



HEARTSPRING

# DIALOGUE

SUMMER 2017





## FROM THE BOARD OF TRUSTEES

In November 2016, the Board of Directors unanimously approved a campus-wide expansion project. This expansion was approved because Heartspring saw a need to expand our Pediatric Services and Autism Services wing, a need to build our 10th group home and a need to create more opportunities for our students through a new Competitive Integrated Employment and Music Building.

The need for this expansion is important now more than ever as more and more parents are searching for services for their children and our waiting list continues to grow. Heartspring is dedicated to reducing the wait times for these services, making this expansion even more essential for the children and families in our community.

Last March, I had the privilege to participate in the Expanding

Possibilities groundbreaking ceremony. I joined other Heartspring volunteers in turning the soil on this new phase of development for this incredible organization.

In the time since the groundbreaking, watching a shovel of dirt become a bare plot of land, expanding into a large slab of concrete while growing into walls and a roof in mere weeks is astonishing to me. Each time I step on the Heartspring campus I see progress. I get chills knowing, thanks to the Expanding Possibilities campaign, the building that is rising around our organization from the shovels of dirt we turned months ago will become a home to 12 children who may have waited months or even years to receive services.

Expanding is not always easy but it is necessary to create new possibilities for children

with special needs and their families.

I invite you to join this next adventure with Heartspring. Be a part of the legacy by spreading the word, sharing a story or scheduling a tour. Celebrate the impact we will have on current and future children and their families. Please join me in Expanding Possibilities.

### **Phil Garrison**

*Board of Trustees President  
Director  
Private Wealth Management  
Baird*



## FROM THE PRESIDENT

### FRIENDS,

This past year will go on record as one of the most influential years in Heartspring's history. Decades from now, when we reflect on Heartspring and the impact we have made in the lives of children with special needs, their families and this community, we will look back on this year and remember this is the year that everything changed.

This is the year we launched new programming in the school to further improve the outcomes of the children we serve. By beginning the implementation of our structured learning platform, we are creating environments that produce optimal outcomes for our students and greatly increase their independence.

This is the year we created our new Early Intensive Behavior Intervention program to specifically meet the needs of children under five years old who are impacted by autism. In its first six months, this program has already enrolled 21 children who are making tremendous progress in their social and developmental skills. Progress that will last a lifetime and shape the destiny of these children.

This is the year we broke ground on a new

group home and a huge addition to our Pediatric Services and Autism Services wing. These new buildings along with the significant renovations occurring across campus will provide the space to eliminate our waiting lists and reduce the time it takes for children to receive our services. No longer will children have to wait months, or even years, to enroll at Heartspring.

This is the year you as a community generously supported Heartspring's Expanding Possibilities campus expansion. Your investment in this project ensures that the next generation of children will have access to the life-changing programming they deserve.

All of this is possible because of our dedicated employees, generous supporters and encouraging community.

Together we are changing lives.  
Together we are Heartspring.

Thanks,

**David Stupay**  
*Heartspring President & CEO*

# EXPANDING POSSIBILITIES

The construction for our Expanding Possibilities campus expansion project is well underway. We kicked off the project with our groundbreaking in early spring and over the past few months, work has ramped up with the warmer weather. The project consists of the construction of a Pediatric Services and Autism Services addition, a new group home and a Competitive Integrated Employment and Music Building. It also includes the renovation of the school cafeteria and current group homes. We have three main goals:

- 1 Eliminate waiting lists and reduce the time it takes for children to receive services
- 2 Develop multi-purpose spaces that are designed to expand if further growth is necessary and flexibly meet changing programming demands
- 3 Create sustainable spaces that are durable and cost-efficient with self-sustaining programs that require no additional overhead



**HUTTON**  
CONSTRUCTION





EXPANDING POSSIBILITIES HEARTSPRING CAMPUS EXPANSION PROJECT

# Gregory's Story

It was a tough decision for the couple. They looked at a few placements, but none of them seemed good enough for their son. They had all but given up until they came to Heartspring.

