



## Our Transformation Continues



### A Message From our Changes Board President

Phew! Back-to-school brought renewed challenges for parents nationwide, and the pending holidays re-ignite our fear and dread. If you're a member, please attend the weekly meetings and work with your team.

Our transformation as an organization worthy of its name continues as we enter year 28 of our existence:

- We consolidated and streamlined our new member orientation process, which significantly reduces the time commitment for orientation coordinators as well as other volunteer positions. It significantly shortens the time between the initial inquiry call to our hotline to active meeting participation. This positions us well to manage an increase in new members as we prepare to launch our first-ever advertising & outreach campaign later this month.
- We have revamped and reactivated our legacy public Facebook page to serve as an outreach vehicle. We'll also be using this page to launch our advertising videos on Facebook.
- Our advertising campaign will kick off Thanksgiving week on Facebook and Google. We are leveraging credits from both companies available to qualified non-profits.
- We have completely revamped our documentation and meeting scripts to reflect our 100% online support model, currently supporting over 200 members across 16 states.

If you're not already participating in Changes, I sincerely hope you never need us. But I'm confident that the ongoing changes we're making will ensure we're here for you if you ever do.

Karen Gustafson



## Changes works – but only if you do!

Changes belief #6 is that change involves hard work that is risky and time-consuming. An open question has always been if change can occur quicker if a member works our program fully and consistently. Our profiled member today indicates that it can.

We caught up with S, a single mom with three (!) star kids. Prior to discovering Changes, S described herself as “in breakdown mode – I literally couldn’t function.” She had been coping with the behavior of her two sons, but when her 12-year-old daughter started acting out, S spiraled into a state of depression, self-criticism, and suicidal ideation. S was in therapy herself and temporarily went on prescription meds which she does not advocate but saw no alternative to stop the spiral.

*“I’m in a really good place...I feel hopeful”*

- S

Mother of three star kids

S learned about Changes through the ARY process for her daughter, when the social worker provided her with a pack of resources including a photocopy of an extremely dated Changes flyer. She decided the support model that we offer suited her best and made the call to our intake line in January 2023.

S attended multiple meetings for four weeks, then immediately set about forming a personal team. While she found No ACE to be extremely useful almost instantaneously (though difficult), she says her personal team had the greatest impact for her, as it provided her with tailored support.

As S describes herself today (11 months after joining Changes), she is “in a really good place...I feel hopeful.” Her anxiety today is more centered around getting a full-time job and not about her kids. And she is off the meds.

## Changes works! (cont'd)

When asked what she would suggest to other Changes members who might not be seeing as much personal progress, she says it was attending weekly meetings and small group gave that her the foundation for her personal team to support her. She stated that she started to realize after working with her team, how important the weekly meetings are to her ongoing progress.

Another component is that S gave back to Changes throughout this period, assisting with the potluck picnic and new orientation process even while still in active crisis. Volunteering served the utility of “getting me out of my own head.”

So, does Changes work? Based on S' experience, it gives you back what you put into it – and that means working all aspects of the program.



## Calendar/Events

**Saturday, November 11, 2023**

### Fall Potluck Social Event

**Location:** Discovery House, 4401 2nd Ave. NE Seattle (behind Dick's Drive-in)

**Time:** 5PM – 8PM

**Tuesday, November 28, 2023**

### Giving Tuesday

**Location:** nationwide

**Description:** Kickoff of our year-end fundraising campaign (details pending)

