



Fall 2022 Edition



Letter From the Changes President

Holidays with our star child can be a source of great anxiety. It forces many questions: what kind of gift(s) – if any - should I get my star child? Should I not serve alcohol, or even lock it up? Don't forget to call your team members if you are struggling with these or other issues. No single approach works for all families, and support is just a phone call away. As we enter our 27th year of existence, I am grateful to those who walked this path before me and helped me and my family, and I give back to others because of this.

- Karen Gustafson

Volunteer Spotlight

Our volunteer spotlight shines on two phenomenal Changes members, please join us in thanking them for their exceptional service.



Terry Ann Olsen

Terry is a cofounder of our Saturday meeting, which acted as proof-of-concept and predated our move to fully online meetings. She is the primary contributor and admin for our private Facebook page. She has also represented Changes at numerous Outreach events in the Utah area and is working to ensure Changes' presence in Utah's 988 mental health hotline initiative.



Kathleen Coletta

Kathleen is a board member and chairs both the Program and the Fundraising/Events Committees. Kathleen and the Program Committee have updated all member docs to reflect our new branding and recently introduced a new Changes Program Belief on Grief. Kathleen and the Events Committee also planned the hugely successful Changes picnic this past summer.



Changing Changes

If you talked to more tenured members of Changes, you may have occasionally heard some variation of the following statement: “For an organization named ‘Changes’ we don’t seem to embrace change very much.” That’s no longer a true statement. You’ve seen further evidence of our desire and need to change in 2022, including a move to remain fully online for all weekly meetings, video archiving of presentations for later viewing by other members, addition of a new belief, increased social media presence, and an increase in the range of diverse family situations represented in our promotional and support material. We’re also coordinating with the 988 initiatives in Washington and Utah.

We are in the final stages of designing our new website and will launch it shortly.

“Parents and families of those suffering need supportive resources as well. Changes Parent Support Network transforms lives.” - Stacey Plaisance, National Business Development, Northbound Treatment Center

Calendar/Events

Tuesday, November 29, 2022

Giving Tuesday

Location: nationwide

Time: 12AM

Description: kickoff of our end-of-year fundraising campaign

Saturday, January 21, 1PM PST

Annual Members Meeting

Location: Zoom call

Time: 11AM PST

Description: our annual meeting covering finances, organization health, and our 2023 initiatives

What we are not

We talk a lot about what Changes is; sometimes it can be useful to examine what we are not:

- A crisis or rescue hotline
- Professionally trained therapists or counselors
- A resource if one expects a "quick fix," "tips and tricks" or advice
- Anonymous. We maintain and expect 100% confidentiality from our members, but we use our real names in meetings and when supporting other members.



Contribute

*Our end-of-year fundraising campaign kicks off on Giving Tuesday (November 29). Wwe currently have a \$3.5K gap to budget which is first gap in several years. Please go to our website at www.cpsn.org and use the **DONATE** button.*

Please also consider volunteering as a Mentor, Chapter Rep, Chapter Presentation Coordinator, or Large Group Leader, or join a committee. Give back more than you take to make Changes a better, stronger organization.