There was a time in Chong and Keeyon's life where they didn't know what to do next. Their son, Gregory, was diagnosed with autism at a young age. As he got older, his behaviors increased, and at 16, he wasn't sleeping through the night. Chong would leave work early or go in late to help with his son. Gregory became more aggressive, and Keeyon became afraid to be alone with him. There even was a time when police had to intervene because Keeyon couldn't handle him alone. At school, Gregory sat in the sensory room, separated from his peers. At home, the family lived with the stress of not knowing any other options. The whole family's stress level, including Gregory's, was at an all-time high. Chong and Keeyon decided a residential placement would be best for Gregory. Once they spoke with the director of admissions and took a tour of Heartspring's campus, they realized that's where he needed to be.

The family waited three months after their tour for Gregory's first day at Heartspring. This time

was difficult for the family. Gregory's behaviors increased as the enrollment date drew near.

"When we were taking Gregory to Heartspring, we drove," Chong said. "I thought it was the end. I thought the world was going to end. That's how bad everything was."

Once they dropped Gregory off, they felt a sense of relief. They knew Gregory had the support he needed and they were no longer alone in trying to care for him. He was in a place that could meet his needs. In the months that Gregory has been here, he's already made incredible gains. Instead of sitting in a room alone, Gregory is going horseback riding and getting to explore his community. He is learning and growing.

"We are really, really happy," Chong said. "I really think we got one of the best schools in the United States."

Stories like Gregory's show why we are passionate about building the new group home for our students. Gregory has found a home at Heartspring, but there are still many other families that need our help.

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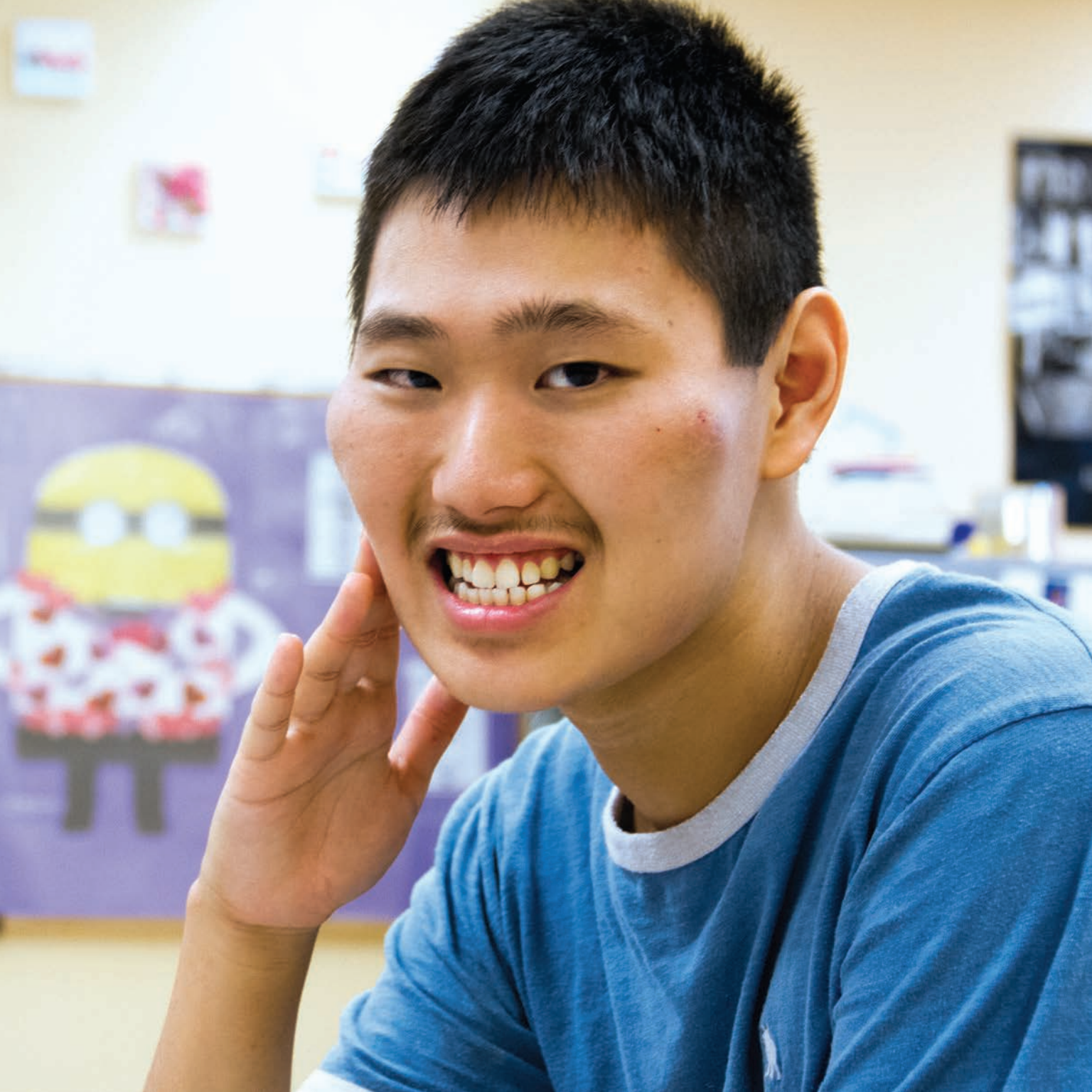
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I thought it was the end. I thought the world was going to end. That's how bad everything was.

