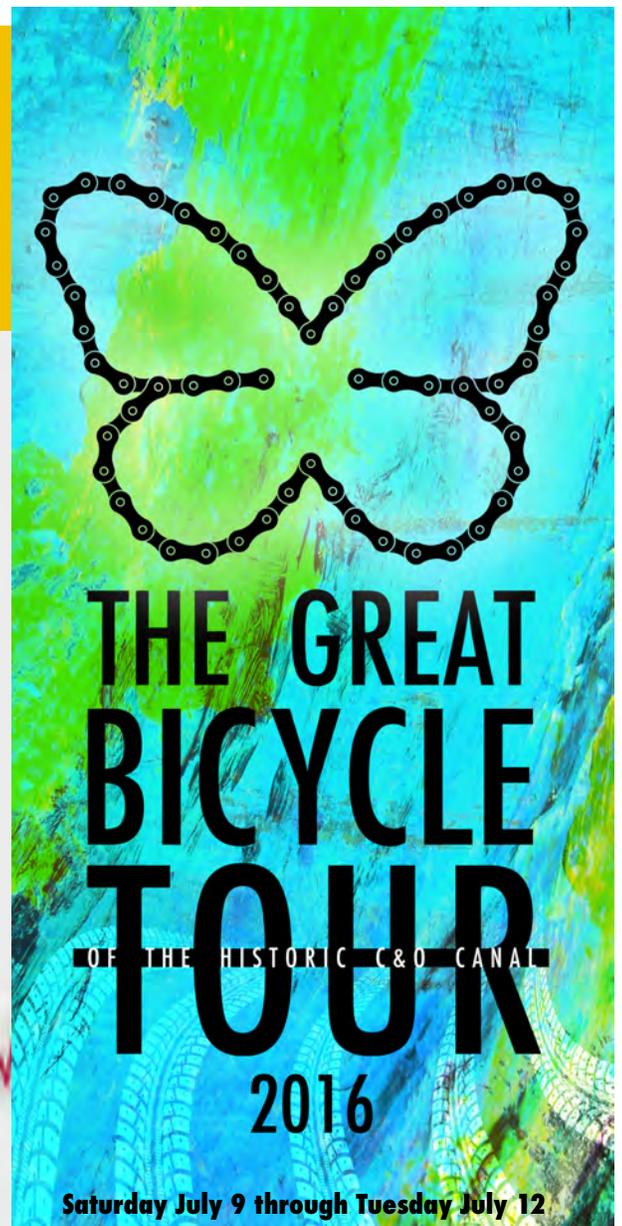
Cumberland Valley Cycling Club Supports San Mar

Formed in 1983 by a group of dedicated cyclists, the CVCC continues to enjoy excellent cycling in Washington County Maryland. They welcome cyclists of all levels!

In 1985 the club began conducting a one day bicycle tour of the county. Those who showed up at the starting point would be given a map to follow, which guided them on a 100 mile long route they would seek to complete that same day. Along with the map arrows would be painted on the roads marking the numerous turns.

Eventually San Mar became the beginning and the ending point for the ride with lunch provided. Between 300 and 400 riders participate in the event.

CVCC has been a generous supporter of San Mar for many years.



Cumberland Valley Cycling Club member Beth Johnston (left) presents Terri Siefert with a check for San Mar from the proceeds of the club's recent 29th Annual Century Ride.

Proverbs Thirty One

- 10 A woman of virtue who can find?
She is worth far more than rubies.
- 11 Her husband has full confidence in her
and lacks nothing of value.
- 12 She brings him good, not harm,
all the days of her life.
- 13 She selects wool and flax
and works with eager hands.
- 14 She is like the merchant ships,
bringing her food from afar.
- 15 She gets up while it is still night;
she provides food for her family
and portions for her female servants.
- 16 She considers a field and buys it;
out of her earnings she plants a vineyard.
- 17 She sets about her work vigorously;
her arms are strong for her tasks.
- 18 She sees that her trading is profitable,
and her lamp does not go out at night.
- 19 In her hand she holds the distaff
and grasps the spindle with her fingers.
- 20 She opens her arms to the poor
and extends her hands to the needy.
- 21 When it snows, she has no fear for her household;
for all of them are clothed in scarlet.
- 22 She makes coverings for her bed;
she is clothed in fine linen and purple.
- 23 Her husband is respected at the city gate,
where he takes his seat among the elders of
the land.
- 24 She makes linen garments and sells them,
and supplies the merchants with sashes.
- 25 She is clothed with strength and dignity;
she laughs without fear of the future.

Sylvia's Forever Family -

Continued from page 2

Sylvia had written eighteen items that she would not do and twenty-one that she would do. She was very thoughtful with her reflection. At the end of this two-hour intervention I told her that a family was ready to have her. Silvia was told that it was my expectation that she would be sharing her lists as soon as she met this new family.