*Chong • Gregory's Dad*

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# Group Home 10

Every day a child waits for residential placement is another day of “crisis mode.” Families who come to us have exhausted their resources and are looking for a place to keep their children safe while helping them grow and become more independent. The construction of our new group home, G10, allows us to help 12 more children and families.

1. Preparing to pour the concrete floor.  
2. Framing G10's walls. 3. Building G10's safe room, which will house one restroom, an alternative room and have access to the medical room.  
4. G10 features an open floor plan designed to foster student safety and independence. 5. G10's kitchen area will promote student health and nutrition. 6. Heartspring staff will have line-of-sight over the living, dining and recreation areas.







4



5

6



**OPEN**  
FLOOR PLAN

**12**  
BEDROOMS

**AUTISM-FRIENDLY AND**  
**DURABLE MATERIALS**

EXPANDING POSSIBILITIES HEARTSPRING CAMPUS EXPANSION PROJECT







# Julian's Story

**A**t Heartspring's pediatric outpatient services, children receive physical therapy, occupational therapy, speech therapy, psychological services and autism services in one location. Julian is the perfect example of why having comprehensive therapies in one location is essential. He is thriving at Heartspring.

"With all these professionals under one roof, we are able to provide holistic services to address the child's needs," Mel, Heartspring occupational therapist said. "It's invaluable."

Improving communication has opened new doors for Julian. At the age of three, he had about 15 words. With limited communication, Julian's behaviors began to increase, because he couldn't voice his wants or needs. He did what he could to be heard.

"There was a lot of screaming and a lot of yelling," Kristen said. "He couldn't do everything that he wanted to do. He didn't understand why and wasn't able to communicate it."

Like many children, Julian had to wait to start speech therapy. Kristen knew how important early intervention was for a child's development so it was hard for her to wait the six months.

"Waiting is torture," Kristen said. "As a parent you want to do everything you can to help your kid."

When Julian finally started speech therapy it made a huge difference in both his life and his family's life. It helped Julian learn how to communicate. Now, he has a voice, and his personality shines. He is able to share his great sense of humor with his family and those around him.

"He's done so well," Kristen said. "He has started our conversations. That's mind-boggling. To be able to ask him questions, or even ask me questions is amazing. To be four years old and finally have conversations...it's amazing."

This is only one area of improvement. Julian was fitted for orthotics to improve his mobility.

*(cont.)*



He gained more independence by working on important life skills in occupational therapy. He writes his name, sits at the table, dresses and undresses and drinks out of cups.

One of Julian's next big steps is going to kindergarten. Through Autism Services, he participates in CARE Clubs and Camp SSTAR building the necessary skills to help him be successful when he starts school in the fall.

"I don't want to think about where he would be without Heartspring," Kristen said. "Heartspring's saved all of us. It's given us quality of life."

Heartspring isn't just speech therapy or occupational therapy. We aren't just building muscles and communication. We are giving children like Julian a voice, mobility and a chance to thrive at school. It's an opportunity to grow and be more independent. It's hope for a family.

By combining Pediatric Services and Autism Services we are able to make therapies more accessible and convenient for children and their families. With services in one location, professionals and therapists collaborate on what is best for each child. And with the Expanding Possibilities campus expansion, we can serve more children. We can give more voices, more independence and more opportunities.

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**Right:** Julian working with Speech-Language Pathologist Margie in therapy. **Top right:** Julian working on communication in the Explorers CARE Club. **Bottom right:** Julian participating in a music activity during CARE Clubs.





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I don't want to think about where he would be without Heartspring. Heartspring's saved all of us. It's given us quality of life.

*Kristen • Julian's Mom*





# Pediatric Services / Autism Services Addition

In our Pediatric Services and Autism Services programs children do the impossible. They walk when they were told they'd never take a step, they communicate when they were told they'd never say a word and they make friends when they were told they'd never fit in. To better serve the children and families who come to Heartspring we are adding a Pediatric Services and Autism Services addition. This gives us more space to help more children grow.

1. Preparing land for engineered fill. 2. Engineered fill that becomes the building pad. 3. Drilling holes 20 feet deep for the structural piers. 4. More space for children means more families served. 5. Creates six new therapy spaces and six new office spaces.







4



5

OPENS UP **90**  
THERAPY SLOTS  
PER WEEK

PEDIATRIC SERVICES AND  
AUTISM SERVICES IN **ONE**  
**CONVENIENT LOCATION**

**MULTI-USE**  
THERAPY SPACES

EXPANDING POSSIBILITIES HEARTSPRING CAMPUS EXPANSION PROJECT



Josh Weiser (right) and his son.

## PEDALFEST TEAM SPOTLIGHT

### TEAM NETAPP

When Josh Weiser signed up for his first PedalFest, he wasn't very familiar with Heartspring or our mission. He was just looking for a fun ride so he could spend quality time with his son. The pair had a blast on the 100K ride. However, when Josh started doing more research on Heartspring, he realized the event was much more than just a ride.

"What really stuck out to me was the work Heartspring does with kids," Josh said. "Having my own kids and being in a couple of situations where they needed medical help and feeling helpless because nobody could give us answers, no kid deserves that. That's kind of what stuck out to me about Heartspring

and what really drove me this year to say 'hey, let's get more involved.'"

Josh joined the PedalFest planning committee, dedicating hours of his time to the planning and success of the event. He also began getting people at work involved. Josh works at NetApp. He initially reached out to three coworkers, but they exceeded his expectations. More than 20 coworkers plus their families have agreed to participate, and NetApp multiplied their

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**HAVING MY OWN KIDS AND BEING IN A COUPLE OF SITUATIONS WHERE THEY NEEDED MEDICAL HELP AND FEELING HELPLESS BECAUSE NOBODY COULD GIVE US ANSWERS, NO KID DESERVES THAT.**

**JOSH WEISER**

generosity by matching the team's fundraising.

"NetApp just has a heart for community involvement," Josh said.

Josh says his goal is to be one of the top teams of 2017, and this year, when he and his son get on their bikes, he knows the impact he is having.

"To give the kids the best opportunity, the best care that they can have in life, that's why we ride."