That was December 13, 2013. What a night that was. I remember it vividly. But better still I will always remember November 3, 2015 – the day I watched Silvia be adopted by this final and forever family.



Colleen Kauffman, Thirty One Gifts Rep showing all the bags that local women brought to her Bags of Hope party to present to girls from three local organizations.

Thirty One Gifts Presents Bags of Hope!

It was 2003 when Cindy Monroe began a business to sell handbags out of her basement. Since then she has witnessed it grow into an international organization with over 90,000 individuals who share a passion for empowering women, and who are committed to celebrate, encourage and reward others for the inherent value in their lives. As it grew she gave it the name Thirty-One Gifts. The name comes from Proverbs 31, which describes the attributes and the importance of a "Virtuous Woman." They have developed a reputation for selling handbags, known as Bags of Hope, through their network of consultants but truly it is not about the sales, but about the impact on others. Since 2012 they have collected and donated over 80 million dollars in cash and goods to benefit the lives of women, girls and families.

Recently one of their consultants, Colleen Kauffman, rallied her team and they had their first "Bags of Hope" event. The event included a fashion show (to display Thirty-One's wonderful products; they shared stories of why the women were so motivated to be a part of this team. In the end, they collected nearly 80 bags to give our girls. What fun! They are also making a donation to San Mar. Thank you Bags of Hope participants and all the leaders.





2015

In Review

- The annual bicycle tour of the C&O Canal raised over \$150,000 for the organization.
- Alice and David Fletcher Foundation awarded \$222,000 to San Mar to launch the Bester Community of Hope initiative.
- The United States Department of Agriculture awarded San Mar a grant of \$450,000 for distance learning technology. San Mar was able to partner with the Maryland Department of Juvenile Services to subsequently enable them to provide multiple offices with state of the art technology.
- Through an ongoing partnership with the Casey Family Programs Foundation in Seattle, San Mar was able to provide on going trauma training to staff and foster parents from the international trauma expert and psychiatrist, Dr. Bruce Perry, MD, PhD. Dr. Perry is the CEO of the Child Trauma Academy in Houston, Texas.
- Through the generosity of friends of San Mar ten girls were able to spend a week at summer camp in Seneca, West Virginia.
- Two girls, Emilee, and Sirai were each adopted by their San Mar Treatment Foster Families!
- The Jone Bowman Home closed as the organization shifted in focus to strengthening families and community engagement.
- A mentoring program was developed and implemented introducing numerous high quality volunteers to the organization.
- The Washington County Department of Social Services invited San Mar to partner with them in a demonstration project sponsored by the Annie E. Casey Foundation to train and provide therapy and family support to children in the child welfare system in Washington County using Trauma Systems Therapy.

The Jone Bowman Home

Opened: November 8, 1883 - Capacity: 11
Licensed by Maryland Department of Human Resources
Total youth since opening: 2229
Total youth in 2015: 16 Utilization: 54%
Average Length of Stay: 154 days
Budget: \$660,000
Actual Cost Per Day: \$1,776 / Per Youth: \$301
Discharged to lower level of care: 58%

The Allegany Girls' Therapeutic Group Home

Opened: July 1, 2011 - Capacity 8
Licensed by Maryland Department of Health and Mental Hygiene
Total youth since opening: 49
Total youth in 2015: 10 Utilization: 75%
Average Length of Stay: 182 days
Budget: \$701,000
Actual Cost Per Day: \$1,475 / Per Youth: \$245
Discharged to lower level of care: 56%

The Edward and Pauline Anderson Transitional Living Home

Opened: November 9, 1990 - Capacity 3
Licensed by Maryland Department of Human Resources
Total youth since opening: 117
Total youth in 2015: 6 Utilization: 100%
Average Length of Stay: 296 days
Budget: \$284,135
Actual Cost Per Day: \$819 / Per Youth: \$273
Discharged to lower level of care: 100%

The San Mar Treatment Foster Care Program

Opened: April 8, 1992 - Capacity 50
Licensed by Maryland Department of Human Resources
Total youth since opening: 404
Total youth in 2015: 35 Utilization: 76%
Average Length of Stay: 564 days
Budget: \$1,500,900
Actual Cost Per Day: \$3,222 / Per Youth: \$100
Discharged to lower level of care: 44%



Sister Twin Reflections

By Mironda V. Peace, Foster Parent

Mironda had the opportunity to care for twin sisters, three years old (and full of energy). Upon leaving her home she wrote this poem and has dedicated it to them:

Sister twin
I am your mirror.
And you,
you are mine.
My eyes
look at you
look at me
reflecting
home.

Am I the me you see?
Or are you the me I be?
When I can't be me.
Won't be me.
Because you be me
better than me
for me
reflecting
home.

My ears
listen to you speak my words.
My voice hears your soul
listen to my thoughts.
Hearing me
dream when you dream
reflecting
home.