14TH ANNUAL

# PEDAL FEST



# 2017

PRESENTED BY



**SATURDAY**  
**AUGUST 26**

A BIKE RIDE BENEFITING  
**CHILDREN WITH  
SPECIAL NEEDS** AT  
HEARTSPRING  
PEDIATRIC SERVICES

**REGISTRATION  
NOW OPEN!**

**[WWW.PEDALFEST.ORG](http://WWW.PEDALFEST.ORG)**





We're excited knowing that we are going to change a significant amount of lives by treating early. The new building is going to allow us to do just that. We'll have more space and more time. That leads to greater impact.

**Nicole McLain** • *Director of Autism Services*

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## The Importance of Early Intervention

For children impacted by autism, early intervention can make a huge impact on a child's future. Research suggests that children who receive therapy early may have a better chance for success later in life.

“Our goal is to get these kids the services they need to build a platform for all of their other learning they will do in their early years,” Director of Autism Services, Nicole McLain said.

To help more children get the early services they need, Heartspring's Autism Services started an Early Intensive Behavioral Intervention (EIBI) program that focuses on a comprehensive intensive service model for children who are under the age of five. Many of the children receive 20 to 30 hours a week of therapy in a variety of different areas including fine and gross motor skills, recreation and play, family environment, academics, community readiness

and social interactions. The program also trains parents to help their children at home.

The Expanding Possibilities campus expansion will help us serve more children at a younger age. Many children in our Autism Services' Applied Behavioral Analysis programs also receive therapies from Pediatric Services. Our Pediatric Services and Autism Services addition will not only provide more space for these therapies, but it will also put professionals in both programs in one building allowing them to collaborate more easily. We will also be able to have more children on campus and replace drive time with more therapy sessions.

“We're excited knowing that we are going to change a significant amount of lives by treating early,” McLain said. “The new building is going to allow us to do just that. We'll have more space and more time. That leads to greater impact.”



## CARE Clubs

CARE Clubs help children gain valuable social skills, experiences and friendships. This spring, we added our Tiny Treasures club—our youngest club so far. It is tailored for children ages three and four. Children learn and develop basic communication and social skills through fun activities and games. The goal of this group is to work with each child to help them incorporate new and developing skills into positive and purposeful play. CARE Clubs will be back in session this fall!

## Camp SSTAR

We had some exciting new developments for Camp SSTAR over the last six months. We began Camp SSTAR: Winter Edition. Our goal is to help children impacted by Autism Spectrum Disorder (ASD) stay on track and prosper over holiday break while gaining valuable social skills. Our Summer Camp SSTAR sessions have moved a little closer to campus. We are now at Chapel Hill Church. This makes it easier to use the resources at the church and at Heartspring. It's been a great summer so far!







— MORE THAN —  
**\$121,500**

— RAISED BY —  
**216 TEAMS**

**2,761 REGISTERED  
PARTICIPANTS**



Team CARE is the best around. Thank you for donating, fundraising and spreading autism awareness! All of your hard work is helping local children impacted by autism. In the year ahead they will join clubs, attend camp and receive the therapies they need, all because of you. The event may have been rained out this past April, but the impact was certainly not. You are truly one in a million, Team CARE!



**SAVE THE DATE!**

**HEARTSPRING AUTISM CARE WALK  
SATURDAY, APRIL 28, 2018**

**[WWW.AUTISMCAREWALK.ORG](http://WWW.AUTISMCAREWALK.ORG)**

# WAYS TO GIVE



For more than 80 years, the mission of Heartspring has been to help children with special needs lead a more independent life. Your donation will provide hope and opportunity to the many children and families served by Heartspring. We believe all children deserve the chance to succeed.



**DONATE**



**RECURRING GIVING**



**LEGACY GIVING**



**MEMORIALS AND HONORARY GIFTS**



**WORKPLACE/EMPLOYEE GIVING**



**MATCHING GIFTS**



**IN-KIND GIFTS**



**CORPORATE PARTNERSHIPS/ EVENT SPONSORSHIPS**



**VOLUNTEER**



**SHOP**

For more information on ways to give, contact Director of Development **Stacie Williamson** at **316-634-8816** or **swilliamson@heartspring.org**.

**[WWW.HEARTSPRING.ORG/EXPANDINGPOSSIBILITIES](http://WWW.HEARTSPRING.ORG/EXPANDINGPOSSIBILITIES)**

EXPANDING POSSIBILITIES HEARTSPRING CAMPUS EXPANSION PROJECT





**Front (left to right):** Jacki Menzel, Judi Yoder **Back (left to right):** Beth Duckworth, Vanessa Stupay, Sara Morrow, Earleen Christian, Mary Herold

## VOLUNTEER SPOTLIGHT

# Sigma Alpha Sorority Foundation

As we move into the next stage of Heartspring’s history, we want to look back at one of our earliest supporters. Sigma Alpha is a nationwide professional philanthropic sorority founded more than 100 years ago. Heartspring has been lucky enough to be Sigma Alpha’s national cause since 1946. Since beginning, the women have made a significant impact in the children’s lives through the donation of their time and energy.

“We support Heartspring for the kids,” Judi Yoder, Sigma Alpha national treasurer, said. “When you see a child first come into Heartspring and each year after that you see how Heartspring has helped them and how they have grown, it is just so heartwarming.”

Every year, the women participate in Heartspring’s Trunk or Treat festivities. Their elaborate costumes and decorations always put smiles on our students’ faces. They also help with our annual fundraising events. This year, they donated

their time to the Autism CARE Walk, Light Your Heart with Heartspring and PedalFest through volunteering and participating as sponsors in the events.

The ladies continue working for Heartspring throughout the year. They host a booth in the Alternative Market where shoppers can purchase a donation to Heartspring and put on an annual garage sale to benefit Heartspring. Because of their continued support, we have named Sigma Alpha Heartspring’s volunteer group of the year.

“It means a lot to our chapter and our national sorority,” Sara Morrow, the president of the Zeta Iota chapter of Sigma Alpha, said. “We are really dedicated and committed to Heartspring and are honored to have this.”

We thank Sigma Alpha for all they do to for us and can’t wait to see what amazing work we can continue to do together.



For information about volunteer opportunities and how you can become involved in our mission, please contact **Emma Koehn**, development associate of research and community involvement, at **ekoehn@heartspring.org** or **316-634-8789**.

# Richard “Buck” Buchanan

“It makes you think if an organization like that can be there for a child in need maybe you need to be there for that organization.”

Richard “Buck” Buchanan’s involvement with Heartspring started when he was a young boy. His mother and her church volunteered at what was then the Institute of Logopedics. They drove families that needed transportation to therapy. The experience stayed with Buck. As time went on, he began a career that allowed him to do more volunteer work. This gave Buck the opportunity to come back to Heartspring. He served on the board for six years and took on a number of responsibilities including serving on the strategy committee to help develop a plan and vision for the future of Heartspring. He has participated in fundraising events and made financial gifts of his own. He also served on our building project committee, providing valuable insight and perspective to Expanding Possibilities.

“I know how many good things are happening here and how many services they offer to children with all kinds of disabilities, not just autism.” Buck said. “The fact that we are having a building project to expand capacity to be able to serve more kids and families is really exciting. I’m just so happy for that.”



Continuing his mother’s legacy, Buck’s family has continued to be involved with Heartspring. From his wife, Linda, who is a current board member, all the way to his grandson, the Buchanan family is forever a part of the Heartspring family.

Throughout his life, Buck has been a supporter of Heartspring. He’s donated his time and treasure to our mission and the children we serve. His support and insight have been extremely valuable to Heartspring. That is why we honored him with the first Spirit of Heartspring award. This award was created to

recognize individuals who live out the Heartspring values and share in our mission in more ways than one. The individual must exemplify excellence, celebration, leadership, service, possibility and integrity.

Thank you, Buck, for being an amazing supporter of Heartspring and helping us build a bright future for our children.





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# LIGHT YOUR HEART

*with Heartspring*

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**SATURDAY, NOVEMBER 4, 2017**

Spend an evening celebrating the inspiring children of Heartspring.

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[www.lightyourheart.org](http://www.lightyourheart.org)