Sister twin
I smile
your smile.
I cry
your cry.
I cry with my hand in your hand
in mine.
And my soul trusts your soul and
feels love.
My love.
Your love.
Love.
Reflecting
I am
home
forever!

Clara and Katherine: Twins –

Their request for money was completely understandable.

What they did with it was totally unexpected!

Two ten year old twins visited our campus. They had just had their 10th year birthday party. They asked family and friends to give cash as gifts and they wanted to give what they received to San Mar. After Clara & Katherine, their older sister and Mom toured our property, the sisters presented San Mar with a check for \$510. After much thought, they directed us to use the gift toward our operations fund and the Adventure Fund... Ten years old! Thank You Stamper family & friends.



Terri Siefert, Director of Development and Marketing, meeting with the Stamper girls at San Mar.

tsiefert@sanmarhome.org

REMEMBER SAN MAR IN YOUR WILL

Building Guardrails & Driving Ambulances:

On December 1, 2015 we closed our Bowman Group Home. One year earlier on December 1 we had closed our Barr Therapeutic Group Home.

Three years ago the San Mar board and senior leadership went through a process of strategic planning, in which a considerable amount of time was devoted to understanding how the child welfare system was changing. There was clearly a greater emphasis being placed more directly on addressing the needs of children and youth within their family systems instead of removing them and placing them in foster care or group care.

It was through that process that San Mar made the commitment to move from a focus on children to being child centered, family focused and community engaged.

...looking over the edge he saw bodies scattered across the ground. In shock he realized they had fallen.

Alex Morales is the CEO of the Children's Bureau in Los Angeles, an institution that was founded in the 1800s as an orphanage. Twenty years ago they operated five small group homes. As the costs for caring for the children continued to rise and the resources tended to decrease someone asked him if he wanted to continue to use his limited resources to fill ambulances or build guardrails. It was a statement that made little sense at the time.

The person asked him to envision himself walking up a long path leading to the top of a nearby mountain. At the top of the mountain was a breathtaking view, however the closer he got to the edge he realized there was also a dangerous drop that went straight down for a long way. As he envisioned himself standing cautiously looking over the edge he could see bodies scattered across the ground. In his shock he realized they had fallen from the ledge.

His friend asked him if he wanted to spend all of his resources operating ambulances and offering help to those who had fallen, or did he want to direct his resources to building sturdy guardrails that would help prevent people from falling and needing the ambulances.

Clearly both intervention and prevention are needed.

As part of our strategic plan we have determined to reduce the intervention that we have been known for in the past. We are not ceasing our intervention. We will continue to operate two group homes and we will continue to seek to grow our foster care. However, at the same time we are deliberately and proactively engaging families within their communities in ways that will build strong and resilient families and produce safe communities.



Caring for youth in group care is very expensive and outcomes are often difficult to measure. By transitioning to a focus on making families stronger, more children can remain in their homes, which will reduce costs and make outcome tracking much more feasible. It shifts the focus from intervention to prevention.



SAN MAR LEADERSHIP

Bruce T. Anderson, LCSW, CRCCPA - CEO
Keith Fanjoy, LCSW-C, Director Bester Community of Hope
Gina Figel - Director of Continuous Quality Improvement
Paul Leatherman - Business Manager
Ira Lourie, MD - Psychiatrist
Ted Morningstar - Director of Maintenance
Ashley Booher - Program Manager Allegany Home
Ellen Savoy, LCSW-C - Deputy Director
Terri Siefert- Director of Development and Marketing
Melissa Wettstein - Program Manager Anderson Home
Jen Younker, LCSW-C, CRCCPA - Director of Residential Services

SAN MAR BOARD OF MANAGERS

Jennifer Sears, MA - President
Jim Marshall, Vice President
Jack Slick, CPA - Treasurer
Julie Ebersole, LCSW-C - Secretary
Thomas Burge, MA
Teri Cholewici
Mary Heizer, CPA
Ryan Lampton
Jim Marshall
Emily Radaker, CPA
Noel Williams



Giving IRA Income

You can make a gift to San Mar with a tax-free distribution from your IRA thanks to a provision in the Pension Protection Act of 2006.

The Act allows you to use IRA distributions as gifts to San Mar Children's Home in 2016 without creating new income to report or taxes to pay.

Contact your CPA or attorney for guidance in giving

To qualify for an IRA rollover gift that is federal and state income tax-free:

- You must be at least 70 1/2 when you make your gift from a traditional IRA or Roth IRA;
- The transfer must come directly from your IRA administrator;
- The maximum amount you can transfer each year is \$100,000 per year per taxpayer.

SAN MAR
8504 MAPLEVILLE ROAD
BOONSBORO, MD. 21713

Cultivating Hope
and Well - Being
in Children, Families
and Communities



... daily since Thursday, November 8, 1883